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PRACTICE OF MEDICINE.

BY DR. W. M. STEPHENS.

(Extract from a lecture on the redemption of the world from disease.)

In my humble opinion, there is no knowledge more needed by the world than this: a knowledge of the true character and claims of what is called the PRACTICE OF MEDICINE. In no other department of human inquiry can I see such terrible consequences arising to humanity from ignorance and error. I know that when we have directed our attention to one subject for a long time, we are apt to magnify its importance; but I do not feel that I am capable of presenting this subject as it should be done if I could give a whole lecture to its consideration. I will confine myself to a few observations, supported by the testimony of other very eminent men, and there dismiss it.

The majority of mankind are laboring under the impression that there is some great art, mystery, secret, or science, known to the profession of medicine, which enables it to cure diseases. It is known that Anatomy, Physiology, Natural Philosophy, Chemistry, and Botany, are sciences—have definite and fixed principles, demonstrable by pure reason, or capable of being proved by experiment, any day and any time. But none or all of these constitute what is called the Practice of Medicine. What, then, is it? you inquire. It is the *manner, mode, or way*, of treating people when sick, or when any of the functions of the body are deranged.

This is not a science, and never was a science. It is not a science, because it has no principles capable of being demonstrated either by *reason or experiment*; and there is no other way by which a science can be established among men. Things which are once made science—once demonstrated to the world—we are no longer left in doubt about. Men do not longer differ about what is really science, when it has once been demonstrated. Ignorance, indifference, and prejudice, may hedge it up, and check its progress,

but still it travels on, and modifies and changes everything in human affairs. But there is no such thing in the practice of medicine. Else, why the numerous classes of physicians growing more numerous every day? Else, why do you have rising up at this late day, after medicine has been cultivated as an art for three thousand years or more, the war between the *big doses* and the *little doses*? At the same time when one class of physicians was giving doses of calomel by the table-spoonful, others were giving it, in the same diseases, in doses infinitesimally small—so small as not to be appreciable by any sense of man. To undertake to name all the various classes of physicians now practicing in this country would fill almost a page.

Now, if there is any science in *giving medicine, in curing—any mode of treating the sick*, established as true beyond a doubt, by past *reasoning, experiments, or history*—it is time you should take the subject in your own hands, and find out what it is, for classes of men have tried it long enough. The effort of each physician to discover this science, has only ended in a new *system*—a new *hypothesis*—a new *sect*—which has gone forth to the world with great professions and a new practice. Why, my hearers, in that branch of the profession which calls itself regular, because I suppose it is a regular descendant of old Hippocrates, there is no one mode of treatment of any disease which has lived half a century. In most diseases, there is no settled plan of treatment mentioned or taught. Several may be suggested, the practice of some eminent physician mentioned, and then each practitioner is left to the exercise of his own judgment. Attempts have been made by Medical Colleges to establish its own modes of treatment, and bind its graduates by oath to follow this and none other; but such miserable and ridiculous attempts of any class to establish their own systems to promote sectarian feeling and professional bigotry, have only proved abortions. Systems of medicine that are founded upon science, need no such supports. Sciences are nowhere, under any government, declared to be true. They declare themselves; and when once proved, are more potent than the resolutions of a medical convention, the acts of a republican legislature, or the decrees of an emperor.

CAN any one inform us of the whereabouts of E. H. Morrill, late of Biddeford, Maine?

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I might go into detail upon this subject, and show the various modes of treating diseases at various times, in that branch of the profession called regular, and then give a hundred different modes of treating the same disease by Homœopaths, Electricians, Chrono-Thermals, etc. Not only are different agents used in the same disease, but agents of entirely different natures. At one time stimulants, at another sedatives—at one time nauseants, and then cathartics—at one time alkalies, and then acids—at one time *big doses*, and then *little doses*; and at the same time all think they are battling against the same hydra-headed monster—disease.

The discovery of the beautiful science of Chemistry has given to the modern physician a thousand agents not known to Hippocrates, and thousands and tens of thousands of experiments have been tried by the learned and the unlearned; and yet after all this, our modern physicians are not as successful in curing diseases as was Hippocrates two thousand years ago. And why is this? why does each physician experiment in the same manner that the first physician did of whom we have any account? Why cannot physicians agree as to what is good practice, and what is bad practice? Did you ever know a medical consultation that was harmonious? Why is it that the experience of no two physicians is the same? Have not mankind, in all ages, made some grand mistake here? Have they not been chasing some *ignus fatuus*—some phantom of the imagination? Have they not been endeavoring to discover *relations* where *nature* never established any? to make a science where God never made one? Can you come to any other conclusion from the past history and the present condition of this subject? One would think that by this time, the world would be satisfied that there are no relations in nature between a *drug* or *poison*, and the *curing of diseases*; and mankind have consequently ever failed, and will ever fail, to discover any.

I know that the minds of most persons will at once recur to the great cures *thought or said* to have been performed by this agent or that—by this syrup, or that pill—this liniment, or that salve—and thus, upon an isolated fact, the individual will sustain a faith in the curative power of medicinal agencies, from which the combined talent of both ancient and modern civilizations have been unable to deduce any law or principle which will take the place of blind, crude experiment.

Did time and space permit, we could answer this *one-fact* argument (and it is about the only one we ever hear presented in favor of drug-taking) in a thousand ways. Let one or two suffice:

THE DRUG DELUSION.

1st. Men are led into error in regard to the action of medicines when introduced into the human stomach, by the complicated nature of the experiment. The stomach is not an instrument like the crucible or glass of the chemist, in which the nature and quantity of every ingredient is accurately known, and in which the operations can be accurately calculated upon. Far from it. All the physician sees of the case are a few

symptoms, and he knows but little what these mean. He is accustomed to say that certain ones are favorable, and others unfavorable; and he gives his remedies, perhaps, with the hope of aiding the one and suppressing the other. Whether they aid a cure or retard it, whether they assist nature or interfere with her, unless the medicine is given in a very strong dose, it is so difficult to determine, that mankind are deceived as to the result.

2d. Drugs are deceptive in their action because they *suppress and divert the vital effort to cure*, and men think they are well when they have been made more hopelessly invalids. An individual is unwell, takes medicine, and gets about again. What are we to learn from it? Has the medicine cured him? or has nature cured him in spite of the medicine? or is the case still worse with him? Has he still the seeds of the disease within him merely suppressed by the drug, which has changed its character and made it a slow, wasting chronic disease? By suppressing acute diseases, by counteracting symptoms, by breaking up sicknesses and interrupting the curative efforts of the system, these agencies have acquired a false character, and physicians and all mankind have been deceived.

3d. As long as men are ignorant of the nature of disease, any more than the symptoms it exhibits, as it is admitted and known, and whilst men know nothing of the *modus operandi* or general action of medicines, as it has been testified by an eminent professor in a Medical College in New York city in a recent case tried in Brooklyn, how is it possible for the human intellect to so adapt the one to cure the other? Where entire ignorance prevails in regard to the nature of the disease and the action of the remedy, what science can there be in pretending to give the one to cure the other?

4th. Some drugs call into exercise particular functions of the body for their elimination. *Lobelia* produces emesis (vomiting), and *calomel* catharsis (purging). These results not being understood, lead to error. They produce the results because they are *poisons*, and poison the body in any dose. The body does the best it can to protect itself; and in one case endeavors to remove the poison by vomiting, and in the other purging.

5th. In this connection we wish to say that there are cases in which certain drugs properly taken will do more good than evil; and there may have been an age in which their use in these cases was justifiable. Since the Water-Cure has been known and become developed, this excuse for drug-taking no longer exists.

6th. The deceptive action of *stimulants, tonics, and narcotics*, are so well known to the world, that one would think nothing more was required to abolish them from the *materia medica*, as well as from common use. We have not time or space here to enter any further protest against alcohol, tobacco, opium, quinine, etc., than what has already been made to the world. We all know that he who is deceived into their use under the belief that they are friends, only awakes from his delusion to find himself robbed of health and strength.

Finally, you will find that no substance or agent cures. That cures are alone performed by the

vitality of the human system, when this latter is placed under the control of nature's laws. The only substances used in *getting well* are the ones employed in *keeping well*. Substances which will make a *well man sick*, will not, by any known law of nature, or any process of art, make a *sick man well*. The same agencies are to be used in sickness that are constantly employed in health to preserve life, among which are air, exercise, water, food, abstinence, electricity, light, temperature, etc. When these are properly attended to, and all drugs withheld, Nature does so much to cure disease, that to a drug-blinded world her operations are almost miracles.

In taking these positions, we know that we attack opinions which have been handed down from father to son, from mother to daughter, for ages; and we do not expect that you will at once perceive all the deceptions and delusions of an error which has been so wide-spread and so permanently rooted in the minds of men.

TESTIMONY OF MEDICAL MEN.

In further proof of our position that the Practice of Medicine is not a science, but a conflicting and ever-changing mass of theories, hypotheses, whims, notions, and superstitions, we will quote the language of some of the most eminent men in the medical profession:

"All the vagaries of medical theory, like the absurdities once advanced to explain the nature of gravitation, from Hippocrates to Broussais, have been believed to be sufficient to explain the phenomena of disease, yet they have proved unsatisfactory."—*Dr. Gregory, of London.*

"I am insensibly led to make an apology for the instability of the theories and practices of physic. Those physicians generally become the most eminent who soonest emancipate themselves from the tyranny of the schools of physic. Our want of success is owing to the following causes:—1st. Our ignorance of disease. 2d. Our ignorance of a suitable remedy."—*Dr. Rush, in his Lectures in the University of Penn., p. 79.*

"The premature death of medical men brings with it the humiliating conclusion, that while the other sciences have been carried forward within our own time, and almost under our own eyes, to a degree of unprecedented advancement, medicine, in regard to its professed and important object (the cure of disease), is still an intellectual speculation."—*Dr. Jacob Bigelow, of Harvard University.*

"The author of this work has spent more than twenty years in learning, scrutinizing, and teaching every part of medicine." At the end of the period he says he was "in the situation of a traveller in an unknown country, who, after losing every trace of his way, wanders in the shades of night."—*Dr. Brown, pupil of the famous Dr. Wm. Cullen.*

"The very principles upon which most of what are called theories involving medical questions have been based, were never established. . . . If this is a true statement of the case, if that enormous mass of matter which has been time out of mind accumulating, and which has been christened medical science, is in fact nothing but hypothesis piled on hypothesis, who is there among

us that would not exult in seeing it swept away by the besom of destruction."—*Dr. L. M. Whiting, of Pittsfield, Mass.*

"Dissections daily convince us of our ignorance of the seats of disease, and cause us to blush at our prescriptions. What mischief have we done under the belief of false facts and false theories. We have assisted in multiplying diseases: we have done more—we have increased their mortality."—*Dr. Rush.*

"When, in the practice of physic, we apply to new cases the knowledge acquired from others, which we believe to have been of the same nature, the difficulties are so great, that it is doubtful whether in any case we can be said to act from experience, as we do in other departments of science."—*Abercrombie's Intellectual Powers, p. 299.*

"The science of medicine is a barbarous jargon, and the effects of our medicines on the human system are in the highest degree uncertain, except, indeed, that they have destroyed more lives than any pestilence and famine combined."—*Dr. Good.*

We forbear to quote further. Sufficient has been produced to prove to the satisfaction of all men that the Practice of Medicine is founded upon conjecture, that medicine-giving and medicine-taking are pure empiricism—*quackery*; that all patent and other medicines recommended to cure scrofula, consumption, gout, rheumatism, etc., are impositions upon the public, having no basis in truth or science.

We have dwelt thus long upon this subject because of its pretensions to cure the world, and because we believe and know that its pretensions have proved to be not only a magnificent failure, but a powerful cause of weakness, disease, and premature death.

Model Water-Cure, Dansville, N. Y.

BATHING, A HYGIENIC MEASURE.

—
BY G. H. TAYLOR.

WHETHER man is naturally a *bathing* animal, is a question that remains unsettled in the popular mind. Like eating and drinking, it occupies a space in the daily life of some, while many only see in the operation an irksome task, and if a duty, one for which the penalty for non-performance is to be preferred oftentimes to the cost of the performance. The use of cleanliness as a mark of good breeding, and its consequent passport to society, is about the extent to which the subject is considered.

There are other considerations of a hygienic nature that are insisted on in certain quarters, and to which the public mind is somewhat inclined to give credence; and for the sake of promoting the favor that it might attract, cannot be too much or in too many ways elucidated, that those who have a practical faith may be strengthened, if need be, and that others may receive the light that is their due.

The hygienic and medical uses of bathing in its various forms, involve a consideration of the physiology of all the functions of the body, and especially of the most essential and constant

ones—as the depuration of the blood, the regulation of temperature, and the contributions to supply the acting and wasting tissues.

The necessity for bathing, it must be admitted, grows partially out of the artificial conditions instituted by civilized society. The rude men of the forest, that live constantly in contact with the free, pure air of heaven, by both his lungs and skin, has little need of art to correct any defects arising from lack of oxygen. The *debris* of his changing blood and tissues, is instantly seized upon by the air, and converted into innocuous compounds at the same time that it is separated entirely from his body; and no function is oppressed, no organ suffers, and health is long maintained in defiance of manifold violations inflicted in other departments of the economy. In this way is developed the most perfect physical organism, and in this way is health and enjoyment secured so far as relates to the corporeal man.

But the refinements of civil society, as it is at present constituted, require, unfortunately, the perpetration of the grossest outrages upon physical welfare. The most important functions are wrested from their legitimate uses with the vain and ignorant expectation of thereby increasing enjoyment. That the contrary is the inevitable and legitimate effect, the life of man is often too short to learn.

The conditions of life that nature institutes are in striking contrast with those which men institute for themselves. They enclose themselves in light rooms, carefully guarded from change of air by currents. The incentives to voluntary motion being in part excluded, the body now lacks warmth, unless it be supplied by art. The air of the room that the functions of the body require for their due maintenance, is now employed for the combustion of fuel—elevating the temperature and rarefying the air of the room, and it thence becomes a less potent stimulant to vital actions, and offers a lessened supply to the blood; its surplus and waste materials must in consequence be retained in undue measure.

The organism now stands in a peculiar relation to supplies of food which is most sure to be of defective quality, and in appropriate quantity. Hence, the necessity of disposing of the evils inflicted by our civilization, by some counteracting expedient. This may be directed to correcting the false conditions as they arise, or to restoring lost balance, with the injury that may have been sustained.

The indications plainly are, to secure the stimulus of a proper temperature and supply of air.

Bathing is intended to supply these purposes more or less completely.

Air Bathing—or a free exposure of the whole body to the cool atmosphere, is first suggested as the appropriate resort. Those in sedentary occupations will recollect that their clothing contains in its meshes a stratum of air in a state of rarefaction, and charged with vapors from the body, so that the full extent of atmospheric influence is not exerted upon the body.

Who takes a large amount of free exposure to the out-door atmosphere, will have comparatively little need of additional measures to

maintain his health. The experience of all who have tested the air-bath will attest its merits. Dr. Franklin's well known example in the matter has been followed by numbers with the most satisfactory result. In its impression upon the nervous system being much milder than water of the same temperature or even much higher, it will always be found appropriate for the delicate, and a valuable introduction to more potent measures in their management.

In this matter of bathing, nature affords analogies, and sets examples. We only partly supply in bathing the more complete conditions that would be supplied in the vicissitudes of temperature and moisture of the atmosphere, to which all animals but men are so freely exposed. It becomes necessary for well-dressed and housed men and women, who are withdrawn from the ordinary impressions of air and water, to subject themselves to their occasional, and even frequent extraordinary impressions.

Acute disease is attended by the rapid production and casting off of an amount of decomposing animal substance. The utility of "fresh air" has ever been sufficiently apparent. The plague festers without it; with it, we may bid defiance to any such summary threat. If the product of depuration is completely acted on by oxygen, it becomes perfectly innocuous. So in ordinary life, the predispositions to disease cannot accumulate if the depurating agencies are in full exercise.

Even the effect of showers upon vegetation, offers an analogy to the use of bathing. It is well known that the chief bulk of the food of plants is contained in the very atmosphere in contact with their organs of appropriation. The rain effectually displaces and changes the air resident in the earth, and in contact with the organs of the plant, and the conditions for the continuance of its life are thus perfected.

The bath, in the same way, brings to the most important organs of man, the no less essential conditions of its life. The surface becomes renewed and invigorates its functions, because the means of its functional activity are perfected by the increased amount of oxygen brought into contact with aerating capillaries. Hence, *much of the good effects of bathing comes of the exposure to air.*

But a singular prejudice exists against exposure, especially if prolonged, in connection with the water bath. Patients often dress rapidly, and then seat themselves quietly by a comfortable fire, and then complain their treatment does them no good. It is not an unrequited complaint by those who have been long accustomed to, and are familiar with water-cure processes, that they feel a chill *some time after* their daily morning ablu-tion, that may continue unpleasantly long. The good effects of the bathing under these circumstances may be presumed to be doubtful. Many have left off the habit of bathing from this sheer circumstance, and consider the Water-Cure as an unavailable means, at least in their cases, and perhaps feel compelled, against their conviction, to resort to drugs.

This plainly indicates a lack of knowledge of the proper objects and means of physiological management. A little attention to the facts would have shown, that the immediate sensation

of warmth or "glow," was owing to the rush of blood to the cutaneous capillaries, consequent upon the impression of cold, where heat-making was set rapidly to work—but was unable to be sustained by reason of the want of access of air to the breathing surfaces, to continue the effect once begun. It is all the while to be kept in mind, that heat is in the ratio of respiration; and free exposure of respiratory surfaces will supply any defect.

It may generally be relied on that a sufficient exposure to the air succeeding the ablation, will be found effectual in obviating the uneasy and chilly sensations that would otherwise be experienced. It is also well to assist the movement of the blood in superficial capillaries, by passing the hands flatwise rapidly and lightly over the surface of the whole body. Respiration, more profound than ordinary, should also be promoted by free muscular movements, for the double purpose of introducing more air by the lungs, and of giving motion to the circulatory currents. Thus are secured the conditions for a favorable reaction.

There is usually much more implied by medical bathing than mere exposure to the air. The prolonged exposure of the tissues and of the blood to moisture, effects numerous desirable objects, tending powerfully to correct disease.

It is also often desirable to add or subtract heat in the whole or a part of the body, for a length of time more or less limited, for the purpose of securing certain ends; but for ordinary hygienic, and even medical purposes, the good results are attained by observing the foregoing principles.

The hydropathic neophyte often conceives that the many bathtings to which he is subjected must be eminently depurating in their effects: a little better knowledge would show that the amount of material that is separated from contact with the body by water, however frequent the washings be repeated, bear but a minute proportion to that removed by the air at the same time; and that the increased depuration is brought about mainly, bringing the blood, by peculiar impressions upon the nervous system, more rapidly in contact with air. We might learn something of bathing processes even by noticing them in the lower animals. When over-heated and fatigued from labor or the chase, the ox or dog will eagerly find a pool or stream in which to stand. Any person may experience the same grateful sense of rest and restoration after severe labor or exposure, by imitating the example. This form of bath may be taken *ad libitum* under any circumstances of fatigue that would be unfavorable to other modes of bathing, with the most salutary results. The whole mass of the circulation is thus gradually cooled, without any disagreeable and exhausting reaction, in which the general system sympathizes. Indeed, foot bathing had better *always* be taken in a standing posture to secure its full benefits.

The amount of bathing necessary or useful for hygienic purposes, is a matter about which inquiry is often made, and to which it is extremely difficult to give a decided answer. It is quite dependent on other habits; and these should be so ordered, as not for a moment to involve the supposition that other physiological sins are to

be atoned for by this one virtue. And while other habits are tolerably well ordered, experience is a pretty good guide; but when the health has fallen into the background from a false experience or wrong habits, the sensations can no longer give correct intimations of the physical needs. Medical tact here becomes necessary.

Daily observation shows us that some constitutions can bear up under conditions that are more or less false for a long time—so long that the fact is sometimes brought in evidence of the correctness of the habits and the falsity of the Hygienic doctrines; while others, under the very best system of management that can be devised, are unable to resist disease and an early death; but it *must* always be found, that those whose occupations lead them into the most and purest air, or in default, heighten the objects it supplies by due attention to bathing, other things being equal, will have the most health. Exception on either side demonstrate nothing, nor even excite a doubt, when opposed so palpably to a law of nature. One general bath daily, in some form, for any who inhabit houses and wear clothing, cannot be considered too much; and often, in proportion as people are housed and clothed well, that is closely, will the needs of the system for bathing be multiplied.

SECRETS REVEALED.

BY VERITOR.

SECRET societies being so much the order of the day, it is no wonder that now and then some freedom-loving fellow slips his head out of the cabalistic noose, and is off before his guardians are aware. And it is no wonder, also, if finding the outward air to agree with him, he should proclaim the secrets of his former prison house, to deter others from stepping over the threshold. Therefore, those who grow rich on the gold returned to their hands from the sale of drugs, be they M.D.'s or apothecaries, must not complain if ever and anon some sly one obtains a peep at the operations of their mysterious craft, and with raised forefinger whispers it to the ear of his neighbor, and that one to another, until it is no longer a secret.

Perhaps those who are lovers of patent medicines, bitters, &c., would not object to learn an item in the process of their manufacture, particularly if they should be just in the least degree of a cleanly disposition, as it would not be safe to open to view the whole arcanum at once, as the sudden letting in of so much light and air might cause an explosion.

It was my fortune once to spend a few weeks with a country doctor, who as he was a disciple of Thompson, manufactured his own medicines. He was poor, had a large family, and his wife performed all the labor of the household. One morning the good doctor seemed unusually busy in his little shanty of a laboratory, and Eve-like, I desired to possess the knowledge of good and evil which it contained, and so begged leave to watch his operations. It was granted, on the condition of rendering assistance, to which I readily agreed. But I very soon found I must "pay dear for my whistle." There seemed no end to the huge jars labelled with imposing Latin,

which I must open and take out "just a little" from the almost suffocating powders they contained; no limit to the boxes I must empty of a fourth part of their contents. And then the bundles of herbs—culled as I then thought from all portions of mother earth—oh dear! I was tired of my self-imposed task.

"What are you going to do with all this, doctor?" I inquired.

"Wearied already, are you?" said he. "Why, what do you think of me, who have to make all this so often and no one to help me, and all to make sick folks well? This is a most valuable medicine, of which I have sold large quantities the past year, for my patients say it cures like magic. I am nearly out now, and several are waiting for more. I mean you shall have some too."

Well, after all this culling and assorting was accomplished, I felt curious to learn its disposal. I followed the doctor to the yard, where over a fire made on the ground, was suspended between two stakes, a huge copper kettle in which water was already boiling high. Into this the doctor flung the heterogeneous mass we had been collecting, and then with a stick began to stir most industriously. Wheu! what an odor filled the air! I ran for the house, followed by the doctor's laugh, but inwardly resolving no taste of such a liquid should ever enter my mouth.

All that day the doctor stirred and stirred the nauseous compound, but towards evening a messenger arrived, summoning him to attend a patient several miles distant. Hastily preparing himself and his saddle bags, he mounted his horse, calling to his wife to "look after the kettle while he was gone." About an hour after, a storm arose, and the dust and light brush which lay around were whirled in every direction by the wind. Neither Mrs. — nor my self could go out to look after the precious kettle, and presently the rain descended in torrents, so that we were glad of shelter for ourselves, and scarcely thought of the charge which had been left. Of course, the doctor did not return that night, and when morning arose all bright and clear, my first visit was to the kettle, which Mrs. —, overloaded with care, did not seem to remember. On looking at the medicine, I at once concluded it would be thrown away, and neither the doctor nor his patients be any the better for it. All kinds of dirt had been blown into it and lay swimming on the surface; it was full to the brim, around which lay a fine coating, green as the grass upon the ground. On returning to the house I told Mrs. — the condition of her charge. "Well, I can't help it, the doctor may take care of his own stuff, dear knows I've enough to do without being bothered with his medicines."

When the doctor returned I was in the room above, and hearing some rather crusty words pass between him and his consort, I concluded not to appear. From my window I saw him re-kinde his fire, and skimming off some of the foreign matter which had intruded during the storm, hasten the boiling, without giving himself any further trouble. The verdigris remained still on the edge, while the liquid boiling down lower and lower acted as a cleanser upon the tainted vessel, taking with it the objectionable

portions collected during the night. I had no heart nor curiosity to know more, and therefore did not refer to the matter again.

After another day's boiling, the doctor emptied his kettle, by pouring its contents into as many pint bottles as would contain the mixture, and then they were tightly corked and placed on the shelves in the shanty, the children called "pap's office." What was my disgust when in a day or two after, the doctor entered my room, bringing a bottle which I knew, at the first glance, contained the identical liquid I had seen prepared. I disguised my feelings, however, and remarked that I was "so much better now, I should not need any more medicine."

"I know you are better, but you need a tonic, and you must not go home without one bottle, at least. It is cheap, too, so much for one dollar, and other medicines would be twice the price for such a quantity."

Well, to avoid offending him, I told him he might leave the bottle, but when he had gone I placed it in a secret corner of the room, where, I have no doubt, it remained undiscovered long after my departure. A neighbor of theirs bought one of the bottles, and calling into my room with it, tasted it in my presence. "I am wonderful weak," said she, "and the doctor has given me a bottle of bitters—oh dear, it is bitter sure enough, bitter as if boiled in copper." I said nothing for fear, but I longed to beg her to throw it away, and bid good-bye to drugs forever. I left very soon, and remained at a great distance from my friend of the copper kettle, and so have never learned whether his patients *blessed* him for the medicine or not.

What a noise HIVE SYRUP has made among mothers, and babies too, who have cried with a loud noise when they have seen the vial and spoon ready to inflict the nauseous dose upon their poor little mouths! Did baby appear a little hoarse, or cough a little? "it would have the croup and die if it didn't take some Hive Syrup, and have a good vomit." And when one really had the croup, how unmercifully the hateful stuff was poured down every few minutes, till the remedy produced worse effects than the disease. *Was*, did I say? still *is*, comes nearer the truth. And now a little item for those mothers who love their babes better than themselves, and feed their darlings daintily with a silver spoon from the cup of pure white china.

A friend of mine once resided in a building to which was attached an apothecary's shop. The tenant of the shop and his apprentices had access to the same pump, and also the privilege of the yard around it in common with herself and family. Over the shop, and leading into her upper hall, was a vacant room, into which she frequently conveyed light articles for which she had not room elsewhere. Being in that room one day, she heard sounds of laughter from below, and also considerable stir and passing to and fro. A hole in the floor, through which the pipe of a stove had formerly passed, enabled her to have a full view of the scene below, and also to hear more distinctly the conversation. The apprentices were preparing to make *Hive Syrup*, and were gathering the ingredients. A raw appren-

tice had occasioned their fun by saying, "And sure you ain't a goin' to cook anything in this dirty kettle, are ye? I—I wouldn't eat it, anyhow."

"Eat it! you fool! you don't s'pose *we* are going to eat doctors-stuff, do you? We're too cutie for that, but we'll give *you* a taste before we get through, see if we don't."

The poor lad looked pale and frightened almost out of his wits, which made the older ones roar still louder. In a few minutes they called to him to "haul the kettle along," and my friend's curiosity being fully aroused, she ran down to the pump as if to get a bucket of water. The boys were there with their kettle—a huge vessel and stained and black, and streaked throughout with the filthiest verdigris. "What are you going to do, boys?" said she. "Make Hive Syrup, ma'm."

"You'll clean your kettle first, certainly, won't you?"

"Yes ma'm! oh yes," and they pumped into it once, poured the water out, and then filling it about half way up, carried it into their "cook-room" as they called it, and placed it over the fire. What they put into it my friend could not discover—but what came out of that filthy receptacle after long boiling, was put into vials and sold under the name of Hive Syrup. Query, Are other drug shops similar to this one described? It was considered as respectable as any in the country. Well, if drugs are prepared in this manner, what wonder that so much of the acetate of copper is perceptible in many of the so-called medicines we purchase. What wonder gripings and retchings are the common results, and that children suffer as they do when compelled to take the doses so often used by injudicious nurses. When will parents learn to use the pure medicine which Nature, the purest of physicians, prepares for them, water, pure WATER!

CASE OF REAL DIABETES, TREATED SUCCESSFULLY.

BY DR. C. C. SCHEFFERDECKER.

MR. C. POLK, of Delaware—a gentleman of high standing and very active business habits—was recommended by one of his numerous physicians (who had the welfare of his patient more at heart than guild-pride, or his purse) to me as a last resort. The philanthropic desire to benefit fellow-sufferers, prompts Mr. Polk to permit me the publication of his case. The patient showed the following symptoms: a long-continued and immensely increased secretion and excretion of urine, in which the nutritious matter for the support of the body was ejected in the form of uric-sugar (saccharium diabetrum). The patient was greatly depressed—wept often; had lost his memory, and his physiognomy had a singular expression of perverseness and cunning. His appetite was good, his thirst unquenchable, and the quantity of urine immense, while its color was pale and generally pellucid, and its taste and smell *sweet*; a pound of urine left about one ounce of the above-mentioned sugar. The greatest quantity was discharged between mid-day and midnight. Although the digestion was pretty

good, the patient got thinner and weaker. His skin was always chilly, dry, rough, hot to the touch, and entirely inactive; the tongue darkish, with a red ring; the gums swollen, teeth loose; smell of breath, and taste, mostly very bad. The long continuation of the evil had already produced *two attacks* OF PARALYSIS.

Besides an inherited weakness of the kidneys, and degraded production, the incautious and quackish healing of a running sore near the ankle, was, no doubt, the cause of the disease.

Allopathy promises hope, only as long as the quantity, but not the quality, of the urine is changed (diabetes inorpidus). In *real* diabetes, drugs have never been of any avail.

Although there exists not one precedent of a cure of real diabetes, I felt that, with caution, the patient might be materially benefited, his life certainly much prolonged, and, perhaps, a perfect cure effected.

The curative indications presenting themselves were:

1. To produce a better circulation, rouse the skin to activity, and remove causes and complications.
2. To reduce the diet to animal food entirely, while all vegetables were to be excluded; and,
3. To subdue the increased sensibility and diseased activity of the kidneys.

Mr. P. had consulted most eminent medical men; but neither opium, nor camphor, nor mercurial and antimonial preparations, nor cantharides, nor copper, &c., had stopped the downward progress of the evil; and I had also to contend with the effects of the accumulation of these poisonous substances.

It is, of course, impossible to give a satisfactory outline, even, of the treatment pursued, as I cannot transcribe the voluminous journal here; and the applications had often to be accommodated to momentary requirements. I, therefore, can only add the following remarks:

I began with merely washing the hands and feet with water from 70° to 75° F., and the head with 65° F. In the same degree as the circulation of the extremities got somewhat better, and the head less dizzy, I crept slowly up to the trunk, and succeeded, at the end of the second week, to be able to give the patient a dripping-sheet wash-off, of 75° F., with entire satisfaction. After I had thus got a more extensive control over the circulation, and the skin itself, I directed my attention to the kidneys—the digestion being managed by drinking and injecting water. I ordered the common abdominal soothing bandage, extending over the kidneys; and soon afterwards put under it (over the kidneys) an additional thick piece of wet linen, which was renewed oftener and oftener, till it took the form of a cooling bandage. The effect of this treatment encouraged me to the most sanguine expectations, and I soon began to pack the patient in a partial wet-sheet, always keeping head, heart, and kidneys cool, by additional wet linen. These packs I extended slowly, from half an hour to two hours, and reduced the water to 65°.

I added occasionally, now, a Sitz-bath, from fifteen to forty-five minutes, and finally ordered half-baths; beginning with one minute and very

tepid water, extending these to fifteen minutes at 65° F.

I now resolved to re-open, by more local applications, the original sore on the ankle: had the place first rubbed hard with cold water, applied the irritating bandage, and finally a small douche. The effect of this treatment was, that Mr. Polk mended daily; soon walked without help; played ten-pins, and *now enjoys perfectly good health*—attending to extensive business transactions. The secretions and excretions are as they ought to be, and the large dark spot on the ankle, which covered a space of nearly four inches square, after discharging very offensive matter, is now hardly perceptible.

I cannot conclude these lines without mentioning a fact that will show how cautiously we must begin the water-cure. After the first three weeks' preparatory treatment, I ventured to give Mr. Polk a half-bath of 75° F., for three minutes. The consequent violent congestion, although by no means dangerous, made the patient very timid for some time.

THE DISCUSSION.

DR. TRALL to Drs. CURTIS, JOHN, PRETTYMAN, and COMINGS.

SINCE my last article another Richmond seems to have entered the field, and, as a matter of course, on the side of Dr. Curtis. Well, gentlemen M. D.'s, all I have to say in view of this formidable odds, so far as number is concerned, is the more of you, the easier I can handle you. I can say to you, too, in all sincerity, and with as much "cool complacency" as a fisherman pulls a trout from the stream, when he knows that he has got him securely impaled, that if you wish Dr. Curtis to make the best fight his side of the question admits of, you had better leave the whole matter in his hands. However, this is your business and not mine.

The May number of the journal of Medical Reform, edited by Prof. J. M. Comings, gives two of Dr. Curtis's articles to me, but neither of mine to him, thereby endorsing the argument of Dr. Curtis as conclusive; and in an editorial article Prof. Comings remarks:

"But while Homœopathy and Hydropathy are doing much to pull down the antiquated notions of the past ages, Medical Reform, with its close adherence to the no-poison doctrines, with its white flag unspotted with blood, and unfolded to the breeze, inscribed on the one side '*Innocuous Medication*,' and on the other '*Nature's Remedies*,' is triumphantly marching forward conquering and to conquer. There is a rapidly increasing prejudice and horror of poisons as medicines, and a more firm reliance on the powers of Nature assisted by such medicinal agents as act in harmony with the physiological laws of life. The inroads which the Water-Cure and the infinitesimals have made upon Allopathy, will only make the conquest more easy for us, for reason and truth will triumph, and the efficacy of medicines upon the system must be acknowledged by all. Hence we have nothing to fear, everything to hope, and only desire, that the efficacy

of our remedies and the principles on which they act on the constitution, may be understood by the world."

What are "nature's remedies," and what are "poisons," are just the problems we wish to have demonstrated; and if ever our discussion comes to a scientific, and hence correct conclusion, these questions will be settled.

Do remedial agents act on the living system? I say no; the living system acts on the remedial agents. Dr. Curtis and the medical profession generally say yes; I have promised to prove the negative. This I shall do in due time. But I want to draw out all that can be said on the affirmative side. When this is done I hold myself responsible to Dr. Curtis, and all his associates, and all the doctors of all creation, to advance and demonstrate propositions which will settle this question negatively beyond all controversy.

I have now to ask Dr. Curtis and company to study this question a little more closely. I apprehend they do not any of them yet fully understand it, simple as its statement seems to be; and this question has always been misunderstood, and for this reason and no other it is that we have always had medical systems based on false premises.

As yet neither Dr. Curtis nor any writer who has discussed the affirmative, has presented properly his own side of it, not one of them yet has given us a single paragraph of argument that will bear a logical analysis.

I will now tell you, gentlemen, just how your side of the question is to be proved, if proved at all.

1st. State what your remedial agent is. 2d. Tell us what the disease is for which your agent is a remedy. 3. Show us what effects occur which are remedial, when your remedy is applied to the living system. 4th. Tell us what action it is that produces those effects.

These, gentlemen, are your premises. Do not be offended because I lay down your propositions. I have despaired of your ever getting at them without my assistance. However, if you have other premises on which to debate the affirmative, I certainly shall be glad to have you state them.

Now, then, we have before us a remedy, a disease, an effect and an action. These are the essential points of one gigantic problem. All we are after is the rationale. Where does the action come from? What occasions it? What is it? "Do remedial agents act?" is our question; *not*, do remedial agents produce, induce, or occasion effects?" as you will continually try to have it. As I have before said, one remedy, be it lobelia, or catnip, or calomel, or cobweb; and one disease, be it a common cold, a fever, a diarrhoea, or a dyspepsia; and one effect, be it perspiration, refrigeration, diuresis, or better digestion; and one action, be it what it may, rightly understood, establishes the truth of your position or of mine; but *not* of both. I mean by "rightly understood," that they be placed in their proper relations in the scale of causes and effects.

Then, again, these questions arise by way of definitions to the above premises: 1. What is a remedy? 2. What is a disease? 3. What is a remedial effect? 4. What is an action on the liv-

ing system, and what is an action by the living system, and wherein do they differ?

Until all these preliminaries are settled, or at least expressed or defined in some way, we have no data on which we can predicate an intelligible argument. We might as well discuss syntax and prosody in entire ignorance or negligence of orthography and etymology; or try to teach chemistry with no definite notions of elementary bodies. Ten thousand books, which medical men have written as text-books in our schools, are, to use your own favorite and expressive quotation, "incoherent expressions of incoherent ideas," just because their authors have never formed in their own minds any distinct and clear ideas in relation to the four propositions above stated. It is this alone that renders medical works on pathology and therapeutics generally, chimerical, nonsensical, and contradictory.

My space is very limited at this time. I will proceed with the argument in the next JOURNAL; and unless, in the meantime, I hear from Dr. Curtis, I shall endeavor to discuss both his side and mine.

Very truly yours,

R. T. TRALL, M. D.

P. S.—Since writing the above, I have taken up the June number of the *Worcester Medical Journal*, and find an article on the subject we are discussing from the pen of J. Heinbanker, M. D., who, as a matter of mere necessity, takes sides with Drs. Curtis, John, Prettyman, and Comings. I shall, therefore, prepare myself to combat this quintuple alliance; and my next article, after paying proper respect to the position advanced by Dr. Heinbanker, will be addressed to the whole river. It would please me well to have as many of "the profession" as can make it convenient, place themselves in line before I fire that magazine which is to demolish not them, but their errors, in such a manner that the fragments will never be got together again in the shape of a medical science or a healing art.

R. T. T.

WORLD COMING TO AN END!—The N. Y. *Commercial Advertiser*, now in its 28th year, gives the following

GOOD ADVICE.—There is no country in the world where the people are so addicted to the medicine eating propensity as the United States. It has grown to be a perfect mania—a disease of itself. The diet is nature never designed the human body to be such a receptacle of medicine. If men would but study the laws of nature, diet properly instead of excessively, be regular in their habits instead of regular in their doses, use common sense and cold water freely, and the doctor as little as possible, they would live longer, suffer less, and pay little for the privilege.

There! if that ain't 'revolutionary,' then we don't know what is. "Study the laws of nature," be regular in their habits," "common sense and cold water"—"doctor as little as possible." Well, well, and in a most conservatively phlegm paper! What are we coming to? We shall not need to publish many more volumes of the WATER-CURE JOURNAL, if the "*Commercial*" takes the field in this bold way. But we are greatly indebted to the noble efforts of our now "*Ally*," "Go-ahead," thou veteran, and we will bring up the rear.

Providing for Universal Education is not only the right, but the first duty of a free State.

The following is the latest Intelligence relating to that remarkable family called Smiths—Smyth, Smith, Smiths, Smiths, Smiths, Smythers, Smithurst, Smiths, Smiths, Szhtsnydydjibkikoff, Honorable Montgomery Byron Dudley Fitz Smythello, Her Von Kazouelenbogen Schmidt, Ed Senior Conde don Carlos de Szmo.

Dress Reform.

SCIENCE AND LONG SKIRTS.

BY EDITH DENNER.

How in the name of common sense is a woman with long, full skirts, ever to be made a practical Orlithologist, Geologist, or Botanist with any comfort, or without a great deal of inconvenience, attended by a vast amount of unnecessary labor and fatigue?

I think I hear some nice masculine man say, "O, leave those pursuits to the men, they rob a woman of her femininity."

Stop, sir, just step up to my little homely room a few moments. Try if you cannot lower and soften that great bass voice of yours. There, you have frightened Dick and Fan already, away they fly through the open window—yonder they alight on the grape-vine trellis. See how coquishly Fan turns up her beautiful, glossy head and eyes towards you. I vorily believe she is fully aware there is nothing feminine in that quarter. Dick looks first at you then at his Lady-love, and gives two or three satisfactory chirps, which being interpreted means, "not at all jealous, nothing to fear from that monstrosity."

Take a chair, sir, three legs and no back, the best I have; but then you don't want to lean, we feminines must do all the leaning. Beg your pardon—that box with its green seal is not for tobacco spit. "Horrors! a great live toad, as snre as I am a man!" Yes, I found it with a broken leg, so I took it in and am now rejoicing in its convalescence.

It is only through suffering that we can grasp at Infinity, and that toad will hop forth into the world again with a deeper experience, and with a less egotistic toadyism, because of its broken limb. I have cared for him these three weeks, yet his lordship has never even looked a "thank you." His remarkable countenance seems to say, "I am the chief of my tribe; it is a blessing to the world generally, to have me in it; you have merely done your duty, you will get your reward by being a witness of my quiet example and toady dignity."

Upon the whole, I do not like the fellow very well, and conclude I have not much affinity for the species.

Now examine my geological specimens; lay your masculine hands on them carefully, for some of them are very delicate. That is a petrified hickory nut which I brought from the bank of the lower Wabash; that is also a petrification—a crosswise section of an edible root I one day found in an old garden in Mass.; these two stones, one containing the full and well-defined print of a child's foot, and the other some curious bioglyphical characters, I gathered from the bank of the Penobscot; that beautiful shining quartz came from a hill-side of New Hampshire, that small one so delicately veined with yellow from the Connecticut valley; this pine cone bearing a smell of "before the flood," was thrown up by a well-digger, from fifty feet below the earth's surface, in Michigan; and so on through my miniature cabinet.

"That queer fix in the corner, and that big book against the wall?" Yes, sir, that "fix" is

my plant press; that "book" my herbarium. This reminds me that I had planned to spend the day on a botanical excursion. You would like to go along? Well, make me a solemn promise, by your smoothly shaven chin, that you will neither smoke, chew tobacco, or wish for a cup of tea or coffee, till we get back. You promise? Quite a man. Excuse me, in ten minutes I will be armed and equipped for action.

All ready. "I declare." I beg of you to do no such thing; I have heard so many declarations, they have become quite stale. Mrs. Prim declares my Bloomer is "too ridiculous;" Miss Tidy declares, "how neat;" cousin Mag pouts and declares I shall "spoil her market," gathers up her innumerable skirts and flounces and sweeps majestically from the room. Fred, fresh from college, asks unty Sally to black his boots; sits in the door and hums, "O meet me by moonlight alone," (glad he don't me, I should be scared to meet such a shadowy man by moonlight,) while uncle Tim does the milking, after a hard day's work. This Fred declares I am a "frightful romp," nothing "ethereal" about me. But uncle Tim, dear old man, blessings on his gray hairs, sunny face, and toil-worn hands, declares, "a new child, you look as if you could get about with your short dress, palm-leaf hat, buckskin gloves, and nice boots; go to the fields and woods, gather flowers, health, and happiness." So do not declare any further, and perhaps when I am quite old I may cheat myself into the belief that you were going to make some particular declaration.

This direction. You may carry the basket; the paper contains a lunch, the knife is to dig up small plants, or to cut off parts of others; the tin box is to keep the more delicate ones from wilting, and the wet towel is to protect those which are exposed in the basket from the sun and wind.

Now how could I, with woman's ordinary dress, ever scale that five-rail fence, cross that ravine, ford that stream, climb that hill, walk yonder prairie, or ramble through those old woods. You are silent and echo asks, "how could I?" But I can do it easily, dressed as I now am; with two steps, a hand on the top rail and a bound, I have noiselessly come down on this side. You give me the basket, climb up on that side, put over one foot then the other, give a jump, come down with your No. 10's nearly two feet apart, while the earth rings. Really, sir, I fear you have disturbed your antipodes; the next steamer will be bringing news of a young earthquake among that interesting people.

Here we wander and wander, now in the woods, now on the prairies, now down the glen, and now on the hill-top; the wild flowers are all around.

Wild flowers, wild flowers,

Bring them in wet with dew,

When sorrows are many and the world is untrue;

They whisper, they whisper,

Lift upward thy prayer,

For 'e'en over us is His infinite care.

The day wears away, we stand again on the home side of the fence. I am a little weary, not much. We have journeyed ten miles or more—good night. We met as strangers, we part as friends; you have promised to give up tobacco and advocate freedom for woman, even in dress, and thus shall man be free—again, good night.

Fort Madison, Iowa.

GOOD TEETH.

We commend the article on the teeth by Dr. Smith, whose place of business is in St. Nicholas Hotel, to the careful attention of our readers. Dr. S. has the reputation of an experienced and skilful operator, and his views confirm those we have heretofore expressed.

The subject of dental charges is fairly opened to discussion, and we think there is need of reform. There are so few really skilful operators, and decay is becoming so universal, that they can be had and employed at very high charges. Let the system of charging for each operation be according to the time required, and it will become the interest of the operator to do his work in the most thorough manner, and the patient by attending to his teeth in the incipient stages of decay, will avoid the extravagant bills so much complained of. There is employment for ten good dentists where there is now one, if the means and interests of both parties can be made to harmonize.

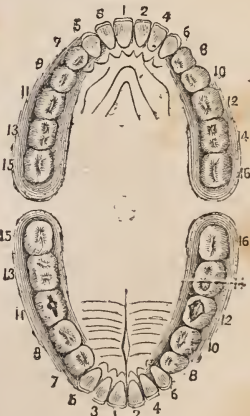
The improvements in dentistry during the last few years are very great. The latest new thing is that of teeth expressly for mastication, by Dr. Smith. We have seen one in use that would bear all the pressure we could give it, and was apparently as firm and useful as the natural teeth.

We regard it, however, as infinitely more important to secure strong, firm natural teeth for the rising generation, than mending up the diseased ones of the present.—Ed's W. C. JOURNAL.

WHY DO THE TEETH DECAY?

The teeth are composed principally of phosphate of lime, which is, or rather should be, supplied in the food we eat. The phosphate of lime is found principally in the bran which we unwisely remove. The people of Europe, either from necessity or choice, feed their children upon unboltoned wheat, rye, or oats, in the form of bread or porridge. One dish at a meal in the Palace or Cabin, and no meat, till the

FIG. 1.



tenth year, is the universal rule, and healthy, rosy children, and sound teeth the natural consequence.

Young America is fed upon a strong diet of white wheat bread, in which there is little or no lime for the bones—meat three times a day, hot tea or coffee, sweetmeats, cake, pies highly seasoned. All these and more at the same meal, or in the course of the day, turns the stomach into a Chemical Laboratory for the generation of noxious acids, and nature is absolutely unable for want of proper materials to make sound dense teeth and bones, or healthy muscle and fibre.

Hence the fact that seventy-five children in every hundred lose the first permanent molars (11 and 12 in the cut) before the thirteenth year, one-half before the tenth year, and large numbers before the eighth year, or within a year after they appear.

From these facts we need not be surprised at the rapid increase of Dentists, over 8,000 of whom are supported by the American people at an annual expense of \$6,000,000 and, about 5,000,000 wrenches of agony. Hence the 80,000 doctors, with half as many drug shops supported at an expense of at least \$35,000,000. Hence the fact that more than half of our children die before the fifth year, and of those that remain, 95 per cent. are tortured with toothache, or suffer with spinal and other diseases. Hence the fact that two-thirds of our families are invalids. By what name shall we call habits that invariably produce unsound teeth, frequently a diseased body, and the destruction of half our children. Should we daily give some narcotic drug that should produce the same effect, we should be compelled to use the very harsh term of *murder*. Yet thousands of Christian parents are cramming their children with food entirely unfit for delicate stomachs, and that will just as surely destroy life: and then to cap the climax of absurdity, ignore their own responsibility by charging the results of their ignorance and neglect to the "dispensation of providence."

Having seen why the teeth are so unusually prone to decay, we will endeavor to show how decay may be generally prevented or greatly retarded.

By looking carefully at a set of teeth, you will find that all those prominent parts that are constantly kept clean by the lips and tongue, and by the act of mastication, are very rarely decayed. Neither is the root below the gum ever attacked by decay. Decay is almost universally found between the teeth, or in the depressions where food and other foreign substances can remain until by fermentation an acid is produced. Science, and experiment in thousands of cases show us that acids will unite by affinity with the lime of the teeth and produce what is called *decay*, which in fact is not a *disease*, but simply a separation of the earthy from the animal parts of the tooth. Any one can prove this by placing a tooth in vinegar for a few days. By looking at the cut you will perceive that the enamel, fig. 1, is very thin in the depressions of the teeth, and just at the edge of the gum, and it is at these points that the food naturally lodges, and where we also usually find decay. It is very reasonable to suppose from the foregoing facts, that if these points were kept entirely free from all foreign matter, that decay would rarely occur, and the experience of thousands prove this to be the fact. Many will here object, that they have always used the brush, and yet their teeth decay, and they can point to persons who have never cleaned their teeth, and yet have preserved them to the end of life.

Fig. 2.



Letter A, commencement of decay. Fig. 1, Enamel.
" B, Second stage. " 2, Bone.
" C, Third stage. " 3, Nerve.

The answer to this objection is:

- 1st. The parts usually cleaned are those that least require it, while the spaces and indentations are neglected.
- 2d. The teeth of some persons are so formed as to require but little cleaning; and
- 3d. The general health is such as to prevent the formation of acids either in the stomach or around the teeth.

ARRESTING THE DECAY.

The enamel is the nature covering or protection of the bone or ivory, and while it is perfect, decay cannot occur. If it is cracked by accident, or is imperfect in its original formation, the question naturally arises, can it be made perfect so as to exclude all foreign substances? Science says that it can, and the experience of thousands confirms the fact, but tens of thousands on the other hand will say, my experience is just the reverse. Why both of these statements are true, we will endeavor to show.

Examine the cut, fig. 2, and you will see a small dark spot in the centre of the tooth. This is because the enamel is not perfectly united at that point. From causes before mentioned, as may be seen in the teeth of ninety-five children in a hundred within three months after they appear. The remedy is found in taking out all the disorganized bone and introducing gold foil so as to form a perfectly solid

plug, or artificial enamel. All can see the importance of arresting this decay at this early period, thus saving the tooth, with the probability of its lasting as long as any perfectly sound tooth in the same month. Why then so many failures?

The reason will be apparent by looking at the following facts:

In cut 2, A is the 1st stage of the decay, B is the 2d stage, and C the 3d stage, to which a 4th might have been added, extending to the nerve, fig. 3. In all these stages of decay it frequently happens that the central spot A is for many years the only evidence of any internal decay. No pain or inconvenience is observed until the whole interior is disorganized to the nerve. The length of time for this silent mischief to be accomplished, varies from one to twenty years, according to the density of the teeth, and the health of the individual. Three years is perhaps the average at the present time.

All at once on biting some hard substance, the enamel is broken in, and an enormous cavity revealed, and very soon another.

All can see there be any niftily in plugging a tooth at all, it is far more likely to succeed in the first stage than in the third or fourth, for the reason that it is easier to make a solid air-tight plug at that time. In the third or fourth stage the nerve is nearly or quite exposed—it is more difficult to remove all the diseased bone; and lastly, only the most skillful and experienced dentists can pack the gold so as to make an absolutely perfect operation in these difficult cases.

Another reason why so many plugs fail to save the teeth may be found in the method of charging for dental services. It must be obvious to all that one plug is no more like another than one house is similar to another. The small spot A, can be plugged with one-tenth of the gold and labor that another cavity in the 4th stage of decay. The practice is to charge a uniform price for each plug. Of course, the more plugs inserted in a given time, the more money is made.

This system presents a strong temptation to perform operations in a careless and hurried manner by persons who care less for a high professional reputation than for a present fee. We are not disposed to find fault with what are termed the *exorbitant* charges of Dentists, for we think a really good plug is worth ten times the amount usually demanded, but we wish patients to understand that what they call exorbitant charges are made necessary by their neglect to apply to the Dentist until the teeth are in the state to require double the amount of time and attention bestowed upon them, that would have been sufficient to save them at an earlier period. We think the evil complained of can be remedied to the advantage of both parties by the plan of charging for the time actually spent.

Let us see the practical working of this system. Mr. A. visits the Dentist with four small cavities which can easily be stopped in a perfect manner, and in a single hour, at the price for which, in this city, among skillful operators, is not less than \$2 each, and with others \$3 to \$5 each.

Mr. B. visits the same Dentist with a cavity in its fourth stage of decay, which will require two hours' labor to save the tooth. Now, is not this system unfair to the patient, and is it not continually presenting strong temptations to slight all the difficult operations.

Let the method of charging by the hour be introduced, let the patient have his operations performed in their first stages of decay, and the complaint of *exorbitant* charges will not be heard.

GENERAL DIRECTIONS FOR TAKING CARE OF THE TEETH.

Let the teeth be thoroughly cleaned twice each day with a brush. Draw floss silk between the teeth, or use a *quill* tooth-pick. Avoid acids, which are the natural solvents of the teeth. Eat nothing that produces an acid stomach. Let children eat of but one dish at a meal. Grown-up children would do well to indulge in not more than *twenty* varieties at any one meal. Do not forget that the teeth, not the stomach, was intended to masticate the food. Use them thoroughly tongs to harden them, and thus prevents the attack of caries. In a future number I may explain some of the ways of making artificial teeth. B. F. S.

True knowledge will sweep drugs into the carcer whence they came, and they are necessary unto the harmony of creation, else had they never been created, yet being created does not impose upon man the duty to eat or drink them instead of wholesome food.—*Healing of the Nations.*

Experience.

REPORT OF CASES—By E. Potter, M.D.—Case first is one that I wish to present to the general reader for two important uses. From the history of this case, you will see how very important it is that you, one and all, have a "mind of your own" in case of sickness, and a well-formed judgment that you may be enabled to proceed understandingly and *independently*, regardless of the interference of ignorant or interested persons. You will also see the great world-wide contrast, in the effects produced by the two different practices in this case. July 17, '54, I was called to visit Mr. C. S. of our city. Upon diagnosing the case, found that it was a severe case of bilious diarrhoea—ordered a prescription—warm water emetics, tepid enemas to be retained from one operation of the bowels to another, and fomentations of hot water, in cloths, to the epigastric region; this prescription continued twelve hours, to give place to one of tonic character—which was, frequent sips of ice-cold water, cold enemas, and cloths wet in cool (70 deg. Fah.) water and applied to the epigastric region, and covered well with dry ones, and changed once an hour; this continued ten hours; then a few spoonfuls of rice water, given as nourishment, once in four hours, and a sponge bath twice a-day, and enemas twice a-day, directed to be continued for two or three days; enemas composed of *agua fontana pura*; and advised to be *careful*. I would remark here, that I never saw so speedy a convalescence in any like case. The third day I dismissed him, a day or two after which he left home on a visit to some friends, where he was *studied according to rule*, and, as a matter of course, a relapse ensued. He returned home, and by the persuasion of kind friends was induced to employ a physician of the Allopathic school—"our big gun." The prescription now was Allopathic, with a full or strong band; calomel, opium, spirits turpentine, and blisters—blisters, spirits turpentine, opium, and calomel; until the good medicine (good to kill) refused to act. And here, as the argument now going on between Drs. Curtis and Trall presents itself to me, permit me to differ for a moment and ask, why did the medicine refuse to act? Was not the medicine possessed of the same properties as in the commencement of the case? And was not the physician just as anxious that certain specific effects should be produced as at the time of his first prescription in the case? Well, then, does this not say emphatically, that, at least in this case, the medicine did not affect, or operate upon the stomach, but that the stomach, as long as it had the power—the life principle, acted upon the medicine—expelled it? Can't you see?

To return. At this stage of the case counsel was called—two of the best of the city affords, (we have in La Porte about twenty physicians.) Well, after the various scientific *doctors' phrases* and wise looks, it was agreed by all hands, that the attending physician was doing *all right*, and the best that could be done was to "keep a-going."

I had patients in the same neighborhood all this time, and heard from day to day how the poor fellow was being murdered, as it almost seemed, though I knew that the doctors were doing *all they could* for him. Oh, how I sympathized with him, and wished that I had been possessed of more decision of character at the first; not that I wanted the case, or that I ever want a case, just for the sake of saying that I treated such or such a case; no, I trust that in wishing for a case that *happens* to be sick, I may be actuated by higher motives than this.

Well, this case was treated by these physicians about five weeks, and then given up to die.

Now came my turn. Now was a case presented by which to try Water-Cure. By this case (although the same kind of test had been applied upon me time and again) was the whole of Water-Cure in general, and myself in particular, to be judged.

I believe I didn't say "I was 'sent for,'" but I was, and such a mangled-up case—almost literally stayed alive I was very careful in my diagnosis, at the close of which I was very doubtful as to the propriety of taking such a case. I told them (the family) frankly my feelings,—that it was, in all probability, too late for any human aid to be of service. They urged me to take the case in hand and do what I could, and said they would give me from all causes, if the case should result unfavorably; I consented to do the best I could.

I trust that from the full history of the case that I have given, in regard to the time it was under Allopathic treat-

ment, &c., that I need not take up time in narrating the long chain of symptoms that presented themselves at this time, except a few of the more prominent—the pulses were 120 per minute, harsh and wiry; tongue covered, except on tip and edges, which were very red, with a heavy dark coat; mortification of bowels, from all appearance, had commenced, and this was the opinion of the Allopaths when they gave up the patient. Extremities cold, face covered with cold clammy sweat, and last, though not least, so fully under the influence of narcotics, that it was impossible to arrive at anything understandingly. Six hours more, in all probability, would have closed the scene.

After concluding to take the case, we left nothing undone that promised us help; we procured the best nurse that could be had, and stuck to the patient night and day; and believe me, in less than six days, the patient was convalescent, and mended more rapidly than even the most sanguine could have expected.

This case has necessarily taken up so large a space, that I must defer the others until a future time.

The good Water-Cure work goes on here plainly, but slowly.

Correspondence.

LETTER FROM NOBLESVILLE, IND.—MESSRS. EDITORS OF WATER-CURE JOURNAL.—It is with the greatest degree of pleasure that one who has been laboring for the benefit of his fellows, in any sphere whatever, witnesses the fruits thereof. I can imagine how grateful it is for you to receive intelligence of the many minds your indefatigable efforts have been the means of enlightening upon the subject of disease and health, their eradication and preservation. It is a matter of fact, ever to be lamented, that those who *dare* to "tell the whole truth, and nothing but the truth," in reference to the errors of his fellows, however great, are denounced as impostors, "ignoramuses" &c., without the first moment being spent to investigate, or reason upon, such doctrines or whatnot as are advocated. But such is the case. Light and truth, however, is penetrating the most bigotted and prejudiced minds.

This has been to me, as no doubt it will be to you, a source of gratification, to know that even in this retreat and stronghold of drugs, drug-doctors, and all the quack-nostrums of the 19th century, not only the *people*, (some of them) but that also the regulars, (some of them) are becoming aroused and convinced, step by step, of the ill effects of drugs, and of the efficacy of water, air, diet, &c., &c., when used in a rational manner; and of their ill-sufficiency. I am so rejoiced, permit me to say it, that I cannot refrain from giving to you an expression of my.

By and through the agency of your journal, and afterwards of the standard works on Hydropathy, I became thoroughly convinced of the incompatibility of drugs on the human system, as also of this statement: that the purest diet, and that which is best adapted to our use, is vegetable. I not only believed it, but I advocated it. Of course, my neighbors thought I was a monomaniac. For about a year or more I have, as far as circumstances would allow, lived a vegetable diet, and used the bath regularly. In some future time I may add my experience to that of others, for I think I shall continue on in my course.

Offering anything to the public which can be bought, and which will "jump at it," but public mind is so averse to study, to thought, that anything requiring the exercise of the mind to obtain it, no matter how beneficial, is but poorly received. I have, in spreading the WATER-CURE JOURNAL here, found several who do not appreciate it, for the reason that they do not *think*. I am glad to know that with *others* it is different. One man, who, hy-the-hye, I got as a subscriber to your journal, nearly a year ago, took sick last fall, about the same time with myself, and with the same complaint, viz.: Typhoid Fever. I pursued a course of packing, &c., and although not done just as it should have been, I was not low, but was about the house every day. I was quite reduced; and in recovering, by exposure, and especially by giving way to my appetite, I took the ague. I soon, by the use of baths, stopped that soon got well, and have been well ever since. My neighbor, however, pursued a different course. He was attended by a reputable physician, who administered those *harmless* "hygienic agencies" that Dr. Curtis would compare with water, air, &c. The patient was not, apparently, at the time, worse than myself;

but mark the difference that afterwards and that *now* exists between the two. He has not had, perhaps, a "well day" since the commencement. Even now, this summer, he has chills, piles, pain in the back, &c. And occasioned by what? Those innocent "hygienic agencies" of Dr. Curtis! His physician, so the patient told me, has, after a fair trial, recommended him to try "water," as it "at least would do no harm!" said Doctor reads, at times the WATER-CURE JOURNAL! Our friend, the patient, is quite a hydropathist now, and says he thinks much of the WATER-CURE JOURNAL, but he is not so little about it. This has been brought about by my furnishing the Journal, (I say it without the spirit of egotism.) He believes, also, that the fit of animals is not fit to put in the stomach, the disease and filth to be appropriated to ourselves.

But what I relate of the ostensible bad effects even of those milder poisons, and of the benefit of hydropathy, in reference to these cases, I could do of many others of my nearest neighbors. The misery caused within the immediate circle of my acquaintances by this drugging system, is nothing less than horrible to relate. The fairest flowers of youth are *kill'd* outright, where they might and would have been restored to health, if they would have let Nature take her own course; and those who derided me last fall, and who, for the "chills," took quinine by the ounce, are now, almost without exception, either having the chills, or fever. Yet they say strong and powerful medicine is the only cure!

Before I close this epistle, I wish to ask a question, which I hope you will answer in the Journal. The question is this: Is there any of the secretions of a *healthy* individual, that is saline? Also, can a being live any length of time without salt as an article of diet? The occasion that gave rise to these questions in my mind, was when talking with one of our most noted allopathic doctors. He said that the antiquity of the science of medicine, and the profound learning of the "faculty," was sufficient to prove the soundness of their doctrines; and in one of his illustrations he stated these propositions, viz.: That the laws of the animal economy was such that the saline secretions of the system need it as an article of diet. I did not positively affirm that even in a perfectly healthy system there was no saline secretion; but that if there were, there was the requisite amount of saline substance in food, without taking the material as food for seasoning; with regard to the latter, viz., that man must use salt as an article of diet, that is, to a greater extent than nature has distributed it, in order to maintain life any considerable length of time, I decided. The questions you will please answer, to inform your ignorant well-wisher, — C. E. D.

FROM A SOUTHERNER WHO GRADUATED AT THE NEW YORK HYDROPATHIC COLLEGE.—"Here, in the sunny South, hydropathy is marching onward with gigantic strides. The old school doctors say all they can against it. They say that water will do for *some* diseases, but not for all. I ask them to show me one curable disease that cannot be cured by water treatment, and tell them that I will then acknowledge that our system is unworthy of public confidence. These doctors also tell me that vegetarianism will not do for a laboring man. They say that it may do for a person who sits in the house all the time. I tell them if they are anxious to test the question, that I am ready to show them that a Vegetarian is as stout as any of them; but none of these assertions will lift or wrestle with me. The young ladies here do not like me because I am such a thorough reformer. I guess I shall have to come north to find me a wife. I would rather marry an Indian Squaw than one of these snuff-dipping, coffee-drinking, and wine-eating young ladies. Just think how a young lady looks and smells after putting a pound of hog's lard on her hair, and eating a pound of fat bacon.

"I do hope that from our New York College will be sent over the land hundreds of men and women, to teach the people the truths contained in your books and journals. — "S. J."

ONE OF WOMAN'S ERRORS.—The following letter, addressed to Miss A. S. Cogswell, M. D. one of the teachers in our school, and practicing physicians of our University, though not intended for publication, contains sentiments so well expressed, and so replete with practical wisdom and much-needed reproof, that I have taken the liberty to place it on record, without waiting for the writer's consent. Our readers will not be less interested in the perusal of the article when they learn that it is from the pen of my able and intelligent opponent, in the discussion of

divers subjects in relation to the modus operandi of medicines.

E. T. TRALL, M. D.

CINCINNATI, 1855.

MRS. COGSWELL—MY GOOD FRIEND!—Will you excuse me for replying so speedily to your very interesting letter? I have two objects in it: 1st, to let you know that I have received and read it with much pleasure; and 2d, to give you a few words of encouragement and comfort, for which I am not willing that you should wait till I find time to write you a long letter.

You complain of the necessity of "waiting the slow and devious way up to usefulness and fame." You want "all the learning of half a dozen learned professors, and strength in proportion," to enable you to "talk."

My dear girl, this is a GREAT MISTAKE. There is many a learned man, very learned, who cannot "talk" in a manner worthy of the attention of an infant. Learned men are like walking libraries; as some well, some ill-arranged; some with the shelves of contents exposed, others with theirs concealed. Truth and error, in mingled confusion, are found enveloped in their brains, as in the tomes of the libraries. Much knowledge is not much usefulness. It is accurate knowledge, or the knowledge of truths, things and facts, accurately and properly arranged, and skill in exhibiting them to others, that makes a person useful. It is the full possession of all this that enables us to talk. A man or woman may have swallowed the dictionary of half a dozen living languages, and still be a dull teacher, for want of a cargo for these vehicles to carry. Woman, especially, is not generally deficient in *language*. You ask, "how am I ever to know enough?" A very important question, to which you shall have an answer almost as short. By applying all your powers to the consideration of *every quality and form, of every thing* of which you wish to know any thing, and by telling others what you have learned of it, as fast as you learn it. It is not necessary that you should learn *every* thing before you can both *know* and *teach* some things. To attempt to learn *every* thing before you teach any thing is like studying a language till you know the meaning of all the words before you attempt to speak it. You are right in saying,

"The well-used talent, though but one,
May gain the happy praise—well done."

You say, "poor hampered woman." True, she has been hampered—but I am inclined to think she should take to herself a large share of the blame of it. Who but herself taught her the folly of confiding her body to the infant demonstrations of incarcinating herself almost always in the house, of measuring her steps, her motions, and even her sitting postures? Who hampered her with dozens of waistbands and a score of pounds of *drapery attached*? Who compels her to impede her locomotion, or to sweep the streets with her dress? Who compels her to exclude the vital air of heaven by corsets and close rooms; and the light of the eye, (which the wise man says it is so pleasant a thing to behold,) by blinds and curtains?

Who compels her to use a needle instead of a broomstick or a brush, or a battle-rod instead of a garden rake? Who compelled her to study "accomplishments" in the place of sciences, or to retail slander instead of "talking common sense"? Is she not more blameable than her brother for *all these things*? In short, who taught her that she should be the *mere toy* of man, to amuse him in his moments of relaxation, instead of his companion and helpmeet to aid him and comfort him in all his aspirations and efforts for the attainment of a fitness of himself and others, for the high and holy duties of the purger spheres? Ought she not of herself, to perceive that, to meet to be with him a partaker of heavenly inheritances, her train of thoughts and her daily habits must also be like his?

Your brothers have, indeed, not quarrelled with you for pursuing the course of your choice, and obeying the entoments of your own ordination; but who among them, worthy of the name of man, has not rejoiced and lent you a helping hand, when he has seen you struggling to be free and his equal? From whom, *now*, do you receive the most opposition and the least encouragement in your efforts for reform, your *brothers* or your *sisters*? For my part, I find two opponents of your own sex, to one of mine; to my efforts for your liberation from the thraldoms of wicked entoments; and that opposition is also far more unreasonable and unyielding. But I would not screen my sex from blame. They do oppress you, and aid you in oppressing each other. May God forgive and reform them. I only wish to encourage you with the assurance that your efforts to "lay

addo every weight, especially the sin that doth most easily beset you," whatever that may be in each case, meets the cordial approbation of all the hotter part of us your brothers, especially of him who now addresses you. Please make to all, retaining a large portion to yourself—the kind personal regards of your friend, A. CURTIS.

WEARING VELS.—A subscriber in Lockport, sends us the following:—It seems to be quite a custom for little girls to wear vels, and I have often noticed them trying to roll their hoops with their faces covered over, probably to prevent the sun from tanning them.

Now, little girls, don't be afraid of the warm, bright sunshine. It is just as necessary to your physical development as it is to that of the roses in your garden. Go out as often as you can, and breathe the pure air of heaven and enjoy its sunlight. Throw off those thick vels, and lay aside your parasols, the sun won't hurt you any more than it does your brothers, and you never see them with either. Never mind if you got tanned a little. You will look all the better for it. If there is anything in the world I love to see, it is bright-faced, rosy-cheeked little girls. And what I am saying to little girls will apply just as well to grown-up ones. Let the sun shine on you, and consider it one of heaven's best gifts. It will turn the lilies on our cheeks to roses, and impart a vigor to your frame you have never felt before. I hope the time will soon come when pale faces will no longer be considered beautiful, when our girls will grow up robust and strong, remembering that without health they will only be a burden to themselves, and to those around them. ELIZABETH.

VEGETARIAN COMPANY.

KANZAS.

This enterprise is making steady progress, and bids fair to become a reformatory movement of unusual interest. The idea of devoting a tract of land to the thorough carrying out of the vegetarian principle is nothing really new. History, in its solemn, sublime and mysterious beginning opens up with a scene of beauty and freshness from the moment when "there was light," which naturally comes to mind when contemplating this subject, and the garden of the first parents, is described as containing every tree that is "pleasant to the sight and good for food," accompanied by the declaration of the Creator:

"Behold I have given you every herb bearing seed which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed: to you it shall be for meat."

This is the first instance on record of a spot on the earth's surface being consecrated to the Vegetarian principle. It was thus commenced on the highest authority. The departure from the simple and pure life of Eden, has been accompanied with disease of every kind, and misery and death to body and mind.

The next memorable instance on record, is that of Magna Græcia, in Italy, founded by PYTHAGORAS, about five hundred years before Christ. This eminent philosopher was a native of the Island of Samos, and taught the practice of abstaining from flesh as among the most important of the discipline he prescribed to his disciples. His famous school, Magna Græcia, was founded on this principle; and so eminent did he become as a teacher of high moral principles, that he was regarded by the succeeding philosophers of Greece and Rome as the "father of philosophy;" and his dietetic principles were taught and practised by many of his renowned successors of Greece and Rome, however they might differ from him on more abstract ideas.

EPICURUS and his disciples constituted a school, subsisting entirely on the fruits of their garden. And although an epileuræ is now regarded as a person addicted to indulgence in what is understood as "high living;" it in such case a misnomer, as an Epileuræ is, strictly speaking, a vegetarian.

The Brahmins, too, have for ages observed this principle in the country which they inhabit. And the vegetarian system of diet has been practiced with more or less completeness in numerous schools of philosophy both ancient and modern.

In England in 1809, Rev. Wm. Cowherd adopted vegetarian diet, and founded a denomination called "Bible Christians;" and this church has continued in the practice to this day. There are two Societies in England, and one in Philadelphia, Pa., belonging to this Church.

In 1840, JAMES PIERPONT GREAVES, a man of unbounded philanthropy and an attached associate of PESTALOZZI, founded an institution at Ham, Surrey, England, called the "Concordium," which was conducted strictly on the vegetarian principle. Many of the original Vegetarians in England resolved their dietetic instructions from this institution. The building was situated on a garden of four acres, entirely devoted to fruits and vegetables. It was beautiful for situation, as it formed a part of the most celebrated landscape in England—that seen from Richmond Hill—being between that hill and the "Sivvery Thames." It was conducted for some years by Mr. William Oldham, and was broken up during his absence in 1847. The greatest difficulty in this case was the heavy expense on the land, which is the great bar to such efforts in England.

The Kansas Vegetarian Company proposes to locate land in entirely new territory, where the ban of speculation and human avarice has not been able to bring the soil under the dominion of those who delight in slaughter, and who live on its results.

The prospects are that about sixteen square miles of land will be located by 64 persons, as the preemption-right secures a quarter section, or 160 acres to each settler, at the government price of one dollar and a quarter per acre.

To secure to each settler the advantages of civilization: implements, mills, clothes, provisions, &c., the Company is on the joint stock principle—by which all the settlers can obtain as cheaply as in the States, with the addition only of the cost of conveyance, all the requisites for farming operations; and any profits made thereon will go to the common fund, and be a mutual benefit to the whole.

A Boarding House is to be erected first, at which all new comers will be received and provided for, until they have created houses on their several lots.

The shares of the Company are five dollars each, payable either in money or labor in instalments, according to the requirements of the Company. One share is to be taken for every acre of land the member may desire to locate.

The first payment is 10 cts. per share, and the priority of date of such payment, entitles to priority of choice in the lots of the Company. All who paid prior to June 21, 1855, having a right, either personally, or by duly authorized agents, to select in the first ballot of the Company, to take place as soon as the land is surveyed and the plan decided upon.

By June the first, the following persons had become members of the Company:

James Adams, Rahway, N. J., Blacksmith.
Henry S. Glubb, New York City, Reporter, Secretary.
Wm. H. Colt, Hopkinton, N. Y., Horticulturist.
John Cooke, Port Albert, Huron Co., C. W., Farmer.
Israel France, Enterprise, Pa., Farmer.
Thomas Gibson, Brookville, Ind., Shoemaker.
J. Milton Hadley, Friends' Mission, K. T., Teacher.
A. B. Hicks, Jelloway, Knox Co. O., Teacher and Farmer.
George Hobbs, Hicksville, DeWane Co., O., Nurseryman.
Jane Holloway, Marcellus, New York.
Samuel A. Kingsbury, Providence, R. I., Baker.
Wm. J. McConw, Richmond, Ind., Merchant.
J. McLaughlin, Bytown, C. W., W. C. Physician, Treasurer.
Charles Morley, Topeka, K. T., Colporteur.
William H. Orr, New York City, Printer.
W. W. Parmliter, Jr., Mount Vernon, O., Farmer.
Joseph Smith, Ferguson, Wellington Co., C. W., Shoemaker.
William Somerville, Londale, E. L., Weaver.
J. H. Smith, Cerro Gordo, Randolph Co., Ind., Builder.
Henry Voorhus, Lodi, Seneca Co., N. Y., Farmer.
Lynan Wheeler, Villanova, Chautauque Co., N. Y., House Painter.
Chas. H. De Wolf, Philadelphia, Gentleman, President.
No. of members in the Company 22
Relatives and friends accompanying the same, about 25
Total 47
Number of applicants for information, expressing their approval of the plan, and desiring to join the Company 26
Relatives and friends to accompany the same, about 25
Total 51
Total number of persons likely to form the first settlement 68

As letters are being received by almost every mail, there is every probability that in the course of a few weeks these now in the list of applicants will become *bona fide* members

of the Company. The capital possessed by each member varies from \$50 to \$10,000. The present members of the Company possess a capital of about \$20,000. When the other applicants have become members, the prospect is, that the united capital of the company will amount to at least \$50,000. The programme of operations giving particulars as to the preliminary steps about being taken, appeared in the report of the meeting of the Company, held May 16th, and published in Life Illustrated of June 2d. The octagon plan of settlement has been engraved and is now on sale. It is likely to be adopted by the Company.

It is probable that a pioneer party will soon start for the purpose of selecting a suitable location, and such as choose to join that party should communicate immediately with the Secretary, to the care of the publishers of this Journal.

ANNIVERSARY

OF THE AMERICAN VEGETARIAN SOCIETY.

The Sixth Annual Meeting of the American Vegetarian Society was held in the rooms of Dr. Trail's Hydropathic and Hygienic Institute, No. 15 Light street, New York, on Wednesday, May 16th, 1855; Dr. WILLIAM A. ALCOCK, of Massachusetts, President of the Association, in the chair; Rev. WILLIAM METCALFE, M. D., Corresponding Secretary, in the absence of Joseph Wright, A. M., of Penn., was appointed to fill the duties of Recording Secretary also.

Charles H. De Wolf, Esq., Dr. John Grimes, and Dr. R. T. Trail, were appointed by the Chair as the Committee on officers and other business.

The Committee soon after reported the following names as officers for the ensuing year, viz.:

Dr. William A. Alcott, Auburn, Dela. Mass.

SECRETARIES.

Dr. R. D. Mussey, Cincinnati, Ohio.

Dr. John Grimes, Boonton, New Jersey.

Dr. R. T. Trail, Philadelphia, Penn.

Rev. David Lott, Lottville, Warren Co., Penn.

Rev. P. H. Shaw, Greenfield, Connecticut.

Charles H. De Wolf, Esq., Philadelphia, Penn.

Dr. J. H. Hanson, Nantux, Ky.

Dr. A. W. Seales, Harrodsburg, Ky.

Jonathan Wright, Esq., Philadelphia, Penn.

SECRETARIES.

James Horrocks, Esq., Frankford, Philadelphia, Penn.

RECORDING SECRETARY.

Joseph Wright, A. M., Teuth and Morgan sta., Philadelphia, Penn.

SECRETARIES.

Rev. William Metcalfe, M. D., 645 North Third street, Kensington, Philadelphia, Penn.

The Report was adopted, and the Society organized for the transaction of business.

Letters were read by Drs. Alcott and Metcalfe.

The Secretary then received the subscriptions of members.

The Report of the Treasurer was read, audited, and accepted. Duo the Treasurer, \$1 18.

The Corresponding Secretary's Report was also read, audited, and accepted; from which it appears there is due to him, from the Society, on account of printing the Journal, the sum of \$141.

The Committee on Resolutions, consisting of Chas. H. De Wolf, Dr. Grimes, and Dr. Trail, presented the following Preamble and Resolutions, which, after an animated discussion, and a few modifications, were finally adopted, as follows:—

PREAMBLE.

Whereas, Vegetarianism, in its most liberal definition requires of its adherents abstinence from the flesh of all animals as food; and whereas, we consider this as the basis of all other reforms, physical, intellectual or moral, therefore

Resolved, That popular favor or disfavor never decides the right or wrong of anything; that Truth is always the same, whether maintained by the few or the many; that its ultimate adoption by the many is to be preceded by the faithful advocacy of the few, who first see and appreciate its value; and therefore the friends of truth are under solemn obligations to be firm and faithful in its presentation, and enforce its adoption, not only by the power of argument, but by a consistent practice.

2. Resolved, That vegetarian reform has the obstacles to contend against of no common magnitude; that the pocket and palate monopolize the action of the two largest nervous plexuses in man; that, as the true reformer, their demands upon the energies of men, in opposition to the claims of truth, are as incessant as they are despotic and tyrannical;

therefore the united and persevering labors of Vegetarians become indispensable to the progress and success of its cause.

8. *Resolved*, That we have great reason to rejoice in the progress of vegetarian truth; that the discussions on this subject for the past five years have elicited much thought and much action; that the public mind is fast preparing for the further reception and appreciation of this truth, and therefore we have great encouragement for continued labors in this cause, in the reasonable hope of an abundant harvest in the no distant future.

4. *Resolved*, That our dietetic principles are practicable and applicable in all climates, latitudes, conditions of health and age, [after infancy], and are preferable to all others, being more conducive to health, to physical perfectibility, and mental development.

5. *Resolved*, That VEGETARIANISM is the "Archimedean Lever" by which to move the world—without its practical adoption we may look in vain for the triumph of Right over Might—of the reign of Equity—of Universal Brotherhood—and the ushering in of the promised and long-looked-for Millennium.

6. *Resolved*, That we hail with pleasure the fact that there has been formed, and is now existing, a "Vegetarian Kansas Emigration Company," with fair prospects of locating in Kansas Territory and of becoming a great reformatory movement, and which we cheerfully recommend to the favorable notice and consideration of all Vegetarians and dietetic reformers throughout the world!

7. *Resolved*, That the Constitution of the Vegetarian Society requires the Corresponding Secretary to act as financial agent, and to collect the annual subscription of One Dollar Yearly, together with any donations that members or other persons may feel disposed to give for the use of this Society.

8. *Resolved*, therefore, that the Corresponding Secretary be requested and authorized by this meeting to issue a circular to each member of the Society in arrears, soliciting the payment of such arrears, and also any donation towards aiding the Society in its benevolent and philanthropic labors.

9. *Resolved*, That all the receipts of the Society be appropriated to the discharge of its indebtedness to the Corresponding Secretary, until fully liquidated.

An adjournment of the Society next week took place until 7½ o'clock in the evening, for the purpose of then hearing addresses on the subject of Vegetarianism.

EVENING SESSION.

At the time appointed the meeting assembled. Addresses of an interesting nature were delivered by Rev. Peter H. Shaw, Dr. Alcott, Mr. Henry M. Parkhurst, Rev. Wm. Metcalf, Mr. De Wolfe, Rev. Mr. Avery, Dr. Trall, and Mr. Henry S. Clubb.

A resolution, returning the thanks of the meeting to Dr. Trall for his liberality in granting the use of his lecture room to the Society, was unanimously adopted.

A publication committee, consisting of Dr. Trall, Rev. Peter H. Shaw of Connecticut, and Henry S. Clubb, was then elected, and the meeting adjourned.

Literary Notices.

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

THE ENGLISHWOMAN IN RUSSIA. By a Lady. New York: Charles Scribner. 816 pp. [Price, prepaid by mail, \$1 25.]

Everything relating to Russia and the Russians is now read with avidity and interest, and a less meritorious work than the one before us, with a similar title page, would be sure to find a multitude of readers. Our Englishwoman's volume is quite modest in its pretensions, claiming simply to give "impressions of the society and manners of the Russians at home," as received by a lady who has resided a long time among them. It more than satisfies our expectations. The author evidently intended to make it an entirely faithful and impartial sketch of Russian social life;

and if she has not in every point succeeded in making it so, it is rather her misfortune than her fault.

A TREATISE ON PUNCTUATION. BY JOHN WILSON. Boston: John Wilson. New York: C. Shepard. 634 pp. [Price, prepaid by mail, \$1 00.]

This is a book which all newspaper correspondents, letter-writers, authors, printers, correctors of the press, teachers, and pupils, should study. It contains plain and concise rules for every possible case which can arise in pointing, with directions for the use of capitals, a list of abbreviations, hints on the preparation of "copy," and on proof-reading. "It is prepared by a practical printer, who is at the same time a man of good taste and judgment. It may be safely said that there is no work so full and satisfactory upon the whole subject, as this."

STAR PAPERS; or, Experiences of Art and Nature. By HENRY WARD BEECHER. New York: J. C. Derby. [Price, by mail, \$1 25.]

A pleasant summer book, and an agreeable travelling companion. It consists of a selection of Mr. Beecher's lighter effusions, contributed to the *Independent*, with a few letters written home from Europe. No man writes more delightfully of natural objects and rural scenes than the *Independent* Star contributor, and the lovers of nature will find in this volume many a glowing page, that is all of poetry except the form. The work, however, needs no recommendation of ours. We merely announce its publication.

BLANCHE DEARWOOD; a Tale of Modern Life. New York: Bunce & Brother. 12mo, 407 pp. [Price, prepaid by mail, \$1 25.]

This we judge to be the work of a young writer, but one possessing decided talent, and who has studied closely the best models of the novel and the drama. Its tone is elevated and dignified throughout, and its plot and incidents are skillfully managed. It presents a graphic and faithful picture of the higher grade of American life. Its characters are well drawn, and act and talk naturally, consistently, and always with a purpose. The Boston *Atlas* pronounces it "a work American in all its incidents, scenery, and persons, which cannot but have a successful run, and ultimately take a permanent place among the standard romances of modern life. The interest of the story is well sustained, and the plot develops itself easily and naturally. We predict for it a popularity and success of no ordinary character, if the reading public share with us our impression of its attractions."

THE HISTORY OF SWITZERLAND. FOR THE SWISS PEOPLE. BY HENRIH ZSCHOKKE. With a Continuation to the year 1848, by ERNST ZSCHOKKE. Translated by FRANCIS GEORGE SHAW. New York: C. S. Francis & Co. 12mo, pp. 405. [Price, prepaid by mail, \$1 25.]

An admirable history of one of the most interesting countries of Europe, and one in which, as a sister republic, we should feel a special interest. Zschokke's work is deservedly popular in Switzerland, where it has passed through nine editions. It is remarkable for its simple beauty, its conciseness, and its strict impartiality. The translation is faithful, and preserves in a high degree the peculiar excellences of the original.

HISTORY OF PRIESTCRAFT IN ALL AGES AND NATIONS. BY WILLIAM HOWITT. New York: Calvin Blanchard. 12mo, pp. 274. [Price, prepaid by mail, 87 cts.]

An idea of the design and plan of this valuable little history may be gained from the following extract from the preface.

"This little work presents a concise and concentrated view of universal priestcraft, to strengthen the present disposition to abate that nuisance in England; and I think it will be sufficient to establish any disinterested person in the conviction, that priestcraft is one of the greatest curses which has afflicted the earth;—and in the persuasion, that till hydra heads are crushed, there can be no perfect liberty; for nothing is more certain than that priests have, in all ages, followed one system—that of availing themselves of the superstitions of the people for their own interested motives; and nothing better attested than the crimes and delusions of that order of men treated of in this volume."

This work may be obtained of FOWLER & WELLS.

THE MISSING BRIDE; or, Miriam the Avenger. By Mrs. E. D. E. N. SOUTHWORTH. Philadelphia: T. B. Peterson. 12mo, pp. 635. [Price, prepaid by mail, \$1 62.] This is the last, and, perhaps, the best, of Mrs. South-

worth's productions, and exhibits her remarkable talents as a writer of fiction in very favorable light. It is said to be founded on fact, and is unquestionably a work of thrilling interest. The principal characters are admirably drawn, and their action throughout well sustained and consistent. The gifted author's numerous admirers will hail its appearance with great pleasure, and read it with avidity and delight.

THE PRACTICAL LAND DRAINER. By B. MUNN, Landscape Gardener. New York: C. M. Saxton & Co. 12mo, p. 190. [Price, prepaid by mail, 62 cts.]

Now that the attention of the agricultural public is being more and more drawn towards the subject of drainage, and its benefits are being so clearly demonstrated in practice, this work will meet an urgent want. It is a thorough and reliable treatise, in which the most approved systems of drainage, and the scientific principles on which they depend, are explained, and their comparative merits discussed. It also gives full directions for cutting and making drains, and remarks upon the various materials of which they may be constructed.

THE ROBIN REDBREAST.—This is the pretty title of a new juvenile singing-book, containing a choice collection of popular music, original and selected, arranged for one, two, three, and four voices, with piano accompaniments. Its authors are B. A. Russell and G. W. Sanders. It strikes us as a most excellent work for juvenile singers. Irvion and Pibney, New York, are its publishers. [Price, prepaid by mail, 50 cents.]

Business.

OUR PUBLICATIONS IN KANSAS TERRITORY.—The *Harvest of Freedom* published in Lawrence, K. T., says, "Fowler and Wells' publications are justly popular, and deserve a place at every fireside. The Water-Cure works contain a fund of knowledge on hygiene which, if properly read and practiced, would save an incalculable amount of disease and suffering. TRALL'S HYDROPATHIC ENCYCLOPEDIA, and SIEW'S FAMILY PHYSICIAN, are works of standard merit, and have attained an immense circulation—not a hundredth part as extensive, however, as we trust they will, unless other publications of more value on the same subject-matter shall take their place. *THE WATER-CURE JOURNAL* is also a publication we can cheerfully recommend to our readers. It is published monthly, and is replete with rules for the preservation of health and longevity, as well as for curing the sick and disabled. Terms \$1 a year; in clubs of twenty, fifty cents a year. One club of twenty-five has already been forwarded from this place, Lawrence, K. T. We are getting up another club, and will be glad to receive the names of any of our friends in the city or country who desire it at this price; and for the purpose of getting its principles more fully understood, we will furnish an additional copy gratis, to be sent to any friend in Kansas the subscriber may dictate." [The intelligent editor knows by experience the benefits derived from Water-Cure, and he can with great propriety urge it upon the attention of others. He will please accept our warmest thanks, for the hearty manner in which he commends our publications. May they continue to merit the approbation of himself and those to whom he so kindly and earnestly recommends them.]

SOAPS—To the Ladies.—We take pleasure in calling the attention of our readers to the various kinds of soaps, such as Cream soap, Laundry soap, Manufacturers' soap, Cream soap Preparation, and so forth—manufactured by the American Soap Company, incorporated under the laws of the State of New York. The advantages to be derived from the use of these soaps are, as will be seen, very great, and worthy the attention of every family.

Their tendency is to soften the clothes and remove the dirt; they cost no more than the common soaps; the wear and tear of clothing consequent upon the old method of hard rubbing upon a board and pounding-barrel, is entirely avoided; and fuel being dispensed with, an immense saving is thus made.

They can be had of all grocers, or ordered from Cowles & Co., Proprietors, 254 Washington Street, New York.

PROSPECTUS!

The Water-Cure Journal,

VOL. XX.

A NEW VOLUME OF THE WATER-CURE JOURNAL commences with the Present Number. We give an outline of the objects of this Journal in the following brief PROSPECTUS:

Health.

The great want of the age is health—the normal and harmonious action of all the elements of our being, physical, intellectual, and social. This want finds its satisfaction and this demand its supply in a knowledge of the LAWS OF LIFE, of a TRUE PHYSIOLOGY; the NATURE and CAUSES OF DISEASE, of a TRUE PATHOLOGY; the modes of PURIFICATION and INVIGORATION, of a TRUE SYSTEM OF MEDICAL PRACTICE. These and kindred subjects, constituting

The Philosophy of Health,

And comprising the LAWS OF PHYSICAL, MORAL, and INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness may be included under its subtitle of HEALTH OF LIFELESS.

Human Life.

Our platform is a broad one, and our plan of operations comprehensive. All subjects connected with Diet, Exercise, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements, and Social Relations—all the elements which combine to make up that complex thing called HUMAN LIFE, will be clearly presented.

Practical Instruction.

Hydrotherapy will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. The Water-Cure is not equalled by any other mode of treatment in those peculiar complaints common only to WOMEN. THE WATER-CURE JOURNAL will contain such advice and practical instruction as may be considered most important in all these critical yet unavoidable cases.

Preservation of Health.

Without HEALTH, even life is not desirable, unless a remedy can be found. It will be a part of our duty to teach the world how to preserve health, as well as cure disease.

Prolonged Life.

Reforms in our individual habits, in all our modes of life, and in our social institutions, will be pointed out, and made so plain that "he who runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

Water-Cure at Home.

Home treatment. Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion, to apply it without the aid of a physician. *Let it be borne in mind, that THE WATER-CURE JOURNAL is a thoroughly POPULAR WORK, designed for "the people," and not the organ of a Profession or Sect.*

The Future.

While the achievements of the PAST are the best promise of the FUTURE, we may intimate that it is our intention to give in our OWN works an example of the PROGRESS, REFORM and IMPROVEMENT which we would promote in the most vital interests of men and of society.

To Our Friends.

Believing the HEALTH REFORM to be the needed basis of all reforms, and that no agency can be more efficient in promoting it than the WATER-CURE JOURNAL, we rely upon the FRIENDS of the CAUSE of HUMAN ELEVATION to continue their good efforts and exertions, until a copy is within the reach of EVERY FAMILY IN THE UNITED STATES.

THE JOURNAL will be illustrated and published in a beautiful Quarto form, on fine white paper, for binding, on the first of each month.

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308 BROADWAY, New York.

We know of no American periodical which presents a greater abundance of valuable information on all subjects relating to human progress and welfare than this JOURNAL.—NEW YORK TRIBUNE.

THE WATER-CURE JOURNAL is, unquestionably, the most popular Health Journal in the United States. NEW SUBSCRIBERS' NAMES WILL BE SENT TO THE PUBLISHERS AT ONCE.

ANOTHER NEW LECTURER IN THE FIELD.—It gives us pleasure to record the successful commencement of Dr. R. F. DITCHER, graduate from the New York Hydro-pathsic school, Lecturer on Physiology, Pneurology, Hydro-pathy, etc. etc. We have received the following Testimonial, which we place on record:

To whom it may concern, this we certify that we, the undersigned, citizens of Galena, Delaware Co., Ohio, having been favored with several lectures by JUSTUS F. DITCHER, M. D., take pleasure in commending him to the favorable regard and liberal reception of all philanthropists, moralists, and Christians, believing most confidently, all will be profited who are interested in the physical, mental, and moral culture of the human race, and who would bespeak for him full houses, good attention, and liberal patronage:

Jonathan Dyer, Hannah Dyer
C. R. Van Houten, J. H. Van Houten,
Edward Law, L. S. Huntley,
Henry Gohrer, Mary Fols,
J. M. Houser, Eliza Brown,
S. V. Young, Thirzy Bancroft,
David Prestel, Haatic Huntley,
Eliza Westercell, Catharine Arnold,
Harry Slack, Luella A. Parks,
John Siple, Harriet Siple.

Dr. DITCHER will continue his labors in Ohio and neighboring States, through the season, where we hope he may meet with a liberal patronage, feeling assured he will do great good by imparting a knowledge of the Laws of Life and Health.

"TELL US WHAT YOU KNOW."—In response to our "Call" upon subscribers for their own "personal experience" in the various forms of medication, through which they may have passed, we have received a number of sad and startling revelations, which we have placed on file for publication. In these "Experiences," the writers give a lamentable account of their own sufferings, narrow escapes with life—broken-down constitutions—the premature death of parents, children and friends—the large number of human beings now lingering out a living death, quite beyond the possibility of ever again enjoying good HEALTH, so completely and irreparably are they "used up." "Cases" of this kind, are not given to the public through the "regular" medical Journals, but we wish the public to look at the facts, without colored glasses. We have some *pre-mortem* Testimony to offer, which cannot be "coffined and interred," like the thousands of well-organized men, women and children, with whom our grave-yards have been peopled. When the evidence and testimony of living witnesses shall be given to the world, the absurd practices of medicine-mongers, bleeders, leechers, and dosers generally, will cease. Friends, there is an enemy among us, "seeking whom he may destroy," will you help to guard the innocent?

SENT NO LONGER THAN PAID FOR.—THE WATER-CURE JOURNAL is published at One Dollar a year in ADVANCE. When the time expires for which it has been paid, it is discontinued, unless the subscription be RE-NEWED.

Therefore, no one need take the trouble to notify the publishers to "discontinue it at the end of the year,"—nor to return the numbers. All extra numbers sent from this office, not paid for, the recipient is quite welcome to.

RENEWALS should be made promptly—and clubs formed at once. The sooner lists are sent in, the better, so that we may know how many to print. Hoping soon to hear from all good friends, we shall continue to labor, and to wait.

PUMPS.—Not dancing pumps—but Water Pumps. Pumps which will throw water "sky high" and put out a hose on fire! which will draw cool water—these "Temperance times"—from the bottom of the deepest well—"will it will." Such pumps, guaranteed to work, may be ordered from this office. FOWLER AND WELLS, New York, have the Agency of these most remarkable and best of all known pumps.

NEW ORLEANS.—Our friends in the South will usually find an assortment of our books for sale by J. C. MORGAN, New Orleans, who will be happy to furnish them. He will also take subscriptions for the PHRENOLOGICAL and WATER-CURE JOURNALS, and LIFE ILLUSTRATED.

TO LECTURERS ON PHRENOLOGY AND PHYSIOLOGY.—All articles requisite for the complete elucidation of the above sciences, for sale. Manikins imported to order. Articulated Skeletons \$25 to \$50. Skulls, with Jaws and Teeth, from \$4 to \$10.

FOWLER & WELLS, 308 Broadway, N. Y.

A NEW ENTERPRISE—"EVERY MAN HIS OWN MILLER."—Attention is respectfully requested to an advertisement with the above title. It is believed that Enterprising and Active young men in every County in all the States may engage with profit to themselves and great good to others, in the introduction and sale of the NEW IMPROVED HAND MILLS, recently invented, and now for sale by FOWLER & WELLS, New York. It is just such an article as every Family should have, and—once seen—*cannot* have, and once used, *would not be without*. Agents would do well to visit this HAND MILL in every County where Wheat, Corn, Rye, or any other grain, is used for human food. See advertisement.

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Its columns contain Original ESSAYS—Historical, Biographical, and Descriptive; Sketches of Travel and Adventure; Poetry, Painting, Music, Sculpture, etc.; Articles on Science, Agriculture, Horticulture, Physiology, Education, the Markets, General News, and every topic which is of importance or interest; all combining to render it one of the BEST FAMILY NEWSPAPERS IN THE WORLD. Published weekly, at Two DOLLARS a Year.

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THE AMERICAN PHRENOLOGICAL JOURNAL. A Repository of Science, Literature, and General Intelligence; devoted to Phrenology, Education, Magnetism, Psychology, Mechanism, Architecture, and to all those Progressive Measures which are calculated to Reform, Elevate, and Improve Mankind. Illustrated with numerous portraits and other engravings. A beautiful quarto, suitable for binding. Published monthly, at One Dollar a year, in advance.

The beautiful typography of the Journal, and the superior character of the illustrations, are not exceeded in any work with which we are acquainted.—*American Courier*.

FOR THREE DOLLARS, in advance, a copy of LIFE ILLUSTRATED, the PHRENOLOGICAL JOURNAL, and the WATER-CURE JOURNAL, will be sent a year to one address.

Now is the time to subscribe. COMMUNICATIONS, NEW BOOKS for notice or review, and SUBSCRIPTIONS, should be addressed to the Publishers, as follows:

FOWLER AND WELLS,
No. 308 BROADWAY, New York.

Water-Cure Journal

NEW YORK, JULY, 1855.

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

JULY COGITATIONS.

BY R. T. TRALL, M. D.

GREATNESS.—July is a great month; the fourth of July is a great day, and this is a great country. Great and greatly to be praised is

"The land of the free and the home of the brave."

Great and glorious were the deeds of our forefathers; noble and magnanimous were the heroes of the Revolution; high and exalted was that spirit which poured out their blood and imperiled their lives to achieve, for themselves and their descendants, civil rights, religious freedom, political liberty, and social enfranchisement. All honor to the memories of our patriot sires!

"Act well your part; there all the honor lies."

Our ancestors acted *their* part well, and they have gone to their reward. But *our* part is not to re-enact what they have done. It is *not* our duty to mimic the deeds which were proper or necessary in *their* day. But it is *our* part to cherish and perpetuate the *principles* they bequeathed to us. They taught us, in the terrible lessons of bloody battle and mortal combat, the principles of free government; the sovereignty of the people; the inalienable rights of humanity. But because it was necessary in *their* day, to demonstrate to the comprehension of the grosser sense of the world, these principles by deadly strife and the din of war, shall *we*, in a more advanced state of civilization, be content with the mere pantomime of *their* deeds? Shall we consume tar, burn turpentine, explode saltpetre, bestech the atmosphere and create a horrible noise forever, when we have no battles to fight, no enemies to combat, just because our ancestors, in a given era of human progress, found it necessary in their call of duty to exercise themselves in the panoply of war?

This is losing sight of the substance and adopting the shadow. It is mistaking the *praise* for the principles. It is mistaking the sound of liberty for the sense thereof. It is mistaking a great noise for a great principle.

What is *true* greatness? It is that act, or deed, or person, or principle, or enterprise, which achieves or contemplates the development or application of a new truth. It is that which confers a benefit on mankind. It knows no place only as a theatre of immediate action; it regards no person except as a brother or a sister; it recognizes no caste save as the ever-changing vicissitudes of life. Its country is the world; its kindred are the children of men; its science and its religion are human vey; its art and its creed are to do good. If embodied in peasant or prince, in rags or royalty, in statesman or scholar, in patriot or philanthropist, in man or woman, or exemplified in "The Son of Man," it is the same "yesterday, to-day, and forever."

"Good actions crown themselves with lasting joys; Who well deserves needs not another's praise."

HYDROPHOBIA.—As the warm season advances, and cats and dogs, and hogs and other domestic animals, are fed on decaying flesh and putrid offal of all kinds, their blood becomes rotten, their saliva generates a virus, they bite and poison other creatures; and the disease called "canine madness," or Hydrophobia, is the result. This disease under allopathic treatment is uniformly fatal, though some cases have recovered *without* medical treatment.

A young man died in the Broadway Hospital not long since of hydrophobia, whose case has elicited a lengthy communication from Dr. Griscorn, the attending physician, in relation to the nature of the disease and its appropriate treatment, from which we extract the following:

The most distressing part of the malady is undoubtedly the *difficulty and pain in swallowing*, arising from sharp spasmodic action of the muscles concerned in this function, extending sometimes even to those of the neck and chest, and producing a feeling of alarming constriction of the organs of respiration, causing almost complete, though temporary suffocation, and thus aggravating, if not actually exciting the convulsions, with the more or less violent contusion and discoloration of the countenance, protrusion of the eyeballs, and other active and painful symptoms. It is a popular idea that all these are excited by the sight, and even by the sound of water, and although an intense thirst almost co-exists, the friends, and even the patient himself, anxious as they are to alleviate it, dread even the sight or presence of water, much more its approach to the lips, lest all these horrible symptoms should ensue. My investigations, simple as they are, throw light on these points, and it is hoped will show some relief may be extended in future in those most distressing symptoms—*thirst* and parched and burning throat—if the means thus pointed out are sufficiently prompt and cordially attended to.

That the mere sound of water will not excite the paroxysm was proved in this case by the fact that the noise of a stream of water in a vessel was constantly within reach of his ears, to which he gave no heed whatever while I was by his side, though it is said that when he first heard it he was unpleasantly surprised by describing it as the sound of water. I tried whether its actual taste, *without swallowing*, could not be safely borne, and to this end I induced the patient to take a few drops of water in his mouth, without attempting to swallow. He did so, and after retaining it sufficiently long to satisfy both him and myself, at my direction he elevated it from his mouth, expressing gratification at its cooling effect.

One step further I determined to go, though not without some fear of producing a paroxysm of pain and perhaps a convulsion. I sent for some ice, and with a little persuasion placed a small piece in his mouth, directing him to allow it simply to trickle down his throat as it melted, avoiding as before every effort at swallowing. A piece about the size of a thimble was first tried, the cooling effect of which was exceedingly grateful, and he willingly accepted a second piece. It was very difficult for him to avoid deglutition; he did succeed, however, and all the ice descended to the stomach, as it melted drop by drop, demonstrating in the most conclusive manner, that water *per se* has no influence in the causation of the spasms, and that the disease is improperly named. It is not a *Hydro-phobia*, a dread of water; it is rather a dread of *swallowing*, whether of water or any other liquid, or even of solid substances, as my patients have said, and if that act can be avoided, as in his case, relief may possibly be afforded in others by the administration of cooling and perhaps more decidedly palliative remedies. Encouraged by these observations, I directed the application of a strong solution of nit. silver to the fauces, with a view of allaying the irritation, and, in fact, relieving him, he bore with not more difficulty than is noticed in a majority of the cases in which this astringent is applied for other diseases.

By these means and the administration of anodyne and nourishing enemata the application of cool cloths to his overheated head, mustard poultices to his extremities and dry heat to his general surface, and even by inducing him a few hours before death actually though slowly and with some difficulty, but not so as to bring on any general paroxysm, to swallow some ammonia and brandy, the patient was not a little comforted, and his passage to the grave made more quiet and less painful. Unhappily there is yet no known antidote to this mysterious poison, and the symptoms can only be treated on general principles. The ebb of life was attended with no unusual phenomena—none of the unnatural and striking, but, perhaps, popularly ascribed to this disease, being noticed. The vital powers became gradually exhausted until at 3½ o'clock, on the 15th, 20 hours after admission, he breathed his last.

Dr. Griscorn's theoretical points are well taken, but they are by no means new to the medical profession. They are all, in fact, recorded in standard medical works. Nor the practice of

giving ice anything new. Dr. Guy, author of a work on Medical Jurisprudence, recommends the use of ice, as does Dr. Todd, of King's College Hospital. Hooper also tells us that "the irritation of the throat has never been removed except by ice taken internally."

But it is strange that Dr. Griscorn could see no benefit in the water *per se*; he seems to think the main advantage of getting melted ice into the patient's stomach is, to enable him to bear and to swallow the *real* remedies—lunar caustic, opium, brandy, ammonia, and similar poisons. The idea of curing does not seem to have occurred to him. The "ebb of life" can be rendered a little easier if the patient is poisoned out of his sensibility!

Now, Dr. Griscorn and the public ought to know that hydrophobic patients have been cured by water-treatment alone; and if they have been so cured, why, in the name of humanity and common sense, can't they be so cured again? Why should not water-treatment be tried, especially as allopathic physicians all the world over confess that death must result under their system?

Preissnitz and others have cured rabid dogs and horses hydrophatically. Dr. Scheiffedercker, in "Water-Cure in America," reports a case in the human subject, cured in this way, and Dr. Good, in his "Study of Medicine," relates the case of a woman who was kept a long time in a tub of water and *recovered!* Why do physicians so stupidly overlook these facts (found in their own standard books), and keep up the senseless routine of adding ten drug-lyruses to the hydrophobic virus, instead of trying to get this one out of the system? We should like to argue this point with Dr. Griscorn.

Since Dr. Griscorn's article appeared in the papers, J. W. Palmer, M. D., has "come out" in a lengthy article detailing the magic and marvellous *virtues* [!] of "Hashbeeh," as a remedy, thus adding another to the thousand cures already known and certified, but, unfortunately, never keeping the patient from dying. Dr. Palmer says of his wonderful wonder:

At the season of flowering a resinous substance exudes and concretes on the slender stalks, leaves and tops of the hemp-plant in India—a sticky gum which causes the young stems to adhere tenaciously together in the bundles of dunnops. Men now dressed all in leather are sent into the fields to run to and fro, sweeping the plants with their garments, from which afterward they diligently gather the resin that adhered. This is the *Cherree* whereon is all the narcotic virtue of the herb—all the seventh heaven of Hashbeeh intoxication for the Hindoo and the Arab. The most potent of it comes from Xipha, Zolera or Subbe, is the larger leaves and capsules of the Cannabis compressed in balls and sticky layers, with here and there some flowers between, infused with water which forms an intoxicating brew, to which however the Hindoos are not commonly addicted. *Gunjah* mixed with tobacco and smoked in a pipe is the shape of the drug which they popularly affect, and it is so constituted that it is commonly sold in the shops. This comes in bundles—twenty-four of the plants entire, stalks, leaves, capsules and tops undisturbed, and from which their resin lies separated, adhering tenaciously. *Gunjah*, in Arabic, is the term proper to Hindostan, *Hashbeeh* being Arabic, and used to denote the tops and tenderest parts of the plant, sun-dried and powdered.

Romantic extravagancies have been written and told about the magic and the marvels of Hashbeeh, and Indian Colebrooks and De Quincey's have been pressed into service to furnish forth characteristic stories for Oriental Annals and spectacles of the Monte Cristo kind. These are for the most part fiction, though to be sure, our *Gunjah* has, if he happens to be a ganjwahall, is apt at times to indulge in splendid fancies to make you a grand salman instead of a wretched, and offer you a lion's head, or a mere fish called a red herring. But Dr. O'Shaughnessy, the present distinguished superintendent of the Indian telegraph, who formerly administered a model system of discipline among the hospitals, and from his Eastern travels, has been here and there a new light to the firmament of science, who was the first to pursue this subject with well-directed re-

searches and procure from it definite results, describes the uniform effects of its agent on the human economy as consisting in a prompt and complete alleviation of pain; a singular power of controlling inordinate muscular spasm, especially in Hydrophobia and traumatic Tetanus, "as a soporific or hypnotic in conciliating sleep; inordinate angustiation of appetite; the decided promotion of aphrodisiac desire; and sudden cerebral exaltation with perfect mental cheerfulness;" these effects being in no case followed by the painful nervous "unstraining," the constipation and suppression of secretions which attend the use of opium. Its administration in excess has produced in some cases a peculiar delirium, in others a persistent catalepsy. The case of Mr. Donovan, an experiment on himself, quoted in the best works on Therapeutics, seems to afford most of the striking phenomena to be expected from the influence of the drug.

In conclusion, I would invoke for the *Cannabis Indica* the interest of American writers and practitioners, by research and experiment. Last summer, some editorial remarks in a New Jersey paper from the pen of a gentleman who formerly resided in Calcutta, called the attention of the profession in that State to the virtues of the drug, in view of the frequency of hydrophobic cases in the vicinity of Canton. Not only does the Cannabis seem not to have been included in Dr. Griseom's experiments, but I find no mention of vapor baths, electricity, or chloroform.

From the phenomena described, it is perfectly clear that the "Hasheesh" is an intoxicating poison—in medical language a nerve and narcotic, like opium, camphor, alcohol, &c. But we think Dr. Palmer has committed a fatal blunder for the reputation of his remedy, in perpetrating the last clause of his article.

It will be noticed that he indirectly censures Dr. Griseom, not only for not trying the "Cannabis," but also for not employing vapor baths, electricity, and chloroform! If the "Cannabis" is the remedy, what need of the others? We should like to discuss the "virtues" of this "Hasheesh" humbug with Dr. Palmer.

SEAGS AND SEVASTOPOL.—War is devilish at best; thieving is mean; and piracy is foul. But we read of gentility among pirates and honor among thieves; and there should be decency among devils.

For several months past, as our readers are aware, the Allies have been trying to kill the Russians in and around Sevastopol, and, by way of reciprocity, the Russians have exerted themselves to render a similar service to the Allies. But at last accounts it seems, the Allies, in despair of sending their Russian fellow-creatures to their final account by fair means, have resorted to foul. Finding bullets, and shells, and bombs ineffectual, they have resorted to the expedient of "stink-pois" and fumigations. They are now trying to stink, smoke and poison the Russians to death *à la drug-medication*.

This conduct some of our papers denounce as wicked, cowardly, indecent, and unchristian. We think as much. It is a dirty, filthy method of destroying our fellow-creatures.

But is it any worse, intrinsically, than the tobacco poison that we, in the city of New York—at peace with all the world, and not desiring to kill anybody nor be killed by anybody—are compelled to suffer day and night? The whole atmosphere of our city, and in all our thoroughfares especially, is evermore strong, rank, and pestiferous with the fumes of this deadly narcotic.

Many of us do not like tobacco; we hate the sight, abhor the smell, and abominate the taste of the infernal poison. But we are compelled to see, smell, taste, and worse, *breathe* it evermore. By what right, by whose or what authority, are we sickened and befouled, and murdered in this way?

Our business compels us to live in the city, and to bring up our children here; yet if we go into the country it is not much better. The tobacco "stink pot" is there emitting streams of miasm from human mouths. We would be clean, and pure, and healthy. But we are not permitted to be so. We *must* breathe tobacco-poison continually, no matter what we suffer from it, because it snits the depraved sense of a few to puff the sickening effluvia through all the atmosphere.

We desire to bring up our children free from impure blood and bad habits. But tobacco-poison meets them at every turn, contracts their lungs, weakens their stomachs, attains their blood, and palsies or vitiates their intellects. By what right are these curses inflicted upon them?

We desire no man injury. We commit no nuisances to our neighbors. We do nothing to injure the air, or water, or food that others depend on for subsistence; nor do we impose on others anything offensive to their sense of decency or taste. But we are not treated so. Others choose to deprave not only themselves but us. They poison not only their own atmosphere but ours. What right have they to fill *our* air with that disgusting effluvia, which is to us sickness and death, any more than we have a right to poison the air *they* breathe, with what is equally hateful to them, say the contagion of cholera, small-pox, ship-fever, or plague?

If Hon. Fernando Wood, thus far the best Mayor the world has ever known, will reform this abuse, he shall have our praises—(and we should have *strong lungs* if we could only breathe pure air.) to mingle with the loud-sounding notes of approbation with which his name is so often and so gratefully associated.

EXERCISING BEFORE BREAKFAST.—A correspondent sends us the following extract from "Hall's Journal of Health," and asks our opinion concerning the correctness of its positions:

It is a great mistake, that a morning walk or other form of exercise before breakfast is healthful; the malaria which rests on the earth about sunrise in summer, when taken into the lungs and stomach, which are equally debilitated with other portions of the body from the long fast since supper, is very readily absorbed and enters the circulation within an hour or two, poisoning the blood, and laying the foundation for troublesome diseases; while in winter the same debilitated condition of these vital organs readily allows the blood to be chilled, and thus renders the system susceptible of taking cold, with all its varied and too often disastrous results.

To the above we have only to remark, in the significant language of an eloquent contemporary, "Fudge!"

ELECTIC PROGRESS.—Our friends of the Eclectic School assembled in National Convention, in this city, the first week in June last. We are glad to notice in their proceedings some cheering evidences of progress, especially as these evidences are tending to our platform, which, though often called a single plank, is yet broad enough to uphold all the *real* medical science in the world. Their proceedings contrast, also, favorably with those of our allopathic brethren, who are always pointing backward toward the dark ages.

One of the resolutions adopted was in the following words:

That in the administration of remedial agents, we should employ only those the therapeutical action of which is physiological and not pathological.

Amen to this. But we should like the opportunity to prove, in a friendly discussion with some of the Eclectics, that the great majority of the remedies they employ do induce *pathological* action.

Another resolution reads:

That disease is not vital action, but that condition of a part which disqualifies it for the performance of its functions in a normal manner.

To this we dissent in toto. We should like a chance to prove the opposite, viz., that disease *is* vital action. Anybody want to "discuss"?

We clip the following from a report in the daily papers of the proceedings:

On motion of Dr. H. S. Fifth, a Committee on *Concentrated Remedies*, or the process of extracting from herbs their separate essences for medicinal purposes, was agreed upon.

Prof. Barnham refused to be a member of the proposed Committee, because he said he used but little medicine. He thought a little brand and some milk far better than most of the medicines used. [Cheers.]

Prof. Keuben declined to serve on the Committee for a similar reason. He fully approved of doing with but little medicine and simple diet.

Well, gentlemen, are you not coming along finely? A Professor of *your* school cure his patients with a "little water and some bread and milk," and then the rest of you cheer him! and then another Professor, ditto!

THE BABY SHOW.—This event transpired according to programme, at the American Museum on the 5th, 6th, 7th, and 8th June. Our city has seldom witnessed a more exciting spectacle. Nearly 150 babies were exhibited, and probably 50,000 visitors were attracted by their "cries." The majority of persons were well pleased with the affair; and the Address of Mrs. S. F. Fowler, M. D., on the occasion, was among the best efforts of the gifted speaker, and elicited universal admiration.

As we predicted, the people and the public journals have expressed very different opinions of the propriety of this, and indeed of all or any baby shows. Some few have approved, and a very few have highly commended the idea of making a public display of the best specimens in contrast with the other extremes of juvenile humanity; more, however, have taken the "old foggy" alias conservative, alias popular side, and condemned it with more or less severity, but not always with common decency. But the most scurrilous attack we have seen, is found in an allopathic journal published in this city, called "The American Medical Gazette and Journal of Health," edited by D. Meredith Reese, M.D., LL.D., with C. D. Griswold, M.D., as assistant editor. We give a part of the article as a rare specimen of the *smutty* in literature, and the "putrid diathesis" in pathology:

Witnessing the success of cattle-shows and poultry exhibitions in attracting a multitude of paying spectators, for the encouragement of the breed of horses, asses, mules, oxen, calves, fowls, hogs, &c., by offering premiums for the largest, fattest, and finest specimens of these animals, and for the multiplication of their progeny, as for the sow with the largest litter of pigs, &c., this speculator in human monstrosities has undertaken to put money in his purse by the exhibition of *human cattle*, and the progeny of such, offering premiums for human *kennels* and *litters* of the fattest and finest *babies*, the brutality of whose parents can be bought at a low price, to show off in this beastly market their children "made in the Image of God," precisely as *puppies* and *pigs* are exhibited at the Agricultural Fairs, whether the "twins, triplets, and quaterns" already entered for premiums are to be on sale by auction, at the close of the show, we have not learned; but we cannot help wishing they may be, for the sake of these young innocents, who will be infinitely better off in the care of any purchaser, than to be reared by parents who, for any premium, could so impudently degrade their offspring and insult their humanity.

We have no comment to make on sentiments so foul, expressed in language so filthy. There are things on the earth one cannot touch without contamination.

But we happen to know that a good proportion of those who exhibited children were among the most respectable and refined of our citizens and fellow-beings; nor do we know that any were otherwise. The hog-loving and baby-hating editors aforesaid, seem to think that the idea of getting a premium was all that actuated the mothers, whom they so gracefully designate "human cattle," on this occasion. Possibly these sapient doctors will live long enough to learn that it is possible for some folks to do things with a view to the improvement of the human race, or at least, unlike some other folks, to connect the plan of benefiting mankind in the improvement of the breed, with that of money-getting.

As we have nothing particular on hand just now, we would like to discuss, with some competent medical gentleman, a question like this:

Ought the improvement of the breed of the human species to be a department of medical education, with a distinct professorship?

Of course we take the affirmative. Or, if an opponent prefers, we will submit to him the names of half-a-dozen Hydropathic female physicians, either of whom he may select as an antagonist. Gentlemen M. D.'s, don't all speak at once!

To Correspondents.

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

Professional Matters.

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

SANATIVE INGREDIENTS.—A correspondent writing from a Western State, informs us that he finds a difficulty in getting subscribers on account of our ultra difficulties in rejecting all drug medicines, and remarks: "I have been surprised that the writers of the Water-Cure Journal should place all medicines in the list of poisons, and make no difference between sanative ingredients and abstract poisons. Surely twenty-five years' experience has given me an opportunity, by practice and observation, to know that there is a mighty difference between them." We must write what we believe to be true, especially as we can prove it, let the consequences be what they may. We, too, have had twenty-five years' experience in the same way, on the same subject, and the medical profession has had twenty-five hundred years' experience, and been in error all the while. Look to the evidence, friend, and pin your faith on no man's experience, for that may be deceptive.

LUMBAGO.—S. H., Youngstown, O.—"My son of fifteen was taken with a severe pain in his hips and back one year ago last winter. The doctors thought it was caused from over-exercise in skating and sitting on the ice and taking cold. Some called it rheumatism and others an affection of the kidneys. The pain has now left him, but his back is weak, and his hips or buttocks are partially numb and weak. He urinates with difficulty, and in attempting to stand on his toes his knees fail and let him down. Our doctor now calls it the lumbago. In other respects he is well. Please advise through the columns of your next 'Journal!'"

The main thing is to attend to his general habits. Give him plain vegetable food, a daily tepid bath. See that he has no improper and unphysiological practices; let drugs alone.

QUERIES.—A. B. M.—1. Does shaving make the hair on the face coarse and red; if so, will it ever turn fine and to its natural color after abandoning the practice? 2. Is the hair and beard injured by washing it with soap? If so, what would you use in its stead to keep the head clean and free from dandruff? How would you cure the plourisy? I am subject to brain fever; how would you apply water, and how cold should it be to prevent the blood from rushing to the head? What is the effect of drugs on the mind? I have bathed the last winter in the river, and had to break the ice to get water; what effect will it have on my health if followed up for ten years? By bathing thus do I run any risk of injuring my constitution?

In answer to this whole heap of questions, we advise A. B. M. to send to Messrs. Fowler and Wells, 508 Broadway, for all their works on Water-Cure, Physiology, Hygiene, &c. Study them attentively, and then practice their teachings faithfully.

FIVE QUESTIONS.—J. J. A. R., Atwood, Tenn.—"What is your treatment for white swelling? Are vegetarians liable to have either rheumatism or white swelling? Is fine flour and finely sifted corn meal *broth* better than flesh? Will a habitual want of reaction after bathing do the patient harm instead of good? If so, how can the reaction be best produced in a debilitated subject?" 1. Hydropathic strictly; for details see Hydropathic Encyclopaedia. 2. They are not, but may have them if their general habits are not physiological. 3. It depends on what sort of flesh you compare the flour and meal with. If you mean the best flesh we say no. 4. Yes. 5. By adapting all hygienic appliances to the circumstances and condition of the patient.

A COMPLAINING SUBSCRIBER.—J. T. C., Shady Grove, Tenn.—"I am taking your Water-Cure Journal, and believe in your plan of doctoring; but on one point your journal does not give satisfaction. I want to know all the different diseases, and how to cure them; also, all the particulars about dieting and bathing, &c., &c." In other words, you expect to get a complete medical education out of a single number of the Water-Cure Journal! "It can't be did." Our standard books will give you full information on all these subjects, and the Journal will make our light shine brighter and wider until the whole world is induced to study and adopt our system.

GENERAL INFORMATION.—S. C. T.—"Having been a reader of your 'Water-Cure Journal' for the last two years, I have been much interested, and I think much enlightened on the treatment of some diseases. Although a practitioner of the Old School, Allopathic, I am a warm friend to a great many principles advocated by the Journal, especially on the treatment of FEVER.

Have you no standard work on the theory and practice. I would be pleased to have such a work.

THE ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA will no doubt meet your views, as it covers the whole ground embraced in your questions.

ANONYMOUS.—P. D. W., Neversink, N. J., complains that he has asked for information through the journal which has not been given. Very likely he or she did not give us his or her name. We do not know whether it is male or female. Indeed, we do not know as it is anybody. If he or she is ashamed to give his or her name because our system is unpopular, we are so ashamed of him or her that we could not advise the creature to do anything except "hide its diminished head." We do not wish to publish names; but we must insist on some guaranty that those who ask for information gratuitously, are somebody, and not "hamburgers." Try again, man or woman, as the case may be.

WEAK EYES.—W. C. B., Gloucester, Mass.—"I am sixteen years of age, have always been to school and used my eyes much; have suffered more or less from weak and inflamed eyes for six or eight years; am troubled most in the spring. General health good. What shall I do to be cured?"

Keep the eyes moderately, and to bathe and diet as to keep skin and bowels in good order. As you say nothing about the state of your skin or bathing habits, and nothing of your stomach or dietetic habits, we can only indicate generalities. If you want particular directions, you must give us a particular account of your condition and habits.

WATER-CURE IN NOVA SCOTIA.—W. S. writing from Amherst, thinks that village would be an excellent central point for an establishment to accommodate in part the lower provinces of New Brunswick, Nova Scotia, Prince Edward's Island, and Cape Breton, and inquires as to the cost of a suitable building, &c. The cost will of course depend very much on the quality of material, price of lumber, facilities for bringing water to it or through it, &c. In a favorable location, \$2000 or \$3000 would build one to accommodate twenty or thirty; and \$3000 to \$5000 might make room for thirty to fifty, &c.

DIARRHŒA IN CHILDREN.—M. A., Fort Valley, Ga.—"What is the appropriate treatment for diarrhœa in a child about one year old? We have had several severe cases in our negro family, and several of the children have died under the regular allopathic treatment, and also under the Thomsonian system. I have tried water-treatment in a late case, and it proved entirely efficacious." Very little bathing is necessary if due attention is paid to diet. A tepid sponge bath, and the wet flannel, if there be heat in the abdomen, are usually sufficient. The diet is of first importance. It cannot be too plain and simple.

HEADACHE.—E. F., Scott Co., Ky.—"What treatment would you prescribe for a young lady who suffers greatly from headache, which often assumes the form of neuralgia. Her stomach seems to be acid but not bilious. The least reading or study seems to increase the pain, or induce it when far from it?" From such a description we cannot tell you the disease. You have overlooked the most important point we wish to know, viz.: What are eating, drinking, exercising, and other habits? We guess she has an obstructed liver and constipated bowels, and needs plain, coarse food, with a daily bath.

WATER DRINKING IN FEVERS.—N. W., Fairview, Ky.—"Will it put any one in a fever to drink water? Can a fever patient drink as much water as he likes?" 1. No. 2. Yes. It will always do a person, sick with a fever, good to drink plentifully of pure soft water. If very thirsty he may drink to his satisfaction, provided he drinks little at a time. He may drink very often. Your questions in relation to hysterics, &c., are fully explained in the Encyclopaedia.

TOBACCO.—J. M., Waterbury, Conn.—"After the Lord had made Tobacco, did he not pronounce it all that he had made very good?" Certainly. Tobacco is good; but not to eat. The Lord did not say it was good to chew, or smoke, or snuff. It may be good to kill noxious animals.

PHRENOLOGY AND PERSPIRATION.—J. H. W., New Bedford, Mass.—1st. "Is it a fact, that the Stenator of Phrenology will learn quicker and remember better the names and location of those phrenological organs which are largest in his own head?" It is so generally believed, and such is our opinion. 2d. "Are the perspiratory ducts larger and more numerous in the soles of the feet and palms of the hands than they are in the other parts of the body?" Same answer.

TETTERS.—J. C. B., Bluff Springs, Miss.—"Please prescribe for a patient who has suffered twenty years from tetters or ring-worms on his hands. He has exhausted the skill of our regular M.D.'s. Firstly, let him adopt a plain and farinaeous and fruit diet; and he must be careful and not overeat. Secondly, let him wash the whole body in tepid or moderately cool water each morning on rising. Thirdly, let him take a wet sheet pack for an hour once in two or three days.

LECTURERS.—J. S., Mt. Morris.—"We are unacquainted with the gentleman anti-bath who lectured in your vicinity recently. But we will venture to assure you that the graduates of the New York Hydropathic School will not be 'hooded down' by a regiment of allopaths. They understand the *lingo* too well.

HOMŒOPATHY OR WATER-CURE.—P. Y., Acton, Mo.—"Will Dr. Trull please tell us which is the best system of doctoring, the Homœopathy or Water-Cure? Homœopathic physicians are so sure to say that man need not die of common fevers. Will Water-Cure folks say as much?" We heat homœopathy all to pieces. We say man need not have fevers at all, if he will do hydropathically. Any more questions to "ax?"

LEAD AND TURPENTINE.—H. E. D., Newbury, Vt.—“My occupation is house painting, and I wish to know (through the Water-Cure Journal or otherwise) if there is anything known to physicians or chemists that will counteract the injurious effects of white lead, oils, turpentine, etc.”

No. 11.—Keep your hands and skin as clear of the paint as possible, and avoid the fumes of turpentine by keeping to windward, that you may prevent injury.

PORTER.—J. T. H., Sayville, L. I.—“What is your opinion in regard to porter? Will it tend to make it thin person fleshy? Is it us in any way beneficial?” 1. It is bad stuff. 2. No. 3. No. “Wine is a mocker, and strong drink is raging; he that is deceived thereby is not wise.”

CATARH AND ASTHMA.—B. S., Adam's Centre, N. Y.—“Catarrh, when long standing, and connected with asthma and inflamed or weak eyes, is usually owing to a very bad state of diseased liver. If practically, you had better go to a Water-Cure for a few weeks. If you undertake home-treatment, follow the plan indicated in the Encyclopaedia under the head of ‘Indigestion.’”

UTERINE TUMOR.—S. E. N., Litchfield, Ct.—“Is there any help for a hard uterine tumor of long standing, attended with hemorrhage, and general debility, nervousness, &c.?” Probably the tumor is a polypus, and can only be removed by a surgical operation. The ligature is usually the best resource.

CATARH, LARYNGITIS, AND DYSPEPSIA.—B. F. T., of Union College, wants to know all about clothing, dieting and bathing, in order to remove the above difficulties, &c., &c. The Encyclopaedia will give you the requisite information on all the matters you inquire about.

Notices.

MERIDEN MOUNTAIN HOUSE.—One of the most magnificent locations for a Hygienic Institution that can be found in New England, will be sold or leased to a suitable person or persons. It is situated midway between Hartford and New Haven, Conn., one mile from the Meriden depot, on a beautiful eminence overlooking the whole town, and beside lofty mountain peaks, from whose summits the eye may dwell on a great variety of charming scenery, consisting of mountains, valleys, villages, and even the ocean itself.

The premises, which comprise fifty acres, have been, at great labor and expense, reduced to beautiful groves, meadows, walks, and flower-beds; hundreds of fruit-trees have been grafted with the choicest selections from the nurseries; and there is a garden of two and a half acres, in the highest state of cultivation.

The house is new, of modern style, and capable of accommodating about fifty patients or boarders, and is supplied with the purest spring water. There is also a splendid bowling alley, a good barn, shed, wash-house, &c.

An additional outlay of two or three thousand dollars would provide accommodations for one hundred persons; and there are all the natural facilities for rendering the place unsurpassed as a Water-Cure or Summer retreat.

The place was formerly known as ‘‘Gold Spring,’’ but more recently as the ‘‘Mountain House.’’

The proprietor would prefer to lease it, and would agree, on the expiration of the lease, to pay for all improvements.

Address R. T. TRALL, M. D.,
15 Laight st., New York.

DRS. SHEW AND TAYLOR'S WATER-CURE.—By the arrangement of having two establishments conjoined we can present our friends with the diverse attractions of city advantages and a quiet seaside retreat, with physicians whose combined acquirements and practical talents will afford a much larger scope for rendering professional service than could one alone. Those requiring long treatment, with a degree of mental as well as suitable physiological discipline, can by this means have unusual facilities. The enter-

tainment, as well as the diet, exercise, and bathing of the patient, are equally provided for.

The CITY ESTABLISHMENT, corner of Sixth Avenue and Thirty-Eighth Street, is in the most airy part of the town, and affords a great variety of convenience for single persons or families. It is reached by the Sixth Avenue Cars and stages.

The COUNTRY ESTABLISHMENT, at Oyster Bay, L. I., is reached daily per steamer Croton, at 3 P. M., from Fulton Market, or morning and afternoon, from Brooklyn, South Ferry.

In the city place there is a *Swimming*, in addition to other usual baths, a *Gymnasium*, and a *Bowling Alley*—all private to our patrons.

At the country place there are the purest of air and water, groves, shady walks, the beach, salt bathing, and rowing.

Terms.—From \$10 to \$150 per day. Those requiring extra room, pay accordingly. Such as have moderate means are duly considered. Usually an entrance fee (entitling to advice for home treatment) is required. Families and other boarders desiring the hygienic advantages, can have here an attractive home. Transient persons \$1 per day.

GRANITE STATE WATER-CURE.—Readers will observe in the advertising department, an engraved view of a new and elegant establishment recently opened in Franklin, New Hampshire—Birth-place of Daniel Webster—by Dr. W. T. VALE. The various advantages of this place are here fully set forth. This is, we believe, the only ‘‘Cure’’ in that State, and, judging from the large number of Water-Cure folks residing there, we have no doubt of the entire success of the GRANITE STATE ESTABLISHMENT.

The Shortest Name for a Post Office in the U. S., is 44, Fulton Co., Ohio.

WYOMING WATER-CURE.—Our readers will remember the large engraved view which appeared in the May number, of the beautiful ‘‘Wyoming Institute.’’ The success of Dr. Hayes, the talented and gentlemanly physician and proprietor, during the past few years, has been great. Indeed, his large house was quite inadequate to the requirements of the constantly increasing patronage, and he has, of late, greatly increased his facilities. The recent enlargement and improvements are thus described:

Four new buildings have been added—two wings, 50 by 25 feet, two stories high; a building for the domestic department. New and enlarged bath-rooms are made upon both floors. The new Gymnasium is a novel and tasteful structure,—a double octagon, 160 feet in circumference, furnished with a great variety of apparatus for exercise and amusement. The Establishment is delightfully situated among the hills of the western range, overlooking the village and valley of Wyoming; and the locality is noted for its pure and bracing atmosphere, as well as for its healthfulness.

The grounds now comprise sixty-four acres, embracing gravelled walks and gardens, woods, ravines and water-courses, hills and dells. The water is of extreme purity; the very air of the hills is itself *Hygieine*; the ever-varying landscape is a perpetual pleasure to the eye; and to all lovers of nature and retirement, and to all who would like to be free from the restraints of fashion in dressing, exercise, etc., this place has many and rare attractions.

DR. N. H. CLARK is about to open a Water-Cure Establishment in the beautiful town of Farmington, Maine, situated on the banks of the Sandy River. We hope to give further particulars in another number.

Matrimony.

MATRIMONY 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.

No. 113.—Is twenty-nine years old, a little above medium height and weight, ruddy complexion, pleasing appearance; sanguine, tea, coffee and tobacco; a believer in Phrenology, Hydropathy, and all other useful and reasonable reforms; and can read and speak a woman's language; is a native of New York, with one of full size and chest; possessing, in common with myself, the following:—a high degree of intelligence, good sense, industry, amiable and domestic disposition.

Any poor, respectable young lady, between twenty-two and twenty-eight, who desires the honor of a man, can obtain my address from the publisher.

No. 114.—I was born on the banks of the Missouri; received the rudiments of my education in the city of St. Louis; learned the Plains to the Pacific coast, at the age of fourteen; finished my education at the Missouri Institute in Salem, Mo.; successfully engaged in merchandising at eighteen; studied law, and was a practicing attorney at twenty-one; and came to me as success at twenty-two. I have fought Indians, scaled snow-peaks, and died critically ill, and have been in the most dangerous and active, with bilious, sanguine temperament and a well-developed and active intellect. I have been in California, and have been mining property on Scott River, near Yreka, Alta California; and have a numerous family in a few months, and would like to find a handsome, intelligent and educated one of the other sex to enjoy it with me. Her age must be between sixteen and twenty; must have no previous marriage, and must be of a cheerful, candid and warm as my own. She must be more given to sensible reading than to novels, and must be able to read French, Spanish and French; much attached to her friends, and kind and obedient to her parents. If such an one should read this and fancy such a husband, with a neat little cot in some flowery vale of the Walhalla, she may obtain my address by application to the Publishers. Letters and daguerotypes will fill out the business.

No. 115.—‘‘CLARENCE’’ wishes to obtain a correspondence with some fair, intelligent female of sweet lineage (twenty not objectionable), who is weary of leading a single life. He is a florid, but healthy chap, tolerably good-looking (some people say), between the years of twenty and twenty-three. For further information address an epistle directed to ‘‘Clarence,’’ at Orville, Ala.

No. 116.—‘‘LILLIAS’’ is twenty-four years of age, medium size, dark hair and eyes. Wishes to be kind and loving. He must have a cultivated mind, a warm heart, true religious principles, be capable of and fond of philosophical studies. Such an one, wishing an acquaintance, may obtain her address of POWELL AND WELLS.

No. 117.—I am twenty-seven years of age, 5 feet 10 inches in height, well proportioned, with dark hair and eyes, and a pleasing countenance. I have a good disposition, and am free from all ailments; have a good disposition and strong affections. I believe the Bible, and am a Vegetarian in possession of a small fortune.

The lady of my choice must be between the ages of eighteen and twenty-seven, medium height, and passively fair; good disposition, and thoroughly domesticated. A Vegetarian preferred.

No. 118.—A young man, thirty-three years of age, Illinois, has a fervent cultivation, but he will be his best friend. Has never been in love, and wants one whose heart he will be truly with. He wishes a virtuous, healthy, industrious and sensible wife, with pre-eminence of the rational and motive temperment, and thinks he can love and make such a woman happy. His dispositive and phrenology may be ascertained from a side and front view of him in daguerotype, which can be seen at our office.

Letters for him, with his number, addressed to this office, will be forwarded.

No. 119.—Is a gentleman in the meridian of life, naturally and by profession a business man, who, being entirely alone, desires to make the acquaintance of a lady, with a view to life partnership. She should be a maiden from twenty-two to thirty years of age, and of a temperate, candid and sensible disposition, well harmonize with his own, which should be, or similar in all of his leading, or essential qualities. Temperament—Vital 5, Motive 5, Mental 6, Excitability 5, Conscience 6, Education 6, Constitution 6, and Intellect 6. Senses, all 5, except Vision, Caution and Firmness, 5; Moral, all 6, except Conscience, and Firmness, 5. Intellect, all 5, except all 5, except Vision, Weight, Color and Calculation, 5; Literary, all 6, except Tune and Time, 5; larger. Reasoning, all 6, except Comparison, 5; all developed by proper education. Physically sound and well developed; size about medium, hair dark, complexion light, eyes large and expressive, face fine and womanly, (if not really beautiful).

Which he would not ask.

Like the Morning, EVER BRIGHT;

No; should it often wax.

THE WEALTH OF THE MOUNT.

With any, as or approximating to what is faintly set forth, he will be most happy to correspond familiarly, candidly and truthfully. Hoping that any thus kind will favor him with a miniature view of herself, which he will acknowledge by reciprocating it. Of himself he would only say at present that in height he is 5 ft 10 in; in personal appearance, habits, and business capacity, perhaps few ladies in the country would be so well qualified as one who will meet the expectations of any reasonable ambition. Communications will reach him through POWELL AND WELLS, addressed to—

P. S. Please observe, no capital required, as the business is self-sustaining.

He only seeks a soul that's good, that's pure,

And wishes to be kind, to whom he gives;

With just enough of Earth—no more;

To make it kind—no—TO KEEP IT OUT OF HEAVEN.

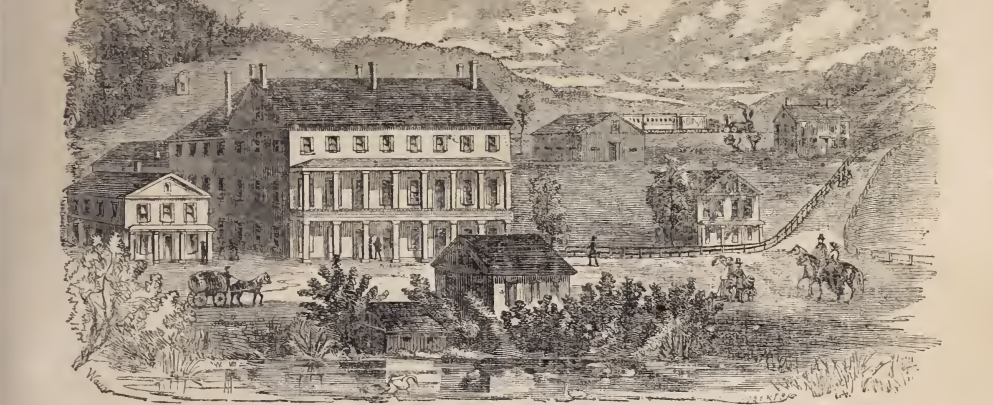
No. 120.—A fair-appearing, riddle-aged bachelor, of retiring habits, peaceable disposition, respectable standing, and suitable resources, possessed of a fortune, desires to form a matrimonial alliance with a lady of congenial spirit, who can command one or two thousand dollars in ready money, secured in her own hands. Ladies, parents and guardians may feel assured of the exact truth of the above description, by sending for one month, OSCAR HENRY, Post office, New York City, N. Y.

No. 121.—‘‘D.’’ is a young man, twenty five years old, a native of New York, 5 feet 6 inches in height, light complexion, amiable hair, good teeth, is temperate and does not use tobacco in any shape, and has an income. He desires to form a matrimonial alliance with a lady of congenial spirit, who can command one or two thousand dollars in ready money, secured in her own hands. Ladies, parents and guardians may feel assured of the exact truth of the above description, by sending for one month, OSCAR HENRY, Post office, New York City, N. Y.

No. 122.—I am of medium height, well proportioned, with a pleasing countenance, and a good disposition. My size: age, thirty-five.

In a particular manner, I wish with the following: a Hydropath and one who has a quiet, intelligent mind; a love of music; reading; and a desire to be useful to the world. I am a native of New York, and wish to marry a young lady from sixteen to twenty-two years; must be good-looking and intelligent; and must be a native of New York. If you wish to correspond, can have my address by writing to POWELL AND WELLS.

For my address apply to Messrs. POWELL AND WELLS, N. Y.



GRANITE STATE WATER-CURE, FRANKLIN, N. H.

Dr. W. T. VAIL, having removed his Establishment from Concord, N. H., to a most eligible and beautiful location in Franklin, N. H., seventeen miles north of the former residence, is prepared to furnish the invalid with every desirable resource for the recuperation of his wasted energies; and with every convenience, comfort, or luxury consistent with the great end and purpose of the patient in visiting his house.

His Establishment is large, finished in the handsome style and furnished to suit the most fastidious as well as the patient of more moderate means. It is located in one of the most healthy, beautiful and romantic sections of the Granite State, with the social privileges afforded by an intelligent and hospitable village community on the oak land, while on the other hand the shades of retirement and the solitude of the lonely dells can be reached by a moment's walk, where sought but the gurgling rill, or chirp of the solitary bird, disturb the solemn stillness of the hour.

A large and beautiful Exercising Hall, and a splendid Bowling Alley, are connected with the main building, affording to patients, at all times, the means of beautiful and agreeable recreation. The country abounds abundantly in agreeable prospects, and in pleasant walks and drives. Fine opportunities lies the Webster Lake, an beautiful a sheet of water as can be found among the "Granite Hills." It is located in the midst of our mountain and wooded scenery, and is a most beautiful and desirable place for picnicking and boating. The shores of the lake and the red sand in it a pleasant field for picnicking sports. A short distance to the south lies the Water-House (the present residence of Rufus L. Taylor, Esq.), famous as the birthplace and as a country residence of the "Immortal Orator," where interesting relics, once in the possession of the great statesman, are still preserved.

The location of the "Granite State Water-Cure" comprises extraordinary natural advantages for such an institution, and will be found one of the most desirable resorts for invalids, or other visitors, or the country affords. It is accessible by four trains of cars daily—two from the north, and as many from the south. Water is pure and abundant, and we expect to use it with every other NATURAL and every appropriate ARTIFICIAL resource, in such manner as to secure the recovery of every chronic case that comes under our care.

We make it our great business to cure the sick—to restore the desponding invalid to life and health, and fill the heart with happiness, and hope, and bright prospects again.

We desire to have those patients come to our Care who are anxious to get well, and who are willing, without murmuring, to exercise whatever self-denial may be necessary to secure to them the great good they are seeking. All such will find at home just the resting place they need, and will have occasion, we trust, long to remember with pleasure their sojourn within its borders. Our terms will be very moderate for so expensive an Establishment as ours; and we design to give our patients an opportunity to reduce their expense by labor, if they choose, so that they may stop with as cheap as at any other establishments in the land. All patients who are able to do anything, will be furnished with employment if they desire it, for which a proper compensation will be allowed. This arrangement, which has so long been a desideratum at our Water-Cure, will, it is hoped, bring the Water-Treatment within the reach of all who desire it; and, according to our own experience, it will also aid in the restoration of many a patient, as it affords a better and more beautiful stimulus to many minds than mere recreation alone can possibly do.

Dr. Vail's experience as the conductor of a successful Water-Cure, has not been limited. For years past he has been accustomed to treat, at his Concord Establishment, almost every disease incident to the climate and locality; and he can appeal with confidence to hundreds of his former patients, who can now say, that whereas there were once bowed down with disease, and were ready, in the despondency of their hearts, to cry out, "Who shall deliver us from the body of our frailties?" we are stood erect in the pride of our manhood and womanhood, our hearts firmly beating with the pure blood of life, and with a new light shining up into our vision, illumining and gladdening our whole being, and enabling us to occupy a higher, holier, and more useful sphere in human life. Dr. Vail has had much experience in the treatment of female infirmities, and is ready to refer any ladies who desire it to numerous references of the most reliable character. His cures in these cases have in many instances been of the most remarkable kind, restoring the patient to perfect health after many years of severe suffering; and after repeated failures by the absurd modes usually adopted. He would say to this class of patients—"You need not despair; Hydrophagy and its kindred resources afford to you restorative potencies you have never dreamed of.

The friends of patients and others will find our Institute one of the pleasant localities for spending a portion of the warm season. A Hotel table will be set for such well guests as desire it; while all who would prefer a simpler and better fare, will be accommodated at our Hydropathic board. A circular, containing particulars, can be had by addressing the proprietor.

Franklin, N. H., 23d, 1855.

ROUND HILL WATER-CURE AND MOTORPATHIC INSTITUTE,

AT NORTHAMPTON, MASS., UNDER DR. HALESTED AND STRONG.

This is by far the most extensive, most commodious, and most beautifully located Institution for the sick in America, and is every year thronged with invalids from all parts of the United States and Canada,—of both sexes, not afflicted with all kinds of chronic affections. Patients with most satisfactory references, sent gratis by addresses H. Halested, M. D.—Work Montreat, N. C. can be had by enclosing Ten P. O. stamps. July 1st

WYOMING WATER-CURE. For terms and other particulars see the May number of the Water-Cure Journal. Patients reach us by Buffalo & N. Y. City Railroad. Those from the West stop at Linden, where they will always find on arrival of the morning coal train from Buffalo, a carriage in waiting to convey them to the Cure.

Patients from the East may come to Linden by an early train, or stop at Waverly, where no conveyance can be easily obtained. P. M. HAYES, M. D., Wyoming, Wyoming Co., N. Y.

MERCER WATER-CURE again open for the reception of patients. This building, having a large number of beds, airy rooms, which are directly connected with six bath rooms, and contain a full variety of baths, is now under the management of Dr. N. H. PUTNAM and LADY, who will devote their attention for the benefit of all that may wish their services. Having the advantage of a fine location, pure air and soft water, with a competent knowledge of Hydropathic principles, they feel confident as to the successful result of their labors. For further particulars address Dr. N. H. PUTNAM, Mercer, Va. July 1st

E. POTTER, M. D., Water-Cure Physician, at Laporte, Indiana, has had fourteen years' experience in healing the sick. Patients visited for and cured. July 1st

WANTED!—In Glen Haven, a few more active sitters, possessed of good health and common sense. Those who are Hydrophagous and willing to live and labor as we do in Glen Haven address CHAS. PLIN, HANSELL & BROWN, JR., Dr. J. H. Glen Haven, Homer, N. Y.

DR. FINETTE E. SCOTT, Hydrophagous Physician, Cottage Place, opposite N. J. Birel, Waterbury, Conn. Office hours, 1 to 4, P. M.

WANTED!—A situation as Assistant-Physician in a first-class Water-Cure Establishment, by one who has had over five years' study and practice in a hydrophagous office. Address, Dr. J. H. B. Delhi, Norfolk Co., C. W.

INVENTORS AND ASSIGNEES OF PATENTS

Are informed that we are prepared to accept of AGENCIES FOR THE SALE OF PATENT RIGHTS for all NEW INVENTIONS AND IMPROVEMENTS which appear to us to be of practical utility; or for the introduction of such articles of manufacture, made under those rights as shall be of value to the public.

Our advertising facilities in connection with our journals and other publications—facilities which extend to all classes of mechanics and business men—enable us to represent these Improvements to a great number of Progressive and Energetic men throughout our country.

As different Patents (securing rights of a different nature) require entirely different means for their introduction. Into practical use, we cannot state positive terms of an Agency for the Sale of Patent Rights which shall apply to all cases. These terms must be settled by consultation with us, in person and others interested. In order for the Department of our business should describe the improvement, give the Name of the Patent, Date of Patent, and Patent Owner; with such other propositions or terms as may be deemed proper; such communications will receive immediate notice. Letters and freight must be prepaid in order to enable them to attract.

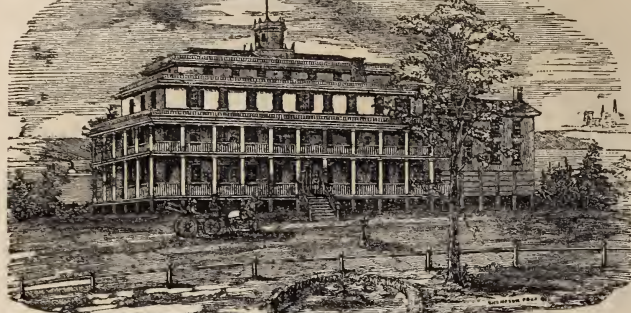
ANATOMICAL CHARTS.

Designed for Schools, Lectures, or Private Study. We have on hand a few sets of these admirable Charts, which are acknowledged by all to be the most complete, and the best adapted to the purpose for which they are designed, of any ever furnished, for the same price, in this or any other country. The set embraces six separate charts or maps, beautifully colored, 22 by 26 inches each, mounted on rollers, with substantial cloth backs. All the different parts of the system are distinctly shown, and a complete knowledge of the human frame can, by the aid of these charts, be procured in a short time. Price, for the six, only six dollars. They are not malleable, but can be sent by express to any part of the world. Address

FOWLETS AND WELLS, 89 Broadway, New York.

DR. BRIGGS' PATENT SUSPENDERS. For Pantalons and Skirts. Price 25 Cts. Sold by FOWLETS AND WELLS.

SPECIAL CATALOGUE.



VUE DE L'EAU WATERCURE, PROVIDENCE, R. I.

The Main Building was erected eight years since at a cost of thirty-six thousand dollars by a Stock Company for a luxurious summer resort...

The bathing arrangements are convenient, and will meet the wants of all cases. The water is pure and abundant.

The scenery from the Heights is unsurpassed. Narragansett Bay, dotted with islands, stretches to the north two miles to the City of Providence...

TRACTS: TRACTS—OUR CHANGE.

Since our announcement in the Journal of May, that our Physicians were preparing Circulars on specific subjects, which we would gladly distribute...

PARADES.

No. 1. - - - - - DYSPEPSIA. No. 2. - - - - - SPERMATOCYTES. No. 3. - - - - - SPERMATOCYTES. No. 4. - - - - - SCROFULA.

PARTNER WANTED.—The proprietors of the DANVILLE MODEL WATER-CURE...

CHESTNUT HILL WATER-CURE.—Dr. J. A. WEBSTER, of Philadelphia, has opened a Water-Cure Establishment at Chestnut Hill, Pa., eight miles from the City of Philadelphia.

SPRING WATER, Fresh, clear, always pure, and of a superior quality, makes the place attractive.

Apply to Dr. Webster at the Establishment, or at his city office, No. 30 North Eleventh St. May 31

and at the northeast the thriving village of Pawtucket, where the first factory in the United States was erected, nestled between the hills.

This spot is not without historical interest. It was here that Roger Williams, attracted by the romantic scenery, fertile soil and conveniences for navigation, rested his little band, after his expulsion from the Plymouth Colony...

With these attractions, and the gentle breeze constantly wafted from the seichoring waters, we hope to induce some sufferers, in these sultry summer days, to seek with us relief from pain, and in sparkling water, pure air, and healthy food, find a panacea to every ail to which the human frame is subject.

COLUMBUS WATER-CURE, FOR LADIES EXCLUSIVELY.—In founding this Institution, our object has been to combine the best, most modern, and most scientific treatment for the cure of complaints particularly incident to Females.

We feel confident that we have accomplished our aim, and treat, with a certainty of success, all cases of Uterine Displacements, Enlargement, Congestion, &c., &c. Our success is so uniform, that we have advertised to enter into a written agreement, and hereby renew our offer to all strict Invalids—to give them medical attention, board, lodge and nurse them, free of all charge, if we do not restore them to such health as to enable them to walk from room to room ten miles daily.

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

NEW-MALVERN WATER-CURE, Westboro', Mass., is in successful operation.

THE MISHAWKA WATER-CURE is now open, and ready for the reception of Patients.

DR. FRANKLIN'S ORIENTAL HYDRO-PATHIC Institute is now in successful operation.

NEW GREENSBURG WATER-CURE.—For full printed particulars, address R. HOLMES, M. D. New Greensburg, N. Y.

SPRING RIDGE WATER-CURE, Hind's Cove, Mississippi, H. J. Holmes, Jr., M. D.

HERBY R. COSTAR'S GENUINE EX-TENSOR, for the total annihilation of Rats, Mice, Cockroaches, Ants, Ground Mice, Moles, &c., &c.

ABURN WATER-CURE, Aburn, Mass. Co., Ala.—Dr. Wm. G. Rean, Physician, April 10.

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

Prices range from five to twelve dollars per week, according to rooms occupied and situation required. Fires in rooms extra. Packing clothes patients should bring if we find them we charge one dollar a week for same.

PHYSICIANS, [ISAAC TABOR, M. D., ANNA S. ANDELL, CHARLES A. COBB, PROPRIETORS, [ISAAC TABOR, M. D., The de Vega, Providence, R. I., July 11, 1856.

MRS. L. F. FOWLER, M.D.—Office Hours.—From 9 A.M. to 5 P.M. at 50 MORTON ST., between Hudson and Bleeker Sts. From 4 to 9 P.M. at PNEUMOLOGICAL ROOM, 308 Broadway.

H. KNAPP, M.D., Water-Cure Physician and Surgeon, Lockport, Niagara Co., N. Y. Dr. K. keeps constantly on hand for sale, Water-Cure and PNEUMOLOGICAL BOOKS.

KENOSHA WATER-CURE, at KENOSHA, Wisconsin.—This is a large Institution, and has been in successful operation for the past two years.

CHICAGO WATER-CURE RETREAT, on Lake street, between Holsied and Grant streets.—This is a large Institution, and has been in successful operation for the past two years.

CANTON WATER-CURE and PHYSIOLOGICAL INSTITUTE, at Canton, Ill., is now in successful operation.

HUDSON RIVER RAILROAD. SPRING ARRANGEMENT.—Trains leave Chambers street daily for Albany and Troy.

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The Works named below are designed for those who need them. Though scientific, they are written in plain, popular language, and are adapted to the comprehension of all readers.

Matrimony; or, Phrenology and Physiological Complications for Life; including Directions to the Married for Living together Affectionately and Happily. By O. S. Fowler. Price 25 cents.

Marriage; its History and Philosophy. With a Physiological and Psychological Exposition of the Functions and Qualities necessary for Happy Marriages. By L. N. Fowler. Illustrated. Muslin. Price 15 cents.

Love, Parentage, and Amittiveness! Applied to the Improvement of offspring; including Important Directions to Lovers and the Married, concerning the strongest ties, and most sacred and amonitions Relations of Life. By O. S. Fowler. One vol. Muslin. Price 15 cents.

Parents' Guide for the Transmission of desired Qualities to Offspring, and Childbirth Carefully Examined. Female Education. Illustrated. By Mrs. Helen Fendleton. Price 50 cents.

Maternity; or, the Bearing and Nursing of Children. Including Female Education. By O. S. Fowler. With Illustrations. Muslin. Price 15 cents.

Hereditary Decent; its Laws and Effects applied to Human Improvement. By O. S. Fowler. Paper. Price 65 cents. Muslin, 75 cents.

Reproductive Organs, Their Diseases, Causes, and Cure on Hydropathic Principles. By J. C. H. Williams. Price 15 cents.

Chronic Diseases; Especially the Nervous Diseases of Women. By D. Koch. Translated from the German. Price 30 cents.

Midwifery, and the Diseases of Women. With a Physiological and Psychological Exposition of the Superiority of Water-Treatment in Menstruation and the Diseases of the Uterus, Ovaries, Fallopian Tubes, &c. &c. Illustrated. Price 15 cents.

Sexual Diseases; Their Causes, Prevention, and Cure. With a Physiological and Psychological Exposition of the Superiority of Water-Treatment for Sexual Abuse; and the Diseases of the Uterus, Ovaries, Fallopian Tubes, &c. &c. Illustrated. Price 15 cents.

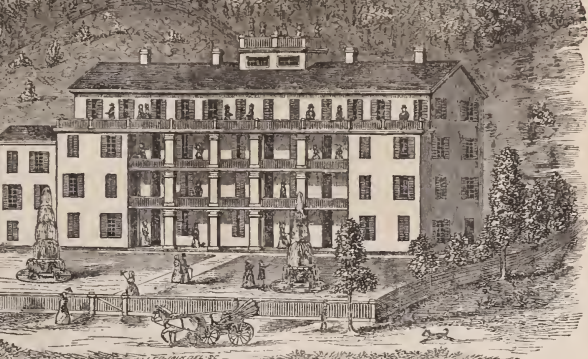
Pregnancy and Childbirth. Illustrated with Cases showing the Remarkable Effects of Water in Alleviating the Pains and Perils of the Parturient State. By Dr. Shew. Price 20 cents.

Amittiveness; or, Evils and Remedies of Excessive Parentage. Treated Scientifically, including Warning and Advice to the Married and Single. An important little work, on an important subject. By O. S. Fowler. Price 15 cents.

Home Treatment for Sexual Abuse. A practical treatise for both Sexes, on the Nature and Causes of Sexual Abuse, and the Diseases and Injuries resulting therefrom, and the Hydropathic Management. By Dr. Trail. Price 50 cents.

Uterine Diseases; or, the Displacement of the Uterus. A thorough and practical treatise on the Diseases of the Uterus, and Abdominal Organs. Illustrated with colored Engravings from Original Designs. By R. T. Trall, M. D. Price 25 cents.

Send prepaid by return of first MAIL on receipt of price. Please enclose the amount, and address FOWLER AND WELLS, Publishers, 308 Broadway, New York.



MODEL WATER-CURE, DANSVILLE, N. Y.

WATER-CURES have become permanent institutions of the age. The people are beginning to learn what has long been known to the profession, that two-thirds of all CHRONIC Diseases have their existence in the daily habits of the patient, and that no mode of treatment will permanently reach them, until the habits have been entirely changed. This can only be done effectually by seeking a residence for a few weeks in some good WATER-CURE.

This consideration, and the additional fact, that a Health Establishment should be abundantly supplied with pure water, convenient bath rooms, means for ventilation, and places for exercise and amusement; that the building should be well planned, commanding a beautiful prospect, surrounded by ornaments, and everything that can make a residence in such a place delightful, have induced the proprietors to spare no expense in preparing such a resort for the invalid.

Our Establishment is situated at the head of the Genesee valley, surrounded by mountainous scenery, and commands one of the most delightful prospects the human eye can rest upon. This water by which the "Cure" is supplied, comes from never-failing springs 200 feet above the top of the building.

The climate they believe to be as healthful as any in the world. It is but little subject to the chilling winds of the lake coast, or the chilling east winds of the sea-board. There is no climate in the world

better adapted to Diseases of the Lungs, and old Chronic Asthmatic difficulties which prevail to so great an extent in other localities. In many cases of Lung Disease, an entire cure may be performed merely by breathing freely of the atmosphere for a time.

In the Medical Department, the Proprietor has secured the services of Physicians of skill and experience, and who can confidently recommend them to the invalid community as worthy of entire confidence.

Dr. W. M. and Mrs. J. P. Stephens, have been engaged in the Practice of Medicine, in Water-Cures and also, and for upwards of five years, and have acquired a valuable experience by the successful treatment of almost every malady to which human nature is liable.

ALL FEMALE DISEASES are especially examined and treated by Mrs. S., whose success in curing such diseases has been very great.

Invalids may in all cases depend upon being relieved of any painful suspense in relation to themselves by being examined and advised as to the exact location, nature and curability of their diseases. Our method of examination is simple and scientific. Disease and its symptoms are in the very few minutes detected without asking the patient a question, or having the least pretence knowledge of the case.

Although our Establishment is a WATER-CURE, and our main reliance is placed upon "Water" and "Hygienic agencies," we do not feel bound to follow the teachings of any sect or party, but will always

feel at liberty to use such means as will soonest restore permanent health. Our system of THERAPEUTICS is so broad as can be based upon a scientific Pathology—a pathology which has its unitary basis in the nervous system and life of man.

We do not think it necessary to give any enumeration of diseases to which our treatment is applicable, for we believe that we can cure all curable diseases, and diseases which admit of such treatment are incurable. Patients come to our Establishment from all parts of the United States and Canada, who have been confined to their beds for years, and have tried every other system of practice. We invite such to come with the confidence that they will not only be relieved but cured. We always hold ourselves ready to warrant a cure in every case which we pronounce curable.

We desire to make our Establishment an Asylum for the invalid—a home for the sick and weary. It is a Home of FREEDOM—freedom from care, from business, from party strife and trammels, and from the weary round of conventional duties.

TERMS.—Seven Dollars for the first four weeks, Six for the next four, and Five afterwards. In some cases requiring extra care, an extra charge is made. Careless who request it, are received of three-fourths the usual rate.

Dansville is accessible by railroad from all parts of the country. Our nearest depot is Wayland, on the Corning and Batavia Railroad. On the Buffalo, Attle & Hornellsville Railroad our depot is Burns.

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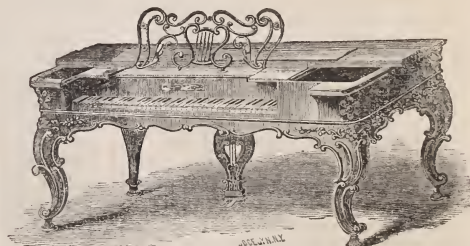
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A very large majority of the more respectable and intelligent portion of the people of the United States have long since become convinced that the use of intoxicating drinks, in all their various forms, as a beverage, is not only unnecessary but highly pernicious. But there is yet a large portion of those who call themselves temperance men, and who are in favor of the Maine Law, who believe that these drinks are useful and necessary in the cure of diseases. This makes it necessary that they should be kept where they may be procured for that purpose; and as long as they are kept for any purpose whatever, persons who have become addicted to their use will contrive plans to evade the law and obtain them.

Nothing short of the utter annihilation of all that can intoxicate will completely eradicate the evil, and this cannot be done until all persons who believe they are useful as medicines become convinced that they are not only unnecessary but highly deleterious.

All medical authorities agree that alcohol is a poison, and it is to the presence of this ingredient in all these drinks that their virtue as remedial agents is ascribed. Rob them of this principle and they would never be prescribed by the whiskey doctors or taken by their patients.

The Water-Cure Journal goes into every town and hamlet in our wide-spread country, and wherever it goes it is fast dispelling the fallacy that persons (alcohol, of course, included) are either useful or necessary in curing disease. Should the Maine Law, even the newly-amended Maine Law, be passed and enforced in every State and Territory in our glorious confederacy, the evils of intemperance would only be mitigated but not be entirely removed. As long as intoxicating drinks can be obtained at all, there will be

found doctors so utterly devoid of moral principle, who, for money, will pander to the depraved appetites of their patients, and give them just such prescriptions as they desire, and just so long will the evils resulting from their use be seen in every community. But when a large majority of all the friends of temperance,—when all our law-makers shall be imbued with the glorious truth that all poisons, of whatever name or nature, are injurious to human health and destructive of human life,—then, and not till then, may we expect to have laws passed and enforced that will prevent the use, manufacture, sale, and importation of all kinds of intoxicating drinks, of every name and nature. God give you strength and courage to fulfil your glorious mission. Your paper is alone in the field, but be not dismayed; there are true and brave hearts who are laboring with you; and as God lives you will at last triumph, and then great will be your reward.

Yours, in the cause of Truth,
JOHN C. PINDAR.

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CONSERVATISM VS. WOMAN'S SPHERE.

By HORACE S. RUMSEY.

THERE are some old conservatives
Throughout our country found,
Who to the dogmas of the past
Insuperable are bound.
Impediments they ever lay
Athwart Progression's track;
And those whose watch word is "Advance,"
They with their might held back.

Their antiquated, calm-bound sloop,
With snails cannot keep pace,
Their obsolete-idea stage

To all is a disgrace;
Yet shout they with senatorial voice,
"Down brakes, your breaks put down,
Come back and take our good old coach,
Would you get safe to town."

And as their fathers thought, they think,
They do as they have done,—
In one end of the bag, a grist,
The opposite, a stone.
They wall their colleges around,
And all but the elect
Are treated with contempt and scorn,
Or slighted with neglect.

For woman to search out the cause
From which her sorrows flow,
Would be against their "Precedent,"—
Herself she must not know.
An Oracle at Ephesus,—
The Fount of mystery,
She must consult, confessor make,
To him must bend the knee:

Without the temple she must stay,
Within its shadow stand,
Which hangs like the black pall of death,
All over this wide land.
If she attempt the mist to rend,
Or back the clouds to waf,
"Great is Diana!" is their cry,
("In danger is our craft.")

O! smite this Dagon, selfishness,
Strike with Herculean power,
And let his mystic walls of night
No longer o'er her yower.
They would keep woman where she was
A thousand years ago,—
A mere "appendage" unto man,
Her sphere, to cook and sew.

The highest Alp she can attain
In their contracted zone,
Is like a butterfly to dress,
Imprisoned in white chains;
The altar upon which she lays
The bleeding sacrifice,
They would not have her leave, eh, no,
Though she who warries, dies.

Consumptive shoes and trailing skirts,—
Her guide board to the grave,
And the black ensigns of the tomb
Forever round her wave.
O woman! rise, "In spite of pride,
In erring reason's spite,"
Nor deem this human sacrifice
In Heaven's sight is right.

Shake off the thrall that long hath bound
You, willing to the sled,
And be what woman was at first,
Fresh from the hands of God;—
Grace in each step and dignity,
And with an ample bust,
Wisdom enthroned upon a brow
No longer steeped in rust.

In this convulsion of the "spheres,"
Evolving of new light,
When Spring-tide refills the winter's lee,
When May dispels the night;
When in the history of our race,
Must dawn an era new,
When from the chaos of the past
Shall rise the good and true,—

A temple intellectual,
With masonry of health,
And union brotherhood,
And crowned with moral wealth;
Woman, man needs thy helping hand,
To elevate, refine,
Nor without ruin to yourselves
Can ye this task resign.

Man plants the reformation tree,
Which as a giant towers,
Woman should clothe with foliage
And beautify with flowers.
The forest of the human heart
Presents a winter scene,
Without her genial ray of love
To clothe with living green.

O! woman; we will look to thee,
Thou canst our country save,
Give stamina unto our youths,
And virtuous make and brave.
Thy sphere is wide as time and space,
It reacheth Heaven above,
The sinking soul it bringeth up
Safe in the arms of love.

Battling for right, with *these* for aid,
As tide with strength we move,
And we shall triumph gloriously,
For all things yield to love.
The cars and steamers of reform
Sweep onward like the wind,
And leave the bigoted, self-wise,
A thousand years behind.

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Have you a whitlow past endure?
Cold Water 'd prove a speedy cure.
Have you, by chance, a scald or burn?
Cold Water plenty on it turn.
Does a ring-worm show its head?
Cold Water sure will kill it dead.
No need of Boils with pain so bad,
Cold Water plenty can be had.
Do foul Eruptions spoil your rest?
If Cold Water them has not suppressed,
If Erysipelas does your skin affect,
Your health Cold Water will protect.
In short, for Bunions, Bruise, or Wound,
The remedy in Cold Water's found.
It with Drugs has stood the test,
And always is acknowledged best.