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BUSINESS.

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

- To James F. Bush, Liberty, N. Y.
- " A. E. Smutz, New Haven, Pa.
- " Waldrich, Sutton & Quick, Glen Haven, N. Y.
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- " J. A. McCallon, Monmouth, Ill.
- " Cary Cox, Marietta, Ga.
- " Gilbert C. Sweet, Boston, N. Y.

General Articles.

Have Contributors present their own Opinions, and be more responsible for them. We do not endorse all we print, but always our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "WHAT IS GOOD."

SEA-BATHING.

BY JOEL SHEW, M.D.

As a means of luxurious enjoyment and a remedy for many of the most inveterate diseases, sea-bathing has, from the remotest periods of antiquity, been a favorite resort. The ancient Greeks, especially, entertained a high opinion of its virtues; and Aristophanes, in the scene of leading Pluto to the Temple of Esculapius for the purpose of curing his blindness, chose sea-bathing as the remedy.

Sea-bathing, as generally practiced, is only a form of the cold bath. At that season of the year, however, when it is mostly practiced, seawater is of a mild temperature, and can readily be borne by almost any individual, however weak.

In estimating the effects of sea-bathing several circumstances are to be taken into account. Sea-water is more dense than fresh; it possesses the highly stimulating property of the saline ingredients contained, and for this reason is much less liable to induce colds than the fresh-water bath. It is not claimed, however, that the salt possesses any specific power in curing disease. Could we have the water perfectly pure and free from all admixture under such circumstances, it would doubtless be still better; and yet it must be admitted that a visit to the sea-shore in summer is often the source of great benefit to health.

One great advantage in sea-bathing is the exercise that is necessarily taken, both before and after the bath. So beneficial, indeed, is exercise taken in this way, it would be difficult to determine which of the two—the exercise or the bathing—is the more beneficial. In connection, the two act reciprocally, each rendering the other doubly beneficial.

Another advantage in this method, is that the

bath is taken in the open air. Experience teaches us that, other things being equal, an ablation out of doors is always attended with a better reaction, and a greater degree of invigoration, than one taken within doors. The air is, in fact, somewhat purer out of doors than it can be in any room, however well ventilated; and it is always more or less in motion, which of itself causes a considerable difference in the effects.

Still another advantage to be derived from sea-bathing is to be looked for in the fact, that in the hot season the air from the ocean is cooler than that from the land. That our American climate is too hot in summer for the most favorable development of health is proved by the great increase of mortality, not only in our cities but in other parts during the heat of summer. The European cities, with all their overcrowding, want of light, dampness, intemperance, and poverty, would naturally be expected to show a higher range of mortality than the cities on this continent; but such is not the fact. New York, with all its natural advantages, is yet as sickly, probably, as any of the European cities. This, it is agreed on all hands, must in great part be owing to the great heat of our summer months.

With regard to sea-bathing, it is to be remembered, moreover, that sea-side locations are in general free from malarious and miasmatic emanations of every kind. The salt of the ocean is itself a great source of purity; and were it not for this the world would soon become one vast pest-house—one great scene of devastation and disease.

It would be an easy matter to enumerate a great variety of ailments in which sea-bathing has proved beneficial. It is especially favorable in that host of disorders that come under the head of dyspepsia, and rheumatism in all its forms, gout, and sciatia, give way before it. Even palsy has been known to be cured by the sea-bath, when all ordinary means had failed. Hypochondriasis, low spirits, melancholy, and insanity itself, have been removed in this way. In all affections of the nervous system and the various weaknesses pertaining to the sexes, the remedy is invaluable. Nor is it less favorable in diseases of the chest, such as bronchitis, asthma, and whooping-cough; although in deep-

scated consumption the sea-side should for the most part be avoided, except during the warmer months.

"Leap in with me into this angry flood,
And swim to yonder point."—SHAKESPEARE.

THE SCIENCE OF SWIMMING,

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THE TRUE REFORMER.

BY H. KNAPP, M. D.

The true Reformer is the most important character of the age. He is the man for the times, which are pregnant with mighty reforms—social, political, medical and religious. He seems raised up by Providence, like John of old, to prepare the way for those great principles, the production of the present age, which are to regenerate the world and remodel the institutions of the day. These reforms *must* come, and all the old fogies in Christendom cannot prevent them, for they depend on principles which man can neither control or direct. Every age is marked with some great principles which are peculiar to that and to no other age. *This* is the age of reform, when kingdoms and thrones must be demolished, systems and theories crumble into dust, to be succeeded by new and better ones.

For this work we need men, good and true, to proclaim the acceptable year of jubilee, when the prison doors, mental and physical, shall be thrown open, the captives set free, all wrongs righted, all evil removed, and the oppressed and downtrodden of every land be made the happy recipients of Heaven's richest blessing—liberty.

The true Reformer is the leaven which is to leaven the whole mass of mind—the embodiment of the spirit and principles of the age. To him we are indebted for all the improvements of the age; for a more ennobling view of man, his capabilities and destiny; for a purer and more spiritual philosophy, or more practical benevolence; for great improvements in the arts and sciences, and new discoveries which will ever distinguish the nineteenth century.

And to him are we to look for whatever glorious the future has in store for us, and whatever high position awaits our race in the physical, social, political and religious world;—for he alone leaps the barriers of antiquity, scales the walls of conventionalities, and abrogates the usages of society and customs of ages, whose hoary hairs constitute their only claim upon the people of the present century. He repudiates the musty creeds and ceremonies of the past, to which the world has been too long a willing slave, and stands unawed upon the chaotic mass of anarchy and tyranny, civil and religious; and with prophetic eye beholds the glorious future, whose morning star has already arisen—the harbinger of peace, liberty and joy to the world. He makes no "compromises" with wrong, though much it may seem for his interest to do so, and

no "Baltimore Convention" can resolve him into a villain and cut-throat.

He fearlessly rebukes sin in high places as well as low, and faithfully exposes error and wrong wherever found, whether in Church or State. He will not pander to the whims and caprices of a sophisticated public, nor seek approbation and success through any other channel than *Right and Truth*. Yet, he will not seek opposition merely to make himself conspicuous, or to win laurels for his brow or fame for his name; for he must have sense enough to know that such honors await no living reformer.

The only standard he acknowledges is Truth and Right, while his rule of action is an *enlightened* conscience, rather than the stereotyped question—"What will they say, if I say or do so and so?" He does not praise because others do, or to secure favor, nor travel in the ruts of censure because they are deep and broad. He estimates men according to their true worth, not by the cloth they wear or the purse they carry. He respects the *man*, not for his covering, his station, or profession. He does not believe that money or station constitute the man, although they are sometimes convenient appendages. Believing in progression, he cannot be made to travel in a circle, or endorse all the "isms" of the past because they are the doctrines of the "Fathers." Neither will he reject as a humbug everything new in philosophy, religion, the arts and sciences, because it does not bear their signature. He pins his faith to no man's sleeve, and accepts the *ipse dixit* of no man for argument or facts. He is alike free to demand a therefore and whereof in all things. While he is faithful to point out the errors and wrongs of men, he is just to give all due credit. In every position of life he is true to himself, to suffering humanity, and to his God.

He is the unflinching champion of equal rights and privileges. Believing that all men are born free—that knowledge and truth, as well as "life, liberty, and the pursuit of happiness," are common property, to which every child of Adam is a legitimate heir, he ignores the idea that truth and knowledge has been delegated to any profession or class of men, or been garnered up in some empty nob which terminates the upper extremity of man, to be dealt out in Homeopathic doses to the credulous and superstitious.

The Reformer takes the ground that our brains were made for *thought*, rather than telegraph-wire-like, the passive conductors of other men's ideas; that we are something more than automatons, which act as popes, priests and designing politicians pull the string.

Such is the true Reformer; and such are the men who can meet the demands of the age. Such men only can pilot the ship of Reform, already launched upon the surging sea, laden with rich sparkling gems of thought from every class of minds to swell the sum of human happiness, through the strong deep of conflicting opinions and interest of the present times.

Any one who has moral courage to take such a stand, is a true Reformer, and is sure to share a reformer's doom, viz.: to be pointed out as a target for the missiles of the senseless feuds, who, like the flies of Egypt, infest every circle of life.

He is sure to have all manner of evil said of him, as what reformer has not, even Jesus not excepted. He may possess the wisdom of Solomon, the patience of Scipio, the perseverance of Hamital, the piety of Stephen, and the devotion of Paul, yet all these cannot save him.

Through his instrumentality, the wilderness may bud and blossom as the rose: knowledge and virtue cover the earth as the waters the great deep; commerce whiten every sea; the arts and sciences improved. While he delves new truths from the mountain of science, and scatters broadcast, whereby millions are succored, the hungry fed, the naked clothed, still he is held up to the world as a great enemy of his race, and a public nuisance. Yet, in true dignity, he stands upon the principles of eternal truth, and no threats can intimidate, no circumstances discourage him, and no force defeat him. His only consolation is, that his labors of love and indefatigable zeal for the good of mankind will be appreciated by future generations, who will do justice to his memory when the green grass of centuries shall have waved above his mouldering urn; and that the principles for which he so earnestly contended, and sacrificed all earthly comforts, even friends, health and life, will *live* and become the rule of action and the basis of society in all coming time.

CAUCASIAN VEGETARIANS.

BY WM. A. ALCOCK, M. D.

The opponents of a radical dietetic reform—such a reform as truth and the exigencies of the times demand—are continually pressing the idea that a well-selected vegetable diet is insufficient to give needful strength, especially in temperate and cold climates. It is true that they do not "condescend" to argument, for they probably know that stubborn facts are against them,—still, they repeat and reiterate their assertions. In these circumstances, it may be well to present facts, before their eyes; especially any which have the least semblance of novelty.

The "Caucasus," is the general name applied to an immense system of mountains which stretch along the borders of the Black Sea to the Caspian, separating Europe from Asia at the southeast. Extending, as the country does, from 40° to 50°, and made up, as it is, of mountain and valley, it has almost every variety of climate. In general, however, it may be regarded as not unlike that of our own New England; though in some of the mountainous regions its cold may, perhaps, be a little more excessive at times than even in Franconia.

This mountainous region is inhabited by a mixture of population, which, though generally known by the two names of Caucasians and Georgians, possesses, nevertheless, some resemblances. It amounts, according to a late article in the National Magazine, to about 3,000,000—in all, as I suppose, about 6,000,000. Let us follow out a few of the general characteristics of this mongrel people; still adhering to the said Magazine as our principal authority.

"In general, the morals of these mountaineers

are good. Drunkenness is rare among them. They are incredibly abstinent. Boiled millet is the chief dish in their repasts; mutton is occasionally presented to an honored guest. When on the battle-field, they live on grain mixed with honey; and a quarter of a pound will constitute their food for the day."

We are left somewhat in doubt what kind of grain it is, four ounces of which will support a warrior a day; and also whether it is intended to include the honey in the four ounces mentioned. In either case, the slenderness of the rations astonishes us, especially when we are told most unequivocally and expressly, that they have "great muscular strength and wonderful powers of endurance;" that "a warlike spirit and skill in arms are common to them from the cradle," as well as "an unconquerable proclivity to rapine and murder." The Maharrattas, the conquerors of the tribes of India, who were rice eaters to the exclusion of animal food, and even of milk were accustomed to take a poisonous drug when on the battle-field, to render them half mad, so that they could fight; but these simple Caucasians, in order to fight, required nothing it would seem but their simple vegetarian fare, and but little of that.

We have wondered, when we have found a dyspeptic recovering his health on the daily use of three or four ounces of wheat or corn bread: but our wonder is increased, and our confidence in vegetarianism by no means diminished, when we find the strong and symmetrical Caucasian maintaining "great muscular strength and wonderful power of endurance" through life, on four ounces of grain a day with a little honey, or, perhaps, four ounces of grain and honey both. So is it where we find some of the strongest, and stoutest, and most symmetrical Japanese, subsisting, lay by lay, on a handful of rice and a little fruit. But facts, it is said, are stubborn things, and is it not even so?

CHRONIC DISEASES.

BY D. W. RANNEY, M. D.

Thus far it has mainly been the province of Hydropathic practitioners to treat only those diseases of ailments which may be termed chronic. Dating from that badly-treated acute attack, which simple Hygienic and Hydropathic appliances would have cured, the poor victim, after years of eagerness and anxiety in the pursuit of the lost boon of health, comes, as a last resort, to be Water-Cure.

The physician hears the long and mournful story of sufferings which the poor martyr has endured, but easily detects the key to all in an incidental remark like this: "I always was well till I had an attack of measles and was bled, or had a fever and was salivated," &c.

Like the beginnings of evil, disease is little at first, easily checked and corrected, but weakened a constitutional strength at that important time by unwise medication, and that simple derangement of the functions of the organism rapidly grows and fastens itself upon the unfortunate victim, and soon assumes all the Protean forms of chronic disease.

Then molc hills become mountains to the vision, the grasshopper becomes a burden, and the harvest of the nostrum-peddler is at hand. Such is a brief history of those who resort to Hydropathic establishments for treatment.

Had we practitioners who could treat acute attacks in strict accordance with approved Hydropathic rules of cure, we should find a vast diminution of the chronic cases of the country.

Thousands, instead of merely *staying* on this beautiful earth of God's creation, would then be *living* and enjoying each revolving day.

The pills and potions continually dealt out in the sick-room, perform their silent yet destructive work upon the constitution of the invalid, and oftentimes that carbonaceous combustion which Dame Nature had kindly kindled, is smouldered, to again break out in chronic aches and pains in after life.

A physician who was about establishing a drug store, said to me: "Doctor, I can manufacture three or four chronic cases yearly for your institution." Though said in jest, it was but too true.

It has passed to an adage among Hydropathic physicians, that it is a good place for a Water-Cure institution, where numerous drug stores have long been in successful operation. As long as drug stores flourish, "cases" will ripen for Hydropathic establishments.

The universal belief that there are curative properties and qualities to drugs slays its thousands and tens of thousands yearly. A belief in that false principle annually makes the fortune of thousands of druggists, and builds princely mansions for a Moffatt and a Brandreth.

The great truth that *Nature* cures diseases, assisted in her efforts by those Hydropathic and Hygienic agents, air, exercise, diet, and water, is lost sight of in these days of cod-liver oil and sarsaparilla.

A false system of medical science is prevalent. From the highest schools of medical knowledge, we are told that disease is death; that in the simplest forms of functional disturbance, the system is tending to dissolution, and that to arrest such a fatal termination, we are ordered to give those medicines which immediately and fatally check the curative process which nature had just commenced.

Starting from the false position that Nature tends to dissolution, and that disease is death, drug practitioners apply all the rules of modern warfare in their attempt to dislodge the enemy, disease, from the human citadel.

I once knew an old-school doctor to give a dropsical patient a course of medicine, without producing its expected effect. The doctor then said to the patient: "You are too strong for my medicines; I'll bleed you." *He did bleed*, and that fine form soon lay in ruins. His name could be added to the long list of martyrs, who in the prime of manhood have fallen victims to a false medical system. Practitioners of the old school ought not to criticize the logic of the Dutchman, who, to eradicate rats from his barn, burned barn and rats together.

COMMERCE OF NEW YORK.—Some idea of the commerce of New York may be gathered from the fact, that the fees paid to the pilots taking vessels to and from New York, now amounts to about two hundred thousand dollars a year.

HINTS ON BATHING.

BY DR. J. H. HERO.

In a former communication we referred to the common error among Hydropathic people generally, of using too severe home treatment. In our section of the country we know such to be the case.

Notwithstanding all that has been said of *water* as an innocuous remedy, every one knows, or ought to know, that the human system may be very badly injured by the injudicious use of this valuable agent.

We have known several persons within a year or two past, who have been ever treated by *water*, and they are always bad cases to manage. Where the nervous system has been overwhelmed with depression by too heavy treatment, too many baths, and at too low a temperature, there is always danger of fatal congestion in some one or more of the vital organs. Physicians should never yield to the importunities of patients who are desirous of taking *heroic* treatment, but nicely weigh the amount of vitality in each case. If reaction takes place readily, the baths may be increased in number, and the temperature lowered with safety; but if reaction is slow and feeble, the baths must be mild and few.

One important fact, which every person that practices *water-cure* ought to understand, is that reaction commences at the very moment a person begins to bathe. We mention this fact because we find that many have an idea that reaction does not commence until the bathing is over. Thus it is plainly to be seen, that if we use very cold water and our baths are protracted, there is danger of exhausting the reactive power during the operation, so that by the time we are fairly rubbed up, we commence being chilly. In consequence of this principle, every feeble person unaccustomed to using water should commence with tepid baths of short duration; or, if cold water is used, it should be in very small quantities, and the baths short. It is far better for such persons, when they wish to take sitz baths, to commence them at 85° or so, five minutes, and lengthen their duration and lower the temperature gradually, than to begin with baths at 60° twenty minutes, as I have frequently known persons to do.

If such rules were observed at the commencement of a course of water treatment in every case, we should hardly hear of a person who had used water without being benefited by it. The truth is, in feeble cases the system must become adapted to the use of water by degrees.

We do not expect to lay down rules by which persons who have long standing chronic diseases fixed upon them can treat them successfully without the aid of a physician; for the changes which take place during the treatment of such cases, all kind of diet and exercise necessary, &c., &c., all need to be managed by the experience of a good practitioner.

But we do think that much good may be done by saying to the readers of this Journal, be careful how you treat those of delicate constitutions affected with chronic disease. Always have your baths short and at a mild temperature, at the commencement of treating such cases. In this

way you will certainly do no harm, and if the patient bears it well, you can easily use more treatment; but by treating the patient too severely at first, you may place him in such a condition for a time, as to be unable to bear even mild treatment to advantage. We much rather take patients into our establishment who never used water at all, than take those who have, without discretion, used too severe treatment.

New Malvern Water-Cure,

PURE AIR-DISINFECTANTS.

BY G. H. TAYLOR, M.D.

AIR is the first requisite of life, and its purity is the first condition of health. It is no exaggeration to ascribe a large amount of human infirmity to defective respiration. Herein lies the "inscrutable Providence." Poisons insidiously attack the constitution, and undermine it so gently, that the foe is called a friend; or gather their forces in ambuscade, plotting destruction, till the favorable opportunity occurs, when the system is irrevocably overwhelmed in ruin.

Numerous facts connected with the history of fevers, cholera, and plague, prove the cause to be atmospheric, set in operation by circumstances under human control. Real, material principles, the origin of some of which may be well accounted for, others of dubious origin, unrecognizable by the senses, are diffused in the atmosphere, and so enter and pervade the vital tissues, and interpose a force tending to their dissolution. That class of diseases denominated malarious are distinctly traceable to such sources in certain emanations, proceeding from vegetable decay.

The atmosphere is the great reservoir of the elements of organized matter; and during the whole existence of the animal, as well as at its death, the materials composing it are passing into the air, and many times is its weight repeated during the course of its life. In all places where people congregate, as in the thickly-crowded houses of cities and towns, in prisons and on shipboard, especially if there be imperfect ventilation, we meet with disease in peculiar forms, festering and rankling, to the destruction of the human form, while the sufferer is perhaps wondering at the ways of Providence. It is difficult to learn that mental attributes and aspirations afford no barrier to the operation of the laws of matter, though the two may be most intimately connected.

What solace does reputed science proffer? It tells the sufferer, lyingly, that he may find health and comfort, not by seeking conformity to conditions, by forsaking the air of a contaminated locality, but by swallowing yet other poisons, baptized of reputed science into a change of nature. Herby is reason stultified, experience contemned, the laws of nature and of God outraged, and humanity's doom confirmed.

The injurious effects of living closely huddled in ill-ventilated apartments is conspicuously seen in the case of the children of the poor of a great city. The-illy purified and poisoned blood withholds from the muscles the spontaneity, and from the nerves the bounding ecstasy, that is their

right. The elaborating glands become disordered, swollen, and indurated by the presence of morbid material they can neither employ nor expel; *scrofula* in some of its protean forms is exhibited; and the subject pines with *tabies mesenterica*, or some active form of bowel or brain difficulty kindly steps in to rescue the sufferer from the inevitable consumption of a later period.

Nor is it the children of squalor that are the main sufferers. The ignorance of those parents who devote themselves to wealth causes them to choose the most unfitting arrangements for health. The fostering earth and breezes are shut away; and the victim is "cribbed, cabined, and confined," till the ashly skin, blue veins, and attenuated features proclaim the frailty of the link that binds matter and spirit.

Even the foolishly praised and envied *precocity* of children is but the evidence of disease that *must* destroy its victim. Excited mentality may arise as a fruit of physiological unbalance. Peripheral nutrition being lessened by the before-mentioned causes, and the lack of the stimulus of use, the blood is forced preternaturally into the most unobstructed channels—that is, to the brain, which now literally and greedily devours the whole body.

It is not intimated that a correct hygiene forbids men from living in communities and in intimate relations. Society nourishes thought and records progress. The isolated individual but partially secures the objects of existence. By the mistakes of life and examples of disease nature cautions man and conveys useful instruction; her restraints compel him to do himself justice.

In the very constitution of the air itself is founded the conditions for its constant rectification. We live and move at the bottom of its immense sea, whose extremely mobile particles envelop us on every side. Its oxygen freely pervades and permeates our systems. By the relations of this element to the living organs are evoked action and sensation, and at the same instant is effected their removal from the vital relation, ultimately to assume the form of comparatively innocuous forms—water, and carbonate of ammonia.

Oxygen is everywhere, both within and without the physiological domain, laboring to accomplish a similar result, satisfying its affinity for other matters. It is only when circumstances interfere with the complete accomplishment of this object that serious harm can occur from an unfavorable reaction upon the vital economy, by agencies either within or without the body. Completely decomposed matters that have been organized are devoid of power to injure; but intermediate products are more or less violent and virulent in the action they exert upon living tissue, and all forms and grades of disease are the prolific and inevitable consequence of their influence.

Without stopping to discuss whether there be a peculiar form of oxygen or *ozone* that aids in the effect, by overcoming and destroying the more stable of the ethereal, noxious forms of matter, it is sufficient for us to be practically acquainted with the main conditions whereby so desirable an object is secured.

1. In chemical experiments the facility with which oxygen unites with other bodies is often determined by the quantity present. Dilution with other gases, even with those for which its affinity is strong, will weaken its effect. Hence a small amount of a noxious matter in atmospheric mixture is disposed of with greater proportional facility. It is also well known that a substance will combine with another much more readily when first set free from a previously existing compound. Vegetation is constantly liberating new portions of oxygen, and sending it forth into the atmosphere. The presence of vegetation, then, is all potent in purifying the air, not only by the compounds that it abstracts for its own nutrition, but by the property of the oxygen it liberates, to destroy those forms of matter that are much more noxious. For the respiratory purposes of air the same considerations hold good; less oxygen is taken and carbonic acid given off in a foul air than in a pure one.

2. Motion, or currents of air, are of obvious service. Not only is an increased amount of air thus brought in contact with the respiratory organs, but the dismissed particles are thus quite removed from contact with the body, and a local accumulation of bad air is dispelled by the same means, and the vicious particles destroyed.

3. Humidity will greatly facilitate the same object. Bodies undergo chemical change in solution, as a general rule. A *bridge* is thus formed, uniting particles, and securing their complete embrace. The aerating organs of an animal are moist. The moisture in the atmosphere dissolves all its soluble principles, and returns them to the earth. Moisture *without* free access of air, however, favors the production of intermediate and unwholesome products.

4. Sunlight. Herein lies an agency of marvellous power, in maintaining the air in a state of respirable purity. Did the sun withdraw his diurnal benignity, the earth would be a dreary blank, destitute of all vital forms; but, with the smiles of his countenance, it is constituted a busy scene of the haunts of men. It calls up life, and casts down life's opponents. It casts its glorious radiance into the deadly rice swamp, and where malarial and mephitic vapors concoct their venom, and into the cramped nooks and lanes of squalor, and during its presence the noisome fumes are destroyed, and men dare the now impotent threat with impunity.

By the same magic that etches one's countenance upon the iodized plate is the atmospheric oxygen made to size the infectious particles infused in the atmosphere.

In malarious districts, large supplies of a product, unperceived by the senses, are constantly being distilled from the rank soil, capable of inducing peculiar diseases; but, till night spreads her mantle, its power is destroyed by the sun's radiance.

A residence situated at a slight elevation is known to afford protection, even with the sun's aid withdrawn, so limited are these influences. The noxious principle is destroyed ere it reaches a great height, by its diffusion and oxydation.

Can we close the doors and windows of our apartments against the entrance of the subtle foe? Very ineffectually. However closely shut

the air we breathe comes from without, through chinks and pores of the wall. Were it not so we should suffer *still more* from the excretions from our own bodies than from what the air contains. A judiciously selected and elevated situation will relieve all our apprehensions from disease arising from this class of causes.

The atmosphere, then, in its constitution, embodies reliable conditions for maintaining its sanitary qualities. The local operation of extraordinary causes only can render it unfit for respiration. These are limited in time by the season, in space by the proximity to decomposing organized matter. The noxious material cannot travel far, as diffusion, and especially sunlight, effect the destruction of its peculiar properties, and convert it into an aliment for the growing plant.

But it is sometimes convenient, proper, and desirable to call upon other aids than those spoken of to arrest at once the effects that might arise from sources of this kind, for transient and local purposes. In the rapid, and putrid, and highly infectious diseases, the utmost circumspection is necessary.

Two general classes of measures are available for this purpose. One is to present some substance whose peculiar relation to the material impregnating the air is such as to attract it wholly to itself, or cause its absorption. Many solid and fluid substances possess this power in various degrees. Water, and some kinds of earth, are efficient, to a limited extent. But the material chiefly relied on for its effectiveness and cheapness is carbon in the porous state, presented by coarsely-powdered charcoal, or even swamp muck or peat, if dried at a high heat or freshly burned, are capable of absorbing many times their bulk of the gases. But its capacity to absorb varies with the different gases, and it so happens that the offensive ones are much the most powerfully attracted by it. Thus, it has been found that one volume of boxwood coal will absorb in from 24 to 36 hours,

Ammonia,	90	volum s.
Sulphurous acid,	65	"
Sulphuretted hydrogen,	81	"
Carbonic acid,	35	"
Oxygen,	9	"
Nitrogen,	7.5	"
Hydrogen,	1.75	"

In all cases the absorbent should be freshly burned and dry; by wetting, a part of the absorbed gas is displaced from its confinement in the coal. It will be observed that the carbon gives off no neutralizing or destroying principle, the action being that entirely of absorbing and withdrawing the noxious compound.

The other mode of disposing of deleterious principles is to diffuse through the air some vapor or gas having a chemical affinity for it or some of its elements. The means at hand to accomplish this are numerous, and we are to be guided by circumstances as to their choice.

Fumigation with burning sulphur is a primitive expedient, and it cannot be denied that it is as effective as it is disagreeable. The sulphurous acid gas thus diffused destroys everything the air holds except its own permanent gases. A not less effective and more available resort are the chlorides of lime, zinc, soda, iron, &c., now so

very generally employed for disinfectant purposes. The action of these compounds depends on the facility with which they are decomposed when exposed to the air, yielding chlorine and hyperchlorous acid, both acting by the affinity they have for hydrogen, and they decompose all atmospheric compounds containing this principle.

The effect of the sulphurous and chlorine gases are *destructive*, and their influence upon the health when respired is no other than *prejudicial*, and their fumes should always be carefully avoided. Like all medicines, they have but one tendency in relation to vitality, and that is *subversive* of it.

The vapor of vinegar is not without its use as a disinfectant also. Decomposing animal matters arising from a sick body are often ammoniacal in their nature, and their character is often changed by any acid vapor that may be supplied.

The popular resort of burning ligneous substances, as linen rags, paper, sugar, &c., is not so impotent as it might seem. If these substances be slowly decomposed by heat, they give rise to a large amount of *smoke*, composed of finely-divided charcoal and pyroigneous acid (identical with acetic), and probably some other compounds possessing chemical power. The mode of action of the two first-named substances has been explained, and it is not improbable the peculiar mode in which they are generated may favor their chemical activity. Not only is their chemical influence favorable, but the process also implies an effectual expedient for changing the air of a room, the advantages of which have been sufficiently set forth.

The reader will be cautioned against suffering his credulity to be excited in favor of any special virtues arising from burning coffee or other ingredients, whose virtues are purely hypothetical. Also, he should look out for the fallacy of substituting a mere powerful odor, with absolutely no chemical power, for true, potential substances. The senses may be deceived in this way, but not the health.

CASE OF PLEURISY.

BY J. J. PEASE, PHILADELPHIA.

ABOUT ten days ago, the principal of one of our public schools was knocked "*flat*" by an attack of Pleurisy. He got up again, however, through the aid of wet-cloths and pounded ice; and proceeded at once to a Water-Cure establishment—where, to the astonishment of those who know nothing of Hydropathy, he actually got well!—and that, too, in spite of wet-sheets, half-baths, and the other dreadful appliances of the Pessnitz school, heroically administered. What adds to the miracle is the fact that the patient had been laboring for many weeks under a terrible cough; expectorating enormous quantities of "bad-matter," and, to all appearance, was in a fair way of going off in a galloping consumption, or something as rapidly fatal. From the first day he entered the "cure," however, his cough left him; the expectoration was next to nothing; the skin performed its functions, and he is now at his post again, *mens sana mens corpora*, as good as new; and louder than ever in his praise of water

and the skilful pilot (Dr. Schieferdecker) who navigated him so safely through, instead of wrecking him, a shattered hulk, on the *shelving shores* of allopathy.

This sort of miracle is of course common enough in every Water-Cure—yet who hears of them unless he takes the "Journal," or is otherwise posted up in the true faith? It is really astonishing to think what multitudes (well-informed on other subjects) have never even heard the name of Pessnitz nor of his wonder-working system of cure; and it is quite certain that they never will if the Scribes and Pharisees of our day, the Druggopaths, can by any means prevent it. And yet the whole country is deluged with the handbills, newspapers, and almanacs of the poison-peddlers—free gratis for nothing—and dear at that, if any one is simple enough to seek for health in the pills, syrups, and expectorants so lavishly commended. Why! one almanac (Jayne's) boasts of the gratuitous circulation of two and a half millions of copies annually! and Wright's and Ayres' are probably not far behind. Not less than three or four copies of these have been thrown into my domicile within the last week or two; and there is no knowing how many more are to follow. This is certainly a "taking" mode of advertising, since they all contain more or less funny matter as antidote, I suppose, to the *blue pills* and *nostrumery*; and one of them gives a couple of pieces of fashionable music by way of peace-offering. No wonder these two and a half million *Ayres* can build sarsaparilla palaces and eight-story granite gull-traps! It is their way of advertising; and I only wish we Hydropaths were only half as diligent in calling public attention privately to the water-"*cure*," as they are to the poison-"*kill*." I am fully convinced it only needs to be *known* what water can do and does do to wipe out all opposition, except from the mercenary and the interested. I know full well how hard it is to make head against the "regulars" with their discipline and their *esprit de corps*—and I have come to the conclusion that it is easier to convert a D. D. to a new faith than make an M. D. give up his drugs. Yet our fathers *did* beat the "regulars" of their day, with all their blue-pills and villanous powders, and it can be done again. The "Journal" is a regular Lancaster—and is doing immense service for the people—as are all your publications; but I wish you could give us a *cheap* edition of your "Water-Cure Almanac" for general distribution. It surely could cost but little, when the types are once set, to run off a large edition on common paper; and if circulated in places where your other publications do not reach, would do great service. They should contain specific treatment for the common ailments of children—coughs, colds, and that scourge of cities, summer-complaint; and, once these were *tried* in a family, there would be an end to the drugging. Now, Messrs. F. & W., what do you say? Shall we have a million or so of Hydropathic Almanacs next year to fight the "Roosians" with?

Our Quaker City is rather slow in water-cure as in everything else. We have two establishments, however, Dr. Weder's and Dr. Meier's, and a third one is just being started in what was the Columbian Hotel, 7th and Chestnut st., by Dr. Schieferdecker, who is once more in the city. The old establishment at Willow Grove has been kept open by Mr. Bruner and his accomplished wife as a summer boarding-house, though it has all the conveniences of a first class "cure," and ought not to be idle. Can't you send us a graduate of your Hydropathic College to set it going again?

THE DISCUSSION.

DR. CURTIS TO THE PUBLIC.

1. Is the above article,* my friend, Dr. Trall, very liberally gives me credit for "a clear and philosophical elucidation of the real nature of disease," but still thinks that a "majority, at least," of his class "take the position that he has advocated," that "remedial agents do not act on the living system," &c.

2. I really did not expect, in so short a time as "nearly two days," to persuade even a respectable minority of those who had been so thoroughly taught the contrary, for four months, to come over to my side of the question. I have now hope even of the Doctor himself, that he will yet see that some agents, by virtue of "their own nature and properties, act destructively upon the organs or injuriously upon the functions" (§ 9, page 163, W. C. J.), and not confound them with "other agents that 'act in harmony' with the organs and the functions," and that he will soon be "free from all the trammels of any system."

3. I think, if he will compare what I said on page 113, vol. xix., of the "Recorder," with his editorial on page 149, "W. C. J.," he will hardly feel justified in the remark he makes in the sixth paragraph of said editorial, infamating that I allow nothing to Water-Cure, but simple water. We have endeavored to give due credit to its excellent system of diet and exercise, and its prudence and "temperance in all things." We are not of that class who can see no good in anything because we find something wrong in it. But diet, exercise, &c., are not peculiar to Hydropathy. Homoeopathy and the Physio-Medical practice are equally particular on this subject. Very respectfully,

A. CURTIS.

* From the Water-Cure Journal for May.

DR. CURTIS TO DR. TRALL.

1. DEAR DOCTOR—In my last, as in former numbers, I requested you to publish, in succession, my articles on pages 166-8, 113-16, 151-4, 177, 184, 187, 190, vol. xix., Recorder, and on pages 1 and 6, vol. xx., and to refute the arguments if you could. Instead of publishing my articles according to the conditions of the discussion, and "coming square up" to the question at issue, you copy a few of my commentaries on your remarks about "ultraists" and "fanatics," and articles from them, tell your readers that you have "met pointedly and directly" what you have not allowed them to see. (See Recorder, vol. xx., pp. 49, 53, &c.)

2. In my May number (p. 103), you "quote from my March number" five of my comments (34, 35, 36, 37, 38) on your former article, not one of which was intended by me as an argument on the question before us, and which explain that "my arguments are disjointed and fragmentary." I am inclined to the opinion, Doctor, that if you will look at them where they are, as above referred, you will see that some do dove-tailed, cemented, and hermetically sealed, that you will not be able to find a crevice among them large enough to admit the sharpest point of the most attenuated wedge or drill that you can manufacture, and that they are too adhesive to be beaten to powder with your heaviest sledges.

3. I do not ask you, Doctor, to prove the negative, "Medicines do not act on the organism." I have proved that they do, and that you acknowledge this fact, see articles above referred to. All I ask of you is to copy my articles, and show their fallacy or give up the contest.

4. You may think this unnecessary, if you chose; but they are extensively published in the "Recorder" papers, as well as the "Recorder," and are, and will be, accepted as true, till you or somebody else shows their fallacy. Remember, I have not asked you to do this. I think it is not strange that "my logic" should be "un-get-at-able," where I never intended to place it.

5. You asked me to "publish your whole article." I had done so, and simply inserted the points for my convenience. I did not injure the article.

6. You say, "In my March number I met your arguments and objections to my position pointedly and directly." Perhaps you did; but I have not been able to see the point. In your eighth paragraph of that article you charge me with "possibly intending to publish your articles after I have refuted them," though you had only referred to mine without copying them; thus accusing me of an act which you pronounced "narrow-minded," but which you yourself were at that very time praising, and of which I have not been guilty at all. Do you call it "meeting a man pointedly" to stay in your house, shut the door against him, and then tell your family that you have given him every advantage—have allowed him to strike first—and still most soundly threshed him. That, Bro. Trall, is just the way you have met and answered me. (See your March number and the present, May. See your § 8 to me, p. 163, and § 8 in your March number, with your reference [§ 3] to my articles.) Please do not "remove your justice from the 'crystal palace' to some balcony, if will protect your own interests.

7. On your page 166d, paragraph (1), you say: "You raise a question as to the nature of my disease." But I will refer to my 24th comment, to which you allude. It raised no such question. On the contrary, I was objecting to your

doctrine that all the other Allopathic errors had their origin in the one principle, that "medicines act on the body." I said, "the true basis of their false philosophy and ruinous practice is the doctrine that irritation, fever, and inflammation are diseases, and that 'wound' is indelible, that people after you should have copied my articles on the present question" ["Do medicines act on the body"]. In your paragraph 6th, p. 163, you say: "The immediate question before us is, what is disease?" No, it is not. No, it is not. It is "raised that question." But I told you (§ 24) that I will do it after you shall have given up the first.

8. But suppose you do give up, you say (Recorder, p. 49, § 11), if I will prove that one remedial agent acts on the living system, I have the victory. You know you do not. (See your § 11), that on pp. 177-80, particularly 179, vol. xix., Rec., I have demonstrated that tannin and other substances act remedially on the system. This being all that was necessary, and all you desired me to do, I am, of course, led to suppose that you intend to drop this question and pass off to another. If you will just publish my articles, which you have omitted (I do not ask you to answer them; I require no impossibilities), I will cheerfully discuss with you this question of fever and disease.

9. Please, however, give me fair arguments and apt illustrations; not such as the following: In your 21st or 22nd paragraph, here, you do not state the case fairly. I challenge the Allopathic doctors to produce a single well-demonstrated case of "death" in a man who takes a potato. I am not required to prove that "opium and alcohol will kill, for they declare that the least mischievous of these sleepily, stily, thousand-fold poisons in any quantity taken alone, and that the other is 'more deceptive than the serpent of Eden, and not less fatal.'" (Cyc., No. 76), and I have seen samples enough to compel me to believe both statements.

10. Is not your potato illustration (§ 18, 19) a "small potato" affair? How can the comparison be good for anything, as a matter of fact, between a potato and a potato? How can the vital instincts "recognize the potato as food," and "the salts as foreign and injurious," if neither act on the tissues? Can the mere occupation of space give it the "vital instincts" the knowledge of the character of the occupant? Can you tell, by handling an apple, whether it is sweet or sour?

11. Lastly, you "poke fun" at the idea of a difference between provoking and inviting an action. When you kindly invited me into your lecture room, and assured me that it would be in harmony with your wishes that I should advance and illustrate my views before your class, do you think that "hygienic agents" had the same effect on me that you always felt had sundry of your "ultraist" friends in there and compelled me to do it in opposition to your wishes and those of your class, and of your combined class to expect me? I think not. I think, rather, that you would have acted on me as differently as would a bad potato and a nauseating dose of salts. I should have lectured with a very different feeling.

12. Now do not comment on these "disjointed and unget-at-able" remarks, but go to my arguments, and publish and demolish them. Very respectfully,

A. CURTIS.

DR. TRALL TO DRs. CURTIS, JOHN, PRATTMAN, COMINGS, AND KEINBANKER.

GENTLEMEN—The above articles from the pen of Dr. Curtis, my legitimate opponent in this discussion, having appeared in the June number of his "Physio-Medical Recorder," I am bound, both by inclination and contract, to give them my principal attention. But, as Dr. Keinbanker has arrayed himself in the list of my learned opponents, I will, according to promise and politeness, reply to a brief extract from his article in the Recorder Journal of Medicine for July.

"The most prominent examples of extremes against all drug-medication are to be found among the friends and patrons of the Water-Cure system. It is not denied by this remark to underrate the value of the chief of water as a curative and hygienic agent. Still, care has been manifested only less than the extreme of anti-drug medication, to deny the utility of all medicines, so called and accepted, and hold water as the chief, if not the only, curative agent in existence! And furthermore, it can hardly be questioned that the taking of such gross results more from the strong desire to make gain of human suffering and human infirmities than to promote human good. Benevolence of that kind is, at least, of a very suspicious character. And it is exceedingly difficult to accord sincerely to all the ultraist advocates of an exclusive water-treatment, more especially since many of them are in the constant habit of using some of the very drugs inserted as 'contraband of war' in their 'Articles' and 'Prescriptions'—and sometimes their indications against the efforts against drugs are made more by publishers than by practitioners. Practitioners do, indeed, for the pay or other considerations, sometimes lend their influence against the use of drugs, even while they deal them out to their own patients. The object is to weaken public confidence in drugs, that their own, which may become more popular and profitable, and thus, by combined efforts, not always honest or creditable, a considerable amount is drawn from the public purse to sustain the innovation. Yet few readers of the Recorder will deny that here is a very detrimental to the public health as too great an amount, and the too constant use of drugs! It is not at all probable that such

extreme grounds can hold to be held. Insted to its culminating point, public feeling will recoil, and perhaps even a fresh, the indiscriminate dragging of a past period. All the world, no doubt, needs washing, and the 'rest of mankind' in particular, and it is indelible that people will not, when sick, perpetually wash themselves, and the entire exclusion of all drugs. They feel the want of something, besides bread and water, to give nature a 'joz' and at the risk, perhaps, of health and happiness, they will have it."

I call attention to these remarks of Dr. Keinbanker, because an important principle which he has overlooked underlies the subject which it behooves us to understand.

How exactly analogous are the drug and the liquor reformations! Once upon a time it was supposed by almost everybody that alcohol acted on the system, and acted, too, on some of the functions beneficially. Acting on this general opinion, it was in general use as a beverage. In process of time it was discovered that it was used excessively; yet few persons then imagined it naturally oximous, or poison. Occasionally some one, arising discoverer, the principle of his action, proclaimed it a noxious thing essentially. He was called, of course, a fanatic, and a speculator, and all sorts of unpleasant epithets. He was said to be ultra, to go to the opposite extreme, &c., &c.

But now science has demonstrated the fact that alcohol is absolutely inimical to every living thing. These "ultraists" and "fanatics" were right, after all. Alcohol is a poison.

Precisely such has been, is, and will be, the history of drug-medication.

Dr. Keinbanker admits that they have been used to great excess. Some of them, he admits, are poisonous, and yet some, he claims, are hygienic! So the people and the doctors said in the early days of the temperance reformation. Brandy, gin, rum, and whiskey, are poisonous; but then, as to beer, wine, cider, ale, porter, &c., these are hygienic. We must not throw away the good to get rid of the evil; we must discriminate; we must go to extremes. Teetotalism was called rank and rabid fanaticism; as Dr. Keinbanker more than hints that teetotalism in drug-medicines is not only folly and fanaticism, but downright knavery!

Now, where is the difficulty in understanding this subject? Simply this. The nature of drug-remedies, their relation to the human system, is not comprehended by us, because the nature of alcohol and its relation to vitality was not, and perhaps is not, comprehended by the majority of those who have advocated and do advocate temperance.

If alcohol in rum or brandy is a poison, how is alcohol in beer and cider to be innocuous? And so, too, if a drug-remedy in the shape of calomel or opium is poisonous, how is it to be hygienic in the shape of lobelia or cayenne? Having thus said enough, I hope, to induce Dr. Keinbanker to study the subject, I return from this pursuit after one of Dr. Curtis' Allies to himself, the real Pellissier, or Gortschakoff, or Raglan, of the affirmative of our question.

I call especial attention to the following sentence in the second paragraph of Dr. Curtis' article to the public:—

"I have now hope even of the Doctor himself, that he will yet see that some agents, by virtue of 'their own nature and properties, act destructively upon the organs or injuriously upon the functions.'"

In that short sentence is embodied the whole error, the fundamental mistake of Dr. Curtis, in relation to the modus operandi of medicines.

"Some agents act, by virtue of their own nature, on the living system." Prove this, sir, you have the question. But, if you please, I will dispense it. What are the nature and properties of an inorganic or inanimate thing? Why, sir, to keep still, to do nothing. You say, to act. I say, to remain passive. Inertia, the tendency to remain forever in the same state and place, is its nature, and its first, and last, and only property. Its nature is to act, say you! Has not the medical world labored long enough under this delusion,

that dead, inert matter, has the property of action? No, sir; no. Living matter has this property alone, and therein consists its distinction from inorganic or dead matter. The nature of living matter is to act; the property of a living organ or structure is action. The nature of a dead or inorganic thing is inertia; its property is a mere negative one, to be. Dead and inorganic matter move as impelled, as acted upon. Living matter acts on everything else, to use or to resist. Is not this all plain enough?

Apply these facts, which I think you must admit are self-evident, to the operation of medicines, and do this in view of the premises I laid down for your side of the discussion in my last article. Tell us the disease, your remedy, and then the action that takes place when the remedy comes in contact with the living system. In every case, so far, in which you have attempted to explain this problem, you have placed the action in the living. In fact, you could not help it.

In trying to explain a lobelia emetic you placed all the action in the stomach. Of the lobelia you could only say, "It induced the stomach to act." I am quite willing the lobelia shall be the occasion of or the inducement to the stomach's action; but it is the action of the lobelia on the stomach that you are bound to prove—if you can.

You assert, indeed, that you have proved this. Doubtless you think so; but I think, and therefore assert, the contrary. You have not proved this, and cannot, for the simple reason that it is not provable.

When lobelia is taken into the stomach, and the stomach throws it out, you affirm that the vomiting results from the action of the lobelia on the stomach. No, sir; if this were so, the stomach would be expelled instead of the lobelia, which, I believe, is never the case. When you say that the lobelia acts on the stomach, because it affects results from the presence of lobelia in the stomach, you beg the question. It is for you to show that this effect is occasioned by the action of the lobelia on the stomach, as it is for me to prove that the effect is occasioned by the action of the stomach on the lobelia.

I have published every article of yours that I have seen written by you since this discussion commenced, and all of the "fragmentary notes" that to my articles then seemed to me to have any bearing on any question between us. But, Dr. Curtis, have you really met the main question between us at all? You have not yet told us of any action whatever that takes place when a drug-remedy is brought in contact with the living system. All you have said thus far relates to the effects, which I do not dispute, and which is not the question between us. All of your arguments thus far only go to show the effects which result, whereas the question is, what action takes place? Let us ask you to come "square up" to the work you have undertaken.

You ask me, "How can the vital instincts recognize the salts as they fall and the salts as foreign and injurious," if neither acts on the tissues? You might as well ask me how the eye can recognize the difference between a flower and a snake, if neither acts on it! It is the function of the eye to discriminate by seeing—perception; and it is the function of the stomach to discriminate by feeling—organic perception or impression. It is because the vital instincts are vital that they recognize differences; and it is because a "small potato" when thoroughly cooked, has no vital instincts that it cannot tell the difference between a stomach or a tooth or a salivary gland.

Would it not have been cruel, not to say ridiculous arrangement, to have placed the feeling, and knowing, and recognizing, in the salts or the potato instead of the living organism? You can, in the same paragraph, a very singular question. Can the mere occupation of space give to the vital instincts the knowledge of the character of the occupant? You might as well ask

me if the mere occupation of a portion of space by the sun, or moon, or stars, or comets, give to my eye the knowledge of their character?

No, sir; there is no such giving as you intimate. These things give no knowledge to the living system. But in the creation of the animal kingdom the capacity to discern, the power to recognize, the ability to feel, appreciate, perceive and know the nature and character of the objects in the external world, has been wisely conferred upon the living creatures. Your position would reverse this law, or rather divide the capacities and equalize the qualities of dead and of living matter.

"Can you tell by handling an apple whether it is sweet or sour?" No, sir; but I can tell by handling whether it be *hard* or *soft*; and I can tell by *tasting* and *smelling* whether it be *sour* or *sweet*; and in either case the function, the action, the perception, the impression, the recognition, the feeling, the knowledge, is on the side of the hand, the mouth, and the nose. The apple does not impart knowledge, nor sensibility, nor action to the living organs; but these recognize and act upon the apple.

Yours truly,
R. T. TRALL.

P. S. I find in the journals another name arrayed against me in this discussion. In my next article I shall have the pleasure of replying to an even half-dozen. R. T. T.

THE LATE ASENATH NICHOLSON.

BY HENRY S. CLERE.

DEATH among Vegetarians are of such rare occurrence, that when they do occur they become subjects of special remark, especially when in relation to so remarkable a person as ASENATH NICHOLSON.

The death of Mrs. NICHOLSON occurred in Jersey City, on the 1th of May, 1855, after an affliction of nearly two months, during which time she was attended with much assiduity and care by her adopted sister, Miss WARREN, and numerous friends.

Born in Vermont in 1798, she naturally became imbued with the principles of Primitivism, so strongly rooted in the New England soil, and she carried that "spirit of the fathers"—the self-sacrificing spirit of endurance and difficulties—into all the pursuits of life; and when, under the teachings of SYLVESTER GRAHAM, she espoused the detestable principles taught by that gentleman, she applied the same Puritanic zeal and Anglo-Saxon egotism to those principles; and although her mode of advocacy was somewhat abrupt, and sometimes appeared to partake of uncharitableness, yet there was always visible an intense love of principle and of truth, which to all but the most superficial observer was an atonement for much of that keen repartee which sometimes wounded the feelings of even her most intimate friends. She was never the woman to sacrifice a principle, in word or deed, merely to gain the approval of her friends, although her love of that approval was considerable.

For several years, Mrs. Nicholson was a successful teacher of children, in which capacity she gave the first bias to some of the most successful scholars of the country. She has long been known as a vigorous writer and an able defender of Anti-Slavery, Temperance, and Vegetarian principles. As early as 1830-1 she became a regular contributor to the New York *Gentian* of Temperance, and afterwards the principal writer in the *Female Advocate*. Was for fifteen years the proprietor and manager of the celebrated Graham House, of New York, where she was sometimes threatened with mobs, on account of the anti-slavery spirit of those who met under her roof, among whom was Horace Greeley, who, then a young man, became deeply impressed with the free-soil doctrines he has since so powerfully advocated.

In Ireland, during the famine, Mrs. Nicholson was unremitting in her personal attentions to that afflicted people. She walked nearly all over the country, and shared the hospitality of rich and poor. She also travelled in Scotland, England, Germany, France, and other European countries, as well as the West India Islands, and has left

several published works and still more unpublished M. S. Among her principal works are *Memora* of Rev. J. R. McDowell, *Isaiah's Welcome to the Stranger*, *Lights and Shadows of Ireland*, and *Loose Papers*, all of which are books indicating uncommon ability and shrewdness of observation; rich in anecdote and in description of scenery, such as none but ASENATH NICHOLSON could write. Although an American, she could never forget Ireland, and never seemed more happy than when visiting the poor sons and daughters of Erin; the shades of the suburbs of Brooklyn, where we have sometimes had the pleasure to accompany her on her missions of charity and Christian philanthropy.

The disease which hastened her mortality was an old spinal complaint, which was probably accelerated by tier energeticspirit. Always an early riser, she never relaxed this part of her discipline, until the actual loss of strength compelled her to keep her bed. As soon as she partially recovered, she again commenced her activity; her spirit was indeed willing, but the flesh weak, and her exertions brought on bleeding at the lungs, which was checked; but the two attacks, so near each other, reduced her already fragile frame to utter helplessness. She bore her affliction with great patience, and when a clergyman was about to administer the consolations of religion, she said, with her characteristic spirit of endurance, "Pray not for any alleviation of my pain, but only for grace to endure it." Her faith seemed to comfort her to the last, and, like JOHN HOWARD, she adopted as her dying testimony—"My hope is in Christ."

The funeral rites were performed in the Reformed Dutch Church, Erie street, Jersey City, by Rev. Mr. STROCK, who had attended her during her last sickness. Wm. Goode I made some statements as to her general character. Rev. S. S. JOSLYN offered the funeral prayer, and her remains were then taken to Greenwood cemetery and interred in the family vault of her generous friend, J. T. SANGER, Esq., to whose private benevolence she owed many of the comforts of her old age.

Although incessantly diligent, she never remained in possession of any property she may have acquired; her feeling was too frequently excited by objects of distress and misery to think of retaining anything which could minister to the alleviation of suffering. Indeed, she seemed to regard her own privations as of less consequence than the privations of the Irish exile.

William Bennett, the author of *What is Vegetarianism?* was her best friend in England, and often reconciled to her those who had been offended by her style of address. In this country, J. T. SANGER, Esq., occupied a similar relationship of philanthropy, which was continued to the last. But the most lasting remembrance of ASENATH NICHOLSON will be in the hearts of the thousands among the poor Irish, both in the old country and in the new, who will associate her name with the purest charity and the most self-denying benevolence.

HYDROPATHY AND PROGRESSION.

BY H. KNAPP, M. D.

AS article of mine, which appeared in the September number of the WATER-CURE JOURNAL, under the above caption, has produced quite a sensation among its readers. In almost every number since, some allusion has been made to it, in which its sentiments have been questioned or condemned. Some are very much surprised that it was ever published in my journal. By many it is considered clear proof of my unsoundness in hydrophaty. They think that I must be a very presumptuous, rash man, to dare insinuate that the Water-Cure system is not perfect,—that it is subject to the laws of progression, and may be improved by age and experience! The great sin of the article is, that it proclaims the fact, that cold water has been used *injudiciously*, and hence, *infuriously*, against which it cautions the people. Yet, who dare deny it? If any living man, let him speak, and his case shall be attended to. The evils attending the *injudicious* use of cold water mentioned in that article, are but few of what might be named. I have not tented the use of cold water. It is the abuse of it which I repudiate. I am certain that it is often used when tepid water would be better, as I said in that article. I am not aware that hydrophaty means cold water, as many

suppose, or any particular temperature; but I suppose that the Water-Cure system included water of all temperatures, from ice-cold to as hot as can be borne, which, like the manner of its application, is to be decided by the circumstances and conditions of the case to be treated. If I am wrong, I trust some good brother will set me right. The thing to know is, *when and how* to use the different temperatures. On this depends the success of the practitioner. The *injurious* use of cold water often produces congestion of the brain, lungs, and heart, which is unknown to the use of tepid water. The more experienced and observing physicians use much less cold water than formerly, especially with nervous patients and persons of low vitality. The injurious effects of the *injurious* use of cold water is seen by our opponents, and cannot be disguised; and we are but injuring ourselves, as well as the system, by persisting in it, merely because of our veneration for the "fathers." "To err is human; to confess and forsake is God-like." We had a striking, although lamentable illustration of the injurious effects of the *injurious* use of cold water, in this vicinity, a few days ago. A young man from this place, a member of Geneva College, went into the Geneva lake to bathe, where he remained some time. On coming out, he said to a comrade, "since I have had my heart beats; it seems as though it would burst," and immediately fell dead.

It was decided by medical men, that his death was caused by the blood being driven from the surface of the body and extremities in upon the heart, by the cold water, causing a rupture of some blood-vessel. I hope if any one has more to say about said article, they will "define their position," and stick to it, realizing that it is much easier to find fault with *what is*, than to prescribe a remedy.—[*Lookport*.

THE MASSACHUSETTS STATE REFORM SCHOOL FOR BOYS, AT WESTBORO, MASS.

BY DR. J. H. HERO.

This institution is situated two miles from Westboro village, and about a mile and a half from our Cure, and is one of the most magnificent to be found in New England. At the foot of a eminence, on which the buildings stand, lies Great Chaucery Pond, which, together with the beautiful groves, hills, and valleys surrounding it, affords to the beholder one of the most splendid southern views that can anywhere be found.

A little anecdote connected with this place may be interesting to the reader. A gentleman by the name of Gassett, belonging to Northboro, (two miles north of us) was once travelling in Europe, and during his travels fell in with an English gentleman, who, on ascertaining that Mr. G. was from Massachusetts, wished to know how far from Boston he resided. Some thirty miles, was Mr. G.'s reply. Ah! said the gentleman, I have a drawing of a farm about that distance from Boston, which I suppose to be one of the most beautiful spots on earth: so saying, he drew from his pocket the sketch, and handed it to Mr. G., who readily recognized it to be the Esq. Peter's farm, on which the State Reform School now stands. Mr. G. informed him that he resided, when at home, but a short distance from that farm, and had many a day fished upon the pond lying south of the buildings. Of course, the gentleman was exceedingly interested in the matter, and soon informed Mr. G. how he came by the sketch.

His grandfather was an officer in the English army at the time of the revolutionary war, and on travelling through Massachusetts, visited this farm, and was so delighted with the location, that he decided at once that it should be his future home. After having brought Young America under subjection, he would, with his family, come to this country, and here dwell in peace and happiness on this his favorite spot on earth.

But it proved that Young America was not to be subdued. So that instead of this place being occupied by an English nobleman, it is now the dwelling place of nearly six hundred boys, who are to be educated and sent forth into the world as *citizens* and as *men*.

This institution has been in operation about eight years, though it has been very much enlarged within the last three or four years. The buildings are of brick, three stories high, and cover an area of about an acre. The farm consists of some two hundred acres of excellent land, and is under the supervision of the State Agricultural Society.

This affords occupation to a portion of the boys, while some make ladies' and children's shoes, others are employed in knitting, sewing, washing, ironing, cooking, etc. Their workshops are very large and pleasant, and their school-rooms (eight in number) correspond. Four hours each day are devoted to study, six hours to labor, and the remainder to devotional exercises and play.

Most of these boys have run into vices in consequence of neglect and bad influences of interperate parents; others having *respectable* parents in large towns and cities, have found bad company, and have so been led to crime even though parents were aware of the danger; and, instead of being sent to the Penitentiary, or thrust into prison, as was once the practice in this State, they are now sent to this institution, where they are educated, and acquire habits of industry, morality, etc. Many of these boys are possessed with good natural abilities, are good to labor, and progress well in their studies. My friend, Dr. Hoyt, gave them a lecture the other evening on the *power of habit*, and found them attentive and interested in the subject.

A similar Institution for girls is about being established in this State, and great trust that an inestimable amount of good will be derived from it. Nothing can be more needed in society at present than such an Institution, where unfortunate girls, who have bad parents, or no parents, with no kind friend to care for and protect them, can find a good and comfortable home, where they will be well educated and kept secure from hundreds of foul and base seducers, who always stand ready to make such unfortunate creatures their prey.

We hope that when this anticipated school shall be carried into operation, it will be managed strictly upon hygienic principles, so that when these young ladies leave that Institution and go out into society, they shall possess not only sound minds, but such bodies as shall make the genteel and fashionable boarding-school girls feel that whoever obeys God's physical laws, is not only rewarded with health and comfort, but with *beauty*, such beauty as the devotees of present customs and fashions can never possess.

We also hope that ere long the trustees of the boys' school will see the propriety of giving more attention to hygienic influences among these lads.

We notice by the report for last year, that 10,691 lbs. of pork, and 538 lbs. of ham were consumed in this Institution. Now, as a friend to the Institution, and as a friend to the case, we would respectfully suggest that it would be incalculably better were these boys to have more unbolted flour, more cracked wheat, more fruit, and more *bathing*, with less *pork*. In this way the physical facilities, as well as mental, would be greatly improved, and serofula, (which we notice prevails among these lads,) would be kept in subjection. The result, of course, must be less sickness in the Institution.

We would advise all friends of reform, who have occasion to come to Massachusetts, to visit this Institution in Westboro. It is really a curiosity; and we will guarantee that all will go away feeling well paid for their trouble.

The superintendent and other officers are always kind and obliging to visitors, which makes it doubly interesting for those wishing to give the matter a thorough investigation. Every Wednesday, P.M., is set apart for receiving visitors, and showing them over the establishment, though we presume that persons coming from abroad, who cannot make it convenient to visit the place on that day, will be accommodated on any other day.

New Malvern Water-Cure, Westboro, Mass.

SINGULAR DEATH OF TWO CLERGYMEN.—A dispatch to the Columbia Times, dated the 25th ult. from Charlotte, N. C., says:

"The Rev. Cyrus Johnson, D. D., of this town, died very suddenly of apoplexy this morning, in an omnibus, whilst going to the railroad depot. He was on his way to Fort Mills for the purpose of marrying a gentleman and lady this evening. He was the second clergyman who had been engaged to perform the ceremony. The Rev. A. S. Watts, who had been engaged for the same purpose, died on the day appointed for the wedding, and was buried yesterday. Dr. Johnson will be buried to-morrow.

DEATH CAUSED BY JOY.—The Howard (Maryland) Advocate, announces the death of Mr. Jacob Timanus, and says he was the father of Mr. William J. Timanus, who has just returned from California, and the joy caused by his safe return contributed in a degree to the father's death.

Experience.

SICK NEGROES. CASES UNDER WATER TREATMENT.

In my last I gave you the treatment of two cases of sick negroes. I will give you some more in the present communication.

Case 8. A negro woman, aged 45, originally of fine constitution, but had injured herself very much by smoking tobacco, which had caused great tenderness of the throat liability to colds, filling of the palate, cough, sore throat &c., &c. I think her digestion was also injured by the same cause. Two years since she was taken with a bad cold, cough and sore throat. She was treated in the usual manner by the old practice, that is, had some cathartic medicine given, hot teas to drink, hot foot baths with pepper and mustard, gargles of hot pepper tea, and liniments of various sorts rubbed on the throat externally. She would improve under this treatment for a while, but as soon as she put her nose out of doors, she would relapse and be down again as bad as ever. This getting up and down, better and worse, had lasted a month, when, being on a visit to my father's, I called to see her, and concluded to take her through a course of Water-Cure. I found her throat very red and much inflamed, palate elongated, cough and expectoration, great sensitiveness to cold air, &c. Her head was banded up in cloths and flannels, having only her nose and mouth out and her throat externally enwrapped with the ointment ruled on, and smelling powerfully of turpentine, camphor, &c., &c. I began her treatment by removing all cloths, &c., from her neck and head, had all ointment thoroughly washed off with warm water and soap, gave her a tepid bath at 85, accompanied with abundant rubbing and friction to clean her skin which was hermetically closed with dirt, had a compress put around the waist, well wrung and covered with a dry cloth, a similar one around the throat, an enema of tepid water given, clean clothes put on, and the patient put to bed. On the following day, she was packed at 10 o'clock, followed by a tepid bath at 75°, a sitz bath at 75° for 5 minutes, at 5 P.M., the compresses renewed three times per day, three enemata given during the day, water to drink as desired, and her throat touched three times a day with a weak solution of nitrate of silver. The diet was plain farinaceous articles gruel, roasted potatoes, &c., in moderate quantity. The third day treatment was the same, except that she had some mild form of bath at sunrise, when getting out of bed. She soon began to mend, to take exercise out of doors before and after her baths, appetite improved, when a liberal diet was allowed in quantity, but I mean meat allowed in *small quantity at dinner only*. Her strength and flesh improved daily, her throat assumed a better appearance from day to day, her cough left, expectoration ceased, and she was on the high road to recovery. The treatment afterwards was about as follows: rubbing sitz at 5 A.M., exercise out of doors, water drank fresh from the spring, and then breakfast; pack at 10 A.M. for 40 minutes; half bath at 75° after it; exercise, drink fresh from the spring; dinner—sitz bath 75° for 10 minutes at 5 P.M., exercise before and after, drink of fresh water from the spring, and then supper.

The compresses to waist and throat were removed after each bath, three enemata given per day, and her throat touched on the inside three times per day with a weak solution of nitrate of silver. She continued to gain from the beginning in general health. The local affection was soon overcome, and without any relapse or setback she steadily went on improving until at the end of a few weeks she was well and resumed her work. She remained well until last September, (nearly two years) when she was taken in precisely the same manner. The "Water-Cure" was resorted to for a few days, but *timid counsels* prevailing, it was abandoned and the *Drug treatment* resorted to. She passed from one course to another, from one doctor to another, sometimes getting better and again worse, until she had become a complete invalid, bedridden and helpless. When I heard from her last, she was confined to her bed, with a nurse to attend on her, was reduced to a skeleton, had no appetite and no digestion, throat ulcerated, cough and expectoration, fever, night sweats, &c., &c. She has been down four months, and without some *wonderous* change must continue to sink until she makes a *do* of it. There is no doubt in my mind, nor should there be in the mind of any reasonable man, that this woman might have been cured by a course of water treatment when this attack came on her, as readily

as she was two years ago. But I was absent from home and could not prevail; drug treatment was tried and the result has been most unfortunate. A great fault found by most persons with the Water-Cure is, that it is too slow and too troublesome. In this case (and in many others also) the reverse is the case. When taken two years ago, I took her after she had been tinkered on for a month, and in a few days she was able to go where she pleased, and required no nursing except at bath times. In a few weeks she was well and resumed her work. In this case, she has been eleven months more than four months, most of the time confined to her bed and house, and requiring a nurse constantly to wait upon her. And the worst part of the business is, that she is still *no better*, but will in all likelihood linger a short time longer and die. Which treatment has been the slowest and which the most troublesome here? Which has shown the best results?

Case 4. This was a negro boy about 12 years old, weakly and delicate. Typhus fever had prevailed on the plantation the summer of 1853; some 40 or 50 cases had occurred, several deaths, and quite a number left weak, broken down and worthless. This boy had had it among others—the typhus fever was followed by his case by chills and fever, which had lasted, with occasional intermissions, for four months. I found him very thin, weak and nervous—abdomen swelled, legs spindling, appetite and digestion bad. Drugs having been tried upon him without success, I determined to try *water*. Upon the accession of the first fever, he was bathed and scrubbed well in a tepid bath at 80° for several minutes, to clean his skin and remove the encrustation of sweat and dirt which had accumulated on his skin until it was almost hermetically closed, a tepid enema was given large enough to cleanse the bowels well, clean clothes were put upon him, and he was put to bed. A wet compress, covered with a dry one, was then put around his waist, extending from the pit of the stomach to the lower part of the abdomen. These processes soon cooled the skin and lowered the pulse, but it rose again in half an hour, when he was packed in a well-wrung sheet for 20 minutes, which becoming quite warm in that time, the boy was taken out, the sheet wrung out afresh and the patient repacked for some 25 or 30 minutes; he was then taken out and a tepid bath given at 80°, wiped dry and put to bed. The waist compress was afterwards replaced and a tepid injection given. Water was used to drink, from time to time, as he desired it, but in small quantities.

This packing, followed by the tepid bath, tepid injections, water drinking and waist compress, would break up the fever in from 12 to 24 hours. When the patient had no fever, he was allowed gruel to drink, was bathed three times per day, had tepid injections three times per day, and the wet compress renewed three times per day. If the fever remained of 24 hours, he was allowed farinaceous food, as bread, hominy and rice, roasted potatoes and molasses. The fever made its appearance several times after the water treatment was begun, at intervals of two and three days, but the spells were milder each time and more easily subdued. After some 10 days the boy got stout enough to take exercise before and after his baths, and spend most of his time out of doors walking about. His baths were changed as he grew stronger and the temperature reduced; he had rubbing sheets at sunrise, tepid half bath and pail douche at 10 o'clock, and sitz bath at 70° for 10 minutes; at 5 p. m. the injections were repeated as at first, the wet compress worn constantly, water drinking to the amount of six or eight tumblers per day, and the food increased in quantity and quality—lean meat was allowed at dinner. Under this course of treatment the boy's general health improved very much, he grew stouter, improved in flesh and looks, and missed his chills and fevers. The treatment was not continued as long as it should have been, however, to place his system in a healthy condition. He was sent to the field too early, and the consequence was a relapse after a week or so, and his old complaint, chills and fever, returned. He was treated the second time precisely as at first—when the chill was on, his feet was bathed in hot water, warm bottles put to his feet in bed, plenty of blankets put on him until he was thoroughly warm, and when the skin got hot and fever was present, he was packed repeatedly and had tepid half baths until it was subdued. The treatment when no fever was present, was as described at first. The boy soon got better, missed his chills and fevers, grew stronger, had stronger baths, took more food, exercised out of doors, and continued his treatment several weeks, until his health was perfectly re-established. He is now a hearty stout fel-

low, and has never been sick, I believe, since his Hydro-pathic course of treatment, two years ago.

Case 5. This was a negro woman aged about 40 years, of good constitution and naturally healthy. She was a subject of typhus fever during the summer of 1853, as was case 4, and like him was left weak, nervous and broken down. Third day chill and fever had attacked her, and had lasted with occasional intermissions for three or four months. The ordinary drug remedies had been tried upon her during this time, but had failed to break up the attacks. Being engaged at the time in tending some other cases on the plantation by the Water-Cure system, I ordered her to report herself also, by the next attack. She came with the chill on her, when I ordered a sitz bath of water at about 110°, and a foot bath at the same temperature, the foot bath to be taken at the same time with the sitz bath. She remained in these baths until she had gotten perfectly warm through, all rigors had passed and perspiration had broken out—the time I supposed was some 20 or 25 minutes. Upon coming from the hot baths, a rubbing sheet was ordered with abundant friction, the patient had clean clothes put on and was placed in bed and well covered up. When her fever rose, the patient was vigorously packed, had tepid half baths, tepid injections, and waist compress, until the pulse became soft and natural, the skin smooth, cool and wet; and the fever subdued. This required some 12 or 16 hours, when the patient was allowed some gruel to drink. The next day she had three baths, besides a pack at 10 o'clock, tepid enema, water to drink, compress renewed, and some additional farinaceous food. This treatment broke up the chills and fever at once—she had then stronger baths and colder, was made to exercise out of doors freely, and had more food allowed and a more nourishing quality; lean meat was permitted at dinner. The patient gained very fast under this treatment for ten days when apparently without any cause she was taken with chill and fever again. This was soon broken up and the patient put upon the same course as at first, i. e., rubbing sheet at sunrise, exercise, visit to the spring and then breakfast; pack at 10 o'clock, followed by a half bath and pail douche, exercise out of doors, visit to the spring and then dinner; a sitz bath at 5 p. m., preceded and followed by exercise out of doors, and then supper. The patient gained steadily under this treatment, until at the end of a few weeks she was pronounced well and went to her work. She has remained well ever since, I believe, without any exceptions, now two years.

Case 6. This was a negro man about 55 years old, of great bodily strength and vigor, and fine constitution, but had been subject occasionally to rheumatic attacks and pain, chiefly in the small of the back. Two years ago he was taken with severe rheumatism suddenly, in both arms and one side of his chest. He was very loath to try the "Water-Cure," when I proposed it to him, saying that wet, cold and dampness always made him worse, and he was afraid that if I used water on him it would kill him. I made a compromise with him, however, and promised him a plug of tobacco if I failed to relieve him in 36 hours, besides pledging my reputation as a "Doctor," that he should not be injured in any manner. The first thing done for him was to place him in a half bath at 80° and have him thoroughly rubbed and scrubbed with soap and cloths until he was pronounced CLEAN, something that could not be said in his case at any previous time for twenty years. Clean clothes were put on him, a large tepid enema given him to cleanse the bowels, a wet compress, covered by a dry one, put around his body, and the man put to bed. In an hour or so, when perfectly rested from the previous exertion, he was packed for 40 or 50 minutes, until he was quite warm, and a tepid bath at 80° given. It was a cold day, the man was large and stout, with plenty of heat, when he came from the pack and was placed in the half bath and water put on him, he fairly quivered in every limb, and the steam and smoke arose from a burning turk kiln. He was well rubbed in the bath, wiped dry, his compress removed, and he was again put in bed. In some six or eight hours, the packing and bathing were again gone through with—he lost his plug of tobacco by the time agreed on, for after this second pack and bath all pain was subdued and the patient was easy before the 24 hours set but more than half elapsed. In less than two days the patient took exercise out of doors before and after his bath, though the weather was quite cold, and appeared to be well and comfortable. He had a liberal diet in quantity, with lean meat at dinner, after the pain had left—was packed twice per day, followed by a tepid half bath, had three enemata per day, wore the compress constantly, having

It removed three times per day, and drank some six or eight tumblers of water fresh from the spring. After treating this case three days, I was compelled to leave home and go to New Orleans, giving directions to the overseer how to proceed in my absence. But little was done for him, however, and at the end of a few days he went to his usual work. I saw no more of the man for twelve months, when, after my return from the hot-springs of Arkansas, I went to my father's. This old man approached me, lat in hand, made his bow, and with a smile asked me how my health was. I replied to him, when he said, Sir, I come to return you my thanks for curing me of the rheumatism last winter. I am well, and have been ever since I saw you last; my health is better than it has been for years; I have no fee to give you, and no pay to offer but my thanks; these you have, most truly—I you rendered me good service. I look upon *Water* as a great medicine, and upon you as a great doctor. This speech was eloquent, for it was spoken naturally, without affectation, and feelingly for it came from the bottom of the old man's heart. It was a richer reward to me, of course, than if I had received pay in gold.

Case 7. This was a negro man, aged about 33 years, originally of good constitution, but some years previous I believe was attacked with rheumatism while from home, was attended by Allopathic doctors, and was left weak, stiff, and crippled up afterwards. Upon some exposure two years ago, he was taken again, having violent pains in different parts of the body and limbs, but more particularly about the sides and region of the diaphragm. He had no fever, and no swelling in any of the joints or limbs. I began on him as I did generally when treating negroes; that was, to have the skin well cleansed in a tepid bath, with soap, cloths and abundant rubbing, then the *external surface* cleansed also, by copious tepid enemata, clean clothes put on, the waist compress put on, and the patient put to bed. After lying and enjoying his new state of *eternae* for an hour or so, a pack was prepared, the man put in and kept some 40 or 60 minutes, until well warmed but not sweating, a tepid half bath given, the waist compress renewed, and the patient then put in bed. This packing and bathing was kept up on him for two or three days, a mild farinaceous diet allowed according to appetite, when all pain subsided; the patient grew strong in a few days and resumed his usual labors. He might have been cured entirely, I think, by a course of treatment extending through several weeks, and made as well as ever before, but I left home soon afterwards, and the man being exposed in New Orleans to measles afterwards, took them, was badly treated by medicine, became chronically diseased internally, and soon died. He was one of those numerous cases spoken of previously, when a valuable slave had become comparatively helpless with no possible hope of being cured by *Drug Doctors* or *drugs*, but might have been cured and made as well as ever if there were Hydropathic establishments in the country to receive and treat patients.

Case 8. This was a negro woman, aged about 46 years, of delicate constitution naturally, and had been greatly injured by taking drugs and using tobacco to excess. Learning that she was sick, I visited her and found her in bed with a weak, feeble pulse, furred tongue, and complaining of great wasting and prostration. She had had her period upon her for several days, the flow had been excessive in quantity, which had prostrated her very much, and the overflowing before she had been taken with severe purging, which had lasted through the night. All those things combined were of course enough to pull down a feeble creature as she was, and render her weak and prostrate, pulse feeble, &c. I had her carried to the hospital at once, a sitz bath at 80° given for 10 minutes, the wet compress applied around her body, an enema given at 70°, had her put to bed with a bottle of hot water to her feet, and a drink given at intervals, made of parched rice, something like coffee, but without either milk or sugar. This is a most excellent drink in diarrhoea, being soothing and nourishing, and acting also as an astringent. Upon my next visit, I found the old woman sitting up and seeming to be quite smart; the flow of the menses had ceased almost entirely, her treatment had begun, there was no pain about the abdomen, the pulse was good and the woman was well, save debility consequent upon the diarrhoea, &c. This was one of the most marked, speediest and most astonishing cases I ever saw performed by water. The patient was had off when I first saw her, though not about to die by any means, but by any ordinary drug treatment I do not believe she

would have been as well in six days as she was in six hours by the water treatment. I kept her in the hospital for several days to perfect her cure, trim her up somewhat, &c., and then dismissed her to her usual work. She would have been much benefited by a course of treatment of some months, but I had no time and no conveniences for treating cases longer than was absolutely necessary. This communication has grown so bulky that I must dispatch it and take a fresh start in another. I will merely add as a note, that while on a visit to my father's the other day, I saw the last prescription of Dr. Alpath for the negro woman mentioned as case 8, who is now very low and will probably not survive after a treatment by drugs for four months. In the attack two years ago, when treated by water, she was cured in a few weeks. It ran somewhat after this wise: "The negro woman, Harriet, will take a pill of blue mass of six grs. every third night—a dose of cayenne pepper and guaiac, each three grs. three times per day, and have her throat touched with a STICK of caustic every day. This is sublime, is it not? particularly touching the throat with a stick of caustic. This is the greatest Doctor in our parts, has a very large practice, and books from \$5,000 to \$10,000 per annum. Heaven help us poor mortals in this quarter, I know you will exclaim mentally, if not aloud. Hoping to hear from you soon, I remain with the best wishes,

Your obedient servant,

Bayou Sara, La., 1855. DOUGLAS M. HAMILTON.

PREVENTION BETTER THAN CURE.—It does seem that the great question of the present time, with Christian philanthropists and doctors, should be, (and perhaps is,) how shall we prevent sin, suffering, and disease? Have we not tried *cure* long enough, to show to us that evils can never be thus eradicated? If it is our duty to try to alleviate the sufferings of our fellows, is it not of much more importance to try and prevent suffering altogether? If we saw a blind man on the verge of a precipice, would it not be our duty to prevent his falling, even though we should see him rather roughly instead of letting him fall over, and then do up his wounds ever so tenderly? But by prevention I do not insist upon establishing arbitrary laws contrary to nature; let her have complete unobscured freedom—and if the purest and most harmonious development would not be the result, I should be sadly disappointed.

"Let the dead bury their dead, but go thou and preach the Gospel." To me, physically considered, this has an important significance at the present time, and it is particularly applicable to all who wish to do good on a large scale. II.

MORE EXPERIENCE.—About sixteen months ago our family became acquainted with the WATER-CURE JOURNAL, to which, connected with the friends of reform, we are indebted for the light which we have had on the laws of life and health. We can truly say that through their instrumentality we have received much good.

In the first place, we sold our pork, and never intend to eat any more. We now eat cracked wheat, rye, Graham bread, rice, and fruit; and for drink, use cold water. Tea, coffee, tobacco, snuff, pepper, and spices, we do not use. It is our desire to inform the public that we have been benefited much by living a life of reform.

1st. Our repose is more perfect, and less disturbed. 2d. We can govern ourselves better. 3d. Can read and study without becoming sleepy. 4th. Can do as much hard work as ever. 5th. Can buy more good books, and find more time to read than before. Within the last year, we have bought ten or twelve volumes of the good books published by FOWLER AND WELLS; and if circumstances permitted, we would go out and persuade the people to buy these books, and study for themselves. I sometimes go to the desk, to exhort sinners to abandon sin, and live a holy life, and try to show the necessity of reforming in their habits in order to do so, while some shake their heads and look vacant. One question, however, settles the point, and that is, How can a man glorify his Maker? Answer: "By living in accordance with the laws of his being."

Wm. W. JONES, Iradson, Ohio.

SORE LIP.—In the June number of the WATER-CURE JOURNAL, under the head of "Correspondents," I find a little paragraph on "sore lips," by W. G. Ferguson, C. W., with directions for its cure. Being a physician, so called, and having suffered much from boyhood with this kind of sore lip myself, and also having observed its existence in many others, during a practice of more than twenty years

and seriously doubting whether the directions given will cure it, I beg to offer a few remarks touching its cause and cure.

And in the first place, respecting its cause, I will just say that, so far as I have observed, it does not depend upon any perceptible condition of the stomach or other part of the system, induced by a particular regimen, but mainly, if not entirely, by the rays of the sun falling upon the exposed lips of persons generally constituted with brown soft hair, light eyes, thin soft skin, &c. In short, the lip is but simply sunburnt. This is evident, from the fact, that this kind of sore lip is very little, if at all known during the more cloudy and cool parts of the year. (Observe, W. G. affirms his lip is only sore during the warm part of the year.)

Now, if this explanation of the cause be correct, the prevention and cure are simple and effectual. Both will mainly consist in protecting the lip from the direct action of the sun's rays. This may, perhaps, be best accomplished by wearing a broad-brimmed hat, as soon as warm sunny weather appears in the spring; and if the lip have already become sore, by covering it for a few days with some artificial covering, in order to prevent the contact of the tongue, to which there is a constant and uncontrollable disposition. For this purpose I have used the lining membrane of an egg shell, the side next the egg being applied to the lip. It will keep off the sun, and soon becoming dry—will, with a little care, adhere till the lip gets well. If by any means, it comes off, it may be reapp'd; or, if I would not it be better for this purpose, is what is commonly called artificial cuticle. It may be found generally at drug or country stores, with directions for use. I will only add, I have cured my own and many others in this way. J. H. H.

DISEASED VENERATION.—The following facts are communicated by Mr. Hiram Hanover, of Centreville, Texas.

Some time during the past year, a planter, who lives on the Brazos River, had preaching amongst his negroes by a Methodist divine, and some religious excitement was produced amongst them.

A negro about thirty-five years of age, who had, some years ago, been a member of the Methodist Church, but had subsequently backslid, was particularly wrought upon, and became very religious.

By permission of his master, he held night meetings among the negroes of the plantation, and took the lead in exhorting and praying at these meetings, being very zealous in the cause.

After a time it was noticed that during the night-time, after these meetings, he showed symptoms of being somewhat deranged; but he still, however, continued to lead in the religious exercises of these night meetings, all the time becoming still more crazy, especially during the night after one of the meetings, although during the day he was very orderly and quiet, and attended to his duties as well as the other slaves.

In the course of a few weeks his insanity had increased to such a degree that he became a perfect maniac, without any lucid intervals, and was frequently so raving mad as to be dangerous, exhibiting a very strong combative and destructive disposition. This continued for a while, when one morning he was discovered armed with an axe, in a perfect rage and fury, using his utmost exertions to slay all, both black and white, that came in his way. He cut down the door of his master's house, and also that of a neighbor's house near by, and, an attempt being made to secure him, he nearly cut off the arm of one negro, wounded others, and came very near killing his master's son, when it was found to be an imperative necessity to shoot him, which was accordingly done.

The physician from whom I received these facts was then sent for, in order to make a *post mortem* examination. He accordingly went, dissected the body, and found no symptoms of disease in either the heart, liver, lungs, bowels, or in any other organ in the whole body—all indicated a state of perfect health.

He then dissected the brain, and here, to his great surprise, he found that portion of the brain where phrenologists locate the organ of Veneration, in a diseased state. A portion about the size of a silver dollar was of a dark bloody hue, with the membrane adhering closely to the brain, and so rotten that he could cut it to pieces with his thumb and finger, and that portion of the brain very full of dark blood.

Extending from the organ of Veneration on each side of the head down to Destructiveness and Combustiveness, was

a narrow strip of brain that was very much inflamed, and so distinctly colored that it could be traced connecting Veneration and Destructiveness and the latter organ and Combustiveness together; and these organs were very much inflamed and engorged with blood, while all the other portions of the brain, except the organs of Veneration, Destructiveness, and Combustiveness, and the narrow streak that connected them together, had a perfectly healthy appearance—were white, and free from blood.

This condition of the brain, which, to a phrenologist, corresponds exactly with the acts of its owner, was perfectly astounding to the operator, and he confessed that he was compelled, against his will, to become a believer in Phrenology; and these statements are entitled to the more credit, inasmuch as they come from a gentleman who, in addition to being a man of unquestionable veracity, was, up to that time, an uncompromising disbeliever in Phrenology.

CASES OF TYPHOID FEVER.—The following are a few among many cases of typhoid fever which have come under my treatment:—

The first case was a young man about twenty-five or thirty years of age, with an impaired constitution—the consequence of drugging. This, together with the fact that he had recently lost a sister who died of the same disease under Allopathic treatment, determined him not to take drugs, live or die. His father used every effort to dissuade him from applying to the water-man, until the case assumed an alarming appearance, having run a week before I was called. Upon an examination of the case, I found he had despaired of recovery; his feet and legs were cold, his head badly congested by an excess of inflammation, severe pain in the spine and across the eyes, tongue coated and cracked, breath excessively fetid, with parched mouth and throat, bowels constipated, not having slept a wink for some two or three days and nights, as I was informed. Treatment—a warm foot bath, followed by a cold shallow one, to attract the circulation; immediately after which, a cold pouring head bath, with a jug of hot water to the feet, which resulted in establishing a balance in the circulation; after resting an hour, a tepid hip bath of some fifteen minutes, followed by a cold sponge over the part which had been immersed in the bath, well dried, applied the abdominal bandages; two hours after, a short pack of forty minutes, with little covering, in which he slept considerable part of the time, which very nearly removed all the fever and excitement; one pack a day, followed by a rubbing sheet, with frequent hip baths, head bath whenever head ached, immediately after a warm and cold foot bath well dried and rubbed with hand; frequent spongings of the whole surface, as often as the fever made its appearance; foot bath two or three times a day, constituted the treatment, which resulted in completely eradicating the disease from the system in about six days.

The second case was that of a married lady, the mother of a large family, who, having lost a younger brother a short time previous by the same disease, became alarmed at the effects of the drug-medication which was practiced upon him with so fatal a termination, determined to take a few pills, and then let nature take her course; but hearing of the water-man's success in some other cases, I was called, after the disease had run about a week. The pills, which were obtained of a regular druggist, had pained and purged her, until a very severe case of acute gastritis had set in. At the time I first saw this case, some twenty or thirty minutes after the pills were taken, she was attended with severe pain in the region of the stomach; cheeks highly flushed, pulse quick and feeble, prostration great; tongue a black red, full of cracks, so sore she could not put it beyond her teeth; throat and mouth dry and parched; feet and legs cold; headache, with constant nausea, comprehended the principal features of the case.

Treatment.—Warm foot bath, followed by a cold shallow one, with heating bandages to the feet, followed immediately by a cold pouring head bath, until the circulation was partly balanced; next, in half an hour, a tepid hip bath ten minutes, followed by a cold sponge over the part immersed in the bath; kept a cold cloth two thicknesses all over the stomach and bowels wet in cold water as often as it became warm, which was about every five minutes the first day and night; frequent spongings, as often as the fever came up; three or four hip baths a day; two short packs, followed by rubbing sheet; small cold injection after each hip bath, carried the case through in about two weeks.

J. H. HILL.

THE BREAD EATERS OF PARIS.—Morace Greeley, in a letter to the New York Tribune, dated Paris, May 1, 1855, after speaking of the laborers in that city as only "earning from eighteen to some thirty-eight cents each, per day, beyond the cost of the roof that barely covers them," and wondering how they can afford to drink or smoke, adds the following testimony respecting their vegetarianism, which though compulsory is nevertheless just as real as if it were of choice. "I think dry bread—that is, bread with only water to moisten and render it palatable—is the habitual food of a majority of the day laborers of Paris."

This statement, should it be noticed by anybody, will doubtless surprise some of the hundreds of thousands who read the Tribune. And yet it is well known from the testimony of competent witnesses, among whom are Lamarque himself, that about 2,000,000 of the 28,000,000 who inhabit France scarcely obtain a mouthful of animal food during the whole year, except occasionally a little for Sunday. In truth, the majority of those who do the hard work of France, both in city and country, are of necessity vegetarians. This has been so time immemorial. It is indeed so in most populous countries beyond Great Britain and the United States of America.

A BEAUTIFUL FOOT! That would be a rare sight indeed, unless it belonged to a baby. But why should not people take as much pride in showing a handsome foot, as they do in their eyes, nose, ears, &c. But then, I must blame them, for the foot of a civilized fashionable man or woman, is anything but pretty; toes all crowded together with big fat heads and small holes, like a family of muck worms, and sometimes muck enough to make the resemblance still more striking, but not the less disgusting.

Where is that soft felt shoe? thick at the bottom but limber as a rag, rendered water proof if necessary by India Rubber, Gutta Percha, or better still, perhaps, by a process of steaming; which destroys capillary attraction; thereby allowing air, but not water, to come to the foot. But this notion or idea of keeping the feet always dry looks to me rather foolish; if indeed, it is not a pernicious one. I would like to know what our feet were put upon the ground for? I guess God knew what was for the best. I am sure the healthiest persons in the world are not those who keep their feet the driest. But I don't know, we are a smart people.

I was walking with a young man in the street the other day who had on a pair of new boots, with high heels, and "druv" up toes, his boots seemed to be his constant admiration, as his eyes were fastened upon them most of the time; they were so very pretty, looked so very much like a new tarred iron wedge, and they were so *feeling* too his elbow, for a cringed, struck he and his shoulders, stuck out his jaws, flopped his hands, and floundered along "like a balf sled in the mud."

"GIVE US FACTS."—Aye, aye, sir. I lay sick once upon a time. A physician called in to see me on business; he was surprised that I had no medical attendant; kindly requested to examine my pulse, tongue, &c.; said I was quite sick, bilious, with strong symptoms of typhoid fever. Wanted to know what I took. Told him water, vinegar and water, apples, turnips and cabbage. "Why?" Because they taste good, didn't eat much of either, though. "Why didn't I take medicine?" Cause it didn't taste good, and was poison. "Hain't I never taken any?" Yes, but was once greener than I am now. "Didn't I intend to take any?" Not a drop, doctor; no faith in it; sooner die first. "Good girl—pretty good amount of vitality—quite sick, though—but guess you'll get well."

Son had an attack of the erysipelas in his face; his mother, with a little of my balm, kept cold wet cloths on it for four days and nights in succession; it was the only thing that would keep the inflammation down so that he could rest. It finally subsided in without medicine, cauterizing, or *charming*, which I was told was a very common and sure cure in those parts.

Said I to a little boy, to whom the doctor had forbidden water, and who was apparently near death's door, "What do you want, Homer?" "I want water—good cold water!" said he, in a faint, husky voice. I threw aside the medicine, and answered his instinctive call. The result was instantaneous relief, and in a few hours convalescence, and in a few days health.

And we have seen the dawning of a brighter day—that is the evident declaration of the drug system, and the substitution of one more in harmony with nature—must, and

for some time will, be pained to witness the suffering and cruelly practiced by this system of poison taking.

When I first became acquainted with the "Water and Nature's cure" plan of combating disease, it was so simple, so philosophical, so soothing and harmless, that I thought in five minutes I could convince the most skeptical of its superiority—but, alas! alas! early education (or organization) has a far firmer hold than I was aware of.

I sometimes feel very sorrowful in thinking of the suffering that has still to be endured, especially by the little children, in this mediocally humbugged world. If necessary, I could chop off one's head; but to lend a hand, or even stand by and see grown men and women holding by main force a sick, struggling little child, not old enough to say papa or mamma, and by the help of spoon handles, holding its nose, &c., forcing into its little stomach rank poisons, and this, too, right against a God-given instinct, is what I will not do again. Complain, yes, I will complain, and will not hold my peace while the "most enlightened people in the world" are committing such abominations.

In the name of all that is reasonable and right, for what did God give us our instincts, or tastes, or senses, but as guides? This stupid notion of science and reason in the improvement of nature contrary to instinct, must be abandoned. H. B.

PROPERTY.

"Male and female, created he them."

TO THE EDITORS.—GENTLEMEN: Having been repeatedly questioned with regard to the merits of the Hydropathic College, No. 15 Light street, N. Y.; also, what are the tendencies and results of admitting both sexes to pursue their studies and investigations together. With your permission I will reply, through the Journal, to all who have or may express an interest on this subject. It is a duty I owe to the Professors of the Institution, to my fellow-students and myself, to give my opinions thus publicly.

Having attended the last course of lectures at the Hydropathic Institute, I cannot speak otherwise than in terms of the highest regard for all connected therewith. Our Professors are men who have not only read, studied and observed, but they have *thought*, actually done their own thinking and reasoning, which is not always considered necessary in the present age. And they have put in practice the results of their mental labors, and good has sprung up the world will be benefited by. Instead of being a school of "one idealism," as some have said, and many suppose, it is liberal to all. "True, true, it has its favorite "*Theory and practice*," but what school has not? As well may the Allopathic, Homoeopathic, Botanic, or any other school be said to inculcate but one idea, because they each have a favorite system which they teach in preference to all others.

The Medical Library at 15 Light street is filled with the standard works of every school, and every student is expected to become acquainted with their contents, and judge for him or herself of their merits; and if any should become convinced that some other mode of medical treatment is superior to that taught here, no one will interfere with such a conviction further than to challenge free discussion, and prove their position. If they can; and as "the agitation of the soul is the beginning of wisdom," this is quite proper. None are denounced for differing in belief on any subject. It has already been proved that more than one idea prevails, as the presence of women indicates: this is at least one idea more than most other medical schools have yet got through their brains. Now a word to those who oppose men and women studying together. Conversing on this subject with a married lady, who thinks she is thoroughly educated, she remarked, "It is so very immodest to listen, in the presence of gentlemen, to lectures on diseases peculiar to females." I replied, "Is it any worse to listen to lectures on these delicate subjects in their presence than to submit to the personal care and attendance of gentlemen when afflicted with such diseases? Have you not always employed a male physician, and from the nature of your difficulties, been subjected to much that was far more unpleasant than listening to lectures or studying the nature of diseases?" "Oh!" said she, "that was necessary, and I have entire confidence in my doctor; but I am sure I never could live through such an ordeal as a course of medical lectures to a promiscuous class." I have heard so many ladies insist on the certainty of their dying, if they were to attend these lectures with gentlemen, that I cannot help wondering what would be the decision after a post mortem examina-

tion of such a case. Yet these very sensitive ladies will go in scores to hear Dr. Wictory's private lectures, just as though it was any more immodest for a man to sit beside us and listen, than for one to stand before us and lecture to us. I fear my brain is too obtuse to solve so modest a mystery.

During the whole course of lectures, our brother students observed the most gentlemanly deportment. Neither by word, look or action, indicating the presence of an impure thought. Earnest in the pursuit of knowledge, refined in feeling, and respectful in manner to us, appreciating our desire to learn, and assisting when necessary, we shall ever think of them with respect and esteem, for they proved themselves worthy the name of *men*. The daily companionship of pure-minded men and women does not usually have a tendency to call into action the lowest faculties; on the contrary, both are refined and elevated. And these reform schools and their principles introduced into every State in the Union, morality would assume a purer tone than it now does. I trust the Hydropathic school will continue to receive the encouragement it so well merits. Do I not repeat the sentiments of all my fellow-students in saying that we shall always remember Dr. Trall and his brother professors with feelings of the highest esteem. Hoping that many may yet receive the benefit of their instructions, and learn to live physiologically, we tender our best wishes for their success and well-doing.—MRS. ELIZA DE LA VERGNE, New York City.

A LETTER FROM MISSISSIPPI.

TO THE STUDENTS OF THE NEW YORK HYDRO-PATHIC INSTITUTE:—*Remembered Classmates*—I am a sensible writer in Harper's well known monthly—June number.—"I do believe that half the passions, crimes, and miseries of humanity would be calmed down under the influence of Water-Cure." So do we; and even more than that.

Water-Cure in and of itself, will not make Christians, but why its principles are adopted and lived up to, then there will be *better* Christians, *better* citizens, *better* Presidents, *better* governors, *better* subjects to be governed, *better* laws, *better* scholars, *better* philosophers, *better* farmers and mechanics, and laborers of all classes, *better* men, *better* women, and *better* children than the world has ever known. That age will be marked as an age of intelligence, high-toned morality, virtue, reason, and common sense.

The people will learn to live for great and noble purposes—live for the high objects for which they were created, and be governed and influenced, not by appetites, passions, and mere animal gradations, but by the superior light of their intellectual and moral faculties. Jails, penitentiaries, and prison-houses for criminals, hospitals for the sick, and asylums for the blind and insane, will, in a great measure, only be left as standing monuments of an age when a people yielded to depraved appetites, and transgressed physiological laws, which is the cause of three-fourths of the misery of this present age. Then there will be no more dram-shops, sending forth streams of vice, scorpion stings, and remorseless denials into society, to mar the peace and beauty of our cities, towns, and villages—causing business men to "smash up," and fall from a thriving business—causing young men of bright and shining intellects to run into deeds of gall and crime, and sink to endless ruin—causing the brain of man to run wild with delirium, disturbing the sacred secrets of the family circle.

Then will that deadly narcotic *narcotica tubacum* resume its proper place in the vegetable kingdom, as one who uses are yet unknown, instead of finding its way into men's mouths, "to steal away their brains," and deaden their finer sensibilities—instead of corrupting morals, and causing thousands annually to fall into premature graves, and converting our churches, lecture-rooms, legislative halls, stambards, and rail-cars into cesspools of foul excretions from human bodies.

Then will people learn that the many diseases with which they are now afflicted are principally the work of their own hands, and that most of them can be avoided. Then will they learn that *nature* is the great physician, and that *medicines cause*, rather than *cure* disease, and then will doctors betako themselves to honorable callings in life. Then will the fair young ladies of our land, (and the old ones too,) seek to understand their own physical organizations—seek the rich nutriment of a cultivated *intellect*, and noble *heart*, rather than outward decorations of the body,

which many of them do at the expense of their very lives.

This to many may seem like exaggeration but to you, my classmates, who have studied Water-Cure, and understand the great principles which it embodies, know it to be true.

Its objects are, not only to remove diseases of all kinds with far better success and more safety than any other system now known to the world, but to teach the great science of LIFE so as to ensure the highest degree of MORAL, INTELLECTUAL, and PHYSICAL DEVELOPMENT, in accomplishing this high object, I trust you all will be abundantly successful. Perhaps you wish to know something of my whereabouts. Well, I have "pitched my tent" far down in the land of sunshine, in the "City of Hills," Vicksburg is situated on the eastern bank of the Mississippi River, four hundred miles above New Orleans. It is a thriving little city, and I think an excellent place for a Water-Cure, which I hope to be able to erect at no very distant day.

The people are kind-hearted, intelligent, and blessed with a full supply of "regulars," there being, at least, two or three to every thousand inhabitants. Many of these are real gentlemen—men of intelligence and worth, but we do not hesitate to say that they have been dreadfully blinded by the false philosophy of the drug schools, which necessarily leads to an evil practice.

Against these, (not men, for we highly respect them and their opinions,) false principles and evil practices we openly declare uncompromising warfare, feeling our ability to demonstrate to the good sense of any intelligent man the truthfulness of our position.

This place has been dreadfully scourged for two seasons past with yellow fever. We learn that a few cases were treated Hydropathically with entire success by some of the readers of the WATER-CURE JOURNAL. Should it make its appearance again, we hope to be able to demonstrate to the people the superiority of water treatment.

Hadn't been lame but a few days, before I had a regular M.D. of thirty years standing, in the "sheets." If thought medicine wondrous good in general, but particularly bad in this case.

With the best wishes for you all, I remain ever yours in the good cause.

Vicksburg, July 1, 1855.

JOSEPH S. WISE.

HYGIENIC INSTITUTE.

FIRST QUARTERLY REPORT OF THE STUDENTS OF THE 30 TERM OF THE HYGIENIC INSTITUTE, 15 Light street, N. Y.

Preston, Chenango Co., N. Y.

Dr. Mary Case reports two cases, one of Enteritis in a child, who was raised after having been pronounced fatal by the Dr., in consequence of gangrene. The Dr. staid by for three days, dealing out his doses, which she quietly put aside.

After some days of careful treatment, and the child was much improved, the Dr. then raised the alarm to the anxious parents, that unless a blister was applied there was danger of effusion, and a confirmed chronic disease as the sequelae. I have heard of no effusion, but there were twelve boils.

New York City, Allen Street.

Mrs. De La Vergne reports thirty-one cases; six uterine, two labor, ten scute, thirteen chronic.

Waterbury, Connecticut.

Dr. Finette E. Scott reports nine cases under her care. Five uterine difficulties.

Dr. C. C. Chase has unfurled his ensign of purification in La Crose, Wisconsin. Dr. J. B. Wise is located in Vicksburg, Mississippi; reports three cases. Dr. D. W. Hall is teaching and healing in his peculiar and forcible manner in Eight City, Illinois: seven cases. Dr. E. W. Gantt, we hear, is raising a Water-Cure in Rockford, Illinois, in which he is to be assisted by Dr. Helen M. Snow. That is the way. What great enterprise ever succeeds where there is no woman concerned?

Dr. George E. Kimball of Iowa City, Iowa, reports sixty cases, but adds the humiliating confession, that his office physician, (alms his wife), has five cases to his one. The doctor strongly advises all young men who desire success to score, by all means, an agreeable, well-educated wife.

Ames.

Br. J. W. Ross, of Keosauqua, N. C., reports fifty W. C.'s circulated, which seem to be breaking up the filthy grounds of prejudice in that region. Brs. J. W. Steele of Shelbyville, Tenn., Br. S. E. Fales of Walpole, Mass., and

J. W. Ward, of Carleton, Ill., are all working as home missionaries. Br. W. has distributed fifty W. C.'s. Drs. R. F. Dutcher, and S. S. Clement are in the field as lecturers, we hear. We congratulate the people who are so happy as to listen to them.

My own report is thirteen cases. Seven uterine, one labor; twelve W. C. Guides given away.

Summary for the class, as heard from, 126 cases. One hundred Journals and sixty-two W. C. Guides distributed. I regret that for want of material I can present a report from only fifteen of your number, instead of forty. Be more punctual in October.

Respectfully your sister and agent,

A. S. COGSWELL.

Business.

A GENERAL AGENCY IN NEW YORK.—The frequent applications from our country friends to transact business for them in New York, has induced us to effect arrangements with the leading houses for the purchase and sale of every variety of merchandise and produce. We will select and forward by express, or otherwise, dry goods, groceries, and so forth, at wholesale prices, to any person or place. We will also receive on consignment and sell by auction or otherwise, as directed, to the best of our ability, any article of produce or manufacture sent to our care. The advantages of such an agency are simply these:

1st. We are acquainted with the principal importers, manufacturers, and dealers. And

2d. Residing in the city, we are always on the ground, and can have the advantage of the best opportunities for buying and selling goods for shipping at each and every arrival or departure.

3d. Saving the expense of time and passage-money to the country dealer or consumer of a trip to the city, his hotel, and other expenses, while away from home. We have business connections with Boston, Philadelphia, and all the principal American cities; also with Liverpool, London, Paris, etc., etc., etc.

When goods are ordered, remittances in checks or drafts—payable to our order—should accompany the same. Please address, FOWLER AND WELLS, 308 Broadway, New York.

A SUGGESTION.—Every business man—and everybody else who writes letters—should have a few packages of self-sealing letter envelopes, with his own name and Post Office address plainly but conspicuously printed thereon. Then put on stamps with which to prepay the postage, and they are on hand ready for use. Then, when you write a person requesting an answer, just enclose one of these printed prepaid envelopes, directed to yourself, and you will be likely to get an answer by return mail.

A neat engraving on wood, emblematic of your business or profession, printed on the face of the envelope—not on the back, say on the upper left-hand corner—would add to its beauty and effect, and also to identify your business with yourself, and thus serve as an advertisement. The publishers of this JOURNAL have facilities for getting up printed self-sealing-envelopes by the hundred, thousand, or million, in the most beautiful styles, at moderate prices.

GENEROUS CONTRIBUTORS continue to favor us with articles for publication on all the varieties of disease, giving their experiences under different modes of treatment, showing, of course, the superiority of the glorious Water-Cure. Though we cannot find room in our ample pages for all these contributions, we shall from time to time give brief "extracts" from those which afford the most general interest. We solicit short articles with facts instead of "long yarns." We shall try to adapt the Journal to "the people," the masses, and prefer to publish such matter as may be of universal interest and application, instead of dry documents for learned doctors. Give us the pith. The grain without the chaff. The motto;—well, yes, we'll take either gold or silver—and promise to make good use of it—without the dress. But all ye who write for this press, write for the "people" instead of yourselves, and we will publish it as fast as our dozen steam-power presses, with twenty men, and several as pretty girls, can be found this side of Ireland, can put on the sheets. So please be brief, write to the point, dot your 's, cross your 's, and in all other respects

"prepare your copy for the printer." These conditions complied with, we will turn out such a paper as so family can possibly afford to be without. Such a paper as will hasten the "good time coming," when we'll have no more phisic, cod liver oil, patent kill-alls, nor any other abomination forced down the throats of men, women, and babies.

HOW IT LOOKS.—Some of our correspondents have expressed a desire to see our NEW FAMILY HAND MILL. It is quite impossible to convey by engraving or words an accurate idea of this most useful invention. But Dr. Cogswell obtained a mere external view; see advertisement, which will enable the reader to form something of an opinion of its general appearance. The inside work, or machinery, which does the grinding, must be seen to be appreciated; suffice it to say, it is, without exception, a very useful, if not an absolutely indispensable piece of household furniture, and will realize to all who use it our motto, EVERY MAN HIS OWN MILLER.

THE ELMIRA WATER-CURE.—A mistake, away back last June, before the Maine Liquor Law came into force in New York, somebody among our printers—and it may have been the — himself—placed the engraved view of the Fishkill Mountain Water-Cure at the head of Dr. Cogswell's advertisement of THE ELMIRA WATER-CURE, which, of course, was not exactly the thing bargained for. We now correct the mistake, by placing a view of the ELMIRA HOUSE in our advertising columns. For a full description of the establishment—its surroundings and advantages—see WATER-CURE JOURNAL for June, page 139. The New York State Agricultural Fair is to be held this year in Elmira, Chemung county, on the 2d, 3d, 4th and 5th of October next, when our friends at that point may count on "full houses." We bespeak a room for two, with bath privileges, in advance. Will the doctors S. O. and I. B. Cogswell be at home.

P. S. Another grand attraction, more fascinating than all the Short Horns, Devonshires, Black Hawks, Morgans, Southdowns, Suffolks, Shanghaes. Potatoes or pumpkins will be—open for inspection—not exhibited—at that time—namely, a new female college will be dedicated with appropriate ceremonies. Young men beware!

GLEN HAVEN.—As usual, this institution is in a highly flourishing condition. It is conducted with consummate ability and unsurpassed enterprise. The physicians and managers exert themselves with a judgment and zeal which arouses the most torpid, and inspires hope and resolution in the most desponding. THE PATIENTS of Glen Haven have sent us a series of "resolutions," highly commendatory of all the surroundings, and everything pertaining to that beautiful place. They praise its pure water, mountain air, the charming lake, its lovely scenery—and, in other respects, confirming the claims of its many admirers.

The skill of Dr. Jackson and his associate physicians, the superior advantages of the "short dress" for ladies, etc., etc., are heartily eulogized by the patients and inmates of the "Cure."

It was further "Resolved" that the New York Hydropathic Collegiate Institute, under the direction of Dr. Trull, "deserves the support of all the lovers of humanity." And, "That the WATER-CURE JOURNAL is a health publication justly entitled to the patronage of all; and we promise our influence in extending its circulation."

Dated, Glen Haven, 1855.

To all of which we respond, "all right, go-a-head."

HYDROPATHY.—It is said that the small pox is killing off the Oswego Indians by wholesale. When taken with the disease they immediately get into the water, and lie there till death comes. Under this treatment 200 have died in less than two weeks.—Some of the Papers.

[A highly probable allopathic story. Where are the Oswego Indians located? Who is their physician? We quote the statement for the edification of our medicines men.]

TOBACCO ESSAYS.—The unsuccessful competitors for the prize given for the best Essay on Tobacco, are requested to send for their manuscript if they desire it. All not called for before the first of November will be destroyed. Address, FOWLER AND WELLS, 308 Broadway, New York.

Water-Cure Journal

NEW YORK, AUGUST, 1855.

By an other way can men approach nearer to the gods, than by controlling health on this.—Cicero.

AUGUST TOPICS.

THE MAINE LAW AND THE DRUG-DOCTORS.—Throughout the Empire State the prohibitory liquor law is now, theoretically, in force. It is now unlawful for a citizen of this State to sell his neighbor alcoholic poison in any form of beverage. But it is enough to make angels weep and devils laugh to witness the zeal with which the majority of our city papers still lead the song, "O grog is good;" and the facility with which the parties interested in the rum trade can purchase the opinions of distinguished lawyers that the Maine law is unconstitutional; and procure the decisions of able judges that legal suasion is all wrong. And it is especially serio-comical to read in some of our city papers, which were never accused nor suspected of any thought or sentiment above advocating that the strongest which would pay the best, lectures to such clergymen as Beecher, Tyng, Chapin and King on their duties in relation to temperance! These papers gravely undertake to instruct the clergymen aforesaid as to the particular subjects they should or should not talk about in their pulpits and elsewhere; and even are so marvellously religious all at once, as to express apprehensions lest by talking about temperance and the Maine law before popular audiences, they should lose the influence they otherwise might have in the saving of souls, &c., &c. Was there ever a broader joke, or more diabolical punning?

But we fear, after all, that mercenary presses, well-fed lawyers, and well-paid judges, will not exert a worse influence, now that the question of "rum or no rum" is to be tried before the law, than will the great body of the medical profession. Even those who are known to the public as temperance orators and writers, and as strong advocates for legal suasion against the liquor traffic, are beginning to take ground against the principle of the Maine law. And why is this? Not because they do not mean well, but because a false theory of medical science, a false theory of medicating diseases, and a false theory of the *modus operandi* of alcohol as well as of all medicines, has blinded their eyes, perverted their judgment, and caused them to speak foolishness.

One doctor would have wine exempted from the Maine law because there is sometimes a little sugar in it; another would exempt ale because, forsooth, it may contain a little "extractive" or hops in its composition; another would exempt "gin schnapps," because there is a trace of juniper in the stuff, and one would have lager beer exempted because he has found his patients enjoy it as an excellent "stimulant tonic;" and so we go. The doctors are designed, after all, to be the last and greatest enemies of the temperance, as they are of all other measures of health-reform.

During the agitation of the Maine law in New Jersey last winter, some twenty physicians of Newark, in that State, signed a petition in favor of the exemption of lager beer. Is there any better reason for the special exemption of that form of alcoholic poison, where the population is eminently Dutch, than there is for the special exemption of Brandy where the people are largely American, or wine where the French and Italian element is strong? Among the advocates for this exemption of lager beer, we notice the name of J. Henry Clark, M.D., who has long been conspicuous as a temperance speaker and writer. In a late article in the New Jersey Medical Reporter, he labors through several pages to enlighten the people, and especially his "professional brethren," as to the wonderful virtues of lager beer. Some of his "experience" is so wonderful that it ought to be preserved; and so we put it on record in a way to ensure it a wide circulation. He says:

I have prescribed it considerably during the last two years. My present experience induces me to recommend it in most cases where a stimulant tonic is required. I have found it particularly useful in dyspeptic and hysterical cases during convalescence from disease, and for nursing mothers. It seems to be well adapted for conditions of feebleness when ordinary tonics would not be borne. Its advantages have seemed to me to be: 1st. That it tones gently without producing excitement. 2d. That it does not produce headache. 3d. That it does not over-stimulate when taken in moderate quantities. 4th. That it does not produce acidity in the stomach. 5th. That it acts upon the kidneys, produces an increased secretion of urine, and seems to relieve that congestion of the organ which exists in most atonic conditions with considerable functional derangement.

Lager beer is better than milk for babes according to Dr. Clark! Nursing mothers ought to take it, so that, with the first taste of the mother's milk, the child's blood should be poisoned and its taste forever vitiated. The reasons assigned for its employment are too silly for serious refutation—so far beneath contempt that we cannot get down to them. And yet such trash is the current literature, the medical science of this day and age. It is such *teaching* on the part of medical men who speak in the name of science, and as temperance men, that does the cause more injury than all the newspapers, and lawyers, and judges in the world, who are hired by the rum trade to advocate its interests. Does not Dr. Clark know the nature of Alcohol, and its relation to the human constitution?

As a fit commentary on Dr. Clark's theory, we submit the practice of Dr. Gardner, of this city, which we find in a late city paper:—

TWO IRISHMEN UNDER A BANK.—Workmen were digging, Monday morning, to make the connection from a house to a sewer in Fourteenth street, between Second and Third Avenues, when suddenly the bank caved and two of them were buried. A large crowd soon gathered, and they immediately proceeded to dig them out. One of them was entirely covered. When his head was delivered from its extempore grave, Dr. A. K. GARDNER, of Thirteenth street, stood by to administer a drink of brandy, which greatly comforted him.

Can any one read this wonderfully skilful feat of Dr. Gardner, and not say that brandy ought

to be exempted from the Maine law? In what possible way could Dr. Gardner have secured the gratitude of the poor Irishman "forever and a day," so effectually as by poisoning him with a dose of "the critter," the moment he got his nose out of the ground? There ought to be a monument of brandy casks erected, either to the memory of the doctor who administered the drink, or to the Irishman who imbibed it—we don't know which.

WOMEN PHYSICIANS.—In a long article under this head, a late number of the Tribune remarks:

It is no longer doubtful whether Women can study medicine and succeed in its practice among their own sex and children. Experiments to this end have been tried, and under unfavorable auspices, and their results have uniformly proved most encouraging. The movement is a recent one, as will be seen by the following detailed account of the institutions which have been established for this purpose. During the brief period of six years this cause has made great progress. The best of men and the most excellent of women are its friends and patrons; the public press is almost unanimous in its favor; many medical journals and medical men are giving it their influence; legislative bodies have sanctioned it, and few persons now venture openly to oppose so reasonable and desirable an improvement in the condition of Woman, and in the customs of society. All this too has resulted in spite of the prejudices and tenacity of custom, of many obstacles and powerful influences, and with limited pecuniary means which have been laboriously obtained.

It will be seen that wherever women, well-educated and truly fitted for the office of a physician, have entered upon its duties, a high and honorable position has been accorded to them, and they have at once commenced a remunerative practice. The pecuniary reward of their labors greatly exceeds the small compensation usually received by women of education and talent engaged in teaching and other accessible vocations. The success of those deserving it has naturally drawn a considerable number of incompetent women into practice. But this cannot be considered as unfavorable to the feminine colleges, for all their graduates are warranted to be fully qualified for their duties.

THE GRADUATES OF OUR SCHOOL.—Nearly all, if not every one of the graduates of the New York Hydropathic Medical School, who have located in professional business, have met with a warm reception on the part of the public; and their practice has everywhere been remarkably successful, as compared with all the systems of drug practice. Of those who graduated in May last, we have come in possession of the following data:

Dr. Geo. E. Kimball and wife have opened an establishment in Iowa city. They have already all the patients they can attend to; and what is more remarkable, the female physician of the twain has the greatest amount of professional business. Dr. K. (Mr.) is prepared, and *will* prepared to give the people thereabouts a course of lectures that will do them more good than a dozen courses of mercury.

Dr. D. W. Hall is already doing a fine business at Elgin, Ill. He will make trouble among the drug-doctors in that horribly bedragged region.

Dr. E. W. Gantt has located at Rockford, Ill. He will soon commence lecturing, and if there be any persons, doctors or others, especially drug-doctors, let them go and hear Dr. Gantt, and "discuss" with him, if they dare.

Dr. W. M. De Camp is travelling in the Western States with his beautiful bride (which he has recently taken, thereby setting a wholesome example to all young doctors about to "settle"); but we have not heard whether he has selected a location. We shall be happy to hear of the commencement of his professional life, for we feel assured of his abundant success.

Miss Finette E. Scott, M.D., has put out her sign in Waterbury, Conn., where, we learn, she is already appreciated, and is doing a good business. She is also engaged in lecturing on the laws of health, as well as prescribing for the abnormalities of disease.

Dr. S. S. Clement is lecturing in Boston and vicinity with good acceptance. He is an excellent speaker, and a thorough scholar, and can hardly fail of a deserved recompense.

Miss Ellen Snow, M.D., we understand is in Rockford, Ill., and will probably be associated with Dr. Gantt in business. She is a pleasant speaker, and will not fail to make a good impression as a lecturer.

Mrs. C. M. Smalley, M.D., is now at Garrettsville, Ohio, with Mrs. Joiner, also one of our pupils. Mrs. Smalley is thoroughly prepared to lecture as well as to practice, and is about to make her debut in professional life at Painesville, Ohio, where she and our cause has warm friends, and where we predict she will have warmer friends, and more of them, by-and-by.

Mrs. Mary A. Case, M.D., is at home, in Preston, N. Y., and has already had, and what is better, cured several interesting cases; in one or two instances after the "other doctors" had pronounced death.

We have heard that doctor C. C. Chase is lecturing in Michigan. He is an independent-minded and critical scholar, and will be not far from the head of that band of health reformers who are to make an abiding impression on the public mind for good.

Dr. Reuben F. Dutcher is lecturing in Ohio, on Physiology and Pneurology, with good success.

Dr. J. S. Wise has established himself at Vicksburg, Miss., under very flattering auspices. He is a sound scholar and a good speaker, and will do his part to rid the South of the curse of calomel and quinine.

We have heard that Dr. John W. Steele, of Shelbyville, Tenn., is practicing successfully, and that he intends to return to our school next November, with one or two friends from the same neighborhood.

The remainder of the graduates of the same class we should be pleased to hear from particularly, and to chronicle their doings, or their purposes in the good cause. Several of them will attend another term of our school, probably the ensuing winter term.

CANCERS.—It is well known to those who have examined the subject that, as a general thing, cancers, foul ulcers, malignant tumors, &c., are treated much more successfully by those practitioners who are called quacks than by regular physicians. The reason is obvious enough. The only correct principle of medicating these morbid growth or degenerations of structure, is by applying such agents or processes as will destroy

their vitality without material injury to the sound or normal tissue. This can be done in various ways, but there is always a best way. The knife-excision is the least successful of all methods. Various salts and oxides, preparations of arsenic, mercury, iodine, zinc, &c., will disorganize a cancerous mass, but they will also affect injuriously the sound structure beyond, besides being dangerous from the liability of absorption. Caustic acids and alkalis are not dangerous in this respect, but their application is so painful that few patients will submit to them.

But we are fully satisfied from long attention to this subject, that the great majority of these cases can be cured with no danger or injury, and very little suffering on the part of the patient. It has recently been discovered that frigorific mixtures can be so managed as to produce very complete and prolonged anesthesia; and that a cancer or other malignant growth can be destroyed by freezing it repeatedly alone, or by this process combined with mild caustics; and if these processes of refrigeration, cauterization, are properly managed, neither of them is scarcely painful, and not at all dangerous.

On this principle we are prepared to treat these hitherto formidable maladies, and shall open a department of our institute for this speciality of medical, or rather surgical practice, on the first day of September next, at which time we shall be ready to receive and treat such patients. We do not promise to cure all, for all are not curable; but we are sure of curing all cases that can be cured by any means, and we are equally certain that we can cure very many cases which are incurable by all the existing plans of treatment, for the reason that we shall prescribe and insist on the most pure and perfect hygiene. Our patients will be bathed properly, dieted on the blandest and most perfect food, allowed to drink nothing but soft, filtered Croton water, and salt, butter, flesh, and all irritating condiments will be strictly prohibited while under treatment. Such a regimen will not only render much less refrigeration, cauterization, &c., necessary to effect a cure, but will so purify the system as to remove every taint of the cancerous diathesis, and thereby secure the patient against a relapse.

As assistant in this department, and in surgical practice generally, we have engaged S. M. Landes, M.D., late proprietor of the Ephrata (Pa.) Water-Cure, who is familiar with this method, and who will be in constant attendance upon this class of invalids. We shall administer no drug-medicines whatever, nor charge exorbitant and extortionate prices; but for the general attendance, charge the same as for other patients, and for the removal of the cancer or tumor, a special fee according to the severity of the case. The really poor will always be dealt with liberally.

ANATOMICAL AND PHYSIOLOGICAL PLATES.—We have had engraved a set of six anatomical and physiological plates, designed expressly for the New York Hydropathic Medical College, and for lectures before popular audiences. They give a plainer and probably more perfect representation of all the internal organs of the body, with the life-size and situation of the principal nerves,

blood vessels and muscles, than anything of the kind ever before published.

The plates were all engraved by Henry A. Daniels, Anatomical Draughtsman; they are executed with singular fidelity to nature, and finished in the highest style of the art. We must also acknowledge our indebtedness to Dr. James Hambleton, Professor of Anatomy, Physiology, and Hygiene, for superintending the work and aiding materially in designing the arrangement of the different figures. Dr. Gantt, a graduate of our school, on receiving the first three numbers, writes under date of June 27th: "Those lithographic plates I received from you exceeded altogether my expectations. They are much superior to anything of the kind that can be found elsewhere."

They can be had of FOWLER and WELLS. For terms, see the advertisement in another place.

To Correspondents.

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

Professional Matters.

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

GENERAL INFORMATION WANTED.—J. B. C., Washington City.—"What remedies do you advise for Chronic Bronchitis? And is the disease when of three years' standing easily cured? What is your opinion in regard to the use of woolen and silk undergarments? Is it good or bad policy to bathe the head in cold water three or four times per day? And is it productive of good to drink water freely on going to bed? I have a friend troubled with hemorrhage of the lungs, who is rapidly sinking under the consequent exhaustion; what remedies should be used, and what course should he pursue? Early, full and explicit replies will greatly oblige." Our friend will find all his questions not only answered, but explained in the Encyclopaedia. Briefly we may answer his questions in their order, thus:—1. We cannot indicate the particular management without reviewing the circumstances of the particular case. 2. No. 3. Woolen and silk undergarments are bad. 4. This depends on the state or condition of the head. 5. It is not, unless the person is very thirsty. 6. See answer to question 1.

TOBACCO.—J. M., Waterbury, Conn.—"I do not feel quite satisfied with the answer to my questions on tobacco. The idea I had was that I had had a kind of Adam's creation, after man had sinned, when he said to Adam, curse be the ground for thy sake, thorns and thistles shall it bring forth to thee, and thou shalt eat the herb of the field. Genesis iii. 18. Now I am inclined to think that in this second creation all the poison thins and noxious and venenous vegetables were made as curses and scourges or chastisements to mankind, and tobacco among the rest. It appears evident that these scourges to mankind were not made in the first six days' creation, and not pronounced very good, but if they have their designed effect in chastising and correcting mankind, in this sense they may be very good. But tobacco and poison, medicine and drugs, in the way they are used so universally, are truly very bad, and were originally very bad. I may be wrong in my views of this subject, and would like to have it discussed by some D. D., who does not love "the weed," and that through the press, and all the evils in the land."—

Your views may be very interesting to some D. D., and as they have more of a theological than medical bearing, we leave the field to him and you.

DIABETES.—R. M., Jeffersonville.—"For several years I have labored hard and have suffered much with a pain in my right side and under my right shoulder-blade, subject to frequent attacks of the sick headache, have had a great appetite, and eat all kinds of unhealthful food, such as swine's flesh, rich cakes, tea and coffee, and sweet meats, and for the last year have had a pain in the small of the back and right hip, a sour and swollen stomach, great thirst, drinking great draughts of water, and throwing it up almost immediately; and for the last three months, at the

negation of a friend. I have been trying to diet, and using water, and such as wet dry packs, poultices and wet gristle, and was getting considerable better until I took a cold, which put me back a great deal; and all the time in the past year have had a copious discharge of urine, from three to four gallons in twenty-four hours, very sweet, and in a very sweet, and in a very sweet, and in a very sweet. Have taken medicine from all kinds of physicians until I am satisfied that I never can get on under their care, and I have not much hope of ever getting well at all, but think that my only chance lies in the Water-Cure."

Your disease is Diabets, which is always a dangerous ailment. It can only be cured by restoring the functions of the skin and liver. If you do not understand Water-Cure processes and diet *well*, you had better seek a competent hydropathic physician.

CANCERS.—A correspondent sends us the following from Telfair Co., Georgia:—"In this county, during the year, there have been six cases of cancer all terminating fatally, which appears to me remarkable, considering the smallness of the population; and I have taken the pains to inquire what were the habits of the patients. I was informed that every one used tobacco and alcoholic liquors, and that some, I do not know how it was with others, were accustomed to take frequent doses of calomel and blue pills, and all, I have no doubt, eat swine flesh three times a day, summer and winter, as is the custom here, and that the flesh of hogs have a tendency to induce that disease? I have noticed that crysipelas prevails a good deal, where the people eat a great quantity of pork, &c."

We have made similar observations. Not long since we were going to Hartford, Conn., on the steamer "City of Hartford." On the way we noticed a group of half a dozen Gernau men and women all smoking black, dirty, rank and horribly smelling pipes. We approached near enough to get a view of their mouths and lips. One woman had a caekery crust over the whole under lip; another had a dark and blood-fungous excrescence; one man had a warty lump or tubercle in one corner of the mouth, and another had a thick indurated state of one half of the under lip, &c., &c.

GRAVEL, &c.—H. W. N., Eureka, Wis.—"The patient has been troubled with the gravel for two or three years; but not so as to hinder him from working. About a week or two ago he was taken with a pain in the left leg and hip, it pained him so that he could not sleep or sit up; the flesh of the leg would twitch and quiver. He has been under the care of an orthodox physician, but has been growing weaker all the time. The muscles of the leg have grown quite loose and flabby. He is of the nervous sanguine temperament, uses a great deal of tobacco, and until this spring has been one of the greatest workers in this town."

Give the patient soft water to drink, plain unseasoned vegetable and frugivorous food to eat, and break him of tobacco-chewing and all other bad habits, and then with a little washing he may get better. It is of no use to talk about remedies while the patients are poisoning themselves continually.

SILK SHIRTS.—FEA.—LOCUST.—J. R. E., Mount Sterling, Ky.—"Permit me to ask you some questions, which please answer through the Water-Cure Journal. They are asked for the purpose of reaching the truth, and are such as specially interest the writer. 1. Do you regard silk shirts worn next the skin as healthy? 2. Is the use of tea necessary for a mother who does not furnish milk enough for her child? 3. Or in other words, does the use of tea increase the quantity of the mother's milk? 4. Is animal food or broth good for a child before or shortly after weaning? We have, in Kentucky, a most extraordinary quantity of fruit; the land is almost covered with locusts. 5. Would it be beneficial to feed by depositing their eggs in it, or by other means? Many people believe they will."

1. No. 2. No. 3. No. 4. No. 5. Yes.

PRUPLACES OF THE BOWELS.—E. W., Springfield, Ma., Ter.—"What is the treatment for falling of the bowels, where it has induced costiveness, kidney affection, distention, weak lungs, &c.? Would a properly constructed abdominal supporter be a benefit in such a case? Would it be beneficial to wear shoulder braces for contracted chests and necking form?"

Like most physicians, you have mistaken the effects for the cause, and like them, too, you are aiming to remove the consequences, while you allow the causes to continue. Manipulate and exercise the weak muscles; teach the patient what to eat and how to breathe, and you will soon have the best kind of abdominal supporters and shoulder braces, to suit strong elastic muscles.

INJURED HIP.—J. S., Columbus, Texas.—"Douching the part two or three times a day with moderately cool water, or hot and cold alternately, would probably be of service to your weak and stiff neck and hips."

VEGETARIANISM AND BOILS.—Several correspondents have called our attention to the statement of certain persons who pretend to have followed a vegetable diet until they became weak, and broke out with sore boils, and were cured on resuming a flesh diet again. Now these and many similar stories may be fact or fiction; and in either case they prove nothing for nor against vegetable or flesh diet, unless it is stated also what the vegetable diet consisted. We have known many persons "run down" on vegetable food; but it was not a proper vegetable diet. For example,—labors' fine bread is often the leading article in an experiment with what is called vegetable diet, and of course the experimenter's health will fail, and then of course he will condemn vegetable food. It was his ignorance and not vegetarianism that was to blame.

EPILEPTIC FITS.—G. W. G., Venango, Pa.—"In this case, a little girl about ten years of age, subject to slight epileptic spasms, there is no special treatment required. Attend well to the general health, and be extremely careful in the matter of diet. Ascertain, also, whether she is addicted to any bad habits, and if so, correct them."

CONSTIPATION.—E. H. N., Middletown.—"Probably a correct diet would remove the pain which this patient complains of; no doubt there is, and has been for a long time, hardened feces in the large intestines. If you cannot carry out the dietetic plan at home send her to our Water-Cure; not a sham or mongrel water-cure hotel of a watering place, but a thorough, radical, ultra, *hydropathic* Water-Cure."

PAINTING.—N. W., Fairview, Ky.—"Is painting unhealthy?" As usually practiced it is. If proper precautions were taken to keep the paint from contact with the skin, especially from abraded surfaces, and the effluvia of turpentine, preparations of lead, &c., away from the lungs, it would be a much better calling than it now is, as far as health is concerned.

LAME SHOULDER.—"A poor cripple," whose case is reported by W. P., Streetsboro, O., requires very little bathing, but a good deal of dieting. The fact that he diets "as people generally do," is sufficient to account for his deplorable condition. Keep him on a proper fruit and farinaeous diet, and give him a tepid bath daily, and nature will do all else that can be done.

PROLAPUS UTERI.—B. F., Arabia, Ind.—"What will cure prolapsus uteri?" Ordinary water treatment, with a correct diet, will cure moderate cases. Severe cases requires the personal management of a competent physician; in other words, mechanical treatment, which must be adapted to the particular case.

CHOKING.—B. F., Arabia, Ind.—"What will cure a man of being almost choked while trying to talk or sing alone? Find out the cause, and then cure it. If it may be diffidence, or it may be a *dysphagia*, or it may be a misuse of the whole respiratory system. We suspect the latter. If nobody thereabouts (why don't you ask your doctors) can tell what the cause is, send the patient to somebody who can."

MULTITUDINOUS QUESTIONS.—L. M., St. Johnsbury, Vt., asks us to answer a whole page of questions, every one of which is fully explained in the *Encyclopaedia*. She assigns as a reason for asking us to write out full answers to each and all of her questions, that she is not able to get the *Encyclopaedia*. Now, it would take us several pages to answer her questions, so that she could well understand them; and we would rather give her two *Encyclopaedias* than to do it. In fact, we could earn her two *Encyclopaedias* while we were doing it. So we must hand this case over to Messrs. Fowler and Wells.

DYSPEPSIA.—M. P. G., Lex., Ky.—"This patient has had dyspepsia very badly twenty-nine years; takes lots of calomel, 200 lbs. soda, and numerous other doctors' stuff; but is improving under homopathic auspices. The less the better, friend, in this matter of swallowing drug-poisons. Get the *Encyclopaedia* and Cook Book, and attend particularly to the diet therein recommended."

OVERDOING.—Mrs. S. D., North Easton.—"Your present mode of diet, with moderate exercise or work, and a daily abstinence, will do all for you that can be done. Probably you try too hard to get well quick, and thus overdo continually. Recollect that *rest* is one of nature's requirements as well as exercise."

ETABLES.—T. G. C., Canada West.—"Are carbonates of soda, green cucumbers and cucumbers, articles fit for use?" Certainly they are, carbonates of soda is excellent to wash dirty clothes; green cucumbers steamed and sweetened are a delicate and wholesome food; green cucumbers peeled and eaten just as Dame Nature has cooked them, are good eating. Children might try for them with more propriety than for "lozenges."

INFLAMMATORY RHEUMATISM.—B. F., Vandalia, Ill.—"The reason that you took this disease, or the disease took you, despite your habits of regular bathing, was because you did not diet correctly, and this is probably the reason you do not now get well. You seem to think the Water-Cure is all water; but in your case the dietetic part of the treatment is much the most important."

COURSE OF TREATMENT.—D. E. S., Decatur, Mich.—"What length of time will it require to take a thorough course of water-treatment at your establishment, and what will it cost?" 1. It depends on who you are, what ails you, and how long you have been so. 2. The expenses are \$7 to \$10 50 per week.

HOARSENESS FROM SINGING.—H. R. B., Hamden.—"The difficulty in your case is want of proper action, or a misuse of the respiratory muscles. Learn to exercise them all physiologically, and your hoarseness will disappear, and all the causes that weaken the abdominal and dorsal muscles especially."

PANTAL PARALYSIS.—A. M. B., Duplain, Mich.—"This patient is troubled to articulate distinctly. His tongue appears too thick, and he cannot walk nor run 'freely,' and when he stoops down objects appear dark and confused. He left off tea and coffee two weeks ago, and uses less tobacco now than formerly. He has taken a great deal of quinine the last two seasons." Tell him to quit tobacco entirely, use plain vegetable food, and wash all over once or twice a day.

GRAVEL.—E. C., Lagone, Ill.—"Keep the skin free by daily bathing; use plain vegetable food, and drink only pure soft water. Salt, alkalies, &c., are particularly objectionable."

WATERY STOMACH.—S. C., Fonda, N. Y.—"This is always a symptom of indigestion, and is to be cured by attending to the general health. The *Encyclopaedia* will tell you all about it."

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. *Encyclopaedia Vesicae* will be imported to order by every stationer. 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.

A TREATISE ON ENGLISH PUNCTUATION: designed for Letter-writers, Authors, Printers, and Correctors of the Press, and for the use of Schools and Academies. With an Appendix, containing rules on the use of Capitals, a list of abbreviations, hints on the preparation of Copy and on Proof-Reading, specimen of Proof-sheet, &c. By JOHN WILSON. Third edition, enlarged and improved. For sale by FOWLER AND WELLS, 305 Broadway, New York. [Price, prepaid, by mail, \$1 25.]

Of an early edition of this valuable hand-book, we wrote several years ago: "A work which should be in the possession of every student who aspires even to write a letter. . . . It is a perfect guide in all matters covered by the title." To which we have the pleasure of adding, that the present enlarged edition is a very great improvement on the first, and leaves nothing further to be said or desired on the subject. Every writer should have a copy."

THE LIFE OF NORTH AMERICAN INSECTS. Illustrated by numerous colored engravings. By PROF. B. JÄGER, assisted by H. C. PASTORS, M. D. New York: Fowler & Wells. [Price, prepaid by mail, \$2 00.]

A highly scientific work, and yet a popular one, forming a most valuable addition to the literature of American natural history. The author is a distinguished European naturalist, who has adopted our country as his home, and has been zealously engaged in his entomological studies for several years. We have some of the results in the present beautiful volume. In connection with the lucid scientific details, appropriate to the subject, the author presents several episodes of his travels, which show that he commands a descriptive pen, which, in liveliness and vigor, is not often surpassed. The work is illustrated by colored engravings, drawn and painted from nature. We recommend it to the liberal patronage to which it is entitled by its merits.

OUR COUNTRYMEN; or, Brief Memoirs of Eminent Americans. By BRONX J. LOSSING. New York: A. Ranney. 12mo, pp. 407. [Price, prepaid by mail, \$1 25.] A valuable and entertaining manual of American biography, containing about three hundred and seventy-five concise memoirs of persons distinguished in some department of life, and deemed worthy to be held in remembrance by their countrymen. The author expresses a hope, in which every true American will join, that "the reading of these sketches will serve to激励 his young compatriots to a noble ambition to rival these historical men in their labors and achievements." We cheerfully commend it to all our young fellow-countrymen, as a book which they will read with pleasure and profit. It is illustrated with one hundred and three portraits.

CONE CUT CORNERS; or, the Experiences of a Conservative Family in Fanatical Times: involving some account of a Connecticut village, the people who lived in it, and those who came there from the city. By BENJAMIN. New York: Mason Brothers. 12mo, pp. 456. [Price, prepaid by mail, \$1 25.]

This is a Maine Law tale of considerable literary merit, and a decided practical bearing. It will have a tremendous influence in favor of prohibition. A dozen temperance lecturers would not do as much good. The writer is not known to us, but he is evidently a man of decided ability, and writes with an earnest purpose. The book is handsomely and rather quaintly illustrated, and is one of the handsomest of the season.

ST. PETERSBURG: ITS PEOPLE; THEIR CHARACTER AND INSTITUTIONS. By EDWARD JERMAN. Translated from the German by FREDERICK HARDMAN. New York: A. S. Barnes & Co. 12mo, pp. 284. [Price, prepaid by mail, 75 cents.]

An admirable series of sketches of Russian society, drawn with boldness, spirit, and apparent fidelity to truth and nature. Its timely appearance, now that all eyes are turned with such intense interest towards eastern Europe, will insure it an extensive sale.

THE CONTROVERSY BETWEEN SENATOR BROOKS AND "JOHN," ARCHBISHOP OF NEW YORK. Arranged for publication by W. S. TISDALE. New York: Dewitt & Davenport. Pp. 89. [Price, prepaid by mail, 80 cts.] Here we have the much-talked-of Church Tenure Controversy in a convenient form for perusal and preservation. We have not read it, and have no intention of expressing an opinion here on the questions debated. A cotemporary who says he has read it attentively, sums it up as follows: "The Senator is an able man. The Bishop is a wily antagonist. The Senator does not maintain his original position. The Bishop fails to keep his ground. And there the question rests." It will interest and perhaps instruct those engaged in the politico-theological controversies of the day.

STAIR-BUILDING.—A. Ranney, New York, has just issued a book which should be in the hands of every carpenter. It is entitled "The Art of Stair-Building, by J. E. PERRY, Stair-BUILDER." It embraces some of the greatest improvements ever made in stair-building, especially in the matter of hand-rails. It contains twenty-eight lithographic plates, and upwards of seventy figures, illustrating every part completely. [See advertisement.]

LEAVES FROM A FAMILY JOURNAL. Translated from the French of EMLIE SOUVESTRE. New York: D. Appleton & Co. 12mo, pp. 277. [Price, prepaid by mail, \$1 00.]

One of the best productions of one of its purest and most attractive of modern French authors. Those who have read "The Attic Philosopher in Paris," will need no other recommendation than the name of Souvestre. The volume before us has the stamp of genius not less obviously impressed upon it. It is, as its title indicates, a tale of domestic life.

DICKENS.—T. B. Peterson, Philadelphia, issues a unique cheap edition of Dickens's works. "The Mother and Step-mother," a capital story, is the last volume of the series received by us. [Price, prepaid by mail, 12 cents.]

COMPOSITION FOR BEGINNERS.—A. S. BARNES & Co., New York, have lately published the "First Book of Composition," by F. BROOKFIELD, a little manual for beginners, based on an entirely new plan. We like the design and execution of the work, and heartily commend it to parents and teachers. [Price, prepaid by mail, 31 cents.]

"MOREDUN."—W. P. Fetridge & Co., New York, have issued a reprint from the London edition of this most preposterous of literary impositions. It is put forth as a hitherto unpublished novel of Sir Walter Scott, lately discovered in manuscript by a literary Frenchman—M. Cabany, under whose auspices it has been offered to a credulous public. If any one, after reading a single chapter of it, can still retain the faintest shadow of belief in its pretended authorship, we will leave him to enjoy his delusion in peace. [Price, prepaid by mail, 62 cents.]

Notices.

HALF YEARLY.—Our plan of sending the Journal *half a year* to those who desire to "try it," works "first rate." Large numbers, who would not venture on a twelve months' voyage, have no objections to a six months' trip. The consequence is, we are likely to get all we can carry. Our friend in the West, who promised one hundred new subscribers, has already redeemed his promise, and bids fair to double it. Others set about the work in good earnest. Wherever we now have a *single* subscriber we are likely to get a dozen or more on the *six months' plan*. Physicians and patients of most of the Water-Cures have responded most heartily, and long lists of names are coming in daily, which please us greatly. We like good round numbers—say ten, twenty, fifty, and a hundred at a time! It is not yet too late for clubs to be formed. We can still supply all subscribers with the *July* and *August* numbers, and a few with the numbers from January of the present year. But we hope each and every *present subscriber* will induce from twenty to fifty of their neighbors to take a six months' trip with us, in our clean, safe and well-provided ships of health.

We will send one hundred copies of this JOURNAL *six months* to one or one hundred different persons, to one or one hundred different Post-offices, for *twenty-five dollars*. Fifty copies, six months, for \$12 50, and Twenty copies, six months, for only \$3 11 1/2.

Address FOWLER AND WELLS, 308 Broadway, New York.

FROM THE GRANITE STATE.—A co-worker writes from Franklin, N. H., as follows:—Enclosed I send you the money for 25 new subscribers. I shall send you ere long "a few more of the same sort." The good cause is flourishing among the Granite hills of New Hampshire. It is rapidly making its way to the understanding, and incorporating itself into the faith of the people.

Dr. V., formerly of Concord, has opened a new and splendid establishment here, acknowledged by all to be one of the very best. It bids fair for an extensive patronage.

So the new idea moves steadily onward, and is destined to continue its triumphant course. The false notion that God has provided poisons for human use will have been utterly exploded when the people discover that the friendly elements with which he has surrounded them are the true remedies for disease. Yours truly, J. A. WHEELER.

Dr. FREASE, of Pittsburgh, announces ample accommodations at his new W. C. Establishment in the Iron City, on the River O-1-1-0. [See his advertisement.] The long experience and careful attention of the Doctor to his patients, together with other favorable conditions, will insure not only a full attendance, but a restoration of that priceless boon—HEALTH.

Dr. C. C. Chase has recently located at the flourishing town of La Crosse, Wisconsin, and offers his services, as a Hydropathic practitioner, to all who may need them.

HALL'S CELESTIAL PIANOS!—We take pleasure in inviting the attention of our readers to this new and beautiful improvement, manufactured by Bennett & Co., 800 Broadway, as will be seen by advertisement in another column. Purchasers would not lose the time by visiting these warehouses, as all kinds of Pianos and Melodeons, at reduced prices, can be seen at all times.

Miscellany.

HUMBBUG OF THE BORNEO "WILD MEN."

Some months ago there appeared in this region an "Exhibition," consisting of *two boys, or small men*, represented by their attendant, or keeper, to be natives of the Island of Borneo, whom he announced in magnificent handbills and posters, and presented to the public as a pair of "Wild Men," captured in Borneo, and remarkable for their combination of diminutive stature, snorous strength, and a possibly and probably *hybrid* origin from *Man and Monkey!*

My friend, Dr. Hoyt, a thoroughly educated, skillful, and scientific physician (formerly of this city, but now of Boston), proposed to visit this exhibition with me, and to make a physiological examination of these pretended "Wild Men," or *Man-Monkey Borneos*. The keeper, with hesitation and evident reluctance, permitted the Doctor to do so to some limited extent, in the presence of those who had paid their dimes to the door-keeper for admission. Their feats of *corporeal* strength were indeed wonderful, and the *only* very wonderful thing about them.

The conclusions to which the Doctor came (and as I think, correctly) are stated in the following letter, which I have recently obtained his permission to present, with some explanatory notes, for publication in the WATER-CURE JOURNAL. This "Exhibition" is still probably strolling about the country, and should be exposed as one of the *titianest humbugs* of the age. In his letter Dr. Hoyt has done this in such a clear, scientific, masterly, and appropriate manner, that its publication in your Journal, circulating, as it does, widely all over the Union, would doubtless meet the "Wild Men," wherever they may be, and thus in various ways be a public benefit.

Yours truly, JESSE W. GOODENICH.
Worcester, July 34th, 1855.

Boston, April 12th, 1855.

DEAR SIR.—I regretted exceedingly being obliged to leave Brinley Hill, in your good City of Worcester, with such abruptness, and without a final verbal explanation which that "Yankee" permitted me to make of his "Wild Men." I should have been pleased to carry my investigations further, and would have so done, had not the railroad train for this city, which, like the tide, "waits for no man," spirited me away. Enough, however, was developed to satisfy me that the idea put forth by the exhibitor of their being "monsters"—"crosses" between the human and monkey races, is *humbug*—an imposition upon the public which ought to be exposed. The theory is alike repudiated by their physical signs and intellectual capacities, so far as a knowledge of the latter can be gathered, despite their training.

The truth is these "Wild Men" are *dear's*, or more properly *small men*, admirably formed in most particulars, with physical developments of a high order. We rarely see such magnificent chests, such great proportional amount of lungs, such beautiful shoulders, such erect figures, with backward curves of the spine, such capital exhibition of muscle, such round limbs.

Not less significant are the light color, fineness, straightness, and length of their hair, with the whiteness and delicacy of skin, all marking in a *high degree* the pure Anglo-Saxon blood. If ever they are a couple of friendless persons of weak intellect perhaps, who may have been illegally seized from their homes, and are now held by coercive means to the money-making purposes, and probably never to be

"*Adamo Berman*," the phico of their pretended origin. That they are youthful is shown by their teeth.

As to their compound or *hybrid* nature, the idea is simply ridiculous. It is evidently a part of a financial scheme, and is but even a shadow of evidence to sustain it. In my opinion. The question, did it really exist, might be settled several ways. Were such their condition, they would carry with them indubitable evidence of the "cross" in their organization. Such is not the fact. The following evidences, among others, would be prominent and marked:—

1. By the form of the face, which, in the orang-utan has an appendage like a thumb, and resembles a human hand more than human foot. The feet of these "wild men" are symmetrical and beautiful as human.

2. By the fullness of the calf of the leg and the swelled contour of the thigh. This development of muscle is a marked characteristic of the human species; but is always deficient in the Simia tribe.

3. By the form of the pelvis (hip bones) which in both and short in the human family, and particularly so in these specimens, but which should be long and narrow if the monkey blood obtained.

4. By the form of their hands, which in both these individuals are unusually *white* and *short*; having well-proportioned palms, short thumbs and fingers with elegant finger nails. This is unlike the fore-paw of an Orang in every particular. Such could not be the fact if any admixture for this animal existed.

5. By the length of their arms; the extremities of the fingers reaching only midway the thigh; whereas those of a human extend nearly to the ankle.

6. By the size and roundness of the arms, which are truly classic in form, and bear no resemblance to the aforesaid brutes.

7. By the position of the head, the axis of which is perpendicular with a line of the body. The head of an Orang is thrown upward, and *diverged* with a line.

8. By the form of the lower jaw, which is short and does not project. In the Orang it is *long*, and is so arranged that when walking on "all fours," the facial angle, while it is perpendicular to the earth, forms, at the same time, nearly a right angle with a line of its body.

9. By the *form* and *position* of their teeth, which are human altogether.

10. By their incapacity of walking and running on "all fours," not having either the right *length*, *size*, or *form* of limbs, nor suitable joints, nor any organic arrangement adapted to the performance of locomotion, as a quadruped.

11. Put particularly by the articulation of the words "twenty-three," which were pronounced with distinctness and accuracy. The "tw" and "thr" are difficult consonants to combine with vowels. To pronounce them correctly requires not only a pronounced discriminating ear, but also perfect *inward* and *initial* powers; faculties not possessed by any of the inferior animals.

A good deal more might be urged, were it necessary, to prove the identity of the human family, as the natural order of the skin, its absolute freedom from hair, &c.

The argument most used to disprove their human origin, and understand, has been drawn chiefly from their great *physical strength*; an idea whose weakness can only be exceeded by its absurdity. To infer that man retrogrades in his organization, as his organs approach perfection, betokens a queer process of ratiocination. The suggestion is nonsense. Great physical strength, particularly in a *small* man, indicates great perfection in the organization of his muscles. There are on record numerous instances where individuals have possessed this faculty to a *very* *useful* extent. Yet, who ever dreamed that ostrichism from the human family, as a penalty for its excessive ought to prevail still less (excepting always these "*Wild Men*") for this reason, ought he to lose his identity and be reckoned among brutes.

Truly yours, Geo. Hoyt.

There were in Connecticut, at the time of taking the last census, 7,693 colored inhabitants, of which 1,798-2,0th, were mulattoes. In Louisiana there were 17,462 of which 14,083, or 7-9ths were mulattoes.

The proportion of blacks to mulattoes in New York is as 10 to 3; in New Orleans as 2 to 8.

MARRIAGE.—The stalls in the Greek epigram, whose knees were clogged with frozen snow upon the mountains, came down to the brooks of the valleys, hoping to these their joints with the waters of the stream; but there the frost overtook them, and bound them fast in ice, till the young herdsmen took them in their stranger snare. It is the unhappy chance of many men, finding many inconveniences upon the mountains of single life, they descend into the valley of marriage to refresh their trouble; and there they enter into fetters, and are bound to sorrow by the cords of their own or woman's peevishness.

Man and wife are equally concerned to avoid all offences of each other in the beginning of their conversation. The breath of the south can shake the little rings of the vine, whereas if they be blown by the locks of a new-wedded boy; but when by age and consolidation they stiffen into the hardness of stone, and have, by the warm embraces of the sun and the kisses of heaven, brought forth their clusters, they can endure the storms of the north, and the loud noises of a tempest, and yet never be broken; so no the early unions of an unfixed marriage; watchful and observ-

ant, jealous and busy, inquisitive and careful, and apt to take alarm at every unkind word. After the hearts of the man and the wife are endeared and hardened by a mutual confidence and experience, longer than artifice or pretence can last, there are a great many remembrances, and some things present, that dash all little unkindnesses in pieces.

TOBACCO.—A correspondent in Telfair Co., Georgia, offers, among other things, Prize Essays on Tobacco, and writes:

"Tobacco-using prevails greatly in this State in all places that I have visited, and I have been over a large part of it. The women *rub snuff* and smoke, and, incredible as it may seem, little girls of six and seven years old may be seen with a *snuff-stick* in their mouths. The preachers, also, are great consumers of the noxious weed. During the last two years, I have had an introduction to no less than eighteen Methodist preachers, and of that number there were only *three* who did not use tobacco, just one in six. I attribute the prevalence of its use among them to the frequent and exhausting excitements experienced."

AN ANGEL IN THE WATERS.

BY G. W. BUNGAY.

BETHSADA'S waters move to day;

The steps are wet with falling spray—

Wait not for one another.

If fever smites thee in its wrath,

Seek refuge in the cooling bath—

Wait not, my halting brother!

Unbind the emphic on thy head,

Rise up, rise up and take thy bed,

For light will be the burden;

Plunge in the pool, and wash away

Disease, as Naaman did the day

He dipped himself in Jordan.

Then shall be a Sabbath day,

And dark forebodings pass away,

Thy bliss shall know no sorrow;

The deaf shall hear, the dumb shall sing,

While hope descends on rainbow wing,

To crown each bright to-morrow.

The withered limbs the waters heal,

The blind their sightless eyes unseal,

Reform lights up her torches,

And leads the waiting multitude

Along the straight and narrow road

Which leads up to the porches.

The old man is again a boy,

The halt and lame leap up for joy,

Rejoice, ye sons and daughters;

Dyspeptics now forget your pain,

The white-winged angel comes again,

To move the healing waters.

TOBACCO AND THE PAPER.—The Banner of Peace publishes an anecdote of an Elder who declined taking the religious paper, though he admitted it to be a good paper, calculated to be useful, because he could not pay for it. On inquiry he admitted that he paid at least *six dollars* per year for tobacco. We fear there are too many professing Christians who stare their own nits and those of their families in order to feed a morbid appetite. We fear there are not a few who pay more for tobacco than they give to send the gospel to the destitute. Is it so?—*Ch. iston Evangelist.*

[Wicked as it may appear, we verily believe it is even "so." Whosoever thus smeth, to him shall be meted out an inevitable punishment. He shall lie down with a foul mouth, and rise up with a foul stomach. He shall set about his worldly or spiritual duties with a dull, stupid brain, and his congregation shall go to sleep under his preaching. He shall not be heeded, even when he utters an important truth, for he is unclean, and the smell of Tobacco is upon him. His salary shall be reduced, for he pays away good money for vile Tobacco, and furthermore, he will not practice what he preaches. His paper shall be stopped, and he shall be left in the world—away back "behind the light-house"—in total moral darkness. Yes indeed, that a wretched clerical Tobacco-chewer will come to. Before closing, we will just give our moral and health-reforming friends a

hint as to how they may convert these sinning pastors; namely, put a copy of the following documents into the hands of each smoker, snuffor, or chewer of the weed:

Tobacco; its Effect on the Body and Mind. By Dr. Shew. The best work on the subject. Everybody should read it. Price 80 cents.
Tobacco, Use of its Physical, Intellectual and Moral Effects. By Abbott. 15 cents.
Tobacco; three Prize Essays. By Drs. Trull, Shew, and Baldwin. 15 cents.
For sale at this office.]

OUT-OF-DOOR EXERCISE.—Every woman, every fashionable woman even, has a heart at least considered as the organ of circulation; and blood-vessels, on the healthy play of which depends the bloom of her face, and which will not play healthily without out-of-door exercise. She has also muscles and ligaments, which have to brace her up, hold her together, and keep her clean-limbed, but will do nothing of the sort for long, unless they are maintained in proper tension by the same means. Let her roll about all day in a close "muggy" house, instead of exerting herself for a day in the fresh air, and she quickly begins to droop and look unwholesome. Soon her complexion fades or grows discolored, her features are puffed or shrunken, her form either wastes or swells, she gets either haggard and lanky, or round and fat; her figure tumbles all of a heap; her ankles give out, her feet spread and flatten; her elastic step becomes a waddle; and her person altogether acquires the style of a

crow. Brilliant eyes can no longer find complexion to match, features retaining the chiselled outline, a slim and smart figure, neatly-turned ankles, finely-arched insteps, are the reward of walking or riding out at a good pace, and for a reasonable distance, every practicable day. And by these means is preserved for many a year a contour, the cut of which resembles that of the doe or the gazelle. At no period of the year is any healthy young woman, of whatever station, obliged to exchange out-of-door recreation for in-door amusement, except when it rains, or rains, or snows, or thunders or lightnings, or blows a hurricane. Are there not "stirs" never mind the expense; it was winter, never had made them dearer than the attendance of a simpering doctor. Are there not muffs, and boas, and all sorts of water-proof armor? Young ladies, take the advice of your elders, and, as the old women say, "Get out!"—in all tolerable weather. As to necessary in-door amusement, mind, it also may be made conducive to beauty by being rendered in some degree intellectual. Intelligence adds considerably to the lustre of the eyes, which, without it, have only the glitter of a red face which they can do to stick in, resembling that of a waxen dummy in a hair-dresser's shop. In order, therefore, to attract admiration, ladies of fashion would do well to cultivate intelligence, to some extent, by way of in-door amusement. Beauty may be called a fading flower; but it is a flower that will fade very much the sooner for being taken in-doors for the winter, like a geranium.

GOLD BEATING.—One of the most important preliminary steps to this process is to alloy the gold, a minute per centage of silver and copper being necessary in order to impart to it a sufficient degree of malleability. The gold and the alloys being melted together and moulded into ingots, are next finely cut up into thin sheets about four times as thick as ordinary letter paper. These sheets of gold being then divided into pieces about an inch square, 150 of them are placed between as many vellum leaves, four inches square, and beaten with a heavy hammer until the gold has expanded to the size of the vellum. These pieces of gold are then quartered and interleaved with six hundred pieces of a tough membrane procured from the intestines of the ox, called "gold beater's skin," and again subjected to a more careful beating with a lighter hammer, until the gold has attained the dimensions of its envelope. This process is repeated until the gold is reduced to the necessary degree of fineness, which may be so great that it would only cost a few dollars to cover a large room with gold leaf.

EARTHQUAKES AND ELECTRICITY.—The Boston Traveller says that during the forenoon of the 5th inst., when shocks of earthquakes were felt in Maine, New Brunswick and Nova Scotia, telegraphic lines in different sections of the country "were more or less disturbed by extraneous electric currents, similar to those that *un*iformly accompany manifestations of the Aurora Borealis, but the disturbance was slight compared with that which accompanied the eruption of Manna Loa, a volcano on one of the Sandwich Islands,

A CARD.—CHEAPENING AND PERFECTIONING WATER-CURE. It has often been objected that water-treatment is so expensive a method in the establishments, that few comparatively who desire it can avail themselves of its advantages. With a view of obviating this objection to a great extent, the undersigned has for a long past been engaged in various means by which the treatment may be very much lessened in price in certain cases, compared with what has ordinarily been charged in concerns of this kind, while at the same time its real value and its effects are in no respect being deteriorated, but rather enhanced. Thus many who come to us for this kind of physical discipline, are really, when the method is properly understood, able to take the treatment without the aid of expensive servants. Others, likewise, may add each other in the cure, and thus benefit themselves physically as well as render their expenses less, and cause the time to pass more pleasantly by. We shall then, henceforward, both winter and summer, receive persons of this class as low as \$3.00 per week, after the payment of the ordinary fee of \$5.00, which is charged to new patients. We remark, moreover that our apartments are all good and ample for every purpose of health. We have also high price accommodation, and equal to the best, so that all are amply satisfied in this respect. Our bowling alley and gymnasium are ample and free to all.

A word, likewise, as to our location. The village of Oyster Bay is situated some twenty-five miles from the city of New York, on the north-west of Long Island, and is one of the most beautiful and romantic regions our own or any other country affords. It has a mild and genial climate, and the numerous springs are purer than those of any known place. Salt bathing, like-salt, and sea-bathing, are in multitudes of cases, is practical even till very late in autumn, and without danger of surf. The same also is to be said of sailing, fishing, and rowing for those who enjoy these sports. Our cure is reached per steamer Glen Cove, from Rock-Slip, New York, at 2 P. M., and by road mornings and afternoons, from South Ferry, Brooklyn.

Thus, we flatter ourselves, we have a combination of circumstances which are strikingly favorable to health. The climate is a mild one; our air, water, soil, grain, vegetables and fruits of numerous kinds are of exceeding great purity, while the senses are feasted continually by a combination of rural beauty that becomes greater the more it is known. Here then it shall be our business (Providence permitting) to heal the sick. We shall endeavor by our treatment, our exercises and lectures, to be of real service to the invalid, and in no respect paper to the foolish and perverted habits of mankind.

JOEL SHEW, M. D.,
Oyster Bay, L. I. N. Y.
P. S. Dr. Shew may be consulted during the middle of the day, Wednesdays, at FOWLER AND WELLS, 308 Broadway, New York.

WYOMING WATER-CURE.—For tertius and other particulars see My 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 mail train from Buffalo, a carriage waiting to convey them to the Cure. Patients from the East may come to Linden by an early train, or stop at Warsaw, where a conveyance can be easily obtained. P. H. 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 neat, airy rooms, which are directly connected with six bath rooms that contain all varieties 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 sea water, with a competent knowledge of Hydropathic principles, they feel confident as to the successful result of their labors. For further particular address DE. N. H. PUTNAM, Mercer, Va. July 1st



ELMIRA WATER-CURE, ELMIRA, N. Y.

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 physical classes who combined acquirements and practical talents will afford a much larger scope for rendering professional service than could be done. Those requiring long treatment, with a degree of mental as well as suitable philosophical discipline, can by this means have unusual facilities. The establishment, as well as the diet exercise, and bathing of the patient, are equally provided for. The Cure for Rheumatism, under the direction of Dr. Shew and Dr. Taylor, is in the most approved part of the town, and affords a great variety of conveniences for single persons or families. It is reached by the Sixth Avenue cars and stages. The Evening Sewing Society, at Oyster Bay, L. I., reached daily per steamer OROONOK, at 2 P. M., from Fulton Market, on mornings and afternoons, from Brooklyn, South Ferry.

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

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

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KENOSHA WATER-CURE, at KENOSHA, Wisconsin. This institution is now in a flourishing condition. There is every thing about it that will attract and please patients. The Cure is within two hours' ride of Chicago or Milwaukee, by the Lake Shore Railroad.
Aug 1st Address A. T. SEELY, M. D.

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

NEW-MILVERNY WATER-CURE, Westboro', Mass. is in successful operation. Dr. J. H. HISS, Resident Physician; Dr. GEORGE H. TILD, B. D., Boston, Consulting Physician. Feb 1st

DR. FRANKLIN'S ORIENTAL HYDRO-PATHIC CURE is now in successful operation. Terms, from \$5 to \$20 per week. For Circular, apply to DR. FRANKLIN, M. D., Fredonia, Chautauq Co., N. Y. A partner wanted in the above office, (either Male or Female.) July 1st

CHICAGO WATER-CURE RETREAT, on Lake shore, between Holland and Green streets.—Open summer and winter for the reception of Patients. Female difficult in every respect attended. We also attend patients in the city and country.
Dec 1st

CANTON WATER-CURE and PHYSIO-MEDICAL Institute, at Canton, N.H. is now in successful operation. Terms, \$5 to \$20 per week. Address JAMES BURSON, M. D., Canton, N. H. Proprietor. Feb 1st

NEW GREENSBURG WATER-CURE. For full printed particulars, address R. HOLLAND, M. D., New Greensburg, N. Y. Aug 1st

SPRING RIDGE WATER-CURE, Hinds County, Mississippi. H. J. Holmes, Jr., M. D., Female Diseases, or Diseases of the womb, treated by H. J. HOLMES, Jr., M. D. July 1st

ELMIRA WATER-CURE.
This Cure claims for itself a good reputation among its worthy followers, and no woman who has tried it in number, have had a varied experience in the treatment of all forms of disease; they claim to manage its interests with TOLERABLE skill, as Dr. and Mrs. G. have had nine years of practical experience in a Cure. For further particulars address
S. O. GLEASON, M. D., Elmira, N. Y.

MT. PROSPECT WATER-CURE, Birmingham, Broome County, New York.—A beautiful retreat for Invalids continues with increasing popularity, large additions having been made during the last season. We are now prepared to accommodate and attend patients, and can say with confidence, that our present arrangements are not excelled by any similar establishment in this country.

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Medical lectures daily during the entire year, upon Anatomy, Physiology, the Laws of Health, the History, Pathology, Causes, and Symptoms of Diseases, and the Theory and Practice of Water-Cure.

We treat all curable diseases successfully. We have made the following diseases our speciality, and give them more than ordinary attention—Female Complaint, and its various forms, treating and curing those diseases peculiar to females has given us confidence, and we cordially invite all ladies who are now suffering from the same even though you have not succeeded in your former attempts for the restoration of your health to make us more trials. "Diseases of the Lungs." We are enabled, in addition to Hydropathic treatment, Inhalation of medicated vapor, and other means, to have succeeded beyond our most sanguine expectations, and we hold out a ray of hope to those unfortunate invalids—that our method of treatment has succeeded in curing the most obstinate cases of Asthma, Consumption, "Dropsical" "Spermatorrhoea," and "Nocturnal Emissions," treated effectually by a mild and nearly painless operation, something like the use of the "Electricity" of the "Lungs." Terms—From \$5 to \$20 per week, payable weekly, according to room and attention required.

O. V. Y. RAY, M. D., Physician.
Mrs. H. H. THAYER, M. D., Physician.
Aug 1st

THE PEOPLE'S WATER-CURE.
DR. VALE'S Granite State Establishment is decidedly THE PEOPLE'S INSTITUTE. It meets more fully the wants of the present age than any other establishment has yet done. It affords to patients the means of reducing their expenses to the lowest possible limit, if they choose. It furnishes every elegance of accommodation to those who desire it, at a more moderate rate than any other establishment. The location, buildings, and appointments are perfectly complete for all the usual purposes of a first class cure. In autumn or in spring, in winter or in summer, the invalid will find it one of the pleasantest and most regular containing an engraving of the establishment, and a full and complete list of its appointments. Address the Proprietor, Franklin, N. H. Aug 1st

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These plates, which were arranged expressly for the New York Hydropathic Medical College, and for Lectures on Health, Physiology, &c., by H. A. Daniel's Anatomical Demonstrations, are now published. They are six in number, representing the normal position and life size of all the internal viscera, magnified illustrations of the organs of the special senses, and a view of the principal nerves, arteries, veins, muscles, &c. For popular instruction for schools, and for professional reference, they will be found far superior to anything of the kind heretofore published, as they are more complete and perfect in artistic design and finish. Price for the set, fully colored, backed and mounted on rollers, \$12. For sale by FOWLER AND WELLS, 308 Broadway, N. Y.

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AUGUST 1, 1855. Aug 1st

PITTSBURGH WATER-CURE.—This Institution is situated on the Ohio River, two miles west of the city at *Haystack* Station, and is under the charge of Drs. and Mrs. Pease, heretofore of the Sugar Creek Falls Water-Cure. We are within twenty minutes' ride of Pittsburg, have an abundance of pure, soft spring water, sufficiently elevated to give relief to the most obstinate cases. We have the most varied and magnificent scenery—river, railroad, woods, and cultivated fields. We see thousands of people here at the steamboats and railroads, passing by the depot, and we have a large number of rooms, are numerous, large, and well ventilated, and are supplied with all the conveniences of a first class establishment. In short, our location and facilities for the successful treatment of our patients, are unequalled. From our long experience and success in the Water-Cure practice, we feel confident of being able to cure general ailments. The female department is under the charge of Mrs. C. P. Pease, a graduate of the New York Hydropathic Institute and the Eclectic Medical College of Cincinnati. Patients should bring 1 linen and 2 cotton sheets, a woollen blanket, 2 comforts, and 6 towels, or we will furnish them for 50 cents per week. Terms, from \$5 to \$10 dollars per week, payable weekly in advance. Address either of the Physicians, Pittsburgh, Pa., Box 1304. S. P. REESE, M. D., Proprietor. C. P. B. REESE, M. D., Aug 1st

PHYSIO-MEDICAL COLLEGE OF OHIO.

The Nineteenth Winter Term of Lectures in the Physio-Medical College of Ohio, will commence on the first Monday in November, 1855, at the College Hall, Cincinnati.

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A WORD TO TEACHERS ABOUT GRAMMAR.—The great demand for... GRAMMAR.—The great demand for... TOWERS ELEMENTS OF GRAMMAR has obliged us to issue several large editions in rapid succession, and another is now in press. It is no exaggeration to say that it is better adapted to the mind of a child than any other Primary Grammar in use, and it is so for the reason that it recognizes the fact that the child before it enters school has begun to make a grammar of the language for himself, and merely to encourage and give guidance to accomplish his task. Even the errors of children," says the author, "show how early they acquire the rudiments of its general structure." The object of this little work is to furnish the child with concise rules and requires, and to make grammar an intellectual exercise, without loading the memory with abstract terms which it is impossible for the pupil to understand. Its definitions are clear as crystal, and the sentences which are used for illustration are perfectly simple and transparent because they are intended for children. These thoughts are simple, and whose minds are untrained in any severe exercise of the powers of discrimination, classification or abstraction.

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IMPORTANT MUSICAL PUBLICATION.

We shall Publish on the 20th of July, 1855, BAKER'S CHURCH MUSIC,

A COLLECTION OF HYMN-TUNES, CHANTS, SENTENCES, AND ANTHEMS, SELECTED AND ARRANGED FROM THE WORKS OF BOTH ANCIENT AND MODERN MASTERS, TOGETHER WITH MANY ORIGINAL COMPOSITIONS. BY B. F. BAKER.

This Work is intended particularly for the use of choirs in churches, but it contains a complete series of elementary studies for schools and classes, together with a variety of pieces suitable for Singing Societies and Musical Conventions.

In the arrangement of the hymn tunes, the editor has endeavored to combine simplicity and good taste, avoiding pedantic difficulties, and yet not falling into feebleness. The subjects of the hymn tunes are chiefly taken from the old masters; but they have been more or less altered to suit them to the best format music, it has not been deemed necessary to give the names of the authors.

The hymn tunes and anthems contained by professional friends, are printed in their original forms, with the author's names. The sentences, notes, and anthems contained in this work will be found adapted to the use of different denominations, on their various occasions of worship. In the copy of this work may meet the wants of choirs and singers generally, the editor respectfully submits it to the candid consideration of the musical public.

BOSTON: Published by John P. Jewett and Company. CLEVELAND, OHIO: Jewett, Proctor, and Worthington. NEW YORK: Sheldon, Lamport, and Blakeman. PHILADELPHIA: Lambert, Grubb, and Company. ST. LOUIS, MO.: Leitch and Wainwright. P. S.—The attention of Music Teachers and Leaders of Choirs is particularly called to this new and valuable Book. Price \$1 50 per doz., 70 cents single. By remitting seventy-five cents in Postage Stamps, we will send a copy, Mail, for examination, to any part of the United States. Aug 11

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A FREE LECTURE AND DEBATE is held every Sunday afternoon in the room of the I. V. of LIBERTY, at Eagle Hall, Bowery, opposite Spring Street, Sumner Lecture, or lecture are respectfully invited to deliver one or more lectures, on any subject they prefer. Aug 11

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boarding house, or an agricultural college, the advantages are very great. The new CLASS will comprise the central buildings, with the lake, hydraulic works, including my mill and about fifteen acres of land, with the new CLASS (about 100,000 sq. ft.) of land, with suitable portions of land; and thirteen or fourteen lots, comprising plantations, vine sites, garden plots, &c.; and containing one or two acres each.

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For the Real Estate ten per cent. each on the day of sale, with the twenty days of the day on Monday the 11th February next, when deeds and contracts for the purchase of the Estate were offered for sale, considering its unusual advantage of position, climate, soil, room, and improvements, can scarcely be equaled in the North or in Middle States.

Every practicable facility will be granted to those who wish to arrange forward their payments, as to the amount and what order on the grounds.

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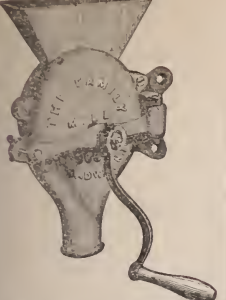
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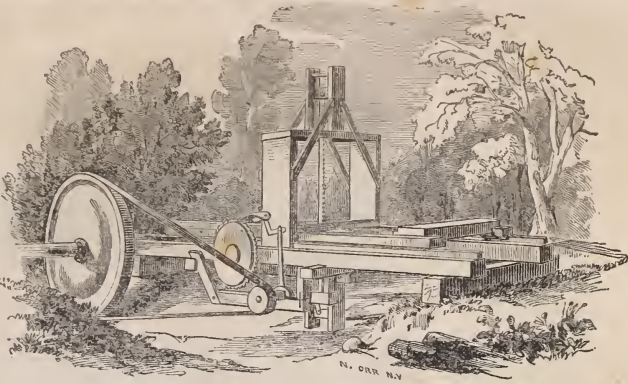
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This Mill, being very simple, and having but few bearings, has, consequently, but little friction, and will saw as much as any other mill with much less power, and saw smoother and straighter than any other mill now in use. It is easy to be taken apart, and moved to any desired location, requiring no more labor to run it than any other mill, is much less liable to get out of repair, and any mechanic can repair or build them. As steam will usually be its motive power, it can run at all times, while other mills have often to wait for water, or have too much water, requiring dams, etc.

One great point of superiority of this Mill over any other now in use is its portability, the ease with which it can be moved from place to place, - taking the few pieces of which the Mill is com-

posed to the logs, instead of hauling thousands of logs, often from long distances, to the mill. Besides, such a mill can be transferred from hand to hand and is, consequently, more salable property. When one has sawed all the lumber he wishes, he can sell his mill to go to any other location. When it has done its work there, it is ready to move on, either upon the mountain, in the valleys, or wherever the forest may require its labor.

One of these mills is now in operation in New Jersey, about five miles from this city. Handrears have seen it and examined its work with entire satisfaction, and every one pronounces it to be the most economical mill, without any exception, now in use. This mill is running with about five horse steam power. It has frequently been tried by the watch, and has sawed fifteen feet of inch boards in our minute.

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charge will be made for extra length of segment. The two bed-pieces spoken of should be timbers 48 feet long, and 12 by 14 inches through, to which the mill is bolted. These timbers but little work to them, it is more desirable to get them where the mill is erected especially as they would be expensive to transport. Bolts and bolts, if furnished, are charged extra. The mill alone will weigh about 2,000 pounds; the boiler and engine from 3,000 to \$1,000 - about 5,500 in all. It is quite compact, and easy freight to ship to any part of the country. A circular saw for sawing slabs, lath, and other light work can be attached to the same power at a small expense. Also, if required, a portable criss-mill can be attached, by a slight addition to the power.

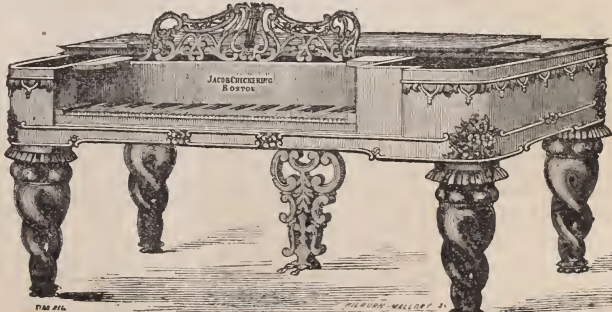
A draught, carefully explained and numbered, will be sent with each mill, so that the parts may be readily and accurately put together.

The above terms may be varied from in special cases, according to the value and amount of power and machinery and the understanding or agreement of parties.

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FOR PRESERVING FRUITS, VEGETABLES & C. L. S. & PROVOST PROPRIETORS 21 PEARL ST. NEW YORK

PRESERVATION OF FRUIT.

VERY IMPORTANT TO HOUSEKEEPERS, FARMERS, and FRUIT GROWERS - Spratt's Patent Self-sealing Can for preserving fruits of all kinds, green corn, peas, tomatoes, &c., in the fresh state, without the addition of sugar or any other preservative property. With these cans, family or hotel keepers can preserve fruits and vegetables of all kinds, for table use or pastry purposes, perfectly fresh and with the natural color and flavor, for any season of the year, and with a trifling expense. The cans may be used year after year, and are easily opened and closed with a simple screw attachment.

N. B. The genuine Self-sealing Cans have cast in letters on the cap, "Spratt's Patent," "Wells & Provost, proprietors." Full directions for use accompany the cans.

WELLS & PROVOST, Sole Proprietors, 331 Pearl St. near Franklin square, New York. Agents treated with our liberal terms. June 1st

