

WATER-CURE

JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XX. NO. 4.]

NEW YORK, OCTOBER, 1855.

[\$1.00 A YEAR.

Published by

FOWLER AND WELLS,

No. 508 Broadway, New York.

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General Articles.

Here Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PRAISE ALL THINGS" and to "HOLD FAST" only "what is Good."

CAUSES OF CHRONIC DISEASE.—ELECTRO-CHEMICAL BATHS.

BY G. H. TAYLOR, M.D.

CONSIDERABLE interest has been manifested of late in the proposal of Professor Vergnes, to eliminate from the system all metallic compounds that may accidentally be lodged in it by means of Galvanism. By this means, if it prove feasible, the body would become at once expurgated of what is believed to be the most prolific cause of chronic disease. The object aimed at is of sufficient importance to not only demand our attention, but a careful scrutiny of the means whereby it is expected to be accomplished.

The magnitude of this cause of disease, it is probable, is very inadequately appreciated. Persons of regular lives and apparently correct habits, are often overtaken with disease of various kinds, arising from dubious or unknown causes. Some impediment exists in the tissues themselves, embarrassing their function. Hydropathists, with the most potent means of eliminating the causes of disease, are often non-plussed in its treatment in apparently good constitutions. There is a lurking something that will not budge.

In very numerous instances, the cause of trouble, if properly investigated, will be found to be the presence of metallic compounds; for of all the substances that can find a place in the body, we know of none but the metals and their oxides that may not be rendered soluble and so conducted away, being converted at once into carbonic acid and water, by physiological provisions for that purpose. The ways in which metallic substances find a lodgment in the body, are numerous. Our food is prepared in metallic vessels, and is always subjected to the solvent influences of heat, in conjunction with various organic acids, fat, salt, vinegar, &c. In this way copper, tin, arsenic (tin is alloyed with arsenic), iron, lead, &c., mix

with food, and vessels actually wear out in the contributions they make to the food we eat. Then water, if conducted through lead pipes, is always more or less contaminated with lead; and the purer the water, the greater is its solvent power. Investigations in this matter show that the best guard against actual poisoning is to make the solution as dilute as possible, by keeping the water continually flowing through the lead conductors in cases where these are used.

Many of the arts, also, are conducted at great expense of health, arising from the same cause. Miners, painters, plumbers, workers in tin, gold and silver, and mercury, are particularly exposed, from the nature of their trades. These causes operate insidiously, and ultimately ripen into some disease, while the sufferer remains in ignorance of the cause of his malady.

But there are few who have escaped the infliction of metallic poisoning to some small extent, at least, in the form of *medicines*. We see on every hand all grades of suffering and devastation referable to this one cause. The evidences are too conspicuous to be concealed or denied; and the indifferent success with which they are treated, remains the opprobrium of the medical art. The reason for this is very apparent. Metallic oxides cannot be removed by respiration, the ordinary channel for depurating the system. They can enter into no vital relation; that is, can assist in the construction of no living part. But they have a chemical affinity for non-vitalized animal matter, and many of them will displace the vital force—that is, kill the structure in the act of effecting a combination with it; and they also enter into combination with the albumen that pervades the tissues, and with the mechanical elements of structure, as the tendons and sheaths of muscle and nerve; and also those organs whose function consists in eliminating soluble matters. Hence the tendons, joints, bones, nerves and secreting organs, become the seat of pain and disease, under the various forms of chronic enlargements, disease of the liver and throat, and especially *neuralgia*, both local and general. How often it is that disease becomes developed into activity from any slight cause operating to disturb the *metallic albuminates* lying in proximity with acting vital parts,

which parts being affected by a morbid impression, give rise to those irregular displays of vital energy that constitutes diseased action. Some persons are salivated whenever they take cold, and not a few get rheumatism or neuralgia, or hepatic disorder. Writers on Toxicology afford the most irrefragable evidence that metallic substances may be separated from the tissues after death, by chemical manipulations.

There is no more striking indication of advance in medical knowledge, than the fact that the popular, and even the professional mind is now directed to means for getting metallic matters out of the body, rather than introducing them into the vital precincts. The diffusion of the Water-Cure principles, and the success of its practice, have done very much in directing the public attention to this point. Thousands this day feel themselves, in their regenerated frames, free from all harm arising from such causes. Others obtain partial relief, but are discouraged by the remaining portions of the poison that are from time to time brought into activity by the changes induced by treatment, and leave it off before a cure is half completed, they having too little moral and physical strength to proceed.

Ever since electricity has been known, it has been felt that so powerful an agency ought to be efficient in some way to relieve disease; and consequently, numerous and ingenious have been the hypotheses upon which sanguine practitioners have applied it. It has been thought to be a mysterious adjunct to the vital powers, as displayed in the *nerves* or organic force; but whatever may have been the theory, the results of practice have been far from creditable to this agent. Its power has never been harnessed by the side of vitality. The nerves refuse to afford any better medium for its travel than any other tissue; nor will it be confined to any tissue in its transit, rather than the moisture with which the tissues are invested.

The Electro-Chemical treatment makes no assumptions, but simply applies the well and long known facts of physical science. The popular reader, without entering to a minute detail, can easily understand the *principle* of the operation. It is well known that Galvanism is a powerful decomposing agent; chemical compounds, subjected to its influence, are rent asunder by it, one portion or element being attracted to the positive, and the other to the negative pole of the battery. Thus any metallic compound in solution is divided, the pure metal passing to the negative pole of the battery, where a proper surface is furnished, and upon which it is precipitated in a fine even coat. Electro-plating, gilding, bronzing, electrotyping, and the multiplication of delicate and ingenious works of art, are extensively practiced by this means. Hence, also, the application of this principle to any suspected fluid, becomes a most delicate and satisfactory test of the presence of metallic substance in solution.

Professor Vergnes, of this city,—who has a thorough practical familiarity with electricity in all its bearings,—conceived, about two years ago, the feasibility of the present application of it. Experiment soon decided that metals are withdrawn from the body, in the same way as

though they were contained in any fluid. I have repeatedly watched the process, under different circumstances, and see no way of avoiding the conclusion that the facts are as stated. An examination of the water of the bath before and after the process, both by the galvanic and the appropriate chemical tests, will detect metallic substances of different kinds, when the patient has been exposed to such influences.

I have varied the experiment by substituting animal membranes for the living tissues. Having tied a metallic solution in several thicknesses of membrane, so securely that a considerable pressure failed to make any moisture appear, upon subjecting the whole to a galvanic current of moderate strength, being immersed in acidulated water, the metal appeared promptly at the negative pole, having permeated the tissues, although they have a strong affinity for each other. Copper, silver and lead were extracted in this way, under circumstances that would forbid any possibility of mistake. But it may be said that the cases do not bear an analogy. It will be remembered that the foreign substance in the body does *not entertain a vital relation*, and that the action of vital parts is always *expulsive* with reference to it, assisting, rather than impeding the added force of galvanism. At the same time, the vital force investing the tissues, opposes the same resistance to galvanism that it does to any other force tending to destroy their integrity, so that the galvanism is wholly expended upon the foreign body. Nor does the distance of the internal tissues from the surface prevent the completion of the effect, for the mechanical resistance of the tissues is proved to be practically nothing, as though the body were composed of fluid only. Besides, the circulation of the blood joins every remote and minute part to the surface every minute or two, even in the natural state.

The success attending the use of this adjunct to the healing art, is now established beyond all cavil. In some cases the results have proved indeed wonderful. But often the susceptibility to pain is at first increased, and an improved condition follows gradually.

We should be cautious of expecting too much of this new measure. It must be kept in mind that restoration of health depends on the vital power of the tissues and their capability of becoming renewed, and that all aids are ineffectual in proportion as this power is worn down and lost.

INFANTS:

THEIR IMPROPER NURSING AND MEDICATION.*

BY MRS. ELIZA DE LA VERGNE, M.D.

THE improper treatment of infants is one of the greatest evils of the present age, literally a "crying evil," and one which requires immediate reform. It is a subject in which every female should feel a deep and active interest, and every woman in the land should respond to the call for reformation. In the cause of infantile humanity woman may use her noblest powers without being

told by the sterner sex that she is out of her sphere. And can she exert herself, either mentally or physically, in a cause which will repay her better?

I look upon infants as a class of beings who are obliged to suffer from the prevailing principle that "might is right." It is a matter of surprise to many that hundreds and thousands of young children yearly become victims to disease and death; but it is much more surprising that so many survive the outrageous nursing and medication to which they are subjected. From the hour of their birth the poor little creatures are treated as though their stomachs were lined with gatta percha instead of a delicate mucous membrane. In this enlightened age, Nature's laws are considered superfluous, and Science and Physicians must take their place. Nature, in the olden time, did her own work without assistance, but is now supposed to be supernaturated and unfit for duty. Art now comes along with her saddle-bags and instruments of torture—more numerous than those of the Inquisition—and informs the astonished world that she has just graduated and is prepared to treat all fleshly ills scientifically. In accordance with this principle infants are born and nurtured in direct antagonism to every physiological law. From the hour of its birth the little creature is tortured in various ways; first, it is tightly dressed, then fed with molasses and water to "move its bowels," which organs have previously been so tightly compressed by an irritating flannel bandage that it is a mystery how they ever move at all.

It would seem if the *Creator* intended such bracing he would have supplied a bony framework similar to that which protects the lungs. The infant is now placed in bed with its head closely covered, lest the fresh air should get access to the lungs and give it cold. After a short time, serious fears are entertained that the babe will starve before the mother is able to supply it with its natural food, therefore some unnatural fluid is poured into its stomach, which soon produces pain and other difficulties; these must be relieved by catnip tea, peppermint, or gin. All these things are prepared with sugar, which cannot digest properly, thus increasing the suffering it was intended to relieve. Very frequently, after this course, the poor babe is unable to sleep; then comes Godfrey's cordial, paretic, or landanum, until the poor little creature falls into a stupid slumber, much to the delight of the officious attendant. If the anxious young mother suggests the danger of these preparations, she is assured by some good old aunt or nurse that all babies take these things, and no harm can possibly arise if there is not too much given, but what quantity is "too much" is not definitely stated. In many cases, where an infant's system has been thus outraged and the little one refuses all consolation, some ingenious mind is suddenly seized with the idea that the babe "wants something" it has not had, therefore all known articles of diet are brought in requisition. I knew a case where clams, oysters, brandy, wine and ice-cream were fed to an infant not three weeks old, but after trying each of these articles it cried more piteously than before, and the discovery was finally made that the child inherited dys-

* A Thesis, read at the commencement of the New York Hydropathic School, April 14, 1855, by the author, a graduate of the institution.

pepsia, which was aggravated by the mistaken kindness of its friends.

Many infants are fed with fat meat, vegetables and pastry before they are six months old, attended by extra courses of medicine to remove the obstructions which these articles of food produce. I called on a lady of my acquaintance a short time since, and found her babe of thirteen months making an entire meal of fat ham, because it wanted it the mother said, and would eat everything its parents did. On trying to convince her of the injurious effects of such diet, she replied that *her* mother had given all of her children such food, and never lost one yet. Very true; they are all living, but a more unhealthy, scrofulous family it would be difficult to find. The babe of whom I speak has had a number of painful boils and eruptions on the head, and if it lives to womanhood must be afflicted by this inherited evil till life becomes a burden. It is too true that improper diet for the child is one of the most prolific causes of debility, disease, and even deformity in the adult. A large number of cases have come under my own observation where the feeding, dosing, and drugging with all kinds of abominations, have laid the foundation of misery and suffering through childhood, and finally, on arriving at adult age, have become parents and transmitted their diseases to another generation, thus perpetuating the curse. Were I to enter into the details of drug-medication it would fill a large volume, therefore I shall not attempt it, but will merely give a few simple suggestions as they present themselves to my mind. It is true, very few children of the present time inherit a healthy constitution; but admitting this, I insist that much depends on their treatment after birth and through childhood. A delicate and sickly child may become comparatively strong and healthy by strictly hygienic treatment, while a naturally healthy one may sink into an early grave by unhealthy food and medication. A short time ago I saw an infant of two months who had been troubled with a bad diarrhea from its birth. Its mother said she fed it with the most concentrated food, such as fine flour boiled in milk, crackers, arrowroot, &c., but it continued to grow worse,—she had carefully kept it from the fresh air, fearing it might take cold, and almost smothered it with flannels. This mother was actually killing her babe with kindness, and thousands are daily doing the same thing; they are so anxious to do right that they do all wrong. The question now is, how is this great evil to be obviated? Is it by employing a skillful physician? Is it by allopathy, or homeopathy, or any other system of medication? These have all been tried and found wanting. I appeal now to mothers! If you had a rare exotic sent you from some far-off land by some dear friend, would you consign it to the care of one who did not know how to rear the plants of his own garden? Would you not rather study its nature, its wants and its habits yourself, watch it with jealous care lest some rude blast should mar its beauty and nip its tender buds ere they had unfolded their delicate petals to your admiring eye? But you would bring into existence a being of far more importance than all the exotics of the eastern clime, and place it in the care of those who—*for aught you know*—are ignorant and unprincipled, who understand not the nature of this God-given treasure, and have no natural tie to bind them to it. If your darling babe becomes ill you send for a physician, who perhaps prescribes some nauseating dose, and departs without one word of advice with regard to its daily habits. It frequently happens that the physician is a young man, and what does he know about babies or their management? I believe it to be woman's exclusive privilege to be not only a mother to her child, but its physician

also. Let mothers be educated in all that concerns their life and health, let them study their own nature well and learn that knowledge gives the highest order of power, and they will have no need to call in a physician for their children! If mothers would seriously reflect on the importance of a physiological education, I know they would begin earnestly and faithfully to prepare not only themselves but their daughters for the high and holy mission which is theirs to fulfil; then when these little sunbeams were given to light their earthly pathway, they would feel that they were responsible for the future health and happiness of such priceless treasure. No stranger's hand would be permitted to perform those services for the loved ones which a mother's deep affection alone could prompt, and understanding the mechanism and needs of the human system, she could do more for the suffering invalid than all the doctors in the universe. Truly shall her "children rise up and call her blessed." I cannot do justice to this subject in these few pages, but will say to my sisters, "be up and doing," and may heaven's blessing descend on this reform.

"SUNNY SIDE."

—
BY MRS. R. B. GLEASON.

"O! there are looks and tones that dart
An instant sunshine through the veils."

MOORE.

MANY months since we presented to the readers of this *JOURNAL* the *SHADY SIDE* of the life of a *WATER-CURE PHYSICIAN*. An intimation was then given that the *SUNNY SIDE* would soon be shown. We have not been waiting thus long to gather sunbeams wherewith to paint it; but have rather lacked the time to put it on paper.

While all occupations have their perplexities, those which are truly useful have their peculiar pleasures. The glance of a grateful patient brings instant sunshine to the heart of a true physician, however worn he may be in body or weary in spirit.

Shaded as is a *Water-Cure* by solicitude and suffering, it is also cheered by the convalescent, whose brightening face and quickened step says plainly to all, "I am better."

"What matters it" if your night's sleep has been broken by calls from those who had cramps or colic, when the morning's meal brings about you invalids with improved digestion, excellent appetites, and consequently good humor.

Here comes one who has moved "to and fro" between the bed and the easy chair for the last five years. This morning, while the dew yet sparkled on shrub and flower, she has walked "round the hill" gathering blossoms for a bouquet, bloom for her faded cheek, and strength for her enfeebled frame.

The gay ones may grieve you when first gathered in your family, as they turn with disrelish from your simple food, and long for the "flesh pots of Egypt" with its "leeks and onions," or rather, for the stimulants and condiments of a more modern bill of fare.

They are often, for a time, ill at ease, as they contrast your convenient infirmary, so plain in all its arrangements, with the luxury and splendor of their own homes.

But such persons, if they can pass the ordeal, make *finally* most excellent patients, and bring much joy to the physician's heart. When they get once acclimated, they appreciate the sweet simplicity and purity of a *water-cure* life as no

one else can. They learn *then*, that the "choicest pleasures of life lie within the ring of moderation." *Then* they realize why they have had so little mental or physical comfort, *even* when possessing the most abundant facilities for the purchase of both. The very excesses they have indulged in have destroyed both health and happiness.

Such persons, when they once understand the design of this or *that* restriction, readily yield to the same with a kindly appreciation of the self-denial of the physician for their sake.

A lady about to leave us for her city home, said:

"I now intend to lead a 'new life,' to train my children very differently from what I have done heretofore. Now I rejoice in the infirmity which brought me here; and the last few months of my stay have been the most *truly* happy of my life. When I came here I was ready to turn away in disgust, and should have done so had I anywhere else to turn for help. But this was my last resort, for the most skillful physicians our city affords had decided that I could live but a few months, that they had done all they could for my relief. Now I return to my home in perfect health, and with a heart full of blessings for those who have so skillfully applied *Water*."

A gentleman who, with his wife, had been with us some months, on leaving, as he gave his note for a portion unpaid, said: "that is truly for value received."

Such testimony always strengthens the earnest heart to bear the anxieties of its position, knowing that its labors are not in vain or unappreciated.

Many a mother has assured us she would sooner part with the health acquired than with the instruction received during her sojourn at the *Cure*, for by the latter she hoped not only to preserve and still further improve her own strength, but also to hold toward training her own household in healthful habits. It is not only *present* relief but permanent effect that we labor for. We toil not only to make people well, but to show them how to keep well. To every true worker that is always unsatisfactory business which tells only on the present, no matter how good the pecuniary result.

No one thing has so cheered us in our ten years' toil in an infirmary as to visit the homes of our former patients, and find them *Water-Cures* in miniature, minus the invalids. The sweet simplicity and quiet content which pervades such a home, all who enter there can feel, though none can tell. In view of such, one may well exclaim:

"Domestic bliss, thou only gift of Paradise
That has survived the fall."

The contrast between such a home, and one where appetite, emulation, and fashion bear rule, is such as to show that the way of the transgressor is hard: the members of such a home having little physical, spiritual, and social comfort.

The innocuous character of our remedial agents is a constant source of complacency. The dealer in drugs often mourns that he cannot control the action of the remedies he has administered. While they may bring to the patient the relief he desired, the secondary symptoms are often most devoutly to be dreaded. The *Hydropathist* finds no mercurial

rheumatism, no decayed teeth, or carious bone, as the final result of his professional labors. If he is judicious in the appliance of his means, he will never do harm, even when he can do no good. He can palliate when he cannot cure. He can restore the chronic invalid when all other means have failed; and as for acute disease, the relief is prompt and the patient is soon well as ever, having no drug disease to recover from. Our Water-Cure subject is not left bloodless, for the circulating fluid has only been equalized, and not drained by the lancet. His digestive apparatus has not been irritated by emetics, cathartics, tonics, and anodynes, but merely soothed with pure water and nourished by simple food.

It is always a privilege to try even to give physical relief, but it is inexpressibly good to see the dry bones clothed with flesh again; the nervous, fidgety, fretty invalid restored to his right mind; the languid one flush with strength, and the drooping spirit full of cheer once more, and all this and much more as the result of patient washing, working, dieting, airing, &c.

"The drying up a single tear has more of honest fame than shedding seas of gore."

Ah! and so has the assuaging of a single pain.
Elmira Water-Cure.

MITHRIDATATION.

BY WM. A. ALCOTT, M. D.

EVERY one is familiar with the story of Mithridates, King of Pontus; though every one may not be fully convinced of its truth. My own opinion is, and long has been, that though there may have been some coloring about it, the substance is veritable fact—that he used the poisonous hemlock till he was steeled against its effects, at least in any ordinary dose. The stomach is very accommodating. In general, however, we are obliged to pay for these accommodations with large interest. "Because sentence against an evil work is not executed speedily; therefore, the heart of the sons of men is set in them to do evil." How long this sentence would have been delayed in the case of Mithridates we cannot know, since he fell a suicide at a somewhat premature age.

A man in Litchfield county, Conn., who had long worked amid the fumes of lead, left the employment and went to work on a farm, while yet in tolerable health, in hopes of escaping the well-known penalty. Eighteen years afterward, he died of lead colic. Had he been suddenly killed at Norwalk, in the interim, it might have been said by some, triumphantly, that the lead did not kill him; and Mithridates, though he is said to have perished at seventy-two, may have perished before the sensibility of his stomach was exhausted, and may thus have escaped the full natural penalty of his habitual transgression.

Now, be it known to all whom it may concern, that there is a species of Mithridatation in operation all around us. It is not, however, the Mithridatation of hemlock, but of rum, tobacco, opium, coffee, tea, saleratus, pepper, mustard, &c. It is the hardening of the system by the daily and gradual use of any one of these irritants. They are all, in their tendency, anti-

vital; that is, they are arrayed against the citadel of life, and, whenever used, do not fail, in due time, to manifest their traitorous tendencies.

Some individuals pass on in their transgressions almost a century. I have known men who used alcohol in small quantities for more than eighty years. How accommodating must have been their stomachs! Yet, for these accommodations, they were compelled to render an account. Two of them died with cancer on the stomach, though one of the two survived, in all, over a century.

I knew a minister from Rhode Island who used tobacco ninety-seven years. True, the quantity was very small—amounting only to a piece of the size of his thumb-nail three times a day. But then he died rather suddenly, of disease; that is, of violence. How much the fatality of the disease was increased, by wearing out the sensibilities of his stomach with tobacco, is not easy to determine.

But whether the process of Mithridatation is effected by hemlock, rum, tobacco, opium, coffee, or saleratus, one thing deserves to be known. It is this. Let the individual who is subjected to the Mithridatating process be seized with any acute disease whatever, and that disease is more severe, more rapid in its progress, and more fatal in its tendencies, than it would have been, had every irritant or poison been avoided.

Nor is this all. The difficulty of managing the disease by the physician is greatly increased. No man can calculate the effects of a dose of medicine, nor know how to adapt his dose to the condition of his patient, where his sensibilities have been wrought upon by medicine for months and years already. Medicine—active medicine—of nearly every kind, is a sword with two edges; if it does not cut in the right direction, it will surely cut in the wrong one. And in the case of Mithridatation, from whatever cause, it will, nine times in ten, be most certain to cut in the wrong direction.

The safest way for all who are taken sick, after having been subjected to any of the Mithridatating processes, is to let alone both medicine and physicians; and, except that they should endeavor to secure good attendants, trust the disease to nature. Or, if they have not the courage to do this, let them invoke the aid of Hydropathy. As almost every individual of any considerable age will be found to have been subjected to more or fewer of the Mithridatating processes, an adherence to this rule would add much, no doubt, to the triumph of Hydropathy. Nor am I quite sure, though an orthopathist myself, that Water-Cure, in the hands of science and not of humbuggery, is not the bridge on which the mass of our citizens, Mithridatated that they are, will pass with most of certainty, if not of safety, to that better land which orthopathy proffers.

If there be an individual among us, to whom, above all others, the foregoing remarks are applicable in their full force, it is the chewer or smoker of tobacco. Permeated and poisoned in every fibre by this foul poison, an acute, or especially a putrid disease, no sooner overtakes him than he sinks under it, especially if he invokes the aid of medicine and physicians. No matter if he can boast of his forty years of immunity,

No matter if he can even say, in all truth and sincerity, that his tobacco, all this while, has not only done him no harm, but has actually done him good. The benefit is but temporary; the penalty, if it comes,—and come it must, as a general rule, if no Norwalk or ill-fated "Arctic" intervene,—is certain and severe, if not fatal. As Jefferson said of slavery of men to men, so may we say with reference to slavery to drugs of every kind, amounting to, and ending, as it does, in Mithridatation, surely a day of retribution will come! The great Jehovah has no attribute which can lead him to take part with the transgressor in that dread day.

FACTS AND SUGGESTIONS.

BY H. KNAPP, M. D.

For two thousand years physicians have been practicing the curative method, as it is called, with diseases; with what success the innumerable silent congregation of the dead, composed of all ages, sects and conditions of life, too plainly tell.

All systems, in the most skillful hands, have proved inefficient, in a large majority of cases, which has peopled the grave-yard with the opening buds of infancy, the vigor of youth and pride of manhood; filled the earth with lamentation and weeping, and clothed its inhabitants in the sombre habiliments of mourning! As we witness these fell ravages of disease and death, which, like the irresistible tides of the ocean, are bearing away earth's fairest and loveliest children, whereby the fairest hopes and fondest anticipations of the soul are blighted, it is natural to ask, is there no remedy for these direful evils, which have clothed the heavens in sackcloth, and made earth one common tomb to satiate their unplaced wrath? Are we necessarily subjected to them *by* and *from* creation? Is it the design of the Creator that we shall bloom but to wither, droop and die like the summer rose? Is there no release from such a fate? Are we necessarily but creatures of a day, to sport but a moment in the sunshine of health and happiness, and then to sink into the yawning gulf of disease, despair and death? If so, then existence is not only a burden, but a curse to all, as it now is to many.

The question naturally arises, in view of disease and its mortality, "Why are physicians no more successful in the treatment of disease?" It is not for the want of public confidence, for no other class of men have enjoyed the confidence of the people to that degree, and hence held such influence over the minds of men, as physicians, and seldom has it been so abused as by them. They have been supposed to hold the keys of life and death in *this world*, as arc priests of another; and hence the respect, reverence and love of the people which they formerly shared. That spell has become broken and their power weakened. Hence they are not now, as formerly, so much appealed to to avert the just penalty of God's violated laws.

It is not for the want of popularity, since a person was hardly considered respectable who did not make an apothecary's shop of his body,

and submit himself to physicians as a subject of medical experiment. Nothing was more popular than to be under the care of some physician. A woman could lay no claim to the title of *lady* whose health was not sufficiently *delicate* to require a medical adviser. Indeed, nothing was more *vulgar* in a lady than to enjoy *good health*. Nothing could more offend the Misses Would-bes, who are poor apologies for women, than to intimate that there was a rosy flush of health on their cheek,—that they were not paler than the linen they wore. Should any Miss discover such a vulgar sign on her cheeks, which are frequently obscured by a thick coat of paint, it would very much increase the demand of slate pencils, vinegar and thin-soled shoes.

It is not for the want of talent, for I am proud that with truth it can be said, although a large proportion of practitioners are poor apologies for physicians, yet some of the best talent of all ages has been connected with the medical profession.

What then is the trouble? We shall contend, first, that the want of success of physicians in the treatment of diseases, arises from false *principles*, hence systems, in medical jurisprudence. And, secondly, from the practice of the *curative* instead of the *preventive* system.

1st. The principles of the old school system of treating diseases are as *unphilosophical* and *unscientific* as they are inconsistent and contradictory in practice, which is shown in their abandonment after having been in vogue for years. There is no relation between drugs and the cure of diseases, which is seen in the fact that the practice of drugs is a mere matter of blundering experiment, upon which, it is acknowledged, that thousands of lives are annually sacrificed.

2d. Two thousand years of unsuccessful medical practice of the *cure* of diseases, ought to satisfy every rational mind that the system is *wrong*. And the people are inquiring for the *necessity* of so much sickness and premature death! For good reasons they are losing confidence in both the system and physicians, whose object it has been to keep the people in ignorance in regard to the laws of life and health. Physicians have taught, and the people have willingly believed, that they had nothing to do with such things, as they were matters belonging solely to doctors, whose business it is to preside over health and disease. Hence, one of the most fatal errors of life, in the estimation of the masses, is that a friend should die a natural death without the aid of a physician. Indeed, so popular and *fashionable* is it to die in the hands of a doctor, that many persons call physicians to the bed of their dying friends, when their conscience and judgment tell them better, because they have not courage to stand the slurs and sneers of their neighbors, who declare that "the like was never known, as a *respectable* person dying *without* a physician." Such a thing would be very vulgar, besides saving the doctor's *fee* for helping them out of the world, which is called a "*mysterious* Providence," with which the friends are consoled, believing all has been done that medical skill could do.

But the people begin to think that sickness and premature death is not a direct God-send,

as believed the "fathers," but something with which they have to do. They have long felt the burden of sickness and its taxes; but, believing them *unavoidable*, like true philosophers they have borne them without repining. The ignorance of the people and credulity of the sick, which is a natural result of diseased bodies, and the circumstance of their standing on the verge of the grave, have ever been seized upon by men of the baser sort, as a means of filling their coffers by the vending of patent medicines, for which, although worthless and often injurious, thousands, if not millions of dollars are annually paid; while the money paid physicians for services, advice and medicines, which are *worse* than nothing, to say nothing of the time which is lost by the sick and spent by nurses, is tremendous! Many men who have raised large families, have paid money enough to physicians to make them independent; not to mention the unnecessary trouble and pain which doctors have caused them. How many more generations must be sacrificed upon the stupidity, ignorance and superstition of mankind?

Thanks to a kind providence, a great medical reform—which is *more* needed than in anything else—is going on, that promises more to humanity than anything else which was ever done to alleviate the condition of mankind. And what seems strange is that, as deadly as is the opposition from physicians to this reform, which is to be expected, as their interest is at stake, still, the opposition from the *people*, whose health, wealth and happiness depend upon it, if *possible* is stronger! But the reform, which grows out of the wants of the people and the demands of the age, *must* and *will* go on; for it depends on *principles* which man can neither control or direct.

The reform alluded to, is the practice of *preventives* instead of *cures*. While it is not in the power of man to *cure* diseases, he may *prevent* them. To adopt this system, a complete revolution in the practice of medicine must be had; to effect which, two strong fortifications *must* be taken, viz.: the ignorance and veneration of the people for the sayings and doings of the "fathers" must be swept away; and the opposition of physicians, the most of whom will be driven from a profession which they have disgraced, to seek a livelihood in, to them, some more honorable calling, must be overcome. Indeed, if the first is removed, and the people are taught the laws of health and life, the other will be removed as a matter of *necessity*, for the people will have no need of doctors. Now, *how* is this system of preventives, and the enlightenment of the people on these interesting subjects on which their weal depends, to be best brought about? It is *impossible* to send them all to medical schools for the required information.

We shall contend that they can best be effected by teaching the young Anatomy, Physiology, and Pathology in our schools and colleges, and by public lectures for the masses. For this purpose, physicians must become the *teachers* instead of, as now, the doctors of the people; who must *feel* that it is for their *pecuniary* interest, or they *will not* do it, although it should save their *health* and *life*. They must see that it is

far better to take an ounce of preventive than a pound of cure; or, in other words, to pay something for information and advice, instead of medicine. How much better it would be in a *pecuniary* point of view, aside from the *more important* benefit of information, which insures the *health* and *happiness* of families, to spend a little time and money in attending scientific lectures on the laws of health and philosophy of life, than to spend them for negro concerts and puppet shows. By so doing they would obtain in a few evenings, information which cost the lecturer *years* of hard study and hundreds of dollars, which, put into practice, would save them and their families from pain, sickness, and a large doctor's bill. The excuse for such neglect generally is, they are not *able*, they cannot *afford* it. But can they afford to be sick several weeks or months in a year? or, as is the case with some, all the time?

One man, well qualified, with natural and acquired abilities for a lecturer, with a good apparatus, can do more for the health and happiness of mankind, than a hundred or a thousand old-school practitioners. Such a reform is demanded; and will not all intelligent physicians, as well as people, second such a move in word and deed? To make such lectures the most profitable, an expensive apparatus must be had for illustrating them, which but few lecturers are able to procure, except they are well sustained by the *people*. The lectures are for *them*, and it is for them to say whether they will have them or not.

Let all in favor of medical reform, of health and happiness, of sound minds and pure morals, in short, of elevating and perfecting the race, and making perfect men and women by a return to their native purity of mind and body, take *immediate* steps for securing a course of scientific lectures, the present lecture season, on the philosophy of life and laws of health. It will cost but little each, while the benefits will not only be great, but as lasting as time and eternity. Let societies be formed in every town and village for the study of the mental and physical laws of our being, to defray the expenses of lectures, and secure a good library of *good* books, which may be had *cheaper* of FOWLER AND WELLS than anybody else. Were such a course adopted, education on all practical matters would become the property of the *whole* people, instead of a few, as now, which can be done in no other way; most of the temptations to evil would be removed by furnishing *proper* amusements for all classes, which is the only remedy for the evils under which society groans, and the suppression of the passions which lead to misery and ruin. By such a course, no doubt nine-tenths of the evils among us would be removed, and a large proportion of the criminals, with which our prisons are filled, who are supported by an *unrighteous* tax upon the innocent, would be saved from dens of infamy, and made useful members of society. Such societies as suggested above, would secure to its members a better *practical* education than can be had, under the present system of education, at any of our schools and colleges. Shall so desirable an object be brought about? Will physicians render

themselves much more deserving of the gratitude, confidence and love of the people, by enlightening, and thereby save them from sickness, than they are entitled to for curing them when sick? That person is much more meritorious who saves us from difficulty, than he who helps us out when we are in. And it is as much cheaper as it is better.

Let us hear from everybody in regard to the matter, who can make their views and feelings known through the WATER-CURE JOURNAL. A word to the wise is sufficient.

THE SKIN.

BY H. F. CONDUCT, M. D.

MAN is prone to look away to the rivers of Damascus, and to neglect of the little streams that flow at his feet.

In the use of Hygienic appliances, the skin is the chief medium. It is by means of the skin that we hold a sort of communion with everything around us. By it we judge of a substance, whether it is hot or cold, hard or soft, rough or smooth. In cases of blindness, this faculty reaches a wonderful degree of perfection, making up to some extent even the want of sight. By it we determine the relative temperature of water, as to its being tepid, warm, hot, cool, or cold.

The skin is a medium of nutrition. The stomach has often been in such a condition as not to retain food. Then the skin has been called upon to perform the duty of taking in nutriment to sustain the body. The skin can not only take matter into the system, it also can give it out. These functions are called Absorption and Exhalation.

The skin is furnished with two systems of glands,—the sweat-glands and the oil-glands. The former performs the function of Perspiration; the latter pours out oil, which tends to its softness and pliancy. It gives out, also, carbonic acid. Thus we have forced upon us the importance of its functions. We readily see what must happen when the pores of the skin are obstructed. The currents of foul material, once checked in their progress outward, do not stand still. They reverse their course, and setting inward, pour their destructive contents upon the inner organs, liver, stomach, bowels, lungs; often laying the foundation of deep-seated disease.

When the perspiration passes off in the form of watery vapor, it is called Insensible Perspiration. When it collects on the skin in drops, we call it Sensible Perspiration.

Various experimenters have found in the sweat, lime, soda, salt, iron, animal matter, lactic and acetic acids, with trace of ammonia and potash.

The two great surfaces that give out watery vapor are the skin and lining membrane of the lungs. These, together, exhale or give out over three pounds daily. Of this quantity, the lungs lose one-third, the skin over two-thirds.

What are the conditions which influence the activity of this discharge from the skin? Why is it more active at one time and less so at

another? These conditions are—a strong digestion, a dry atmosphere, vigorous exercise. The reverse of these lessens this discharge.

The skin exerts a great influence over its fellow organs, in particular over the kidneys.

When the skin is active and healthy, the various portions of the machinery move on in harmony. Let the functions of the skin be checked, and there is discordant action everywhere, especially in the kidneys. If one hundred grains of noxious matter are thrown off by the skin every day, and you check this in any way, so that not more than one-half of this amount is given off, it is instantly cast upon the kidneys, or into the circulation of the blood. Hence, in all diseases of the kidneys how important to attend to the functions of the skin.

Much in these days is said, by doctors and in medical journals, of Bright's disease, or Albuminuria.

In the cure of this disorder, no remedies are so likely to prove sovereign as those presented in the Water-Cure appliances. If what we have stated be true, what agent in Nature assumes a higher importance, or claims a higher place in our sympathies, or merits a loftier position among remedial agents, than pure, soft water? Search creation round, and where will you find, 'mid all the varied and countless causes of gratulation and joy, one so worthy as the clear, perennial Spring?

THE WILD MEN OF BORNEO.

BY WM. A. ALCOTT, M. D.

WHETHER these remarkable individuals, now being exhibited in this country, are really what their owner and exhibitor, Dr. Warner, appears to believe, viz., hybrids—the production of man and the orang-outang, or whether they are a couple of mere dwarfs, is a question I shall not now attempt to solve. They are, at least, a very great curiosity. They are certainly more symmetrical than dwarfs usually are, and vastly more strong and muscular. For, though they are but about three feet and six inches high, and weigh but little above forty pounds, they certainly can, after every possible abatement for any supposed deception, lift a man whose weight is one hundred and seventy-five pounds, by merely standing behind him and pressing the palms of their hands against his sides, a little below the hips. I have seen this performance repeatedly, under circumstances where there could have been no mistake.

Now, these individuals, I say, whether dwarfs or real hybrids, have never been known, till within a year past, to eat a mouthful of animal food, although repeated efforts had been made, earlier, to train them to its use. And, even now, since Dr. W. has induced them to eat a little of the supposed "needful" once a day, they seem to prefer their original diet—bread and fruits. It is also worthy of remark, that they have experienced no increase of health or strength during the last eight months, in which they have eaten moderately of the new diet. No perceptible change whatever appears to have as yet been wrought. They are just as irascible

as ever, and no more so. They are just as much mere savages as ever, and no more so. But the great lesson to be learned in this instance is, that strength does not belong exclusively to flesh-eaters; which, however, every one might have known long ago who has seen the horse, or the ox, even without seeing the orang-outang, which, though a vegetarian, exceeds all other animals of his size for strength—the tiger and lion not excepted.

F E V E R.

BY J. S. WISE, M. D.

Of all the diseases that afflict human beings for their physical sins, none is more common than fever. Few persons that have reached the age of maturity, especially in the southern and western States, but have witnessed the commencement, progress, and termination of a fever of some kind. But common as it is, its real nature and causes are, perhaps, as little understood by those suffering with it, and those hitherto attempting its cure, as any other disease. It has offered, for many centuries, a wide field for the theories, speculations, and experimentations of a drug-giving medical profession, and, unfortunately for humanity, they have not failed to cultivate it. And we apprehend that even some Hydropathic practitioners—to say nothing of the common people and their generous friends, the "regulars"—though far more successful in their treatment of fevers than any other school, are comparatively ignorant of their true philosophy.

It is not my object at present to present a detailed account of all the phenomena and symptoms that present themselves in the various kinds of fevers, but to give a few practical hints as to their nature, cause, and treatment, especially those occurring in the west and south.

By the force of surrounding circumstances, a condition is produced in the human body which we call fever, which is characterized by periodical paroxysms, more or less severe, which manifest themselves in cold, hot, and sweating stages. These circumstances to which we alluded are various. By the influence of noxious gases or malaria which are inhaled or absorbed, or by an impaired quality of nutrition, the solid elements of the blood are destroyed, and lose their power of supplying a healthy nutrition.

These causes are quite sufficient to account for all the fevers we meet with, even were there no others. When we reflect for a moment upon the wonderful processes by which materials are converted into blood, and take into account the enormous quantities of half-masticated, impure, and decaying food, the saltings, seasonings, and greasings, out of which this blood is to be formed; the foul and diseased stomachs, the torpid and half-rotted livers, the congested mucous membranes, the inflamed mesenteric glands, the compressed and half-expanded lungs, the unwashed skins, and the exhausted nervous energy through whose combined actions these materials are to be converted into blood, we may safely conclude that this blood or nutrition for building up the wasted tissues is of an impaired quality.

When this impaired blood reaches the capillaries, they, by their inherent vitality, perceive the offending materials suddenly contract, which is all the resistance they can offer, and thus force the blood back into the larger vessels. This produces coldness of the surface, because the heat-making process is suspended, and thus we have the chill or cold stage of the fever.

The blood being thus forced upon the large vessels, they, in turn, contract violently, and make an effort to relieve themselves by sending the blood outward. If this effort is unsuccessful, as is sometimes the case, the patient will die of congestion of internal viscera, or the congestive chills of southern authors. But if the effort of the large vessels is successful in throwing the blood outward, the capillaries become suffused, the skin becomes red, hot, and turgescens, and this is the second or hot stage of the fever. Now, this fever is, of itself, a strictly curative process, or an effort on the part of nature to remove from the system pre-existing matters which were hurtful to vitality; or, in other words, matter that could not be used in building up the substance of the tissues. But *how*, asks one, is it curative? and *how* does it remove those first causes or noxious ingredients from the blood? Simply in this manner. We all know that when the hot stage of a fever comes on, the process of breathing or respiration is increased, more oxygen is taken into the system, by which oxydation or burning up of these impure materials is carried on more rapidly, and in this way the extra amount of the heat of fevers is generated. When this heat becomes so great as to endanger life, or be very hurtful to vitality, the watery portion of the blood is poured out in the form of sweat, and carries off the extra heat by evaporation, and here we have the third or sweating stage of the fever. And just here we may illustrate the superiority, the simplicity, and the beauty of one of the points in Water-Cure. I have seen patients (drug-treated patients) actually burn up, so to speak, and die in the hot stage of fever, without any signs of perspiration. The reasons were obvious. The fever had existed for some time, the patient perspired freely, and there being little or no water allowed him to drink, the blood was actually exhausted of its watery portions, and there being no new supply, the heat gained the ascendancy, and the patient literally *dried up*. Died for want of water, when, if a moderate supply had been allowed only to drink, the blood would have been supplied, a gentle perspiration produced, the extra heat carried off by evaporation, and the patient lived in spite of all his drugging.

The sweating stage of the fever is of itself purely cooling, and not curative in the strict sense of the word. It is well known to be very relaxing, and done at a great loss of strength, but it is the best that can be done under the circumstances. And here I apprehend that Hydropaths, especially new beginners, for want of a proper understanding of this principle, are in danger of committing errors. Many suppose that if, by any means, they can get up a great sweat, they are sure to cure the fever, and all will be right; and to accomplish this they give an extra amount of treatment. But it will always be

found that where there is copious sweating, there will be great relaxation and weakness following. The curing part comes by the oxydation or burning up of the impure materials that were found in the blood. By this process of oxydation a large amount of hydro-carbons are eliminated from the body, and it is left in a purer condition. Sweating does not eliminate those matters, for sweat is found upon analysis to be only water holding in solution a few salts; it only cools.

If the foregoing principles be correct, and have any foundation in physiology, it will readily be perceived that the treatment of fever is a very simple operation. All that is necessary to be done is to supply, as nearly as possible, natural conditions. Regulate the temperature as the circumstances of the case may demand, and carry off heat by supplying moisture. Avoid, if possible, the third or sweating stage of the fever, because perspiration is weakening, and when the cooling of the extra heat that is generated by oxydation can be effected by the application of artificial moisture, so much of the patient's strength can be saved.

Of course there are conditions in the treatment of every case that must be taken into account, such as the type and diathesis of the fever, the constitution of the patient, &c.; but these must be ascertained by the tact, skill, and judgment of the practitioner. *Vicksburg, Miss.*

THE TWO SYSTEMS.

SCENE—*Dr. C's office. The Doctor reading a WATER-CURE JOURNAL.*

Enter Dr. B. What have you there, Dr. C.?

Dr. C. Oh! only a little medical squib.

Dr. B. You will still be harping upon that water-humbug.

Dr. C. What more of a humbug than the Allopathic method? It has nothing to recommend it but its antiquity. Were the people informed by those gentlemen, they had exploded it long since.

Dr. B. There is no use in talking thus. I can cure disease with as much certainty and dispatch as you can.

Dr. C. Do you ever really cure? That is the question.

Dr. B. I don't know what import you attach to the word "Cure." When I give medicine, and in a day or two I find the symptoms have all disappeared, and my patient on his feet again, I pronounce him cured.

Dr. C. I grant that you often drive the symptoms away, but whither do you drive them? Do they not often reappear in the form of other diseases. Affections of the joints, for instance, and ulcers dried up by your allopathic applications, do they not often present themselves in a more formidable array in some internal organ? Skin diseases, how often do they put on more deadly signs in the brain—in the lungs—in the liver—in the bowels—disorders all, far more formidable than their comparatively harmless prototypes! But this is not all, suppose your *modus medendi* really were more apparently efficient and prompt, I object to it; inasmuch as it leaves

the patient a convalescent, if not an invalid, oftentimes for the remnant of his brief existence—because it evidently often does not do its work thoroughly, as shown by the cadaverous countenance of the patient—by his languid expression—by the deadness of the eye—by his drooping spirits—by the reluctance of his step—by the total want of his wonted fire and energy of character. I conjure you then, by all that's beautiful in nature—by all that is attractive in art—by all that is just in reason—by all that is tender in humanity—by all that is true in progress—I ask you, by all that is interesting beyond these earthly struggles, to gather up the honest energies of your soul, and give this subject more than a passing glance. It will impart strength to your purpose here, and shed a clearer light over the last scenes of your mortal existence.

Dr. B. Stop—stop. Let me put in a word. I don't admit a tithe of what you say. We of the allopathic school often cure disease which your boasted method has often failed to do. What, for instance, can you effect in uterine disease? By our speculum, and other contrivances, we cure up a patient in a week or two, and make her condition often quite tolerable, if not comfortable. What, in the name of reason, can an ocean of your water accomplish in such cases? The idea of water in such disorders—'tis preposterous.

Dr. C. I appeal to Facts. You have yet to learn what Hydropathy has done in these identical diseases. Away with your pessaries—your sponges—your caustics—your specula, and all your disgusting array of medicaments and nostrums! Hydropathy proceeds upon quite a different basis. It aims at no less than the renovation of the entire system—it fixes its vision upon the sources of the corporeal mass, and is satisfied with no less than the restoration and purification of the great Fountains of Life, persuaded that when the fountain is pure, the streams will become so also.

Dr. B. You talk about proceeding upon a different principle. How does it happen that you so soon found out that Chrono-Thermalism was so imperfect? Then Homoeopathy was a hobby with you. It soon gave way to something else, and now you are stark mad with this Water-Cure system. Can you give a clear account of these somersets?

Dr. C. I care not a rush for your insinuations. It is enough for me to know and be persuaded that I am advancing in the line of Truth. You will perceive that this is precisely my attitude. Dixon in his "Fallacies" presented the world with what I conceive to be a priceless boon. From the thunder and lightning of his truths have issued streams of intelligence and light that have made glad many an honest heart. The Profession all over the world have advanced ever since with an unprecedented pace. How diminished have become the allopathic doses! What augmented vigor has been imparted to the vital forces by the postponement of the Lancet! What energy has been infused into the everyday life of the allopathic practitioner! How the gross darkness has been supplanted by the flood of new light poured in upon the professional

mind by the immortal Dixon! I am ready to confess that Hahneman has proceeded a step farther, as all honest thinkers must allow. Like a true pioneer, he has gone in advance of his band, and cleared away a thousand heaps of rubbish that had been ever lying in the way of the practitioner. He has done much to bring us back to first principles. But it was reserved for the illustrious Priessnitz to introduce us into the Temple of Nature, with her beautiful columns, her charming canopies, and her gushing Fountains! Thanks to the Giver of every "perfect gift" for this native Genius—this Nature's Nobleman—this honest man. Thou hast nudged our ears to the true harmonies of nature. Thou hast sent joy and gladness to many an aching heart—thou hast filled the world with new beauty—thou hast sprinkled the paths of life with perennial flowers—thou hast given to a once jaded and wearisome existence a new motive to live—and crowned life with glory and honor.

Dr. B. I must leave you to your rhodomontade—you were always in buskins, and on stilts. Good morning to you.

Dr. C. Good morning—and may each successive dawn light you into these new paths, so replete with Beauty, Truth, and Intelligence!

[The above is a real, and not fictitious or imaginative dialogue.] H. F. C.

PHYSIOLOGY IN THE PULPIT.

We had the pleasure, a short time since, of listening to a most eloquent and interesting discourse from Rev. Samuel Osgood, pastor of the Church of the Messiah in this City, in which he so forcibly pointed out the duty of living in accordance with the laws of nature, that we were anxious to present a portion of it to our readers, and solicited it for publication which we regret he has felt obliged to decline. We append his reply, which will serve to give an idea of the Sermon—like which if more were preached, mankind would be the better for it.

NEW YORK, Sept. 12, 1855.

Messrs. FOWLER and WELLS: Gentlemen.—In reply to your note of the 10th, I write, first, that the volume of Letters on Health* to which I referred in my sermon of last Sunday morning, was the very remarkable and startling work just from the pen of Catharine Beecher; and, secondly, as I may wish to preach my sermon again in this neighborhood, I do not wish to print from it in any Journal or Paper. It is probably enough for me to say that the subject was "Christian Simplicity," which I defined to be living with a single eye to the will of God as expressed in all the laws of life, in their unity of design and their comprehensiveness of application. I did not shrink from urging the duty of simplicity in reference to the body as well as the mind, and dealt quite plainly with the monstrous perversity that insults God and nature by trying to manufacture health out of drugs, beauty out of distortions and cosmetics, and cheerfulness out of "inebriating beverages, instead of trusting to right living, good sense and good feeling, to make ourselves look well, feel well, and be actually well.

I thank you for the number of your WATER-

* For sale at this Office; price, prepaid by mail, 60 cents. FOWLER & WELLS, N. Y.

CURE JOURNAL, which I have read with interest and satisfaction. As to the theory upon which the Water-Cure practice is based, I do not pretend to judge, but of this I am very sure, that the progress of the human race in sound health is not so much to be procured by the discovery of any new nostrums, as by simpler and true relations to the common gifts of God, such as air, and light, and water, and bread, and motion.

My profession is to be a preacher of God's truth to men, and I am glad to comprehend physical as well as moral laws with this truth, and to speak my word anywhere and everywhere against the enormous transgression of divine law by the men and women of our country.

Yours faithfully, SAMUEL OSGOOD.

DIALOGUE ON MEDICINE. NO. II.

Q. What is the cause of disease?

A. A violation of Law.

Q. Under what condition is a cure performed?

A. Under a more perfect allegiance to the law applicable to the condition or state of the patient.

Q. Do the forces of Nature—water, air, &c., cure?

A. They do not. They merely supply the conditions under which the VITAL FORCE can act to the best advantage. The supplying of these conditions is often all that is required for the immediate performance of a cure.

Q. What is this agent you call the VITAL FORCE?

A. It is the LIFE of the system—the only agent in nature which cures diseases. It heals the wound, unites the broken bone, casts out the humors of the system, and endeavors to keep the domain of life free from agents foreign to its existence.

Q. Can you explain how the forces of Nature, or the WATER-CURE act, to aid the VITAL FORCE to eradicate disease?

A. We can; but to do so fully would require more space and time than we are allowed. We will answer briefly, thus:

1st. It supplies the agent (water) by means of which all vital processes are carried on.

2d. It removes from the circulation all unsalubrious matters.

3d. It promotes a better circulation of blood and a more equal distribution of nervous energy.

4th. It removes all causes which tend to waste and weaken the vital force, and then awakes it and direct it with all its energy against the disease.

Q. What are the consequences of this mode of treatment?

A. The very reverse of all that is experienced under drug-medication. In ACUTE diseases it subdues no pain by diverting the vital force, but keeps it directed against the cause of the pain until the former is removed and the latter cured. It breaks up no fever or inflammation by paralyzing the efforts of the system and creating other diseases, but aids the system to cure them. In CHRONIC diseases the action is various; but generally acute pains are awakened; medicines long since taken are put in motion and thrown off, and some of the symptoms for which they

were given return. The vital force being drawn from the brain, the stomach or other organs in which it had been wasted, and directed against the disease, these organs appear to suffer, and the patient, unless he understands the process going on in the system, will abandon the treatment just on the eve of a cure, to die of drugs administered by the same hand which first warned them against the use of Nature's remedies. When these symptoms arise, let the patient consult his physician, who should know whether the vital force was fighting the disease, or whether ~~she~~ was giving up the combat.

The consequences of this mode of treatment, when ultimated in boils, offensive perspirations, fevers, diarrheas, and other acute diseases, is called a *crisis*, and is evidence of the complete mastery of the vital force over the disease.

Q. How often can these effects be produced?

A. In every case where there is sufficient VITAL FORCE, and sufficient time is employed to collect and direct that vital force against the disease. The action of Hygienic agencies are not, like drugs, uncertain in their effects. When employed aright, they are certain to produce beneficial effects. There is no question as to whether they are applicable to this disease or that disease. They are applicable to all diseases, do good in all, and if the disease is not too far gone, will aid in the cure of all. W. M. S.

MODEL WATER-CURE, Dansville, N. Y.

Miscellany.

TEXAS INDUSTRIAL COLONY.

We published in a previous number a notice of a Vegetarian Settlement Company, who are about to settle in Kansas. A correspondent sends us the following account of a new movement, to which we commend the attention of those of our readers who desire to go to Texas.

Messrs. EDITORS: Knowing that your excellent Journal is as truly a "HERALD OF FREEDOM," as it is a teacher and missionary of the Gospel of Health and physical Purity, and that your half-million of readers, (more or less), in every quarter of the globe, look to it for a record of all the humanitarian and progressive movements of the day, I send you the following account of the Industrial Colony about being founded in Texas. I feel assured that it will be perused with interest.

THE EUROPEO-AMERICAN COLONIZATION SOCIETY OF TEXAS.

During the summer of 1853, M. Victor, Consular, late member of the National Assembly of France, and Albert Brisbane, of New York, visited and explored the extensive and but partially settled regions of Northern Texas, with a view to the ultimate location there of a colony of European and American Society, and progressive civilization generally. They were delighted beyond measure with the country, which more than met their most sanguine expectations. In local advantages, in fertility of soil, in equableness and salubrity of climate, and in beauty of scenery they pronounced it unrivaled. Here they felt was the place, before all others, to plant the seeds of the New Social Order.

M. Considerant returned to Europe full of faith in the new life opened to him and his proscribed and exiled brethren in the Great West. He immediately wrote an account of travels and explorations in Texas, to which he appended an outline of a plan for an Industrial Colony to be founded there. The work was published in Paris under the title of "Au Texas," and widely circulated in France, Belgium, Switzerland and other parts of Europe, and measures were at once taken to organize a company to carry out the project sketched by its author, whose appeal met with a most enthusiastic response, not only from the Phalansterian School, of which he is the honored leader, but from people of liberal and progress ideas, who do not receive his peculiar views of social and industrial organization. Complete success crowned his efforts, and a joint stock company, with a capital of a million of dollars, was soon formed, and several thousands of colonists from among the best population—the very élite of European society—agriculturists, manufacturers, artists, and men of science, engaged to emigrate as soon as preparations could be made for them.

The company referred to is called the *Société des Colonis-*

ation *Europæo-América au Texas*, and its objects may be stated in general terms to be—

1. The securing of large tracts of land, in the most desirable localities, to be disposed of to colonists, either as individuals, as companies, or as associations; for the Society has itself declared by its charter, that it shall acquire property in its own proper account, any interest either in lands or in any branch of industry or trade.

2. The preparation of the soil, the building of houses, the purchase of every article necessary for their destination to the colonists; the furnishing of provisions, and all other necessaries of life, as well as remunerative employment to those who may be desirous of settling; and the procuring opportunity they seek to engage in business on their own account, or in an association in the organization of which they shall themselves assist.

The organization and direction of emigration, by means of agencies at all desirable points in Europe and America, with facilities for transporting colonists to their destination when they choose to make such arrangements.

The leaders of this movement are Associations, but they propose here, first of all, simply to bring together the social elements most favorable to associate life, under conditions of perfect freedom, and leave them to assume their own *idæal* forms—those which shall result from the free play of their sympathies or attractions. Settlers are expected to find a field open to all kinds of life, from the individual and fragmentary system, even to integral association, comprising all the various forms of life. "Everything is to be created; there is room in every direction, and each may, according to his taste, conceive and pursue any kind of enterprise. Free engagements, based on the principle of mutual advantage, and of cooperative relations and associations in different degrees." Analogous ties will be formed between the society establishment, properly so called, the partial associations, and isolated families.

"An individual, for instance, may wish to keep his domestic affairs separate, and would like to work in the shops or fields of the Association. Another, on the contrary, prefers to work on his own account, but he is very glad to profit by the advantages of the Association table. Others, again, will engage in some special co-operative work only a certain part of their time, and will employ the rest outside and on their own private account."

"Besides, every family or every individual, whatever system they may at first have adopted, will always preserve the option of changing and of passing at will from one to another. The supreme law is *liberty and constant adaptation*."

In the autumn of last year, M. Outregel, agent of the Society of Colonization of Texas, arrived in New York, and soon after proceeded to Texas, with a small band of pioneers, French and American, to purchase lands and commence preliminary arrangements for the settlement of a magnificent domain, in Dallas County, where buildings are being erected and other preparations being made for the accommodation of a large number of emigrants. Large tracts of land are about being secured in other favorable locations.

In Europe this movement is thoroughly organized and is successful progress, and it was from the first designed to be an African as well as European. Various circumstances, which it is not necessary here to mention, have, however, delayed our branch of the enterprise, and though much interest has been felt and expressed in it on this side of the Atlantic, no organization or co-operation has hitherto been attempted in its behalf.

THE TEXAS EMIGRATION EXCUSE.

To supply, in part at least, the want long felt by those most interested in the movement in this country, a provisional organization has been effected under the foregoing title, the object of which is to co-operate with the European-American Colonization Society of Texas, in promoting the emigration to Texas of persons friendly to Social and Industrial Progress, and to the final establishment of societies based on the principles of Liberty, Equality, Fraternity, and Unity of Interests.

The means it proposes to employ are:

1. The circulation of the printed documents of the Colonization Society, and all other available information concerning the movement.

2. Correspondence with persons who may intend to emigrate to the lands of the colony, or who desire in any way to co-operate with the Union.

3. The organization of groups or companies for actual emigration, for the purpose of securing the greatest economy and comfort in making the journey to Texas, and for mutual aid until a permanent settlement or organization shall have been effected there.

Any person who sympathizes with the movement, and is willing to give his aid, or co-operation to the promotion of the objects of the Union, may become a member by sending his or her name to the Committee of Direction with a subscription of one dollar, or he may be admitted on payment of the expenses of printing, correspondence, etc.

Information in reference to this movement can be procured by addressing either of the following gentlemen, who constitute the Committee of Direction: D. H. JACQUES, New York City, STEPHEN YOUNG, Poplar Eidge, N. Y., MELO A. TOWNSEND, New Brighton, Pa.

ONE WHO WILL GO.

A WATER-CURE ESTABLISHMENT WANTED IN CANADA.—The City of Toronto (C. W.), with a population of about 50,000, is a desirable location for a good Water-Cure establishment. There is not a public water-cure in Canada; and a well-conducted establishment, under a clever

water-cure practitioner, would undoubtedly succeed well. Will no one embrace so favorable an opportunity? A correspondent, Pao BOSTO PERLICO, when writing, inquires—"Is it not a little strange that in all Canada, with a population of about two millions, where a good public water-cure establishment is so much needed, there is not one to be found?" There cannot be a doubt that one will be founded, under a good water-cure practitioner, beginning first on a limited scale, and extending as the public wants and the prosperity of the institution warranted, would prove a paying concern; proper care being taken to make known through the public prints its success in curing diseases and the merits of the establishment."

[Large numbers of our Canadian neighbors have been compelled to go to the "States," to obtain Water Treatment. We do not know of any better place for the erection of several first-class Water-Cures, than in the vicinities of the chief cities of the Canadas.]

A Montreal merchant says—"Mount St. Helaire affords an excellent opening for a Water-Cure. The new house at St. Helaire, Rouville Mountain, is now ready for use, and its salubrious situation and easy access from the city, will render it a favorite place of resort. For particulars, apply to JOHN LEMING."

[This place is near the city of Montreal, and if opened for a Water-Cure, and placed under the direction of a competent practitioner, would prove a source of profit to the proprietors, and a great blessing to the community. We hope it may be opened at an early day. The people are ready and waiting.]

BOILS, ALIAS "JOB'S COMFORTERS."—Another

Whooper nailed to the Counter!—as the politicians say. We have the pleasure of laying before our "constituency," and of placing on this mortal record, the following interesting correspondence, and of naming a great and wicked falsehood to the counter. Here is the "whole story."

OGAWA, ILL., Aug. 15, 1855.

Eo. WATER CURE JOURNALER, DEAR SIR,—I find the following "going the rounds" of the Press. What amount of truth does it contain? Suppose you answer in the Journal if it be all a mistake; if not, I will not insist upon your taking any notice of it, and I will "let it go" as one of the "exceptions" that we know exist to all "general rules." Yours truly, though not thoroughly vegetarian, E. P.

HOW HORACE GRELEY GOT RID OF HIS BOILS AND HIS VENEREAL DYSUREA.—See D. Wm. Turner's Pamphlet, "Chrono-Thermal Facts," page 9.

BOILS.—IS16, Feb. 18, M. H. G. has had for two years a succession of crops of boils upon both arms, from elbows inward, and upon both legs, from the knees to the feet—the effect of impoverished blood, caused by a long persistence in exclusive vegetable diet. Has tried the Water-Cure for two years without effect. The "cure" is there, but it won't go away. Homœopathy, too, has lavished all its blameworthy upon the case, but to vain. One thing, however, the combined systems have contrived to effect, viz.: to poison the patient's mind against the use of those medicines which yet have the satisfaction of reflecting that this gentleman had continued in their fetters, instead of bursting from them as he did, might yet be suffering for an indefinite period, the torture of the damned.

Striking down the pain of an enormous boil on the heel, and in utter despair, he concluded to give me a try for a fortnight. On asking him how he felt, on the second day, he exclaimed, "I'm getting better," and returned a couple of breakfasts, chickens and oysters, he said, "nothing particular—perhaps a slight warmth over the surface of the skin, and a redness in the face, but that will go!" I gave an answer to the same question, he guessed he "wouldn't have any more boils." At the end of the fortnight he cut his medicines entirely off, but continued the meat diet as advised. Fortunately it proved sufficient, more than nine years having now elapsed of freedom from his distressing annoyance, the boils, his health being in every particular vastly improved.

[On receiving the above from our Illinois vegetable friend, and after examining his medicine, and returning to a correspondent, he dispatched a series of experiential opinions, and proffered and dispatched a series of experiential opinions, and proffered and dispatched the following reply, which forever sets at rest that meditated and promulgated fabrication.]

THURNE OFFICE, N. YORK, Aug. 22d, 1855.

DEAR SIR.—The story you send me, cut from an Illinois paper, and purporting to be extracted from Dr. Wm. Turner's pamphlet, "Chrono-Thermal Facts," is most certainly false in every essentially particular—because:

1. I was not particularly a vegetarian in 1846, nor at any time within eight years of that date.
2. I have no recollection of talking Dr. Turner's advice in the occasions referred to, though I would not contradict his assertion that he gave it.
3. I was indeed terribly afflicted with boils during the two winters 1844-5 and '45-6; but I always know exactly what cured them—namely, excessive, unintermitted exertion as

a writer next speaker during the Clay canvass for President, from May to November inclusive, in 1854. I used to go home from midnight to 3 A. M., with my head burning and throbbing, and was obliged to cool it by protracted shower baths, in order to sleep at all.—But for these, I should doubt have had a terrible fever—Typhus, probably; the shower baths brought the disease to the surface and carried it off in the form of boils. These disappeared in the spring of '45 and returned much modified the following winter. Of course, they disappeared the next spring, and have never returned.

4. I was practically (not perfectly) a vegetarian through the good years 1851-5. I believed then, and believe now, that good vegetables and fruits, in proper variety and in their proper freshness, are the most nutritious, healthful and palatable food of man; and if I were to live henceforth as I can and wish, I should probably use no other. Living as I can and do, I eat what seems most convenient and advisable.

Yours, HORACE GRELEY.

HOW BEST TO PRESERVE THE TEETH.—It is probable

that no department of the healing art is subjected to more frequent misapprehensions and errors than that of the teeth, and all intelligent persons should know that no practitioner of that specialty can be safely trusted, whose character and professional conduct, as far as they relate to the teeth, would call attention to the subject because of having heard of recent abuses practiced in this city. The teeth should never lie idle in the mouth, but be so treated as to be freed of chemical agent that will act upon the tartar on the teeth will not upon and destroy the enamel of the teeth also. Hence, although the teeth may be made to look very white in a minute or two by the use of acids, they soon become darker than ever, to be whitened no more, and early decay and pain ensue to follow. In cleaning the teeth by mechanical means, the only method to be observed is that they should not be broken or scratched, and that the tartar should be so perfectly removed that a smooth surface shall be left, as upon a rough surface there is sure to be a fresh accumulation of tartar. To have this done properly it is necessary to obtain the aid of a practiced hand, with appropriate instruments. To keep the teeth clean, when once made so, a full and soft brush should be used, applied in a gentle scrubbing motion, once a day, with water not very cold. As often as one of a weak prepared chalk may be used for a dentifrice. When more than this is needed it is best to obtain the assistance of the dentist. Charcoal, pumice stone, &c. wear away the teeth too severely, and, indelible as the first-named is, it insinuates itself into the crevices between the neck of the tooth, which latter being covered by enamel, soon decays when thus exposed. Filling and filing teeth are operations which should be avoided in a dentist's hands; nor will a prudent person ever have a tooth drawn by any other hand if a dentist is near. If one is not, then let a handy and firm person, having first cut the gum wall from the neck of the tooth, use the knife, and draw the tooth out with a pair of forceps, and extract the tooth just as he would extract grain from a piece of furniture he would not like to injure. For such a class of teeth there is a peculiar motion in drawing, but these none but a dentist will be likely to remember. To relieve an aching tooth apply a drop or two of any essential oil or tannin, if you can get it into the cavity, or a single drop of creosote, not around the tooth, but *in the cavity*; and having done so, close up the cavity, first with a little cotton and then with a little beeswax. The repeated application of such a remedy will sometimes destroy the sensation of the tooth, but more powerful agents for this purpose should be applied by the dentist alone. Even these are sometimes injurious to the gums, when used as directed. Above all, however, never trust your teeth (injury to which can never be repaired) to any person in whose professional integrity you do not have the most entire confidence.—*National Intelligencer.*

The foregoing remarks in reference to the care of the teeth, are generally correct. They seem rather the utterance of a patient tian of the dentist—of one who has had a due course of training in the mill of experience—of one who, having been put through that mill in a rough-and-tumble manner, has finally been caught up by, and received into the hands of, a good sample of the dentists of the day, by whom he was not only held but instructed. A spirit of generosity is evinced in his composition, by the production he has sent out to the public on the wings of the omnipresent press. We desire to say of the aforesaid remarks, that they merit general approval; but there are a few "specks" which it may be well to point out, in order that no feature of imperfection shall remain to mar the otherwise faultless work.

The rotary motion, in brushing, should be second to the perpendicular. The "soft full brush" may serve as an exception, but the general rule should be a narrow, stiff brush, being dipped in water, and scrubbing hard with the upper and lower teeth being in proper position, *i. e.* touching at the points and being parallel, one row with the other, pass it briskly, and with considerable force, up and down between the gums, touching and brushing both teeth and gums fearlessly. In this way the front and side teeth will be most effectually brushed. Next to this, in importance of

between him and poisons, and in his favor—therefore, we should "let him slide." But he will not allow us to so understand him. In his terms "drugs" he intends to involve the remedies of all the systems, which are alike in principle, and as efficient in water, and we have no more knowledge nor skill in their application.

We have shown that this is *not* the essential point of difference between Allopathists and others, for the latter include the former. They admit that the organism acts on the medicines, as well as the medicines on the organism. Prof. Chapman, in his *Water-Cure*, has admitted the following: "The only point of controversy which seems to be conceded is, that the operation of medicines does not depend on any of the vital organs, but that the action of a principle incident to vitally alone"—and he quotes, "Medicines do not act in water." Medicines do not act in the dead body. Here Dr. Traill's theory is admitted by both the moderns and the moderas. But Prof. Chapman says to deny both." But this is the case only when the vital organs are in vigorous and healthy condition." [He should have said, only when they are superior to the extraneous.]

Different, indeed, is the result when, from debility or other Imperfection [or the excess of extraneous power over the vital, if ever so healthy], the vital organs are rendered unable to act upon substances, or of resisting the *action of substances* on the system. Whatever is taken into the stomach, under such circumstances, preserves its properties unaltered, or undergoes the same sort of alteration which it would undergo out of the body, or beyond the sphere of vital powers. Each article in this, or in any other system, under such conditions, undergoes the change which occurs as they are purely chemical; always, they are sometime compounded, [as in supuration]. Common matter now acting by its own laws [as it always does], the system, or the organism, being so debilitated, that attack it cannot repel, and fermentation and putrefaction or other processes ensue which, if not timely arrested, become the precursors as well as the causes of death and destruction.

"It is now proved that the doctrine that 'the organism acts on the remedies' is not the problem which constitutes the essential point of difference between Hydropathy and Allopathy, for the latter includes the action of both, and is, therefore, right; while the former includes the action of one, and is, therefore, wholly wrong."

Dr. T. says, that "drug-administering" doctors treat their patients with drugs, and "his system treats them by hygienic agencies alone." He says, "the property of using the terms 'agencies' to even his own remedies, seeing he denies that food or water acts upon the system." Can that be called an agency which never acts?

"We have, thus far, been unable to induce our opponents to meet us in the discussion of this subject. They will never defend their theory, but will only force us to defend it. We induce many of them to investigate the subject sufficiently to understand our side of the question at all. The few who have done so, to their credit be it said, have abandoned the traffic of their own pills, and our pills."

"To obtain a knowledge of his position, we sent, several times, our paper for an exchange, but the Doctor did not deign to let the light of our views, by means of an exchange, enlighten his works, and learned his sentiments and ways. We have stated the reasons why we did not criticize them before. He will now concede, that we both defended our explanation of the *modus operandi* of remedies, and attacked his—that we are among those who have investigated the subjects, and that we have both defended our views, and we have not abandoned all that he calls "drugs" in the system."

There is one very important point in which both Dr. T. and all his opponents, leave the ultra-faction of the Physio-Medicalists, is wrong. It is that, they make no distinction between poisonous drugs and innocent medicines, or those agents which injure the organism to healthy action, and aid them in its performances—*as* caloric, electricity, water, cayenne, sarsaparilla, etc.; and those that provoke it to momentary agencies, and then impede all its efforts—*as* arsenic, opium, etc.; between those that do injury only by the degree or quantity or misapplication of their power, and those that are in their nature inimical to the human constitution. We have both defended our views, and we have both admitted that everything or nothing is poisonous, according to the use that is made of it. Dr. T. may say that he does not believe that any "drugs" are "agents," but he cannot say they are mischievous, without admitting that they act upon the organism. Nor can he make any distinction between the different articles of food he recommends, without the same admission.

What, then, is the real difference between Allopathy and Hydropathy?—
"Answer: Allopathy uses all sorts of agents, good and bad, without the guidance of any therapeutic principle; while Hydropathy uses, judiciously, water and various other medicinal agents, under the name of food, air, exercise, &c."

"In another article, we will show some of the differences and correspondences between Hydropathy and the Physio-Medical system, which are nearer to each other in their principles and practices than any other two systems. The latter including of course the former, and the good. And, if time and space will allow, we will also show what is the fundamental error of Allopathy, which both the Physio-Medical system and Hydropathy have discarded."
"We have not made the distinction on Dr. T. to oppose him and impede his glorious progress; but, because he is so nearly, and so generally right, we wish to prevent him from ever going wrong."—*Physio-Medical Recorder*, for August 1854.

"WATER-CURE."

"In our last (page 116), we promised to show some of the correspondences and differences between the Physio-Med-

ical system of practice and Hydropathy. But we must premise this article by saying that we here mean Hydropathy as a Physio-Medical system. Dr. Traill and his friends understand and represent it thus. And understanding them, the course and inclinations of the former, for good and parcel of itself.

CONTRADICTIONS.—The advocates of Water-Cure agree with us in the rejection of the lancet, the blister and all the poisons, and the use of Allopathy or any other system. They agree with us in the free use of water in the treatment of disease, in the necessity of abundance of pure fresh air, in the necessity of the ability of the patient to receive the patient, and in the selection of the most suitable article of diet.

"In theory, some of them agree with us in the *doctrine* that the science and practice of medicine must be based on the laws of physiology. Dr. Traill, in his Cyclopaedia, Vol. II, page 3, says: "A philosophical and hence successful practice of the healing art, must be based upon the laws of life, the economy of vitality." The only foundation, therefore, of a true medical practice is correct physiological principles. Others entertain the old pathological notions, and even Dr. Traill seems to favor them, in several instances, as in disease, and of 'diseases' as if they were 'legion.' They agree with us in the abstract, that 'disease is the abnormal state,' and, of course, a unit. (Traill Vol. I, page 4, but still, from confusion of ideas on the subject, they call the abnormal actions of the animal economy, *as irritation, inflammation, &c.* 'diseases.' They agree with us in the principle, and, as far as they know how, in the practical, healing nature in the cure of disease with hygienic agencies."

DIFFERENCES.—The Hydropathic doctors differ from us in the rejection of a vast multitude of innocent and effective medicinal agencies, and of diseases. (Dr. Traill, *op. cit.* J. Vol. XVIII, No. 4.) "Of drug remedies in *any* system, from calomel and antimony, down through lobelia and nuxvomica to raspberry leaves and catnap—*all* other, we discuss their innocency."

"They make no distinction between the above and others, except the mere degree of their power, and assert that none of them act on the body, but affirm that the body resists them all, contemplating their expulsion. They affirm that 'drug-remedies—lobelia and cayenne, will be called 'agents' and operate as absolute poisons.' (Dr. C. S., page 58.) and that the true healing art must be predicated on the employment *in every* of some other agents as remedies; 'in the rejection of the use of stimulants, in the cure of disease, ought to be abandoned as unusual in physiology and injurious in its results.'—*&c.*

"They also state, that, if they find no space to enumerate more points at present, they differ from us in continually contradicting themselves, and thus neutralizing their own views."

Dr. Traill says, as above, "Our main position, in general terms, may be thus stated: 'The symptoms or phenomena resulting from a drug remedy taken into the system, are the result of the resistance of the drug to the action of the system against the drug, contemplating its expulsion,' and not the remedial action of the drug on the animal economy, as the Hydropathic system maintains. 'Tartar emetic produces vomiting; Jalap or Senna purges; mercury and iodine salivate; opium and castor produce perspiration; nitre and green tea produce diuresis; and coffee and boiling water raise a blister on the skin; calomel and pink-root operate as verminifuges; iron operates as an emmenagogue, &c.'"

"Perhaps the Doctor will say, that the *phenomena* of vomiting, purging, salivating, sudoresis, diuresis and the propulsion of the skin and its lesion from the subjacent tissue in blistering, are produced by the action of the vital force through its appropriate organs. If so, he is correct so far, and agrees with us; but we understand him to mean something more than that the remedies, *only*, produce *wherefore*, these effects are thus and so, we are as ignorant, as far as their [the Allopathists'] labors are concerned, as when he says, 'the action of the system against the drug is so sorry to aid, that our brother Traill must leave us still in the same Egyptian darkness, so long as he believes the paradoxical doctrine that the drug remedies, *only*, produce 'none of them act upon the body'; that some of them 'produce' emesis, others catharsis, others sudoresis, others diuresis, &c., and yet all the phenomena that result from the introduction of any of them into the system, are simply the efforts of the organism to cast them out. He says that 'drugs do not act on the organism,' and yet (page 16), 'even a drug of any kind, or a poison of any kind [you said they were 'all absolute poisons,' why now does the 'or'] is taken into the stomach, & the vital force sets itself at work upon the article of life, and aims to act 'defensively' against 'the poisonous or medicinal agent.' Pray, how can an 'attack' be made by an 'agent' which does not act on the organism, but only acts *where* here? He says, 'an unusual quantity of mucus and serum is secreted to protect the coats of the stomach from the poisonous or medicinal agent.' Suppose it were not protected, even a drop of water would instantly corrode it. It would decompose the tissue, would that decomposition be the action of the body upon the drug, a physiological action? He says, 'the action of the drug, is not also to be understood that any other organ suffer from what does not act upon it.' He may say that the physiological act of vomiting prevents it from acting, and yet he will allow that the hygienic agencies, of which this is one, and his warm water, with which he often 'produces' it, are, like lobelia, cayenne and raspberry, 'absolutely poisons,' for they excite the same actions."

"Here follow several pages on the rationale of drug-medicine, in which there is much said that is true and good, particularly in the way of pulling down; and also much

that is equally as contradictory and absurd as the above, but at least only a partially true explanation of the *modus operandi* of medicines. For example:—"Speaking of 'tonic or strengthening medicines,' he says: 'Among the tonics we find some incongruous set of materials, *as* aquina, arsenic, opium, iron, wormwood, oak bark, quassia, aloes, rhubarb, cassis, zinc, &c., and yet he himself proclaims that all these medicinal concoctions, in their medical efforts are concerned, for they are 'absolutely poisons,' yet they 'do not act.'" Does not our friend see some contradictions here, and find some things excited or expelled, in such a manner as will produce the least injury or disturbance to the organism? Then lobelia must be an innocuous agent, for, if you give it by enema, though the bowels could cast it back again without any 'injury or disturbance' to the stomach, yet what is the fact? The bowels relax and receive it and convey its 'action' all over the system, and presently the 'disturbing phenomena of vomiting takes place! And even the lobelia is not cast out, but, after having 'produced' by virtue of its own inherent relations to the vital tissue, the 'phenomena' of relaxation, it passes off in the perspiration. Drink a cup of spermatin tea? If it were an 'absolute poison,' to be expelled by the nearest route, like lobelia, it would excite strong vomiting, but it does not such a thing. It is kindly absorbed into the system, it loosens and soothes all nervous irritation, and produces a most agreeable relaxation, expectoration, diuresis, &c. Lobelia is mild and gentle in its action, yet it excites emesis; cayenne is severe and powerful, yet it passes downward and outward; bitter-root is more relaxing than lobelia, &c."

"You say, 'If a large dose of ipecac, is swallowed, its action [you said it does not act] is met with such violence of resistance as to produce several spasmodic contractions of the muscular fibres of the stomach and abdominal muscles, &c.' Is not the same result produced when you give your dose of warm water? And if you do not this phenomenon prove ipecac to be any more 'absolutely poisonous than your 'hygienic agencies'? The phenomena that immediately follow the administration of an agent are not always evidence of its good or evil character."

"You have spoken of articles used as tonics, as a very incongruous jumble of agents—and so they are. You say: 'All authors agree, that, if the use of a tonic is long continued, the effect is debility,' and you object to them on that ground. But they are right, and you are wrong. If your debility is warm water, &c., then you are right, and your exercise as a tonic, yet you know that, 'if continued too long, the effect is debility.' The same is true of all inspirations of air, and stimulation of the system among your 'hygienic agencies, *not* your 'absolute poisons.'"

"You make it an objection to tonics that they must be changed. Do you object to exercise as a tonic on that account? Will not a large dose of cold water; too long continued,' be followed by debility? Do you, therefore, put cold water, judiciously adapted to the case, among the 'drugs' poisons?"

"Dear, good brother, it is not evident that there is something wrong in your philosophy? And will you not be contented to be more correct in the use of the word 'agent' where you convince us, or the public, that 'medicines do not act on the body,' and that all food and water are 'absolute poisons?'—*Physio-Medical Recorder*, for Nov., 1854.

I think the careful reader will hardly fail to discover that Dr. Carst, instead of refuting my position, has disproved his own. He says, 'All the difference of the results of the administration of different drugs, arises from the difference in the *vital impressibility* of the organs.' Indeed it does; and this proves that the action is according to the *vitality* of the organ, and here the organ is the acting thing. Again he says: 'Tannin and alcohol will harden animal fibre and prevent its decomposition after death.' What has a remedial action to do after death? 'In the same manner, also, it tends to stringing living fibre.' Well, then, according to your own showing, just so far as it does string it produces its death—quite a non-remedial result! And again: 'Chronic inflammation is not so much of a non-stacker of the mucous membrane, because the vital force resists them,' but they do make labor of the dead tissue, because the vital forces they do not resist them. This is all I intended for, and precisely what I have contended for all along. The resistance, the action is on the part of the living tissue, and chemical combinations take place between the tissues and foreign substances, whenever the tissue has parted with its life principle, and never till then. Surely all this is plain enough.

I do not see any other points which I have not already and fully answered, in the progress of our discussion. But should it be on a more careful perusal, discover any matter not fully replied to on my part, I will attend to it hereafter.

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Experience.

A SAD STORY.—We are at liberty to publish the following, which, though an awful commentary on a horrid system, is not more so than communications we receive every day in the year:—

—PENFIELD, Monroe Co., N. Y.

DEAR SISTERS.—I take the liberty of writing to you a few facts connected with drug treatment in my family, under my own observation. Although three years have elapsed since the circumstances about to be narrated took place, yet they are, and ever will be, fresh in my memory. I would to God I could forget them. The subject was my eldest daughter, a sprightly girl of nine years, beloved by all that knew her. She had enjoyed usual good health from infancy up to the fatal attack that I now speak of. She was taken ill about the middle of April, 1832; was taken with chills and pain in the limbs. A short time after, say three or four hours, she commenced vomiting. A physician was immediately called in. He pronounced it fever and ague, and gave her a dose of pills, which were very soon thrown up. High fever, with occasional vomiting, continued through the night. Doctor called in the morning; appeared to be vexed that the pills had not taken effect; said he would give her a dose that she could not throw up. Gave her calomel, which operated powerfully, and left her very weak. Two o'clock P. M. a great change came over her. I again called the doctor. He smiled when I told him I thought the dose was too severe, and would work mischief. He examined the child's pulse; said all was right, except that she was going to have another chill. I still insisted that her looks betrayed something awful. But the remark only elicited a smile. Still, he stood by the child, holding the arm about five minutes from last remark. He ordered chicken broth and mustard paste to be prepared, saying, for some unaccountable reason, she was falling very fast; but before the order could be executed, she had lost all sense, when the doctor exclaimed, "My God! she has congestion of the brain!" (Query.—Did not that powerful dose of calomel produce this great calamity?) Now a horrid scene took place. Bleeding, cupping, and other remedies were resorted to, but to no avail. At this critical juncture, three more doctors were called (all Allopaths)—the place, I am sorry to say, afforded no other. This council of M. D.'s decided the very grave question—that there was one chance in ten for the child to revive! Oh, glorious hopes! How fond parents have clung to that one chance in ten of receiving to our arms again the fond one that seems to be lost forever! How much easier to commit a blunder than to overcome the mischief growing out of it! How much easier to kill than to cure! Ten hours the child lay unconscious of anything here below, at the expiration of which she began to amend, and as soon as she could be made to swallow, down went the quinine. Vomiting again commenced, and continued, at intervals, for six weeks, when the friendly messenger (Death) came, and closed the scene. I always looked upon death as an enemy; but, singular as it may seem to the fond parent, I regarded it at this time as a friend. My mind was in agony from the time she was taken ill to the time she died. The scene had been nothing from the first but pain and distress in one way or another. When the disease seemed to relax a little, then down went the drugs. The poor sufferer seemed to be struggling between two great enemies (which she really was)—when one partially gave way, the other was on hand to take its place. The unequal contest proved too much for the little sufferer. Her constitution could not stand the awful shock of the double-headed monster. She fell after six weeks of mortal combat, and left the enemy in possession of her dead body. But my hope is in God. I am consoled with the belief that she has gained a victory over hell and the grave, and is in the arms of her God, where I hope and pray to meet her, where sickness, sorrow, pain, and death, and, I might properly add, drugs, can never come to torment us more. During the sickness of the child, I many times proposed to use water, as a medicinal agent; but no, this was not the case where water would do to be used, not even to be drunk, when the little sufferer lay panting and heaving for it. Quinine was the great remedy. It was to be to her vitals drunk as well as medicine. Since that time I have been a steady reader of Water-Cure works, and ever expect to be while I live. I wish I had

the requisite powers to persuade all parents, especially, to put themselves in the way of being informed in the science of Hydropathy and Hygiene. No one will ever regret, after once commencing this study, that they did so. Everything in these books and periodicals on Water-Cure is so well explained and simplified, that the common reader can understand and practice the teachings. The world is filled with bad and unuseful reading matter, and thousands of persons are spending their time in reading that which can never benefit them. But the works to which I have referred are both useful and attractive, as well as profitable. Study and practice well what are taught in these works, and you will in all probability have but little occasion to call on a doctor. I know of families the head of which are readers of those works, who have not had occasion to call for a doctor in years. Suppose you expend fifty or one hundred dollars for books and Water-Cure periodicals, how long will it take you to save the money, where you now spend it (mainly in doctors' bills), saying nothing about your health and enjoyment by the knowledge gained by such works? And if you should ever be afflicted as I have been in the case above described, you may be competent, if not to cure, to mitigate the pain and distress, by applications of cold water.

ALEX. COLE.

IT SAVED HER LIFE.—We give a condensed statement of an interesting case by Mrs. L. A. S., of Cortlandville, N. Y. She says:—"I inherited a scrofulous tendency, but until the age of six years was considered a healthy child; but, at that age, I was attacked with inflammation of the lungs. I was dragged by a regular doctor, in the regular way. No QUACKERY, I assure you, in bleeding a sick child nearly to death, and then giving calomel and castor oil, although Nature revolts at such violation of her laws. It was all regularly done according to that fatal medication. I was left a weakly child, doomed to drag out a miserable existence. For many years I could neither endure fatigue nor enjoy recreation—aches and pains followed me continually. Many times confined to my bed, with fever, sore throat, nervous headache, and various other ailments, each in its turn. Yet at intervals I was enabled to labor some. This was my condition when I commenced teaching school, which gradually weakened my throat and lungs, and caused them to be much diseased. My throat ulcerated every few months, the mucous membrane and glands being inflamed, my tongue swollen so that I could scarcely articulate, and could not swallow food without the most intense suffering. I have many times taken the lancet, and with my own hand opened the ulcers, risking fatal consequences, rather than endure such agony. I continued thus to live, little thinking that within my own reach lay the means of restoration: until my physical system was overcome by the power of disease, and I was obliged to leave my school. My body wasted, and my spirits drooped. Consumption and death stared me in the face. I consulted physicians of different schools, each willing to try to help me. I took medicines, applied irritants, and struggled for life, but all appeared hopeless. An early grave seemed to be the only hope of rest for my weary, aching, distressed body. But there came to my home and my heart a messenger of hope. A friend gave me some copies of the WATER-CURE JOURNAL, and I read the advice of which I followed. I left the drugs I had trusted in, and commenced bathing, lived on coarse food, exercised by walking and riding. I gained slowly for several months, but overtaxing the system, I was again brought very low by fever and pleurisy. But having lost my confidence in medicines, I took but little, giving Nature a better opportunity to overcome the disease than I should otherwise have done. I arose from bed much reduced, but determined, with the blessing of God, to live, if I lay in my power to overcome disease. In the spring of 1831 I was married, and my husband knowing it would be for my benefit to walk in the morning, induced me to adopt the short dress. At first I was only able to walk a few rods, and that with difficulty; but in a few months I could easily walk two miles before breakfast, which I could not have done with long skirts. Then I wore it only as a walking dress; now I wear it constantly, and probably shall never abandon it. Thus, through the agency of pure air, frequent bathing, much exercise, and the reform dress, I now enjoy very good health. My throat is still easily affected, but does not ulcerate. My lungs seldom pain me, and I do not often suffer any pain. I can do more work with less fatigue than ever before in my life. Who, then,

can blame me for being enthusiastic? Should I not be thankful, and firm in my purpose? May I not hope that others may profit by my experience? For O, how many young and lovely beings are yearly cut down by disease, and consigned to early graves! Even now as I write, sitting near the grave of a dear friend, I look around, and the marble tablets tell me that six of my youthful companions lie mouldering here, most of them victims of the same destroyer that mangled me for his prey; they were stricken in the bloom of youth, and I am left to bless the Hygienic agencies used in my restoration, and to proclaim the wonders that Hydropathy has done for me.

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Water-Cure Journal

NEW YORK, OCT., 1855.

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OCTOBER TOPICS.

BY R. T. TRALL, M.D.

THE YELLOW FEVER IN VIRGINIA.—Pestilence is a fearful teacher; its lessons are terrible; its ravages are appalling; we call it a scourge, an evil, a calamity, an affliction. Ever and anon it rages among the erring inhabitants of earth—erring because ignorant—and blasts, blights, withers and destroys, as it were within discriminate hand, the high and the low, the proud and the humble. It consigns to the dust the learned professors of the healing art as readily as the most illiterate among men.

Yet pestilence is a teacher. It is the rod that chastises, but to enforce obedience. It is the lesson intended by God himself to make us acquainted with, and obedient to the laws of life and health.

God's laws are nature's laws; and nature's laws are all sacred, holy, just, and good. Man must not, cannot violate them with impunity. Were he permitted to do so, the universe would soon return to chaos.

Diseases are the penalties attached to infractions of the laws of health. If we transgress the laws of our being in our acts, and then supplicate the God of mercy to remit the consequences, because of our "fasting and prayer," we do but blaspheme. Will a suffering world ever learn this great truth, and in its application to personal conduct banish pestilences forever from the earth, or will they blunder on, and suffer on?

Two years ago last May we were called to visit a patient at Norfolk, Va. Being detained there one day, we took occasion, as is our wont when in strange quarters, to study the hygienic circumstances of the place and its surroundings. We perambulated about Norfolk, Portsmouth, the Navy Yard, and indeed all the places where yellow fever has lately made such dreadful havoc.

We found, as we thought, ample cause for sickness. Our wonder is rather that yellow fever or some other form of pestilence, does not prevail continually, instead of occasionally. So far as we had opportunity to observe the habits of the people, as manifested in their several locations and vocations, their streets, gutters, yards, markets, out-houses, rear buildings, refectories, and hotels, we never saw the causes of disease more combined and concentrated in one region.

The fumes of liquor, and the smoke of that yet worse nuisance, tobacco, pervaded all the air, and were strong, rank, and suffocative in all the public rooms we visited. Charcoal dust and smoke emerged from numerous dark, dismal, rear cabins, where cooking, washing, and other domestic duties were performed, sometimes when the wind was unfavorable, rendering the air of the hotels close and dirty, and stifling. Around the markets, along the wharves, in the gutters, and back-yards, were decaying allments and putrefying offal; and as to the cooking, we can only pronounce it *most abominable*.

Looking at the exterior developments of the people, we saw many more indications of disease than of health; and, after all, we have no manner of doubt the great centre and source of the miasms of the place are in the blood and bones of the people themselves; and yet Norfolk and Portsmouth have some peculiarly hygienic advantages. There is a pure fresh breeze from the ocean, not far distant, to counteract in some measure the local miasms, and the population is not so dense, nor the streets so narrow, but that all may have breathing room enough.

It is the prediction of certain medical men that the yellow fever is gradually making its way northerly along the Atlantic coast, and will ere long reach New York. We see no reason why the disease should not prevail here as well as at Baltimore, Norfolk, Savannah, or New Orleans, except in the superior salubrity of our location. Our people eat, drink, and otherwise act unphysiologically enough to induce or ingenerate almost any disease that can be named.

We have one consolation, however, though a selfish one, in any prospective visitation of yellow fever. Though it may come and sweep off our allopathic brethren and their patients by scores, it will not touch us nor our household. Hydropaths, who are true to their pretensions, are yellow fever proof. Mark this, ye doctors of druggery, and see if our prediction is not fulfilled! In the cholera of '49 and '54 we agreed not to have the disease, and to ensure all of our household of one hundred persons against any possibility of an attack; and we are willing to covenant for ourselves and them, not to let the yellow fever molest us nor make us afraid.

As we have expressed the utmost confidence in relation to the water-treatment of yellow fever, and as we know it has been successful as far as it has been fairly tried, the question is often asked, why we do not go to Norfolk or send some competent person there to stay its ravages? A correspondent from Charlottesville, Va., writes that: "I have been expecting intensely to hear that, during the prevalence of the yellow fever in Norfolk and Portsmouth, some Water-Cure physician had gone to those places in order to make a trial of

the Water-Cure in that disease. It seems to me that it offers a very appropriate occasion, if the friends of the hydropathic system have confidence in it, to establish its superior efficacy. I had thought of writing to Dr. Trall and associates in New York. It is not too late yet for a physician of the Water-Cure school to go there and try this system."

Our correspondent does not see the real difficulty. We have confidence, but the people have not; moreover, the doctors of the popular faith have all authority in their hands, and they would either prevent us from making a beginning or cry us down afterward. If perchance we could get the privilege of finding ourselves, employing and paying our own nurses, and treating the patients gratuitously, and then should cure nineteen out of twenty, and lose the twentieth, we should get no credit for the nineteen cases, but might be indicted for *manslaughter* in the twentieth case; such is custom, fashion, prejudice. We have seen this principle, this result proven over and over again. A few facts will illustrate this whole subject. Two years ago a gentleman and his wife came to this city from New Orleans. Before leaving New Orleans the husband had yellow fever; the wife, against the remonstrances of friends and physicians, treated him hydropathically, and, of course, cured him. Soon after arriving in this city the wife was taken with a fever, as yellow as this climate admits of. She desired a hydropathic physician. But the friends overwhelmed her with such a "hue and cry," that she consented, as did the husband, to have a drug-doctor. In less than a week she was dead, though herself and husband agreed that her fever was much less violent than his had been.

Three years ago a searlet fever prevailed extensively in a section of Illinois. It was very fatal, the drug-doctors losing about one-third of their patients. At length the children of a woman who had read hydropathic books sickened with the disease. The mother treated them successfully with water. Observing her success, the neighbors solicited her to "carry their children through." She did so in fifteen cases. Fourteen recovered; the fifteenth died. And what did the doctors say? Oh, nothing about the fourteen, except that they were tough and could stand water-treatment; but the fifteenth was *killed!* Of course the woman was silenced, and the doctors and death had it all their own way afterward.

Those who can interpret these historical data will not wonder that we do not go to Norfolk—Pestilences must and will rage, *yea, they should* rage, till people become wiser. Pestilence is the fire of purification. Nothing else can save the world from annihilation, until the people reform their ways.

DEATH OF JAMES HAMILTON, M.D.—Our co-laborer and associate teacher, James Hamilton, M.D., died at Penneville, O., on the 18th of August last, aged 36 years. In this bereavement, our cause, and the world, has sustained an irreparable loss. Dr. Hamilton had long been an invalid, but by a rigid observance of the laws of hygiene for several years he had recovered a comparatively fair state of health, so much so as to enable him to go through a thorough course

of medical education, and fit himself for an eminent position as practitioner and teacher of the Healing Art.

But his ambition was too much for his bodily stamina; or rather, his soul was too great, too restless for its frail tenement. He saw, with singular clearness of vision, the errors of the medical profession, the lamentable ignorance of the people, and the wide-spread and fast-spreading disease and misery consequent on false education and erroneous practices; and all the sympathies of his kindly and too impressive nature went out, alas! too readily, in behalf of suffering humanity.

Before our school term closed, and before he himself suspected any very serious consequences, he found himself exhausted. Still, he did not relinquish, as he should have done, all mental labor; and before he was fully satisfied of the stern necessity of absolute quiet, it was too late for rest to avail. The vital spark, so profusely expended, was discovered flickering in its worn-out socket, and the immortal spirit sought and found a higher and happier sphere.

MISS A. S. COGSWELL, M.D.—Our friends in western New York have reason to be glad that Miss Cogswell is about to locate in their midst. She has had and accepted a "call" to take charge of the female department of Dr. Hayes' extensive and prosperous institution in Wyoming. She has been one of the teachers of our school, and the principal female physician of our establishment for two years. She is an earnest and persevering scholar, and a whole-souled reformer; and in her new field of labor and of duty we must predict for her the very best success, whilst we congratulate the people thereabouts generally, and Dr. Hayes in particular, in the good future of having secured her services.

We should have been well pleased to have had her remain with us. But our field is the world. She must go, as must all others when duly qualified, to such places as afford them the best opportunity to do good; and where the "Macedonian cry" is loudest. We shall ere long have others equally qualified, and no doubt they will be "called" away from us as fast as we can certify to their competency. So be it. If we consent to separations just as soon as our partnerships have become mutually profitable, it will be in all cases as with Miss Cogswell, "not because we loved her less, but because we loved the cause more." We need only add that Miss Cogswell will have the heartfelt sympathies and best wishes of all our patients and students in her new enterprise and new home.

Mrs. L. H. H. Anderson, one of the graduates of our school, and who has had an extensive practice in the exterior of this State, for the year past, will succeed Miss Cogswell in this institution. But we cannot permit this occasion to pass without adding another word to the many we have already written on the subject of female physicians. Both Miss Cogswell and Mrs. Anderson have had a fair experimental experience in the treatment of nearly all forms of the diseases of women and children. They have treated almost all forms of uterine diseases, displacements, enlargements, ulcerations, &c., &c., and with a degree of success that no male physician

ever did or ever will equal. Even in the ordinary surgery of those cases, they have managed them with a convenience, delicacy and success absolutely unattainable by any male physicians in the world, and for reasons which the intelligent reader will readily apprehend. In obstetric cases, too, they have had excellent and invariable success. We do not name the above persons to make invidious comparisons, for all that we have said of Miss Cogswell and Mrs. Anderson is just as true of several other graduates of our school, Mrs. Lince, Mrs. De La Vergne, Miss Scott, Mrs. Field, Miss Johnson, Mrs. Kimball, and others. It will be a happy day for the afflicted mothers of this nation, when they get out of the hands of male drug doctors and into the hands of competent physicians of their own sex. So it was once, and so, God willing, it shall be again.

OUR SCHOOL.—WINTER TERM OF 1855.—Since the September Journal was issued we have heard from about fifty students, who have written us engaging rooms for the term commencing Nov. 1. We can accommodate with board in the institution about twenty more; and if the class much exceeds this number, we or they will have to provide rooms in the neighborhood. We renew our request, therefore, that all who contemplate attending the winter course will let us know at the earliest practicable moment. We purpose, also, providing a larger lecture room, and would like to make up our programme in view of the number of the class as nearly as possible.

WATER-CURE NEAR PITTSBURGH.—We have been remiss in noticing the establishment, started the present season at Kaysville Station, near Pittsburgh, Pa., under the direction of Drs. Frease and Mrs. C. P. R. Frease, M.D. We are sure they have one of the best localities in the United States, and, although we have no personal acquaintance with the Brothers Frease, we have heard well of them, and we happen to know that the female physician there, Mrs. Frease, is competent. And as she is something of a "Woman's Rights' Woman," we have reason to believe the Water-Cure business there will be "faithfully executed" on such patients as may find it convenient to seek that institution. The world is destined to find out, some time or other, that the "sphere" of woman is really more important than that of man, in this matter of preserving health and curing diseases.

THE RIVAL SCHOOLS OF TORONTO.—Quite an excitement is prevailing among the physicians and people of Toronto, C. W., in consequence of the disagreement and contentions of the two Medical Schools of that place. As usual under such circumstances, the professors and students of each opposing faction accuse the other of killing their patients—and *prove it too!*

Two persons have lately died suddenly and unexpectedly to their friends at least, and on a coroner's investigation it was shown that enormous doses of morphia were administered, enough in one case to have destroyed the lives of half a dozen well persons.

Some of the testimony elicited on the inquest was, to say the least, curious. For example, a Dr. Aikins testified as follows: "I have seen a

number of persons poisoned by preparations of opium in Toronto; perhaps no less than twenty persons die every year by the improper administration of doses by mothers and nurses."

The Toronto Globe, in commenting on the quarrel of the rival doctors, thinks they are disgracing themselves in so doing, and intimates that they ought to doctor their own patients in any way they please, but let the patients of their rivals die in peace. We think very differently. We think these expositions only disgrace the system which they practice; such results always did and always will follow a false and absurd system. The whole principle of poisoning folks to cure their maladies is wrong, and nothing better than diseases and death can come of it.

ELECTRO-CHEMICAL BATHS.—Persons who have been so unfortunate as to get metallic drugs or mineral medicines into their systems, can be purified from them in a very short time, by means of these baths. Dr. J. S. Brown, pupil of Professor Verges, is prepared to administer them at the Hydropathic and Hygienic Institute, 15 Laight street, under the direction of the physicians of the institution. Mercury, lead, arsenic, gold, copper, &c., can be driven from the system, and the various diseases caused by them, as rheumatism, paralysis, colic, neuralgia, &c., speedily cured. Various infectious and morbid humors are also rapidly deterged from the body in the same way. The cure of scrofulous, syphilitic, and scorbutic affections, is greatly accelerated; and for cancers and malignant ulcers they are of incalculable value. Indeed, with this valuable adjuvant to our various processes of hygienic medication, the system seems to be well-nigh perfect. What more can be desired as curative measures in any disease, than the electrical current to sweep, as it were, all impurities from the system, and pure air, proper exercise, healthful nutrition, with just bathing enough for comfort and cleanliness, to renovate and sustain the organism?

To Correspondents.

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

DRIED APPLES.—A correspondent asks—"Is the subjoined item, from a wishy washy literary paper of Boston, intended as serious or a burlesque. Presuming the former I would remark that as a purifier of the blood, and regulator of the system, I have found the article in question, dried apples, used as a sauce, invaluable. I should like to see Meigs' statement, which, according to this Boston paper, would lead us to form some such syllogism as this—a piece of dried apple produced cholera, the cholera terminated in death, therefore dried apples are poison! Pah! Does Meigs wish to place dried apples in the same category with quinine, prussic acid, and mercury? The following is the item referred to:"

BEWARE OF EATING DRIED APPLES.—Dr. F. Meigs describes a fatal case of cholera in the last number of the Philadelphia Medical Examiner, caused by eating one piece of a dried apple. The subject was a female, somewhat delicate, but afflicted with no organic disease. Dr. Meigs speaks forcibly against eating even a small piece of such fruit. The period from the time of eating the piece of dried apple until death ensued, was not 24 hours.

Probably if the child had eaten any sort of fruit or vegetable just preceding the attack, which it was not accustomed to the daily use of, the same Doctor would have pronounced it the cause of the death, overlooking entirely a half dozen other things the deadly effects of his own drugs for those of a little piece of dried apple. The world is full of just such blunders.

MEDICINE IN WATER-CURE.—Medicus, of Kentucky writes: "For some years past I have been sometimes an occasional and sometimes a constant reader of your truly valuable journal, which I regard as destined to exert a greater and more salutary influence upon the world, in the cure of diseases, than anything else the world has ever seen in the way of medical treatment: I mean in conjunction with the books on Water-Cure which have been published. I am convinced that it can relieve a vast number of cases of disease, particularly of the chronic forms, that never could otherwise have been relieved, and that it will cure many cases that can never be relieved otherwise. But I cannot give up *medicine*, entirely, at least. I do not see how the taking of appropriate medicines can interfere with the Water-Cure. It seems to me, that so far from being it, they would, when properly given, be important adjuncts, and greatly aid in promoting the cure by the use of water. Of course I am not in favor of an indiscriminate use of medicine. There are many articles that I would reject entirely, such as mercury, and other mineral preparations. I would be of vegetable preparations, such as have been approved of in medical practices."

So "Medicus" would like to have medicines used *discriminately*, in appropriate doses, on proper occasions, especially if they were vegetable, and have been approved. Now, Medicus, this is all stuff, twaddle, nonsense. If you are a medical man you ought to know that what one approves another disapproves, and that doctors differ continually as to doses, occasions, and the comparative merits of vegetable and mineral medicines. If you will tell us what diseases you propose to employ medicines in, in connection with water treatment, and in what doses, and under what circumstances, and for what reasons, we shall be happy to reply to you in all seriousness.

GREEN FRUITS.—W. H. B., Plymouth, Mass.—"The perusal of your valuable journal is a great incentive to thought. To-day I have bestowed some attention on the subject of *green fruit as food*. I was led on that train by noticing your reply to your correspondents that 'green currants, stewed and sweetened, are a delicious and wholesome food.' With all deference to the ablest physiologists in America, I have *always* thought otherwise, and your opinion on the other side created in my own mind "a sensation," and has set me to thinking again. Here is the result of my mental dissection: No fruit is healthy or wholesome but ripe fruit; consequently green fruit is unhealthy and unwholesome. Green fruit does not become ripe by being cooked; therefore, green fruit, though stewed, or cooked in any other manner, is not ripe, and is unfit to eat. This is as far as I can get. Will you please clear the way a little, so that I can go farther? I am prompted to ask one or two questions. Is it a safe practice to bathe nights? or is it better to bathe nights than not at all?"

Our theory of the green fruit subject is this: Some articles, as asparagus, parsley, and cucumbers, are nearly equally nutritious at all stages of growth; others, as currants, gooseberries, green corn, &c., are much less nutritious during growth, but grow soon to no injurious properties; other articles, as cherries, and many kinds of apples, peaches, plums, &c., are scarcely nutritious at all until fully ripe, and until then, too, their proximate elements may, by improper chemical relations to the structure of the body, as well as physiologically, be injurious to the functions. It is, in nature, a general rule that foods are only physiologically and dietetically proper when fully ripe, but this general rule is by no means an invariable law.

W. B. S., Toronto, Canada.—"Please inform me through the WATER-CURE JOURNAL what text books are used in the New York Homeopathic School, including prices by mail, or otherwise, and oblige."—*Life Saver*.

ANSWER.—Trall's Encyclopaedia, \$2.50, postage 50 cts.
 " Uterine Diseases, 5.00, " 25 "
 " Cook Book, 75, " 12 "
 " Fruits and Farinacea, 1.00, " 25 "
 Yonman's Chemistry, 75, " 12 "
 Comstock's and Cummings' Physiology, 2.00, " 50 "
 Wilson's Anatomy, 3.00, " 50 "
 Dunglison's Dictionary, 4.00, " 50 "
 Beescher's Midwifery, 5.00, " 50 "
 Miller's Surgery, 3.75, " 50 "

If sent by express, or by private conveyance, the postage might be saved. They may all be had from the Publishers of the WATER-CURE JOURNAL.

VACCINATION.—B. M. S., New Sharon, Me.—"If persons are vaccinated for small-pox before they are shown they are again?" One essential word is so written that we could not decipher it, for which reason we cannot answer the question. Please write plain, and save us time and trouble.

MEAT AS AN ARTICLE OF DIET.—J. R. H. has sent us what purports to be an argument in favor of eating a little meat or vegetables exclusively. But his argument is merely an assumption of what has been a thousand times refuted. He tells us that as the Creator has made the teeth of man like those of the omnivorous animals, it is a pretty good indication that man was intended to eat flesh. This would be a good position if it were true. But it happens that man does not possess any such teeth in his head, and the conclusion is quite rational that the Creator never made what does not exist. J. R. H. ought to study the subject first and argue it afterwards. If he will take the trouble to examine the works on this subject, he will find all of the other positions he assumes exactly the opposite of the scientific data.

BLOOMER DRESSES.—H. W. B., Westfield, Wis.—"Will you please inform us (the readers of the Water-Cure Journal) whether those Water-Cure establishments that are called in the Water-Cure Journal, advocate the Bloomer costume, or not? If so, why do they not decorate their plates with ladies thus attired? Are they not rather inconsistent? Don't you think their establishments would appear more reformatory if they did not now have too much the appearance of the Fashion plates? That I abominate."

Can't say. We are not the keepers nor regulators of the faith and practice of the establishments advertised in the Journal. We have heard that some of them approve and recommend the Bloomer dress, and that others do not.

BOILS.—A. M., Seneca Co.—"Will you give your opinion in regard to boils? I have been a vegetable eater for three years; for two years have been troubled with boils; this summer more than ever; do not get well of one before I have two or three to take its place. I cannot think my blood is bad—if I get my flesh out it heals very soon, or bruised, the soreness is gone in a short time. I feel well, and can perform good days' work. Previous to my taking the Water-Cure am trying to live according to its teaching. I was sick most of the time; for ten or twelve years was dragged and patented almost to death."

Your system is undoubtedly undergoing the ordeal of purification. Let it go on; but be sure that your dietetic materials are as physiological as possible, both in quality and quantity.

GRAVEL.—D. D. G., Union Point, Oregon.—To get rid of this affliction requires strict abstinence from all its producing causes, as well as active measures to deplete the whole system of all effete material. Drink only pure soft water; eat unleavened and unboiled bread, with good fruits and vegetables, and bathe in tepid water sufficiently to keep the whole skin open and clean.

PILES.—G. W. N., Bangor, Me.—"Can piles of seven or eight years' standing be cured? If so, what will do it? Why are woollen undergarments bad, and what should be used in their stead?"

Piles are the result of indigestion and constipation. Care then, and the piles will in due time disappear. Woollen next the skin is too heating or irritating. Wear linen or cotton.

DIVERS SUBJECTS.—A. R., Augusta.—"An allopathic physician, one of extensive practice, informs me that water-injections are of little or no service in constipation—that while they empty the lower canal they leave the other portions of the stomach untouched. Is he correct? Are Sedlitz powders of a very injurious tendency? Are there any well-established instances, in this country, of mercury being expelled from the system by water treatment?"

1st question, No. 2. Yes. 8. Yes.

MEDICINAL FOOD.—M. O., writing from Canton, Ind., tells of persons who took large quantities of vegetable medicines and very little food, and he assumes that, as they could not have got sufficient nourishment from the food they "must have obtained it from the medicines." Bah! As well may the person who drinks liquor, or chews tobacco, or takes arsenic excessively, and eats very little food, infer that liquor, tobacco, or arsenic is virtuous! "The fact of the business" is, people generally eat about four times as much as they need.

VEGETARIAN.—J. B. W.—"Will Dr. Trall, or any other plain informed man, show a person may become a member of the American Vegetarian Society, and on what conditions?"

Send the name to Rev. Dr. Metcalf, Philadelphia, with one dollar. Dr. M. is Corresponding Secretary.

SPROUTED WHEAT.—J. D., Giraud, Mich.—"What is your opinion as to the healthfulness of sprouted wheat, when the sprouts are half or three-quarters of an inch long?"

It is not as healthful as unsprouted wheat, but much better than none. It is even then a better dietetic article than the best flesh.

COLD WATER.—E. K., Port Providence, Pa.—"Please answer me, will the Water-Cure Journal whether or not you consider pure cold water, taken in small or large quantities while eating, injurious to a healthy person?"

It depends on what he eats. If his eating is strictly physiological, no drinking at meals is necessary. If not, it may be useful; that is, the least of two evils.

DR. HALL'S MEDICATION.—J. S., Byron, Mich.—"I embrace this opportunity to solicit your opinion of the utility of the system of medication as practiced by Alfred G. Hall, &c. Our opinion is most decidedly that we have G. Hall, &c. in acquaintance with this man, or Dr. Alfred G. Hall, and are profoundly ignorant of his system. Ask our opinion of the good or bad of anything you can describe, and you shall have it. But the world, especially the large cities, are full of "medical systems" which are not worth the breath it takes to inquire about them.

CUTANEOUS ERUPTION.—R. G., Norwalk, Ct.—This patient has bathed for a long time, and now begins to experience a breaking out and itching of the skin after bathing. Don't be alarmed, friend, the old pent-up humors are working out. Let them work.

M. G. M.—Percira on Food and Diet, price by mail \$1.25, is the work you want.

Literary Notices.

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

THE ILLUSTRATED ANNUAL REGISTER OF RURAL AFFAIRS. Price 25 cents. FOWLER AND WELLS, N. Y.

MANY who were pleased and instructed with the number of this beautiful little work for 1855, will perhaps be interested in hearing of the progress of its infant offspring for 1856. We are happy to say that both child and parent "are doing as well as could be expected."

If a friend of ours should ask us for plans and estimates for building, for hints about laying out his place with taste, and embellishing both house and grounds with economy, we should say, "Buy the REGISTER for 1856," and add in an undernote that he would find himself unable to get along without that for 1855 also, if he had not already obtained it.

If our neighbor X, who has just gone into the country, was now planting for his old age a vine and a fig tree; or, our subscriber Y should write us that he wished to enjoy a little fruit for his household and to part with a little for the sake of gain; or farmer Z should inquiringly remark that he had a number of bearing trees, but didn't know their names, or how it was best to cultivate them, or when was the exact time to send their product to market, we should instantly suggest to all these, that "The Annual Register of Rural Affairs would be exactly what they wanted." It tells how to grow, what is worth growing, and what you will obtain when you do grow. It will supply the first wants of the orchardist, and so make evident the importance of advising with standard authorities on the subject; and when he purchases THOMAS'S "Fruit Culturist," or some similar larger work, he will be qualified to appreciate and understand its teachings.

To one who would lay out or re-arrange his garden, city "gardener" will furnish lists of plants, trees, and shrubs. To one who would make his own butter, or supply the market, and this with the best and richest, and most *keeping*, it will say what are the means that others take, what are the best under these or those circumstances, what will save labor and increase the profit in every process. It will take a further step in the consideration of implements, both new

and old. It will notice recent stock importations of value and importance. It will condense into a few pages for the addressee all that it can gather to lighten her toils and add to her comforts. At the last, there will be in the advertising pages a directory of the best implement establishments, nurseries, artificial manures, and agricultural books, which will be by no means its least interesting feature.

In fine, to quote from the *Horticulturalist*, "This, instead of being an 'Almanac,' is a miniature Encyclopaedia of rural affairs. It contains a vast amount of matter, selected and prepared with good judgment, and arranged and illustrated with excellent taste. Every farmer and cottager should have it. The price will place it within the reach of the humblest means and the most rigid economy."

We shall be happy to furnish the Register for 1855 and 1856 to such of our friends as may desire it.

THE HIDDEN PATH. By Marion Harland. New York: J. C. Derby. [12mo. Pp. 434. Price, prepaid by mail, \$1 25.

The author of "Alone," whose *nom de plume* appears on the title-page of the book before us, is a young Virginian of unmistakable talent. She has here far surpassed her previous effort, which was pronounced by the press a highly successful one, and produced a work of striking originality and power. She writes with the earnestness of a high purpose, and enlists the reader's sympathies accordingly. A contemporary says truly, that those who have sought to find "the Hidden Path," and sought in earnestness and in doubt, with faith and with yearning, will find in its pages a life-like transcript of the ideas that have possessed them.

SELECTIONS FROM THE WORKS OF THE LATE SYLVESTER GRAYN, ESQ. With a Biographical Sketch. New York: Maigne and Hall. [Octavo, pp. 800. Price, prepaid by mail, \$1 50.]

This work is printed for private circulation among the friends of Mr. Grayn, and as a tribute of affection and honor to departed genius and worth, rather than as a candidate for the criticism of the reviewer, or the favor of the general public; but there is much in it worthy of a wider circulation than it is likely to obtain. Mr. Grayn was a young man of great versatility of talent, and a most exemplary life. The work contains a large number of plates, copied from his paintings.

IOWA AS IT IS IN 1855: A Gazetteer for Citizens, and a Hand-Book for Emigrants. By Nathan H. Parker. New York: Fowler and Wells. [12mo. Pp. 234. Price, prepaid by mail, \$1 50.]

This is certainly a timely and important work, as well as the most interesting and beautiful one. Iowa is one of the very best States in the Union. Perhaps no State in the confederacy holds out at present so great inducements to the emigrant, or is attracting so large a tide of population. But reliable information in reference to it has been scarce. Here is just the work to supply the lack. It embraces a full description of the State, her agriculture, mineralogical and geological character; her water courses, timber lands, soil, and climate; the various railroads lines being built and those projected, with the distances on each; the number and condition of churches and schools in each county; population and business statistics of the most important cities and towns; information for the immigrant respecting the selection, entry, and cultivation of prairie soil; a list of unentered lands in the State, etc. This varied information is well digested and conveniently arranged, and has evidently been prepared with great care. It is accompanied by an accurate map, and embellished with beautiful engravings of scenery, public buildings, etc. We intend to enrich our columns with some extracts, one of these days; in the meantime we heartily recommend "Iowa as it is" to our readers.—*Life Illustrated*.

THE Knickerbocker, for September, has its usual variety of readable articles, and an "Editor's Table" on which is served up, in Clark's best style, such a dish of gossip as can be found nowhere else. [Samuel Hueston, publisher, New York. 43 a year.]

Peterson's Magazine comes promptly to hand every month, and is quite as good as the ladies' magazines of greater pretensions and higher price. [C. J. Peterson, Philadelphia, publisher. \$2 a year.]

LETTERS TO THE PEOPLE ON HEALTH AND HAPPINESS. By Catharine E. Beecher. Price, prepaid by mail, 60 cents. New York: FOWLER AND WELLS.

We have seldom announced the publication of a book with more satisfaction than this volume of letters, believing as we do that it is eminently calculated to benefit all who read it. We commend it in particular to the attention of those ladies who are desirous to know how to avoid disease themselves, and to contribute to the health of those about them. Miss Beecher deserves the thanks of her countrywomen for the work she has prepared for their benefit, and in no better way can they testify their approbation than by a careful and thorough perusal of its pages, and practical attention to the rules therein. We shall be most happy to procure the work for all who may wish it.

BEECHER'S ORNAMENTAL PENMANSHIP.—This is a most valuable book for the writing-master, the pupil, the sign painter, and the scholar. A few hours' study will enable any person desirous of obtaining a correct knowledge of the forms and principles of tasteful and ornamental writing more than any other work we have ever seen. It contains the following:

ROMAN PRINT—Plain, shaded, and ornamented.
GOTHIC PRINT—Analyzed and finished German Text, Old English, German Print, English Church Text.
NUMERAL FIGURES—Plain Arabic, spurred and finished, block figures, pearl and bone figures, Egyptian or unfinished figures.

WRITING—Large text hand, Italian alphabet, Washington large text, italic print or stump writing, small round hand, German alphabet in script, and German Epistolary writing. One large volume, neatly bound, price \$3 00. Prepaid by mail, \$3 25. For sale by FOWLER AND WELLS, New York.

Business.

OUR HAND-MILL IN ILLINOIS.—After a thorough trial, a friend in Illinois gives us, by request, his opinion of the MILL, which is as follows:

"For simplicity, durability and efficiency, I know of no HAND-MILL that can compare with it. As to the quantity it will grind per hour, that depends upon the speed with which it is driven. By steam, I should think it might be made to grind five or six bushels per hour, if the friction on the grain did not cause too much heat; but we venture to say, that by 'one-man power' it will grind as much and as well (if not more and better) than any other mill in use costing the same, or twice as much.

"It does not mash the grain, but cuts it up round, making lighter and sweeter bread—and for bread, the drier the grain the better; but for HOMINY, or where you want the bran taken off, it is better to have the grain damp or scalded. We feel confident, too, that it will prove just the thing for grinding or cracking new corn, at the time when most persons are very fond of it—when the miller cannot grind it. You can pack it to your trunk, and three or four screws will fasten it up. It will grind coffee and spice first rate. If this is not just the mill needed, tell us how, or why."

We have received numerous other testimonials from those who have given the MILL a trial; among them the editor of the *Springsburg (S. C.) Express*, who has had one in use for some time past, says:

"This is an article of great convenience and economy. It saves the time taken up in sending several miles to 'mill,' and also the 'toil' of the miller, who any one can grind with it, wet or dry weather, in the day time or night time, as may be most convenient. They can be sent to order to any part of the United States."

Price for No. 1, \$5. For No. 2, a size larger, \$6. Orders should be sent to FOWLER & WELLS, 308 Broadway, N. Y. For a more complete description, see advertisement.

CAN'T READ IT.—We have received a letter from somebody, from somewhere, without name, date, or State. We have tried to read it, but the ink is so dandy and yellowish that it has spread all over the paper, and we really cannot decipher it. One of our clerks suggests that we try clairvoyance or the "spirits," to see if they cannot read it, or "rapp" out an interpretation. We may be compelled to employ such assistance, unless some of our correspondents use better ink, and give us names, dates, and places.

NOT RECEIVED.—Quite a number of "complaints" have been made to the publishers by former subscribers, that they have "missed" the Journal since the June number. They ask an explanation. We give it as follows: In every instance, so far, we find on referring to our books and their former order, that their subscription had terminated in June, with the last volume, and as they did not *renew*, of course their names were not entered in our new books, consequently the JOURNAL has not since been mailed to them. It should be remembered that the JOURNAL is sent no longer than paid for.

If it is inconvenient to remit funds once a year, and if the reader wishes the Journal continued to his address permanently, he may remit enough at club rates to pay for it three, five, or ten years, if he prefers. The whole amount will be duly credited, and the name transferred to new books each year, until Journals to the full amount shall have been delivered to him. Thus, five copies will be sent one year for \$4, or one copy five years; ten copies one year for \$7, or one copy ten years; twenty copies one year for \$10, or one copy twenty years for the same amount. We have the names of many subscribers upon our books which have been there from the very commencement of the Journal. They request us to consider them "LIFE SUBSCRIBERS." Instead of renewing for a single year, they renew for several years at one time. We are very careful to "keep our mail books straight," and to mail the Journal *regularly*. When a number gets lost or mismailed, we are always most happy to remail the missing number, providing we have any on hand; but we cannot undertake to furnish complete sets, when a subscriber falls or omits to renew for months after his subscription runs out. Hoping our friends will be as prompt themselves as they expect and require us to be, shall never lose sight of our duty to them, nor discontinue to send the Journal while it is due.

FOR MATRIMONIAL ADVERTISEMENTS, see page 95.—The great increase in this department of our correspondence compels us to request parties advertising, to excuse us from recording names, keeping a special Ledger, or forwarding letters from first to second parties. Advertisers may still have their applications published in the usual way, and receive answers, where, and in whatever name they may choose to adopt.

We feel entirely satisfied in regard to the appropriateness of this mode of FORMING ACQUAINTANCES, and commend it to all who may have occasion to avail themselves of it. The price of advertising in this, will be the same as other advertisements, for which see page 90.

CITY ERRANDS.—Little did we think, when we proposed to do such chores and city errands as our country friends might desire, that it would ripen into a business so extensive. We find a large number of our lady patrons, in all the States and Territories, in want of dry goods and all sorts of city notions, while our farmers want agricultural implements, seeds, etc., mechanics want tools, etc., etc. In view of these wants of our distant patrons, we have arranged to supply all such articles as may be obtained in New York. Goods are shipped as freight or by express to any place desired. For further particulars, see NEW YORK WHOLESALE AGENCY, in our advertising department.

Hudson River Institute.—We call attention to the advertisement of this Institution, in another column. The Institution is situated at Claverack, Columbia Co., on one of the most eligible spots to be found in this State, overlooking the beautiful scenery of the Hudson, and commanding a fine view of the Catskill mountains. While this Institution is so attractive externally, its internal arrangements are of a character well calculated to secure the admiration of all. The buildings are new and ample, comprising every convenience the student requires, and with a full complement of professors and teachers the best facilities for educational purposes can be relied upon. We understand it is the intention of the Faculty to establish a Department for instruction in Phrenology and Physiology, which will give them additional claims for public support.

We beg leave to call the attention of Committees of Lectures and Lyceums to the Card of Mr. H. C. VAH, in our advertising columns. His subjects, Agriculture, Horticulture, and the sciences directly connected therewith, are of the first importance, and should receive attention from all.

OUR WATER-CURE JOURNAL IN ENGLAND.—subscriber, T. B. L., writing from Lloyd-town, Canada West, says:

"Showing you don't like long letters, I hope you won't consider this intruding much on your time. I wish you to know I presented a friend in Yorkshire, England, with you W. C. J. He writes me, his wife and only daughter, (both being a long time ill), have been removed to a Water-Cure establishment near Leeds, and have received very beneficial treatment, and he thinks the water treatment will be a total cure, which he says is attributable to Messrs. F. & W., through the medium of their WATER-CURE JOURNAL."

Such a present, with such a result, must be a source of much satisfaction to both giver and receiver.

Reader! have you no lingering, suffering friend, who of the W. C. J. would benefit and revive? If so, send a copy to that friend. It will cost you but a trifle, and may make the recipient rich in health, thankful and happy. Can you obtain a more useful present at so small a cost?

WATER-CURE IN MINNESOTA.—The "Times," an excellent paper published in the city of Saint Paul, has the following significant paragraph, which indicates, pretty clearly, the state of the public pulse in that thrifty Territory.

Dr. SNELL formerly conducted a W. C. establishment in Springfield, Mass., where he effected some "cures," which astonished the "Regulars." He will have no trouble in finding an appreciative community in Minnesota.

THE WATER-CURE.—We must confess that we are somewhat disposed to believe that there is more real virtue in the Water-Cure system than is generally accredited to it. We draw our conclusions from several remarkable cures which have been effected by it, one or two of which have passed under our own observation. Dr. Snell, who proposes to establish a Water-Cure Establishment at Excelsior, in this Territory, appears in our columns to-day for the purpose of throwing light on the subject, and in doing so, he will necessarily tread on the toes of some of the Allopaths, who perhaps never having tested the system, are its inveterate enemies. But, gentlemen, don't get into a fever. Give the subject a careful investigation, and then if you think wrong—crack down upon it. We will give you the use of our columns to physio the Doctor, if you think you can do it, and as the "agitation of thought is the beginning of Wisdom," the more your mind is agitated, the more intelligent the people will become. So, crack down.

OUR JOURNALS IN OREGON.—A recent mail brought us a new club, of more than forty subscribers, from Oregon City. The writer says:

"Some folks seem to think that the whole subject is about getting a good 'ducking,' and then letting them go—and that when one gets sick, that to call on a 'Water-Cure physician,' would be to get a first-rate flogging—there the matter would end. But we are getting a little wiser out here. The Journals are doing their work, and all we want is for them to read, and the converts are made.

"I am doing all in my power in the new reform, and intend to keep doing. F. S. II."

A WORTHY EXAMPLE.—Here is an extract from a business letter which we think worthy of placing on record. We consider the writer good for at least forty years more. He says—

Messrs. FOWLER and WELLS: I drink neither tea, coffee, nor any kind of spirituous liquors. I eat no pork, neither do I chew, smoke, or sniff tobacco. Therefore think I can well afford to take the WATER-CURE JOURNAL. I am now sixty years old, have been seven weeks in the hay field, with the young ones and middle aged—taking my share of mowing and pitching—am engaged the coming week at a dollar and a half a day. I find no want of any other stimulants than good bread and butter, with garden vegetables, and a plenty of cold water to drink; so here is the dollar for the JOURNAL. I wish you to send the back numbers, commencing with July, and henceforth consider me a subscriber for life. Write for health reform, DANIEL HENNINGTON.—Chariton, Ohio, August 10, 1855.

[We wish this life subscriber a long, healthful, prosperous, and most happy life. May his example illuminate the path of others, and thus bring them into harmony with those laws which insure a life of usefulness, and a glorious mortality.]

WILL THOMAS CHANEY please give us directions where to send the Water-Cure in America he ordered. His letter contains no address, and the post-mark is so blotted we cannot read it. F. & W.

JAMESTOWN WATER-CURE.—Our friends PALMER and MIXER report a satisfactory "condition of things" at their establishment. Interest in the cause of Water-Cure is increasing in Chatauga County. A new railway—already projected—when completed, will place Jamestown, which is pleasantly situated on the beautiful Chatauga Lake, within easy reach of the East, West, and South. This done, we predict a large increase of patronage for our co-workers in the south-west county of the Empire State. Chatauga is bounded on the South by Pennsylvania, on the North by Lake Erie, and on the East by Erie and Cattaraugus Counties, and is one of the best counties in the State. The WATER-CURE JOURNAL has many friends in this quarter.

MISS DR. SCOTT'S LECTURES.—We understand that Dr. Scott's Lectures to the ladies, last Friday and Saturday, were well attended, and an increasing interest was manifested in the fact that there was a larger attendance on Saturday than the day previous. She has left an excellent impression here, as regards her medical talents, by these lectures.—Waterbury Democrat.

NEW ENGLAND FEMALE MEDICAL COLLEGE.—Our readers are referred to the advertisement of the eighth annual term of this institution. We are glad to know that this college is in a prosperous condition, and that the cause of female medical education is making the most satisfactory progress in New England.

THE NEW FOUNTAIN PEN.—In our advertising department may be found a description, with prices, of this excellent invention. Such an article has long been wanting, and we are happy to be able to recommend it to our readers. It is, indeed, a very superior article.

DR. WELLINGTON returns to the city this autumn, and is fitting up his former house, corner of University Place and 12th, in fine order, for the comfort of boarders and patients. All who have been under the doctor's care are aware of the advantages which this house offers, its location being one of the most desirable in the city, and its advantages in regard to warmth, water, and other comforts, are unexceptionable.

Game Voices.

[Here is the Testimony of VOLUNTARY WITNESSES. We submit it, with all confidence, and solicit an attentive perusal.]

A VILLAGE SUPPLIED WITH THE JOURNAL.—Unionville Centre, Pa.—"Enclosed you will find a list of forty-four names, every family in our village subscribing for the WATER-CURE JOURNAL." Desiring that my neighbors might become more acquainted with the healing power of water, it occurred to me that the perusal of the JOURNAL might awaken a spirit of inquiry on the subject among them, and I have succeeded in persuading all of them to subscribe.

"I have not enjoyed good health for many years; have made considerable use of botanic medicine, which gave relief for the time, but failed to remove my main difficulty, indigestion. During this time I made some use of water, by taking, and so forth. About two years since, my faith increasing in the efficacy of water to remove all curable diseases, I resolved to abandon the use of medicine, and rely wholly upon Nature's Physician, pure Water, for myself and family. We have also adopted the reform in diet, using neither tea, coffee, nor animal food. I now find my health much improved."

[This is the true missionary spirit. Think of it. Placing the WATER-CURE JOURNAL into the hands of every neighbor! May this noble co-worker in our glorious reform, be rewarded for this manifestation of practical benevolence.]

OPINION OF A CO-WORKER.—Mendota, Ill.—M. G. sends us rising of thirty subscriptions, and says:—"I experience much less difficulty each succeeding year in procuring subscribers for your valuable JOURNAL. Had I a little more spare time, I could easily procure a club of fifty. I have never met an individual who, after reading the W. C. J., did not believe in the efficacy of Hydropathy. It is my opinion, that if a copy of the Journal was placed in the hands of every family in the Union, in a few years drugs would be abandoned, and the country redeemed from an immense amount of suffering and misery.

A SUCCESSFUL PRACTITIONER.—A. A. G., Montgomery, Tenn., writes:—"Your Journal is a welcome visitor in my family. The knowledge that I have obtained from it has enabled me to dispense with the services of a physician; and I have treated every member of my family, (forty in number, including servants,) successfully, without expending a dollar for drugs."

[Our correspondent has good reason to "give thanks." Read the following testimony from his pen:]

"I would like to give you a history of several cases, but the details of one, will suffice for the present. My lady has been afflicted for eighteen years. She was attended by doctors who did her no good. As soon as I received the first number of the WATER-CURE JOURNAL, I commenced treating her hydropathically, and with so much success that she is now able to attend to her domestic duties."

THE "NEEDFUL" WANTED.—A. H. G., Bloomington, Ill., says:—"I send you the following club of names with the 'needful' for the Journals, which, you will perceive, are more needful for us than the money. No publication can I find so well adapted to the wants of the people as the WATER-CURE JOURNAL. The public is saying, 'Give us Hydropathy,' by their universal condemnation of the Allopathic practice. Popular prejudice has been accustomed to decry the principles of the Water-Cure, and to advocate all manner of drug-medication, in order to make the doctors' paying profession; paying, because it gives them a more extensive practice, since by swallowing their compounds the system is filled with poison, and life endangered!"

ALLOPATHY WARNING.—U. E. F., West Liberty, Iowa.—"The people of this village are tired of drug doctors, and have embraced the Water-Cure; they believe it to be the only effective mode of treating disease and affording permanent relief to the suffering. There should be a traveling agent sent here to canvass for subscribers to the Journal, and thus spread the truths of Hydropathy throughout the entire West. I am doing all I can in this great reform."

[The harvest truly is great and the laborers are few; yet we confidently look forward to the time, and at no distant day, when every village in the land will have its hydropathic physician, or teacher, and every family library contain Water-Cure works. Labor on, brother.]

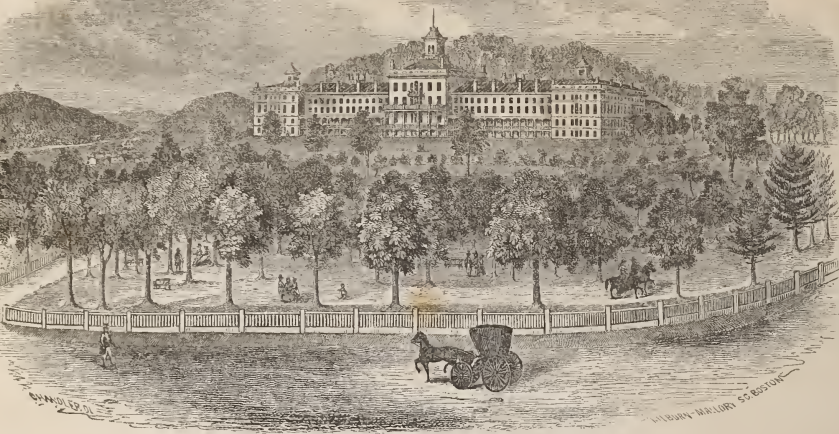
A PRACTICAL NURSE.—M. M. S., Avon,—forgot to inform us what State—says:—"I have been a practical nurse for many years previous to my acquaintance with the Journal, which is four years. During that time I have read many of your valuable works, and have gone by the appellation of 'Cold Water Doctor,' in this neighborhood; and I assure you I am not ashamed of the name, for I have had flattering success in every instance."

SNAKE BITES.—G. B., Caledonia, O., affixes to a long list of new subscribers, the following remedy for snake bites:—"Scrape or rub the poison out of the wounds made by the serpent's fangs with your thumb-nail, or a cloth, before it is absorbed by the flesh. It was present when a woman, bitten by a rattlesnake, was treated in the above manner, and with complete success—the method producing no tameness and but a slight swelling."

AN ALLOPATH IN THE FIELD.—Winchester, Ind.—R. W. has been creating not a little meanness in the bosoms of some of his professional friends, in consequence of his forwarding a long list of subscribers to the W. C. J., which he procured. He makes the following candid confession:—"My brother Allopaths think that I will ruin our business. Well, no matter if I do; we have been at it long enough to quit. I would be glad to get you a thousand subscribers."

WANTED, A HYDROPATHIC PHYSICIAN.—A. M. C., Fond du Lac, Wis., writes:—"We much need an experienced Hydropathic Physician. Such an one would receive a liberal share of patronage, as many who are favorable to the Water-Cure are afraid to adopt it themselves."

A GOOD SAMARITAN.—I. N., FRANKLIN, Ind.—"My wife and fever have been in my family this summer, but I have cured them all by water-treatment, not having used any drugs." [Thus writes a co-worker who sends us a long list of subscribers. We congratulate our friend on his good success.]



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There is no doubt but that for a great many diseases the cool weather is the most favorable time for treatment by the system pursued at Round Hill; as the Motorpathic treatment prepares the patient for the bath, and secures him the vascular action which is necessary to the proper reaction after the bath.

In all ordinary cases of febrile diseases, Doctors Halsted and Strong have found the most rapid improvement when the weather has been cool and tonic; and we would recommend to such patients to embrace the opportunity offered by the approaching fall and winter months to obtain relief from their weaknesses, by entering the institution at this time.

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AUG 11

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Sept 11

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Oct 11. S. SAMUEL G. BUCKLEY, M. D., Sec'y.

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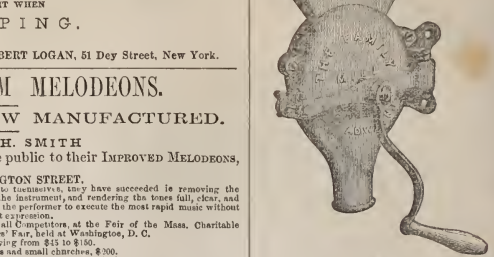
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NEW ARRANGEMENT.—On and after
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leaving New York at 7 A. M.; Foroughkeeping,
6:30 P. M.; For Sing Sing, 10:15, A. M.; 4:30 and 8:30
P. M.; For Dutch Ferry, 5:30 P. M.; For Dutch Ferry,
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All the plants are of the best quality that has
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BLACKBERRY CULTURE.

THE Blackberry has heretofore received less attention than it deserves. The abundance and almost universal distribution of the common, wild varieties, had caused people to underrate the fruit. Should the crop fall only for a single year, we should realize how much we are indebted to it. Ripening, as it does, just at the season when there are no other fruits in market, when the strawberry crop has been exhausted, and peaches and grapes have not yet appeared, the blackberry could not well be dispensed with. At the same time, it must be confessed that the fruit as found in our fields and by the road-side will hardly bear a comparison with the strawberries and raspberries of the garden; and this fact has led to various attempts to improve the common varieties by culture. All experiments in this direction, however, as far as our knowledge extends, have proved essentially failures. But the end so much desired and so long sought for, seems now to have been attained in the discovery of a new variety.

THE LAWTON BLACKBERRY,

of the wonderful size and great productiveness of which various accounts have appeared in the papers, was originally discovered on the roadside in the township of New Rochelle, New York. The attention of the American Institute Farmers' Club, and of the public generally, was first called to this variety by Mr. W. Lawton, who has devoted great attention to its culture, and in honor of whom it has been named.

The interest we feel in the cultivation of fruit in general, and our desire to chronicle all improvements and discoveries having a bearing (as the culture of wholesome articles of food certainly has), upon the health and physical well-being of the race, have induced us to take especial pains to present to our readers a true account of this new addition to the luxuries of the fruit garden. For that purpose we have employed a competent person to visit the grounds of Mr. Lawton, to examine his plants and furnish a drawing of the fruit. The engraving which we give above is the result. The artist has succeeded to admiration in representing a cluster of berries of the natural shape and size; individual berries will often be found of the largest proportions, and

we have seen several gallons at one time which are fairly represented by those in the plate.

This is, as we have said, a new and entirely distinct variety of the blackberry—the first improvement, we have reason to believe, which has ever been discovered or obtained of this plant. In the township of New Rochelle, where it originated, not a single plant has been found similar to it growing wild, although all the common varieties abound there. Its size and quality do not depend upon careful cultivation, but wherever the common kinds will thrive, this may be had in perfection. It grows tall and upright, frequently ten feet or more in height; and the flower, leaf, and stalk being proportioned to the size of the fruit, and always healthy and free from blemish, it is an embellishment to the garden.

The stalks which shoot up from the roots during the summer, bear fruit the ensuing year, and die in the autumn. This natural arrangement for reproduction is most beautiful. The stalks, heavily laden with many hundred berries, would be exposed to the burning rays of the sun, ripen the fruit prematurely, and perish early in the season; but being protected by the new and vigorous shoots, bending gracefully like a plume over them, they continue to yield fruit daily for six or eight weeks, when the sap being no longer elaborated, the shoot loses its vitality. It must be removed in the spring, to make room for the hardy shoots which are to perform the same office in their turn.

Mr. Lawton's garden and farm are within five minutes' walk of the depot in the beautiful village of New Rochelle, and visitors will at any time be permitted to examine his plants. Every precaution is used to preserve the variety from any admixture with seedlings of the common kinds which abound there. Offshoots only from plants which have fruits will be propagated upon his place, or delivered to purchasers.

This new variety of the blackberry has been examined by many horticulturists, fully competent to judge of its value, and the unanimous verdict seems to be in its favor.

The plant thrives best in a moist soil and in the shade, in which situation it continues longer in bearing. The fruit season lasts from five to eight weeks. It may be planted either in the spring or autumn.

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