

WATER-CURE



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PROGRAMME.

THE WATER-CURE JOURNAL is published in New York, on the first of each month, in quarto form, suitable for binding, at one dollar a year, clubs of five for four dollars, ten copies for seven dollars, twenty copies for ten dollars. One-half these rates for half a year.

Objects—The explanation, dissemination, and application of the LAWS OF LIFE AND HEALTH to the removal of disease, and the preservation of health, and to the prolongation of life.

Our Platform is broad, and our Plan of Operation comprehensive. All subjects connected with life, health, and disease will be clearly presented.

Hydropathy will be unfolded, and so explained that all may apply it in the various diseases with which we are afflicted. The Water-Cure is not equalled by any other mode of treatment. This Journal will give practical advice and instruction on all these points.

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All letters should be plainly written, and carefully directed as follows:

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CONTENTS OF THE WATER-CURE ALMANAC FOR 1856.

—Chronological Cycles and Movable Feasts—Eclipses and Solstices—Crescentary Notes—Eclipses in the year 1856—Moon's Phase—Visible Days—Times of the Rising and Setting of the Sun, and the Moon's Rising for every day in the year, calculated for all the States and Territories, Canada and the British Provinces—A List of Hydropathic Books—The Water-Cure process explained, with seven Engraved Illustrations—Water-Cure in Surgery—Habits of Whittford—Ages—Drugs and Rheumatism—Habit of Food—Vegetable Diet—A Dangerous Disease—The Best Snuff—Wearing the Beard—Cost of Shaving—Arresting Hemorrhages, with three Illustrations—Education—Spermatation in Medicine—Criticism of Water—What's one man's Meat is another's Poison—Whitlow or Felon—Welcome Home—Beware of Haxthorn—Exercise as a Restorative—Leeching—A Small Restaurant—Preserved Meats again—Thoughts on Associations—Universality of Water—Nature always True—Disease of Pork among the Shakers—Significance of Vegetable Food—Vegetarian Nurseries—Patents issued in 1854—Life of a Bird in London—The Philosophy of Living—Value of Blood—Golden Rule in Diet—Kindness in Little Things—Chests—What Plants Live upon—Importance of Oxygen—To Water-Cure Patients, &c.—All for Six CENTS. Fifty Cents a dozen, or Three Dollars a hundred.

New Year's Address.

JANUARY 1, 1856.

BY R. T. TRALL, M.D.

GOD AND NATURE.

"The glorious Author of the universe,
Who reins the winds, gives the vast ocean bounds,
And circumscribes the floating worlds their rounds,"

hath, in the impartation of His attributes to all the multitudinous forms of spiritual and material existence, established law and order through immensity.

From the minutest atom that the microscope reveals to the whirling orb which man inhabits, from this earth to the twinkling planets which the telescope only can reach, and from the remotest star to that boundary which no imagination can even approximate, all moves in system and in harmony, as though beneficent design and unlimited wisdom had foreseen secured concord between the Creator and His works.

The revolving seasons which have just completed another cycle of our terrestrial sojourn, have, in most parts of the earth, been unusually blessed in the production of the means of human happiness. The dry land has yielded abundance of wholesome food for all the children of men, the air of heaven has been diffused around us in immeasurable stores, and the seas have delivered up their treasures bountifully to the solicitations of human need or human avarice.

"Who finds not Providence all good and wise,
Alike in what it gives, and what denies?"

SCIENCE AND ART.

"Learning by study must be won;
'Twas ne'er entailed from sire to son,"

If God's attributes are nature's laws, then all we know or can learn of science is but a recognition of these laws. They are the principles which embody all truth, and whose proper arrangement into system constitutes all science; and art is but the application of these truths, these principles to use, to the production of desired results.

The attributes of God, the laws of nature, the principles of science, the truths of the universe are just as certain, as fixed, as immutable in relation to human organization, in relation to life, in relation to health, in relation to happiness, as they are in relation to all things else. But

"Oh, how this spring of life resembleth
The uncertain glory of an April day;
Which now shows all the beauty of the sun,
And by and by a cloud takes all away."

FASHION AND FOLLY.

"This fellow's wise enough to play the fool,
And to do that well, craves a kind of wit."

The great mass of mankind, in every thing that concerns life and health, seem to have just wisdom enough to enact the fool's part, yet not wit enough to turn their sufferings to useful lessons. Throughout all the animal creation below man health is the rule, disease the exception. With man in this day, when all sciences are rapidly developing, and

all arts are rapidly multiplying, disease of some kind, infirmity of some sort is the rule, and health the exception. Why is this?

Because man has not studied himself aright. He knows not the laws of his own being, and instead of

"Looking through nature up to nature's God"

for enlightenment, he has gone in pursuit of strange gods, and become a worshipper of idols, and a victim of his own folly. He has sought to understand the ways of evil instead of good, he has studied the laws of disease rather than the philosophy of health; he has seated disorder on the throne of the universe, and in trying to adapt himself to this king, he has been led into a thousand foolish fashions, perpetrated innumerable violations of the laws of order, and brought upon himself inconceivable miseries, so that we may say of mankind personified:

"Sickness sits covered in hollow eye."

THE PRODIGAL SON.

"Sorrow for past ill doth restore frail man
To his first innocence."

Has not all the world gone astray from truth, and made a prodigal waste, a useless sacrifice, a wicked disposition of those powers the good and great Parent of all hath conferred upon it? Surely the evils and miseries, the wants and woes, the crimes and outrages, the wars and pestilences, the dire diseases and direr remedies, which overspread all the face of society, declare, in characters as bright as

"The lightning evanescent sheets of gold,"

and as loud as

"The deep-voiced thunder,"

that man has wandered into by and forbidden paths, and ere he can be happy he must "return to his father's house."

"How far the little candle throws his beams!
So shines a good deed in a naughty world."

REGENERATION.

"Then to be good is to be happy: a rule
Are happier than mankind, because they're better."

And to be good, reader, is to do right; not in one relation of your being, but in

all; not bodily, nor mentally, nor morally alone, but in all respects. Obey every law of your nature, and violate none, and as God is true you will be

"Healthy, wealthy, and wise;"

and teach your neighbor to do the same, and then there will soon be a circle of mortals redeemed from all the ordinary calamities of this life, and from this circle may go out a healing balm that shall renovate the nations, and bid adieu forever to

"All feverish kinds;

Convulsions, epilepsies, fierce catarrhs;
Intestine stone, and ulcers; colic pangs;
Demonic frenzy, moping melancholy,
And moonstruck madness; pining strophy,
Marasmus, and wide-wasting pestilence;
Dropsets, and asthmas, and joint-racking rheums."

DR. SHEW AND HIS MANTLE.

BY J. C. JACKSON, M. D.

A good man has gone to his rest. He was in the forefront, on the field of TOIL when he fell, and girded for his work. The life which he lived, and the manner of his *departure*, may well cheer the hearts of his co-workers, and serve as powerful incentives to them to make themselves his equals. His life culminated at the time of his passing away, and his victory over death and the grave was a TRIUMPH. It is an inconsiderable fact that he is *gone*. To go from earth is natural, but the manner of his going is full of significance. "How did he go?" is a pertinent inquiry, for in it there may be much to rejoice or sadden one. The *departure* may be full of glory, may shed light far over the path of those left behind him, may illumine THE AGES to come; but no man's closure of an earthly pilgrimage is thus radiant, whose life has not been full of faith in great truths, wrought out in kind and gentle deeds, in the utterance of words which are things, and ideas which become actions. Thus, what he has done is *ours*. Ours, because he so did it as to make it ours. Ours by the *need* we have for it. Ours from its worth, intrinsically considered. Ours, because we can appropriate it and put it to its natural uses. Ours, because we are Water-Cure people—are residuary legatees of the labors and endurance of such person has carried, the faith and patience he cherished, the *hope* of the ultimate triumph of Water-Cure principles, which he held as an anchor to his soul—sure and steadfast.

I know not why any who knew Joel Shew should mourn that he has passed *onward*. Onward is the *law* of man's being. "In statu quo"—as you were—is not of God's ordainment. He bids him for progress. He challenges us to high resolve, to lofty purpose, to successful deeds; only to make still greater efforts, and succeed *onward*. He lifts the light of his countenance only on the *struggling*—those that do not count on *having attained*; on such only as, for-

getting the things that are behind, press forward to those that are *before*. Dr. Shew, while with us, was a master workman. What he could do in the warfare now waging he did, and did it well. He dealt bold *strokes*, and he hit. He is gone from his labors, but his works are *with us*. And to every man and woman of like faith with himself, he *lives*. To such he cannot die, for men immortalize themselves by *faith alone*. They cannot do it otherwise. They must have faith in something worthy of being believed, and others must have faith in *them*. A man cannot perpetuate memorials of himself through groups of begotten children. He cannot insure remembrances of himself by upreared marble. Either may describe him so faintly as to secure only temporary evidence of his having *lived*. Ideas alone are immortal. Their representatives only perishable. Whoever in his words and actions, his thoughts and life, his passions and their expression, makes *ideas* visible, inweaves them with the daily growth and unfolding of the people, causes the people to perceive and comprehend them, and makes them of their moral consciousness a part: has immortalized himself. The grass may grow over his grave untrimmed, the marble may settle sideways till it stands no longer, the hoof of beasts may level the mound with the earth about it, but he *lives*.

"All that is great must triumph over dying."

It is an unwise notion this, extant with us, about the *dead*. Man never *dies*. He passes from our sight to enter upon a new stage, from which he works as freely for a higher or lower life as he worked for it here. Heaven or hell is his as he shall choose. Die he cannot. He may be transformed (for it is the nature of forms to answer to temporary uses), and so may find himself, at different periods of his existence, with more or less of capable force whereby to express himself, at his command; but *live* he must. And so it stands him in hand I think, to watch well the way he goes.

I never knew Dr. Shew personally. Between us, at unfrequent intervals, letters have passed, relating mainly to some features of the *cause*, in which either might suppose the other to have some special interest. So that any impression I may have of him, or any knowledge I have attained in regard to him, has come to me chiefly through his writings. It will not be thought offensive if I speak of him with reference to those traits of character exhibited through his ideas and opinions. These make their stamp, and it it has to be worn. It is—as it may be—a badge of honor or disgrace; but who receives ideas and accepts opinions, must or should be willing to show his faith in them, to say the least.

In 1844 I first knew there was such a man as Joel Shew; and my knowledge came to me in this wise. I was at the time editing a paper in Utica, N. Y., and his work on *Water-Cure* was placed before me. I was at that time a great sufferer from *catarrh of the nose*, and having tried all conceivable remedies almost without avail, curiosity tempted me to look into this volume. I did so, and was interested. In a fit of desperation, I determined to try this method. Of course, like thousands of other *nimies*, I considered the judicious and scientific application to

be—cold water in a cold room, in the middle of January, when I jumped from bed in the morning. I entered not at all into my conceptions that I was to cease to drink tea or coffee, and eat butter and meat, mince pies and fat sausages no longer. I had no idea of laying *righteousness* to the line, and judgment to the plummet, and change all in my life which was wrong. So I took water treatment as I understood it, just as General Jackson construed the Constitution. The result was that, for the time, I greatly aggravated my ailment, and suffered *intolerably*. But having begun, I persevered, and by April was manifestly better.

Time passed on, and I knew no more of Water-Cure until 1846-7, when, given up to die by allopathists, a friend called my attention *anew* to it, and subscribing for the Journal, which he kindly loaned me, I came into communication afresh with the Doctor. From that time to this he was never in shadow to me, and it is his due that I should say, that as an advocate of the Water-Cure method for treating disease, he had in my estimation no superior.

Perhaps it has not lessened my capability to judge impartially of his merits, that I did not know him by personal intercourse. Acquaintance with a pleader for great but proscribed truths is not always advantageous to sound directions respecting either the merits of the system pleaded for or the advocate. One is apt to mingle somewhat other than the judgment in such a case. A reformer becomes interesting chiefly from the *cause* he stands related to. If it is truthful in principle and commanding in aim, if it is as profound in its law of action as it is sublime in conception, if it *redeems men*, then the man who asserts its claim to consideration becomes clothed with its own dignity. For as *truth makes men*, so they grow in proportion as its blessed *light* falls on them. The greater his attachment to the truth, the larger he becomes, and so, as soon as one is converted to certain principles, he grows warm about the heart to all of like *faith*. Laborers in the same *cause* then may know each other, though their eyes have never met, better than others do who pass their lives together. The best witnesses to genuine integrity and manly virtue may not necessarily be summoned from a man's personal acquaintances, nor even from his cotemporaries. Many have lived since Jesus was nailed to his Cross, whose love for Him and the human race has not been inferior to that shown him while he was on earth. It is not needful to *see* a man to *know* him. Sight is a sense, and human character is not always cognisant to the special senses. One is often at a loss when he tries to *see* through another. It is safer and wiser, and truer and more certain to *feel* him, would you *know* him. Judging of Dr. Shew thus, at the close of all my interviews with him, I rose pleasantly impressed. I *felt*, that what he said was worthy of attention not only, but that *he* was worthy to say it. I respected what he said because it generally commended itself to me, and I was uniformly able to carry over to his utterances an additional degree of consideration, because *he* spoke. The simplicity and straightforwardness, the devotion and zeal, the sincerity and enthusiasm of his nature, fitted

him for a *standard-bearer*, and gave him singular advantages. Our Master has called him up higher, doubtless to confer on him higher rank. Such a man does not step out of his *present* into the great *future*, without having open before him broader basis for activity. Dark as the whole transaction may seem to all who are interested in having him stay *here*, where the good he did could be perceived, weighed, gauged, and passed to his credit; a moment's reflection will adjudge that he goes to this or that sphere, because he can do *there* what he could not here.

Who shall wear his *mantle*? Among our rising practitioners, who shall essay to put it on? I shall wait and watch with solicitude to see. Well worn, it would prove a beautiful garment, and give the wearer grace in the eye of beholders. There should be a *holy* strife among them for it, as there is ample opportunity to win the title to it. God always bequeaths the virtues of his loved ones, as they bid us good-bye, to those who are left behind, and are *the most worthy*. "For to him that *hath*, shall be given; and to him that *hath* not, shall be taken away that which he *seemeth to have*."

Let no one with the heart of a *coward* in him put this mantle on. It covered a brave man always. One who disdained not the hardships of a *pioneer*, who was inspired to believe that Truth might lie in directions opposite to those which the learned had travelled, and whose inspirations were proved to have come from above. To put this robe on, with the feeling in your heart, that the truth should follow you, and not you *the truth*; to stand in awe of the blind, gaping multitude, and watch for their nod of assent, before you bowed your back to the burdens which the Good and True have given them as their allotment to carry, this would make it even into a shirt of Nessus, and you would cast it from you as you would a frock in flames.

Do not seek to wear it if you are *half-hearted* in a cause in which *he* wrought like a stalwart man till the trumpet sounded for his entrance to the presence of his King. Respect for him and the cause he loved should forbid all attempts at appropriation when to wear it communicates none of his virtues. The *mantle* will keep. Its warp will not decay nor its woof rot. Its lustre will grow brighter by time, and its worth will be made manifest. Yet *now* it is his who will win it—only it should fit him when he puts it on, or it should not be his.

There is no use in seeking to make it yours, unless you are in communication with him through *leading ideas*. For as principle is at the foundation of all character, so this cannot be yours, nor mine, except we can use the elements out of which it was made. The character of a man is his principles drawn out and woven into his life, and out of this texture you can make no covering to hide your nakedness, till you are sure you can approve the materials which compose it. How an allopathist would look with Dr. Shew's mantle on! "Twould be a modern illustration of the fable of the ass and lion's skin. Keep your self-respect, and do not seek to wear it, unless, like him, you can discern between a system and school of healing, whose first principles and remotest deductions are in harmony with the laws

of the human organization, and schools whose whole theory and practice are based on and elaborated under the wildest absurdity.

Who shall wear his mantle? Let our young physicians strive for it, for we who are old already have mantles of our own; and which, for good or ill, we must wear till—Heaven knows how soon!—like our illustrious co-worker, we shall have *travelled* on. O! may it be, that when ours shall fall, some youth, in whose soul we shall have instilled blessed truth and firm conviction, great purpose and noble faith, shall be ready to take it up, and wrapping it about him, go forth among men a more powerful, pleader and better illustration of a philosophy superior in wisdom and adaptability to suffering man, as a creature of earth, than any of which he has ever had knowledge.

Brothers, sisters, co-workers all, the old year has gone off into the eternities, and a new year is born. Of our success in '56 we can all gratefully speak. Shall not our past be a guarantee for our future? Shall not our love for our *cardinal* principles be more fervent than heretofore? Shall not a common faith make us liberal to each other? Shall we not seek earnestly to add much to the conviction among the people of the *unsafety* of the old modes of practice, and the great safety of Water-Cure? Shall we not, by books, pamphlets, journals, set going a flow of intelligence that shall do a deal toward instructing our fellows in better ways of living, teaching them to live *simply*, and thus to turn away from and abhor luxurious and expensive habits, the offspring of false tastes and false training?

For what, in all honesty, does our enterprise amount to, unless it prove radical, revolutionary? Can one well imagine of worse modes of dress, eating, drinking, social intercourse, business, worship, and treatment of the sick? From the starting-point to the winding-up, what is there that one could wish or make much worse—were he to try? If we cannot plant our fulcrum at a point, where, running our lever over it, with our weight on the other end, we can upheave all this false fabric, and in its place erect a structure in accordance with the Divine design, then—save some little personal advantage which possibly some one or other of us might gain from connection with this movement— we might as well spend our breath in whistling down a hurricane. For, admit ourselves successful in curing *the sick*, of what use is it, unless along with his restoration to health we can so quicken in him his self-respect as to make him remain so? It is at best but working for the devil! Doubtless it is better that all the sick, thus made by their own thoughtlessness or folly, *should die*, than that they should be cured by us only to rerun their race of folly, and like a dog to his vomit, go back to their old modes of living, and thus challenge the forbearance of their Creator. It is my deliberate conviction, formed from wide and varied intercourse among men, that to teach men *how to live* is our *greater* mission. One of the surest ways to do it is to convince them that, though sick, they can be cured *without medicine*: for, establish this fact satisfactorily to a man, and you have a stronger hold on him for his future good

behaviour than though he was under bonds to keep the peace. As for help in this matter from physicians of other schools, I do not expect it; as for ministers of the gospel—if you except physicians—no profession so uniformly and persistently refuses to own and subscribe to the authority of God written on the bodies of men, as the clerical. They are not the best possible illustrators of a *holy life*. The greater majority of them are dependent for vital energy - not on the Spirit of God gently and calmly working itself out in and through their bodies, but on tea and coffee, hot rolls and butter, beefsteak and condiments—and many of them on tobacco. Thus they serve God by faith in the sanctuary, and serve the devil incontinently in their *habits*. Respectable men they are, talented, of high culture, and unimpeachable, *social, moral, and withal devout*; but, as a general statement, they are not the men to be *apostles* of a philosophy which urges without cessation, that whether a man eat, or whether he drink, or whatsoever he does, he shall do it to the *glory of God*. From us then must come the doctrine that makes man in his faith and in his life a *unit*, transforming him so that he shall walk as he talks, and act as he thinks, and by means of both shall commend Water-Cure to all who may come within its influence.

The land lies before us: let us go up and take possession; and may the *Source of Truth* bless us as we shall be faithful to our trusts.

ELECTRO-CHEMICAL BATHS.

WITH ENGRAVED ILLUSTRATIONS.

BY R. T. TRALL, M.D.

HAVING employed these baths, first introduced into the city by M. Vergnes for the purpose of eliminating minerals from the system, and as an efficient detergent process, in a great variety of morbid conditions during the last four months; having also examined into the theory of their operation as far as has been consistent with multitudinous professional duties; and having, moreover, experimented somewhat on *well persons* as well as the sick; and having, finally, before me the reports of others who have been investigating the whole subject in a similar manner, I am prepared to state for the benefit of invalids, and of other physicians who desire to avail themselves of all intrinsically curative agencies, the results of my experience and reflections.

So far as the particular *modus operandi* is concerned, the *rationalis* has already been correctly presented in this journal, briefly by myself, and more fully by my friend, Prof. Taylor; for which reason I propose in the present article to confine myself more especially to an explanation of the manner of their action, and the diseases or circumstances of disease in which peculiar advantages may be expected from their employment.

As, from all that I can learn on this subject, it seems that Prof. Vergnes (who is a chemist, yet not a physician) may justly claim originality in applying the electrical or galvanic current to the repulsion of metallic particles from the body; and yet he seems not to have been the original

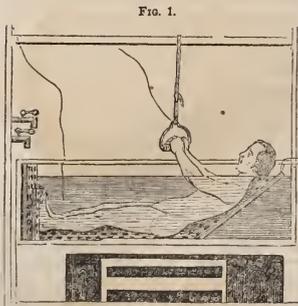
discoverer. Prof. Vergnes' experiments, as reported in the *British Medical Journal* (see *Braithwaite's Retrospect*), were first made in Paris in 1852.

"In this great discovery," says Braithwaite, "chance or accident has played a part. One of the inventors—M. Maurice Vergnes—occupied himself with galvanic gilding and silvering. His hands being in continued contact with solutions of nitrate and cyanuret of gold and silver, got covered with ulcers in consequence of the introduction of metallic particles. One day he plunged the diseased organs into the electro-chemical bath, at the positive pole of the pile, and, after a quarter of an hour, to the great surprise of the beholders a small plate of metal, brought into contact with the negative pole, covered itself with a thin coating of gold and silver, extracted from the hands of the operator, whence the most powerful remedies had not been able to eliminate them. This discovery was made on the 16th of April, 1852."

M. Dumas, of the French Academy of Sciences, and whose reputation as a chemist is scarcely second to Liebig's, indorsed the correctness of the theory, as also did the Medical Faculty of Havana, where M. Poey, M. Vergnes' associate, experimented.

But Dr. Sanders of Cincinnati, O., claims to have performed substantially the same feat several years before, and was led into the discovery by a similar avocation. Dr. Sanders, however, did not employ the acidulated baths, but applied the negative or copper plate directly to the patient's body—and thus it seems there are at least two persons with whom the discovery has been both original and accidental.

Of course we cannot endorse all the ways in which M. Vergnes proposes to apply what he calls "electro-chemical" action. Our fear of the thing is that it will be announced as a "cure-all," and thus degenerate into an empirical speculation, and so become discredited and its real usefulness lost sight of. But we shall try to keep its true remedial character and adaptabilities, divested of all charlatanism or "commercial aims," before the public.



FULL ELECTRO-CHEMICAL BATH.

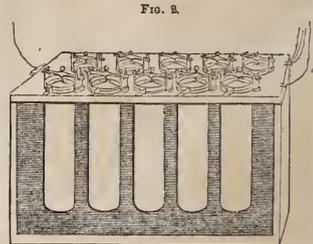
The reader will better understand the theory of electro-chemical elimination by a reference to the machinery employed in the process, for

which purpose I have added the following illustrative cuts.

Fig. 1 represents the patient in the acidulated bath, his hand or hands in connection with the positive pole, and the copper lining of the bathing tub in connection with the negative pole—the tub being bisected perpendicularly.

I have had the board in the bath tub, which isolates the patient from the metallic surface, constructed with hinges, so that the head can be raised to any position most convenient for the patient—an important item when the patient has to remain immersed from half an hour to an hour.

The battery, which occupies a small room on the floor above the bathing room, is shown in Fig. 2, with the wires passing from both poles to the testing cup and bathing room.



BATTERY.

Our battery contains ten glass cups of one quart size. These are partly filled with diluted sulphuric acid; into these are placed the zinc plates, and within them earthen vessels containing coke and nitric, nitrous, or nitro-muriatic acid.

The place for testing the water taken from the bathing-tub after the patient has been subjected to the current from the battery as long as may be deemed advisable, as constructed in my establishment, is represented in Fig. 3.



TESTING APPARATUS.

The glass vessel is filled with the water in which the patient has been immersed, and a piece of copper plate attached to the wire from the negative pole, and another of platinum to that connecting with the positive. If any metallic or mineral matters are present, they will be in a

short time precipitated on the negative or copper plate, after which they may be subjected to any chemical tests desired.

But I have found one serious difficulty in subjecting feeble patients to a prolonged bath—they cannot bear cool water, and very warm water is too relaxing. Hence it seemed to me that a combination of vapor or steam, which is itself a powerful detergent, could be so combined with chemical electricity as to avoid all unpleasant consequences, and even increase the efficiency of the electro-chemical depurating process.

After several experiments I found that a very cheap and simple apparatus, which any tinman can manufacture, for generating steam, answered my purpose admirably and perfectly. This is shown in Fig. 4.

FIG. 4.



The water is made to boil by an alcoholic or spirit-lamp placed under the basin, and the steam is carried down to near the floor, and equally diffused around the patient by the tubes which are seen on the sides of the vessel.

This steam or vapor-making apparatus is placed under an ordinary cane-seated chair, and a large, thick sponge, as a sort of cushion, is placed in the chair for the patient to sit upon. This is intended to give him a comfortable seat and also absorb a portion of the steam, so that all parts of the body will be equally warmed.

I also direct the patient to keep a large piece of sponge partially wrung out of cold water, in his lap, so that if any part of the surface happens any time during the process to get uncomfortably warm, he can, by squeezing the sponge a little, wet the part in cold water, and thus "keep comfortable." The other hand is in connection with the positive pole by means of acidulated cloth extending to and enveloping the handle of the positive pole, and the feet are immersed in warm water, in any convenient vessel or foot-bath tub, in connection with the negative pole, the same as in the case of the full bath. A sheet first, and over this a blanket, is thrown around the patient to retain the vapor.

Fig. 5 is a representation of the patient enjoying an electro-chemical-vapor-foot-bath, for the process, when well managed, is not only pleasant, but delightful, especially to the pale, cold, torpid, stiff-jointed, rheumatic and neuralgic, long-drugged, and ever-aching patients who are so common now-a-days.

The patient should wet the crown and forehead in cold water before taking his seat on the sponge cushion, and if thirsty or faint, may take a swallow of cold water whenever inclined.

This bath does not usually require continuing more than twenty or thirty minutes, but may be continued an hour provided the patient is not uncomfortably overheated, and not particularly faint.

On coming out of the bath the body should be sponged or washed over with water, tepid, or cold, according to its temperature.

FIG. 5.



ELECTRO-CHEMICAL VAPOR AND FOOT BATH.

I am of opinion that in many cases, and in all cases of very great visceral obstructions with very feeble circulation, this form of electro-chemical bathing is far more efficient for all remedial purposes, including the elimination of mineral drugs, than the process employed by M. Vergnes. I can truly say, so far as my experience goes, "it works like a charm."

One very great convenience of this method is, that it is cheap, perfectly convenient, and may be used in any room, even in a well-furnished parlor, without soiling the carpet or making any injurious "muss."

It is also of great advantage and convenience in treating all ordinary ailments, when it is difficult to get warm or hot water enough for a full bath, besides being in some cases preferable to them.

I am now using this form of electro-chemical bathing in connection with the congelation process, in the treatment of chronic ulcers and cancers. The result will be reported in due time.

In conclusion, I will add that there are various other methods in which the principle herein indicated may be applied to the treatment of disease, nor is there anything peculiar in the battery or other machinery. If the current is applied with the requisite degree of force to induce chemical and endosmotic action, and at the same time avoid mechanical action or shocks, I do not see why any battery of sufficient power, properly managed, may not do all that is claimed for that of M. Vergnes.

Dr. S. B. Smith, of this city, makes a battery and foot-bath apparatus, which seems to work very well, according to the testimony of those who have used it, and the same may be true, for aught we know, of many other contrivances.

The apparatus for electro-chemical baths may be obtained through FOWLER AND WELLS, 308 Broadway, New York.

WATER THE REMEDY.

A CASE has recently come to light in our city, illustrating the triumph of Hydropathy in so powerful a manner, that I hasten to communicate it to you, hoping that it may influence all who suffer in like manner to "go and do likewise."

The subject was a respectable and worthy young man of an excellent family. He was a Daguerian, very fond of his occupation, and delighted in making experiments, and spent days and nights in his saloon inhaling the most noxious gases. After a time he became ill, but in so strange a way that his friends could not determine the character of his disease. He complained of nausea, inability to eat, headache, and pains through all his frame. He would lie down, get up, go out and come in, and wander up and down the house, requiring to be addressed several times before he could give a reply, seemingly absorbed in thinking. Then he would complain of such a burning in his stomach and pain in his right side, yet all the time rejected every offer of medical advice. Finally his friends called in their family physician, telling him to *compel* the young man to any course he thought would restore him to health. Accordingly, an emetic was the first thing given, and the patient ejected an enormous quantity of bile. Then a dose of calomel was given, as the doctor said, "to rouse the liver to action." By the time this had taken effect, the poor fellow was so much weaker, that he was confined to his bed, but seemed more inclined to take nourishment. Still the headache did not leave him, the pains were mostly in the back part of his head. It soon became evident that his reason was seriously affected, and though after a time he seemed physically better, yet his mental aberrations grew daily more alarming. No raving or violence characterized his wanderings, but a deep melancholy, a fear of his fellow-creatures, and a constant apprehension of evil to overtake him. Often he was found hidden in some remote corner of the house, sometimes in closets, sometimes under beds, at others in the out-houses or cellar, motionless as a statue until urged to go with his friends, and then his pleadings to be allowed to remain hid from his enemies were piteous indeed. When in the house at last, he could not during the day be induced to do anything, or walk out, or converse; but walked the floor incessantly, his eyes fixed on a little string which he wound and rewound constantly over his fingers. At night he could not be kept quiet in his bed, but would get up frequently and look out of the windows, listening as if in terror of something heard, or wander up and down stairs and from one room to another, keeping his friends in alarm, lest he should leave the house and wander into danger. At early dawn he once rose and dressed in haste, pleading to be allowed to go away that destruction might not overtake the family, and wept like a child when compelled to remain, saying, "You will not let me save you." His friends applied to one quite skillful physician, so reputed, who told them "nothing could be done for him; he was incurable, and would soon be a raving maniac," and the best thing they could do was to send him to a lunatic

tic asylum. Then they called in another; *he* thought, "something might be done." Large doses of calomel were given, and produced not the least effect. Blisters were applied to the back of his neck, and water showered on his head; all of no avail. Sleep was an entire stranger to his eyes, and he looked wild and baggard. With all this he acquired a most voracious appetite, now never ceasing to eat or taste something. This increased until he alone ate as much as would three or four other persons together. Several times he eluded the vigilance of his friends and wandered off, and was once found sitting on the bank of the river, with his hat and coat off. So it went on for months; he became stronger in body, but his mind almost entirely prostrate, no raving, no ill-temper, but a sad idiotic expression on his face, and his tongue ever silent, mostly appearing like a child who was melancholy and stubborn. His friends were tried to the utmost, dreading to send him from home; they were constantly advised to do it. One of them at last wrote to the physician of a lunatic asylum, describing the case, and asking for his admission. The reply came back that "it would be useless to send him, that he would never recover, let the treatment be what it might, the melancholy had existed too long." What a grief to his friends was such an announcement! Once more they asked advice from a city physician, to whom they had not applied before. He advised, "taking him out into the country, and making him assist in the harvesting; that would cure him if anything would." And so the poor fellow, who had never done a day's work on a farm, and whose occupation had always been of an in-door character, and his constitution delicate, was hurried with a diseased body, a head constantly in pain, and a mind a perfect wreck, to labor in the harvest fields in the heat of a July midsummer sun! He soon had to abandon this, and became so weak that he could scarcely sit up; while his mental alienation seemed to acquire a more excitable character. His friends took him home in despair, nursed and soothed him as well as they were able, never expecting either he or they would know comfort during life. Strange, that knowing of the existence of Water-Cure, they never thought of applying to it for aid.

Very suddenly one day a visiting friend from a distance, who knew the value of Hydropathy, inquired if it had ever been tried in the case of James. On finding it had not, he suggested an immediate removal of the sufferer to the nearest institution, where he could certainly become no worse, and they would have the satisfaction of knowing they had done all they could. To this they readily agreed, having no faith in that or any means which could be applied to one whose case was of so long standing. They placed him in a quiet rural retreat of a Water-Cure Institution, the physician of which gave it as his opinion that, "if James was cured at all, it would take months, perhaps longer, before *any* change could be accomplished. For his own sake as well as that of the young man, he would use all the skill and energy he possessed, but his friends must expect nothing at all, until something would really appear."

No sooner did James find himself alone among strangers, than he became wild with fear, and escaping from the eye of the physician and his assistants, wandered at night several miles through a strange country, exciting wonder in all who met him by his appearance on the way. After an exciting and troublesome search, he was found and brought back; though only by the use of all the tact which could be summoned to influence him. "A had beginning truly," thought the hydropath, hardly hoping it would make "a good ending."

A most vigorous application of remedial agencies was immediately commenced in the shape of "packing," plunge baths, and shower baths, the latter not being permitted to light directly on his head, but having it covered with a water-proof cap, and wet thoroughly and frequently after coming out of the baths. The process weakened his physical system greatly, his voracious appetite in two or three weeks began to leave him, and sleep sometimes stole upon him for a few moments. The heat in his head began to abate, and he seemed more willing to do as he was required, and also to walk out in the open air. He was not crossed in any desire, the indulgence of which was harmless; and soothing words and pleasant voices only were permitted to address him. He was encouraged to use the vegetarian diet, but permitted a little black tea, and other things to which he had been accustomed. But tobacco, which he had constantly and excessively used, both in chewing and smoking, was utterly denied him, and his craving supplied with some harmless roots. Slowly and gradually did the unstrung nerves become quiet, and sleep regularly visit the pillow of the suffering patient. Slowly but surely did the mind return to its own native perceptions, and steadiness of thought; and how anxiously did the hydropath watch the unhopd-for success, gradually opening before him! And how great was his joy when, at the expiration of *six weeks* from the time of his entrance, James stood forth a physically and mentally regenerated man. The yellow hard skin had rolled off his body in little scales, and a healthful fair complexion took its place; the thin hollow cheeks were plump and fat, and all unconscious how long he had been under medical care, the young man proceeded at once to take measures for returning home, and entering on business.

What joy illuminated the home of James—when the lost was found, and their loved one again sat by their hearthstone in health and soundness of mind! And how they loved that system, which had been a savor of life to their cherished one. They knew not all the methods employed in healing; all that were used have not been here recorded for want of remembrance; but they knew, and that surely, that Water-Cure had done what nothing else in the world had power to do. Henceforth, they were converts to its principles, and believers in its efficacy forever.

If in every case of mental derangement the Water-Cure was *scientifically and skilfully* applied by a *careful and tender physician*, lunatic asylums would lose half their inmates, and many a wretched being would be restored to their homes in happiness and health. But quackery

in Water-Cure is as bad as in anything else, perhaps worse; and Hydropathy needs her disciples to be educated and scientific men, full of the spirit of love and kindness.

November 5, 1855.

TRUTH.

WATER, AS A THERAPEUTIC AGENT.

BY G. H. TAYLOR, M. D.

Cold Bathing.—The remedial application of water has been called the "cold water-cure." The adjective, to be sure, is seldom used by those who know much of water treatment, but it is certain to receive a *shuddering* emphasis by those who know nothing of its objects and measures. This probably arises from the fact that the majority of its appliances are of temperatures of various degrees below that of the body, thus subjecting the sensations for the time to the impression of *cold*.

A general idea of the effect of water employed at the lower temperatures may be inferred from what has been said of its use at more elevated temperatures. As the temperature is reduced, the effect upon the physiological system becomes more decided, and often more remedial. Cold, when applied judiciously, is an efficient, agreeable, natural, and permanent stimulant to the vital actions. It is a stimulant that need not debilitate, exhaust, or wear out. Nature's arrangements are such, that it is always available as a medical resource, as well as for hygienic uses, in every part of the world inhabited by men. Cold is everywhere an universal luxury, necessity, and remedy, spite of the whimperings of society's weaklings, the active opposition of her pseudo-refined, and the ignorance of her health-teachers.

Since the gradations of temperature below that of the body prevail, as the average, at all times, and in all places, and since the organic functions and the various expressions of them become lessened or weakened if the surrounding temperature be elevated to or above that of 98°, it clearly follows that the impressions that the inferior temperatures make upon the body, or rather the actions that attend these impressions, are not only congenial to health, but an essential condition of its maintenance.

The rolling year and the revolving day have their use, not only in the spring-time and harvest, in the activity and rest they bring, but also in the advantage to life and enjoyment that are occasioned by the vicissitudes of temperature to which they subject the body.

The lower orders of organized existences wait for the vivifying influences shed by the sun in its light and heat, before they can take on their actions peculiar to life. They are developed during the continuance of this influence, and they rest during its absence. But those higher forms of life, that are endowed with the added function of sensation in its various degrees, do not thus await the comparatively slow movements of nature. Their functions are carried on at an elevated temperature, and at a more vivid rate, and equally and continuously. There is need, therefore, for such to provide their own heat,

within themselves. The conditions are therefore supplied in the shape of respiration of air, and the digestion of food. And since the quantity of heat expended in the various ways is variable, the amount of material in the shape of food and air that is used, will be determined by the intensity with which the impression of cold is recognized and responded to by the organic system.

Thus, then, as external heat is necessary to set in operation the vital activities of that portion of the organic creation, whose natural temperature is low, so is cold necessary to induce equally essential functions in those whose temperature is required to be high.

The body, then, is designed as a self-regulating apparatus in regard to temperature. Its actions are varying constantly, and its changes depend on an infinitude of circumstances; and all of the exigencies into which it is ordinarily thrown, it has abundant capacity to meet, not only without disturbance, but with positive benefit. Common observation of the physiological habits of healthy men substantiate these statements and inferences. And it is among the healthy on γ that we are to study truly the physiological laws, and not among the bedwarfed, and the emaculated, and the diseased.

The physiological considerations relating to the function in question are primarily those that pertain to animal life, viz., those of feeling or sensation, and contractility. It is through these means that those relations that pertain to organic life or development, are so influenced that the result, which is tissue and blood change, proceeds with quickened energy. The two things to consider, as instrumental in producing the result, are nerve action and muscular action. Nerve action is the recognition by them of outward qualities or events, and the conduction of this impression through other nerves to muscular parts. Muscular action consists in contractility, or shrinking.

An impression is made upon the surface, and in addition to the feeling, there results also action. The impression of cold affecting the surface would cause a shrinking of all the capillary vessels that go so largely to make up its tissues, but were the impression confined to the muscular or contractile tissue, the act would terminate here. But the nerves situated in the surface are also impressed by the acting cause or cold, and straightway convey the intelligence "more heat wanted" to all the internal parts that can possibly contribute any assistance towards supplying the defect. The continuance of life in the parts receiving the impression depends on the fact of supply, hence the demand is urgent. The impression of cold never goes unheeded, when there is a possibility of responding. With the same certainty as the external muscles will retract when some sudden injury is done or threatened, will the sanguineous system of vessels press upon its contents, and force them into the aerating structures—the lungs and skin.

The constriction of superficial capillaries, caused by the first impression, gives an impetus to their contents that is prevented from going toward the heart, by the valves of the veins, which effectually exclude any backward or retrograde motion. These contracted capillaries are

immediately refilled by the on-rushing arterial current. But more powerful causes step in to assure the complete result of impelling the blood powerfully to the surface. The recognition of cold by the nerves is propagated centrally, and is reflected upon the respiratory muscles. These muscles are thereby stimulated to contract forcibly—the chest heaves, pumping the contents of the venous vessels towards its cavity. All these movements bring the blood in contact with the air of the skin and lungs, and receiving a portion of oxygen, it speeds its way on to parts where it is brought into such relations as cause it to part with some of its heat. Where or how is a matter not necessary to settle, the fact that the capacity is lessened of the blood that has left the surface capillaries for heat, but is incontrovertible. A large amount has been left, in the conversion of arterial into venous blood, to be radiated, conducted, or carried in vapor from the surface.

The impression of cold then, after instituting various actions, ultimates in the production of heat at the surface, together with the appearance of blood in the capillary vessels when the function is performed. The heat-making is maintained in proportion as the stimulus (cold), is effectual in producing the acts above described.

The energy with which this effect is accomplished is in the ratio of the strength or intensity of the impression; a violent impression will summon all the capacities of the system, even those employed in other purposes, to attend to the call thus made. This furnishes a direct means for the suppression of most of the sudden pathological straits into which the system may be thrown.

It has been thought that increased heat-making succeeds the impression of cold, or the bath, at some distance. It is true that an elevation of surface temperature above, or even up to the ordinary standard, does not occur at once; but it must be remembered that a large amount of heat has been abstracted, and an increased amount must necessarily be produced, before the common temperature can be restored. The reaction, as it is called, really commences at the moment the first impression is made, but becomes apparent only when the equivalent of the abstracted heat has been restored. The increased heat production commences and continues with increased respiration, and when the necessity for this is no longer perceived by the sensations, the result no longer follows, and the system gradually relapses to its normal and usual condition. Two things at least have been accomplished, contributing to the general benefit, in ease the system is laboring under disease. First, the tissues have habituated themselves to convey more blood exteriorly, to the advantage of the weakened and congested visceral organs; and second, the blood has lost some of its least essential and usually its morbid parts, which have contributed themselves to be appropriated in the act described.

The above is an account of the succession of changes that transpire in health. But in atony of the system, when the functions labor under a disability, the result is proportionally modified. This arises chiefly from impediments found in the capillaries, from their habitual constriction, and from the crude and imperfect quality of the blood

itself. In this case, as good an imitation as possible of the healthy act should be sought. The success of the practitioner depends on his tact in securing this. He has often to call in requisition the relaxing effect of artificial warmth in connection with the physiological stimulus of cold. In the healthy state, if the cold be continued too long, and the body cooled too much, the physiological capabilities are lessened, and the response exhibited in increased production of heat is retarded. This result is unpleasant, and usually unnecessary. But when the capacities are lowered as in disease, this consequence is proportionally liable to happen. The system should be cooled in such a manner, and to such an extent, that a due amount of heat shall return after a proper interval. In order for the system to do this, a decided impression of cold ought to be made, for by that the vital powers are more thoroughly aroused, and are instigated to a more thorough response.

Patients often describe their sensations with the expression, *want of reaction*. It has been seen that reaction is *always* a sure consequence of the impression, though the return of pleasant sensations may not always happen, because of its inadequateness. *This contingency by no means implies the inappropriateness of the bathing*. A more satisfactory result is to be obtained after repeated trials. Usually the patient will labor under some one or more disadvantages which are to be progressively overcome.

The reaction may not take place properly.

1. From defect in the function of the nerves impressed. This is attended by
 2. The same condition of the muscles receiving the stimulus of reflex action.
 3. Defect of the organic system of nerves concerned in blood-making and assimilation.
 4. Temporary spasm of the ultimate, superficial capillaries, causing the finger-ends to look white for a short time.
 5. Lack of capacity of the chest and lungs, whereby the necessary amount of air is excluded. In phthisical subjects this is more than compensated by increased rapidity of the flow of blood. Hence they usually react well.
 6. Too high a temperature of the air breathed. The respiration of a dense atmosphere introduces more air, consequently contributes to more heat than a rarefied air.
 7. Too rapid and constant withdrawal of the vital heat, so as to constantly reduce the temperature, produces a sedative effect, a cessation of function.

"I CAN'T DENY MYSELF."

BY FINETTE E. SCOTT.

"I KNOW that it hurts my child, but I can't deny myself all the good things of life just for it." So said a young mother to me a few days since, in reply to a suggestion that inappropriateness in her diet might cause the "wind colic," from which her babe of two months old screamed regularly one or two hours each day, and then lay upon her lap in a restless lumber, as sequel of such a paroxysm.

So long as her diet was proper, her babe was healthy and good-natured; but when cake, meat, and mince-pies were portions of her diet, the

babe was a "cross thing, and screamed enough to craze one every day."

She admitted these, the sole causes, but thought her child would become accustomed to them. Indeed, could I expect her "to give up all the good things of life just for a baby!" Alas, poor babe! whose mother's "good things" all consisted in tea, coffee, meat and mince pies. I was saddened and mortified to know that in any sister's character there existed morbid alimentiveness of such giant form, that the "mother's love" was but a pigmy beside its towering strength.

Appeals to both reason and affection she practically withstood, till she thought her child's life must be sacrificed or her appetite denied, and proper food supplied. Thus is she forced to abstain from the above and similar articles, and her child is well.

The mother's food nourishes the infant, and to its quality is so susceptible, that a single unwholesome article of diet may make a good child a cross one, and lay the foundation of some fatal disease.

Space forbids an elaborate argumentation of the subject—for these refer to Drs. Trall and Shew's books. But mothers, I pray you, make not your children's stomachs neither "drug shops," nor slop buckets for the "thousand and one" herb and seed teas, nor graves for the contents of butcher's carts. The quality of thy food is bequeathing to thy child and generations yet unborn, pain, debauch, crime, a dwarfed intellect and corrupt heart; or health, happiness, a giant mind, and noble soul, the form wherein dwells love, purity, charity, virtue, which are but off-shooting sparks of Divinity. Will not this fearful responsibility arouse to a thorough investigation of this subject, and when enlightened, will thy alimentiveness outweigh all? No! a mother's love enlightened, with very rare exceptions, quickly sinks the balance to proper diet and habits, put what you will in the opposing side.

EATING AND BREATHING.

WITH ENGRAVED ILLUSTRATIONS.

BY R. T. TRALL.

THE majority of human infirmities, and a large proportion of the cases of inherited diseases and premature decay, may be traced to ignorance of, or inattention to, the simple questions, what to eat and how to breathe?

In these respects man is sadly behind or below the lower animals, if not in intelligence, at least in a practical disregard of knowledge.

And, in fact, I suspect very few really know what they should give the digestive organs, or how they should exercise the respiratory apparatus, in order to possess the greatest possible amount of health.

A reference to the anatomical structure of the digestive system shows a very complex structural arrangement and this implies a correspondingly elaborate process in the manufacture of food into blood, and thence into the various structures of the body.

Fig. 1 is a representation of the alimentary

canal, with all the chylipoetic or chyle-forming viscera.

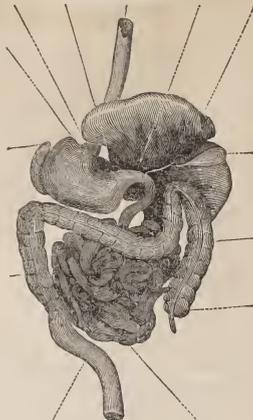


FIG. 1.—DIGESTIVE APPARATUS.

Many animals, as the carnivora, have a simpler digestive structure, and are adapted to subsist on food requiring less change and elaboration; but it seems to be a law of the whole animal kingdom, that the finest, most important, most highly-vitalized and most enduring tissues, are formed of food which requires a slow, and hence admits of a more perfect elaboration.

For this reason alone, vegetable food affords a better, a higher, a more perfect nutriment than animal food, which is nothing more or less than degenerated vegetable material.

The process of blood-making is well illustrated in Fig. 2, which, with the accompanying explanation, is copied from Smith's excellent work, "Fruits and Farinacea the Proper Food of Man."

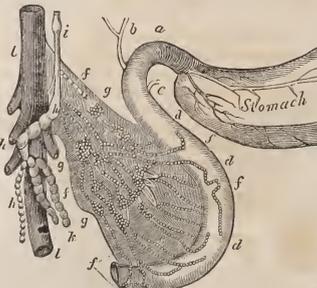


FIG. 2.—MAKING FOOD INTO BLOOD.

"The stomach is represented pouring its properly-digested contents through the pyloric valve, *a*, at its right end, into the duodenum, the first portion of the intestines. The ducts from the liver, *b*, and pancreas, *c*, are seen contributing their necessary juices to the chyme; and the jejunum, *d, d, d*, with its numerous lac-

teals, *f, f, f*, ready to absorb the required nourishment, to convey it along the mesentery, *e, e, e*, change it materially in the mesenteric glands, *g, g, g*, which appear something like knots of beads, and to deposit the fluid thus changed in the receptacle of the chyle, *h, h*, whence it passes up the thoracic duct, *i*, and is poured into the subclavian vein to be mingled with the venous blood."

Such is the complicated apparatus by means of which is performed that mysterious function of transforming the proximate elements of vegetable matter into feeling and thinking structures and organs, into brain, nerve, and muscle.

But what shall we eat? Certainly, this is an important question, in view of the fact that a large portion of the human race, among those who have "enough and to spare," are eating themselves to death with all their "mind, might, soul, and strength." And why?

Because they complicate their food. It does not follow that because the digestive apparatus appears to be a complication, an intermixture, as it were, of various tissues, of arteries, nerves, muscles, veins, absorbents, and cells, that the articles of food must also be promiscuously mixed up and jumbled together in all possible ways.

The grand essential in eating is simplicity of material. For this reason, a plain, mixed diet is often much better than a highly-seasoned, or greatly mixed and mingled vegetarian diet. Plain bread and beef may be better than puddings and sauces, where fruits and vegetables of various kinds are rendered fermentable and indigestible by profuse additions of salt, sugar, milk, butter, spices, &c.

Food must not only be plain, and plainly cooked, and materials unchanged in their natural proximate qualities, but must be eaten slowly. And if all bread were made of unbolted grain, as it should be, and if none of it were either raised or fermented, as it never should be, we would have no difficulties in securing proper mastication, and hence pure appetites with good digestion.

Such food would soon give us natural appetites. We would soon find ample enjoyment and perfect satisfaction in eating without the pernicious additions of stimulants and condiments to provoke the appetite.

And then as to breathing. How few know or think anything of this! People generally breathe because they cannot help it, and therefore as little as possible, instead of breathing because they should, and all they can. Go where we will, on steamboats, in railroad cars, in public halls, everywhere the great effort of all parties seems to be to exclude all the fresh air possible. Can anything be more ruinous to health?

A single glance at the anatomy of the respiratory apparatus, ought to convince any person of the intimate relation of a full expansion of the lungs and sound health. Indeed, a contraction in the diameter of the chest, from any cause, as wrong bodily positions, inattention to breathing properly, an enlarged liver, &c., is the starting point of all the fatal complications so prevalent in these degenerate days of constipating food, tight dressing, sedentary habits, close rooms, and drug medicines.

In Fig. 3 we have a view of form and relative

position of the heart and lungs; and in Fig. 4, their relation to the external contour of the chest and the abdominal viscera.

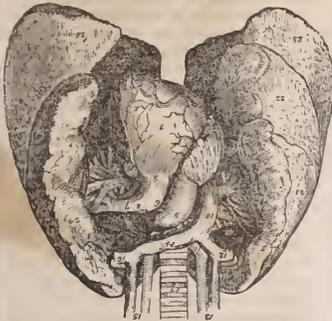


Fig. 3.—HEART AND LUNGS.

Fig. 3 represents the anterior aspect of the anatomy of the heart and lungs. 1. Right ventricle; the vessels to the left of the number are the middle coronary artery and vein. 2. Left ventricle. 3. Right auricle. 4. Left auricle. 5. Pulmonary artery. 6. Right pulmonary artery. 7. Left pulmonary artery. 8. Remains of the ductus arteriosus. 9. Aortic arch. 10. Superior cava. 11. Arteria Innominate; in front of it is the right innominate. 12. Right subclavian vein; behind it is its corresponding artery. 13. Right common carotid artery and vein. 14. Left vena innominata. 15. Left carotid artery and vein. 16. Left subclavian artery and vein. 17. Trachea. 18. Right Bronchus. 19. Left Bronchus. 20, 20. Pulmonary veins; 18, 20, from the root of the right lung; and 7, 19, 20, the root of the left. 21. Upper lobe of right lung. 22. Its middle lobe. 23. Its inferior lobe. 24. Superior lobe of left lung. 25. Its lower lobe.

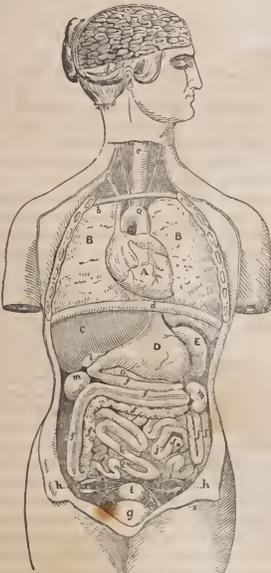


Fig. 4.—VITAL SYSTEM.

A. Heart. B. B. Lungs. C. Liver. D. Stomach. E. Spleen. *m*, *m*. Kidneys. *g*. Bladder. *d*. is the diaphragm which forms the partition between the thorax and the ab-

domen. Under the latter is the cardiac orifice of the stomach, and at the right extremity, or pit of the stomach, is the pyloric orifice.

Who can fail to observe that if any of the important structures represented in Figs. 4 and 5, are in the least possible degree restricted or compressed, just so much of the life of the individual is destroyed. Indeed, we may correctly estimate the vitality, the power of endurance, and the strength of the system, for all available purposes, (other circumstances being equal,) by the size or fullness of the chest, as measured across the diaphragm.

Show me a man or woman contracted in this region, and I will show you a person enfeebled in the exact ratio. And, on the contrary, find a persou (and we have excellent specimens in the potatoed Irish girls, "just come over"), and you will see also one who can *work* if need be, or play if preferred, without having to send for the doctor the next day.

Our American women are pretty generally "caved in" about the heart and lungs, for the reason that they have not breathed enough to keep the chest duly expanded. This is not so with English women generally, whose habits—out-door walking and more active exercises—are incomparably superior to those of American women generally.

Miss Catharine E. Beecher gives us, in a late work, a deplorable picture of the condition of America, in the large circle of her acquaintance. Almost all are invalids. In this city and in Brooklyn, where she is extensively acquainted, she can only find a solitary female in each who professes to be entirely well. And this is a sample of her experience, and of the experience of many others all over the country.

Unless our women can be taught a few wholesome lessons on these very simple subjects of eating and breathing, the next generation of sons and daughters are in danger of being more degenerate than the present, which God forbid.

HYGIENIC AGENTS vs. DRUGS.

BY DR. E. W. GANTT.

HYDROPATHY has nothing to fear from the stereotyped allopathic system of medicine; the dissimilarity existing between these two systems is so self-evident, that no argument however specious, no disposition of mere external circumstances however favorable, can ever harmonize them. Their antagonism is mutual, and it must be as enduring as the respective antagonists. Such a foe cannot excite the fears, but rather inspire the hope, confidence, and courage of the true hydropath. We repeat then, that allopathy, though bitter and earnest in opposition to Water-Cure, is not a *dangerous* foe.

The reformed schools of medicines, however, with their array of assumptions, pretensions, and outward appearances, constitute a rather formidable antagonist, inasmuch as they profess to have abandoned the errors of the old schools, and claim a position upon the same platform with us. To prove the identity of their position with ours, they refer us to their abjuration of the old-fashioned wholesale system of drug medication, and insist that the simple drugs they now use in

their practice are real hygienic agents, and therefore "innocuous remedies." But here they assert a claim which, in the name of certain science, we are bound to deny and disprove. We hold that in science there is no ground for the identity of drugs with hygienic agents. To settle this point, let us institute the inquiry, What are hygienic agents? Briefly, they are food, water, air, electricity, heat and light, with their negatives, cold and darkness, and exercise and rest. The use of these for mere hygienic purposes, implies that the subject is already in the enjoyment of good health, and requires nothing more than the conditions which are essential to its preservation. Harmony is the essential condition of the use of these agents; and the intelligent hydropathist, recognising the violation of this law of harmony as the parent of disease, requires the recognition of the law, and labors to secure obedience to it. And instead of resorting to drugs to "drive out" the disease, he so controls the use of what are known and universally admitted to be hygienic agents, as to secure the greatest possible degree of harmony of functional action. He regards disease not as an entity, having a life and properties peculiar to itself alone, but as a manifestation of unbalanced activities, for which the only certain remedy is the restoration of harmony. To secure this result, he has found the generally admitted hygienic agents to be sufficiently potent in all cases, which belong legitimately to the sphere of the therapist. Cases requiring the use of the knife and caustics, come more appropriately within the province of the surgeon.

But the reformed schools of medicine are not content with the acknowledged list of hygienic agents, but deem it proper to add thereto what they term "innocuous remedies;" such as cayenne, pepper, lobelia, tannin, acetic acid, sulphur, "*ginger pop*," or its essential ingredients, &c. All this is very pretty in theory, and forms a good basis for a conscientious practice; but we are not yet convinced that there is not something "rotten in Denmark." So far are we from being a convert to this new doctrine, that we are quite sure there is a manifest difference between these so-called "innocuous remedies," and genuine hygienic agents. The basis of our distinction is the relation existing between the vital force and all extraneous substances, properties, and forces. This acknowledged relation is, that, when the vital force is not deprived of its conditions of manifestation, it must react upon every thing placed in contact with it, including drugs and hygienic agents. This principle must explain the phenomena attendant upon the use of all drugs, which are supposed to possess remedial properties. We believe, too, that it has been satisfactorily demonstrated that this reaction involves not merely the *use*, but also the *expenditure* of vital force. This principle will enable us to discern the well-marked difference between the "innocuous remedies" of the reformed schools of medicine and hygienic agents. Such is the inherent nature of hygienic agents, that they afford an actual remuneration, in their appropriation to the conditions of vital manifestation, for the force expended in reacting upon them. But there is nothing inherent in the nature of the whole list of "in-

nocuous remedies," that can afford any remuneration for the force expended in their expulsion from the domain of vitality. The intensity of action required to expel them, may sometimes be favorable to the restoration of harmony of functional action, and thus they seem to cure; but the philosophy of their effects would not limit us to the use of cayenne, ginger, and lobelia, for the same principle is developed in the use of the more virulent poisons.

But the reformed practitioner may deny the basis of our distinction, and claim that his "innocuous remedies" are remunerative, and are therefore hygienic agents, and not poisons. If this be a just claim, then in common with the generally acknowledged hygienic agents, these so-called "remedies" must be classed with the actual necessities of life; and all should have their boxes of cayenne, catnip, ginger, and lobelia, lest, being placed in circumstances in which they could not be obtained, life might become extinct. None of the well-known hygienic agents can be dispensed with permanently, without rendering a fatal termination inevitable. But the idea of associating a necessity with the use of the "innocuous remedies" of the reformed practitioner, is simply absurd. To believe in their necessity, we must first admit that they are useful in effecting some necessary result in a state of health; and to regard them as hygienic agents, we must believe, that the use of them habitually by a person in perfect health would be beneficial, than which no position of the medical fraternity is more untenable, no medical dogma more positively injurious to humanity. It is the screen behind which the hosts of spirit-drinkers, tobacco chewers and smokers, opium eaters, and sensualists congregate, and claim the protection and benedictions of medical science.

Finally, it will not do to claim that if these "innocuous remedies" fail to do good, they can at least do no harm. Whatever involves an expenditure of vital force, be it a drug or a hygienic agent, must of necessity be positively injurious, if it fails to do good. There is no neutral ground that either drugs or hygienic agents can occupy. In their use the life forces are expended, and if there is nothing inherent in their nature that proves remunerative, they are to be condemned as enemies to health and life.

BENEVOLENT WEALTHY MEN.

I HAVE often wondered that while so many wealthy men were contributing their thousands to the ordinary schools and colleges, and bequeathing their hundreds of thousands to give success to various religious and educational enterprises, so very little—almost nothing—has been donated to the foundation and support of institutions calculated to reform and improve mankind in the very best, most radical, and most practical manner, viz: in giving them a knowledge of themselves, of the organs and functions of their own bodies, and of their duties to and relations with all other beings and things in the universe.

A good beginning was made in this direction by Dr. Cornwell, who died recently in this city.

In 1849, being then a resident of the County of Greene, where he had acquired an estate worth from \$7,000 to \$10,000, he executed his last will and testament, devising "four-fifths of all the property found in the State of Illinois, such as money, notes, lands, and the like, into such hands as will produce the most and best income, in money, yearly; and the interest of said property shall be put into some proper hands to purchase, yearly, the following class of books (published by Fowler and Wells), viz.: Discourses and Lectures of Sylvester Graham (of the Science of Human Life), and Lectures to Young Men on Chastity, by said Graham and Dr. Alcot, and *The Water-Cure Doctor*, and *The House I Live In*, and *The Young Mother*. (He says, always purchase books on human physiology, to learn the knowledge of ourselves. As I intend to have the will continue one hundred years, at least, without any alteration, and have them divided so that those who have the care of said district school libraries, over said Greene County, can, without difficulty, obtain all their proportion of books at the county seat without expense to the property of this will, or any intended for Greene County school libraries, especially on human physiology;

"Furthermore, I will the other fifth of all the property found in the State of Illinois, in the following way, viz.: \$300 to the Eclectic Medical College of Cincinnati, Ohio; and \$200 to the Botanic-Medical College of Memphis, Tennessee, for the use of said college libraries. And if there should be any left in the State of Illinois, to have it divided as well as it can be, to purchase physiological books of the class mentioned above, and no other, unless there can be lectures obtained from those Botanical Colleges mentioned above, of which I am willing a portion should be purchased yearly." He appoints the county court of the county of Greene, or the three principal officers that compose the court, to execute the trust.

Dr. Cornwell was a practitioner of the Thompsonian school, and a bachelor. He was a man of limited education, with strong prejudices against regular-bred doctors. He argues in his will that if mankind would administer both food and medicine with that care of temperance that nature requires, good health and rosy cheeks would follow as certainly as the field produces its ripening corn by the hand of industry. "When the people are enlightened by the principles of physiological truth, all doctor-craft must die, for then all heads of families will be useful teachers in the system of curing disease."

Taking a similar view of the necessity of establishing general health among the people, before we can expect great and radical changes for the better in society, a correspondent of the *Cayuga Chief* says:

"The rain drops falling on the window, remind me that I have strayed far from the theme on which I commenced writing. Would to God I could see in society, as I can in imagination, that 'mammoth water-cure—the cure for the people, where the afflicted should find a home, and be healed;' where the fevered brow should be laved with pure water, and the burning thirst should be quenched from the sparkling fount; where stiffened joints and palsied limbs should regain

their elasticity and vigor, and leap for joy; and where all afflicted with suffering and pain should dread the torturing blister and murderous lancet no more, but should find relief and rest in the soothing application of the life-giving element. *May the heart of some one, blessed with worldly means, be moved to found such an institution, and his name shall live in the memory of future generations, while those who have made more splendid offerings at the shrine of benevolence shall be lost in oblivion.*

"I do not sigh for wealth, but O, how I long for knowledge! I would teach the world the harmonious laws of health; the simple and beautiful processes of nature in restoring the system when cranged; and teach them to use her pure, free, and life-giving agencies in curing their maladies; and above all, to live as nature and the God of nature hath designed, and pain would flee from them as dew before the morning sun."

It would not take long to revolutionize society, and rid it of nearly all its vices and crimes; its diseases and miseries, if a few of our rich men had the spirit and the intelligence of Dr. Cornwell.

The "good books for all" are abundant and cheap; but who will supply them to the ignorant and the needy? And the men and women are numerous who are willing to devote their lives to the glorious work of redeeming humanity from suffering and degradation; but who that has more than enough and something to spare of this world's goods will supply the requisite capital?

TRUE REFORMER.

YELLOW FEVER VS HYDROPATHY.

BY J. M. WISE, M.D.

AGAIN the season for the spread of yellow fever—that terror of southern cities and scourger of physical transgressors, is closing upon us, and numerous pens are busy in tracing its history and recounting its fearful ravages.

Within three short months, what a change has come over the face of many cities and pleasant villages, that little dreamed of the approach of pestilence.

They have been blighted as the tender plant with hoar frost, and withered like new mown hay in midsummer's sun. Desolation was written upon every town and village where it chanced to appear. Houses were forsaken, while their inmates fled to the "country." But all did not flee. Some there were who could not go, and others who, when dangers come, know naught but to face it, and help the needy. These are nature's noblemen—men of souls and brave hearts—men that would storm a Sebastopol, were human beings to be relieved—and these are the ones that must face the storm.

Pestilence marks well its victims.

It cometh first, as the thief in the night, stealing around the river's side and sinks of vice. It lurks in close apartments and damp cellars, where human beings crowd together, from year to year, in filth and stench; and suddenly it pounces upon the unsuspecting inebriate, and hurries him "to parts unknown." Next the

"gentleman" finds himself the subject of its warm embrace. But it stops not here.

Emboldened by its progress, ere long it spreads until the proud and the low of all classes are alike its victims. It stalks boldly to the Christian's home, and takes a kind father, a fond mother, a hopeful son, or lovely daughter, and spares not the virtuous and the good. The learned of the medical profession are its favorite marks, and the devoted clergy it delights to take as its choice victims. Why all this disease, and suffering, and death in our midst? Why, every year, does this dread fever visit our river towns? And why is it spreading to inland villages? Is it not the fire of purification, out "harvesting" nature's disobedient sons and daughters, for their infractions of her immutable laws in their *own persons*, and the neglected hygienic condition of our cities?

Here is a field for speculation; but *theory* we leave for a subsequent chapter—our object at present to condense a few facts, which come under our own observation, for the readers of the Journal.

Yellow fever is truly a fearful disease, and does its work in short order. It runs its course rapidly, and the patient soon dies, or begins to convalesce. And of all the diseases known, none, perhaps, so completely baffle *medical* skill, or prove so fatal under drug treatment. Why is this? The reasons are obvious. This is a terrible disease, runs rapidly, and the inherent life forces of the system are taxed to their very utmost in resisting the causes which produce it. Nature already has, in the disease, as much as she can carry, without the additional disturbance of drugs. The vitality—the recuperative powers, always resist causes of disease, and have a tendency to cure—to restore, and the greater the work to be done, the greater the effort to do it. Drug giving is a *diseasing* process—*disease making* instead of a curative one—and hence draws out the *resistance* of nature's forces instead of working in harmony *with* them. Now, as I said, in yellow fever, the powers of the system are taxed to their utmost capacity, and now, to add another disease—another disturbing cause, by giving poisonous physic, is simply to *overcome* the powers of the system; nature sinks, and the patient must and will die, as our graveyards, which look like ploughed fields, abundantly prove. Will the day ever come when doctors will learn the *modus operandi* of medicines and pathological actions in disease? If so, then will they heed the signs which nature hangs out in every case, and let them be their guides in its treatment. I have carefully watched this season, the treatment of hundreds of cases of yellow fever, and one fact I have learned—that, with this disease patients cannot bear medicines but of the simplest kinds, and in very small quantities, and even these are hurtful.

I have long desired to witness the water treatment in yellow fever, feeling assured it was the best. This season I have given it a fair trial, and demonstrated, to my satisfaction, its superiority over other modes of treatment.

I have treated patients in the same house, and same rooms, with those under allopathic treatment—cases as bad, and some of them worse

than theirs—mine recovering, theirs dying. In the treatment of twenty-five cases hydro pathically, but one was lost, and that a young infant, in the last stage of the disease when called to it. This practice cuts off a great amount of suffering, relieves much sooner, is safer, and far more pleasant to the patient's feelings. Some readers of the Water-Cure Journal and books have treated cases in their families with equal success.

We have treated those varying from the mildest attack to the most desperate, and some that were abandoned by other doctors to die. Did space allow, we should like to give a detailed account of all the phenomena presenting themselves in the attack and progress of the fever. Many have requested of me my exact mode of treatment, and all the information on the subject that we can give. This we shall be happy to do at as early a day as possible. Suffice it to say, that we scarcely treated two cases alike, and many we were obliged to manage as we could, and not as we would.

You must treat symptoms as they present themselves, and these are very different in different individuals.

We will give, briefly, an outline of some of the popular modes of treatment, so that they contrast with ours.

First, the sweating system. Many suppose that unless a patient is in a profuse perspiration from the attack to the breaking up of the fever, he will certainly die; and hence every effort is made to secure this, as they suppose, desirable end. First, a hot mustard bath is given, then the patient is put to bed, with from four to six heavy blankets upon him, hot bricks to his feet and limbs, warm teas to drink, doors and windows closed, with directions not to let the patient stir hand or foot from under cover, lest a breath of air should strike him, which would be instant death. In addition to this, strong purgatives are given to move the bowels. In this condition, the patient is compelled to remain without any change of linen or bed clothes, until the fever is broke, and he pronounced convalescent, if he is so fortunate as to reach that stage, which is not very often. Often, in this condition, have I known them to die, calling to the last for one drink of cold water (which was denied them), that they might die easy.

Others I have known who, under this heavy covering, begged to be removed from the stench caused by the fever and profuse sweating; but no, it would be death to allow a clean shirt next the skin, or change the sheets, reeking in fetid perspiration.

This is the most fatal practice that I have witnessed, yet it is popular.

Next is the quinine practice. First, doors and windows open, little or no covering, and for two days doses of quinine, in from ten to twenty grain doses, every few hours. Then comes purgatives, stimulants, and blisters, in great profusion. This practice is also very fatal.

Thirdly, we give the practice most successful under drug treatment.

First, a hot mustard foot bath, a dose of oil, warm tea to drink, with bits of ice to eat, and constant cold applications of water and ice to

the head, and stimulants when the fever begins to subside.

In water treatment, we use the warm and cold pack, half baths, sitz baths, spongings, applications by wet cloths, head baths, foot baths, &c. as symptoms require, convenience allows; also, ice to eat, and ice water to drink, usually in small quantities at a time.

The pouring head bath is indispensable in most cases, and may be often used, several hours through the day, with the best consequences. The plan recorded in the Hydropathic Encyclopedia, in Mr. Miller's letter, would be very effectual in most cases.

Were I called upon to write a general prescription for a case of yellow fever, without seeing it, it would be somewhat after this wise. 1st, Turn the doctors out at the doors, throw the drugs out at the windows, with special directions to keep them out, but to leave the doors and windows open. 2d, A careful nurse, with directions to keep patient perfectly quiet, and to allow very few, if any, persons to see him until the fever was broke, and when broke, to keep quiet as ever for two or three days, with a very little nourishment. 3d, A good supply of clean, soft water and ice, with a half or sitz bath-tub, some blankets, sheets, towels, &c. A warm pack or foot bath to be used while the chill is on; and when the fever comes up, to cool it down by the cold pack or half bath, constant cold applications to the head, bowels thoroughly evacuated with tepid water *en masse*, feet to be kept warm with bottles of warm water, when needed.

I close with a report of a few cases, which may be inserted at the discretion of the publishers.

Case 1st.—Called, at 6 o'clock A. M., to a man, 25 years old, stout, robust constitution. Found him in high fever, had been on him 17 hours, pulse 100 to the minute, perspiring freely, tongue coated with a whitish furze, fiery red around the edges, severe pain in the head and small of the back, difficulty of urination.

Treatment.—Gave a thorough sponging in water at about 70° relieved bowels by enemas, bladder by hot and cold applications over the hypogastrium, and applied cold cloths to abdomen, chest, and head, through the day. At 5 o'clock P. M., gave a thorough rubbing in tepid half bath, and reapplied cloths. At 6 P. M., same day, fever was gone, and did not return, completely broken in 12 hours. On the second day, gave pack and half bath twice. Third day, gave dripping sheet twice; after that no treatment. Patient well.

Case 2d. Infant four months old, saw it soon after fever came on. Had it bathed all over in a bucket of tepid water two or three times in twenty-four hours, at which time fever went down and did not return.

Case 3d. A boy, sixteen years old, had been under drug treatment three days. Doctors wished me to take him, saying, they could do nothing with him, except with water. I refused at first, feeling confident that he would die, but finally consented to try him.

Fever very high, pulse over 100, patient in the wildest fit of delirium I ever saw, screamed every breath at the top of his voice, tore all his

clothes off, and could only be kept in bed by the power of a strong man.

Treatment. With the assistance of two men put him in a cold half bath, poured cold water on his head, which ran down his body, kept him in six minutes, wiped dry and put to bed. By the time he was straight upon the bed, he was asleep. Slept soundly for two hours, when another fit of delirium came on; repeated the bath and put in a pack, slept soundly again. Third fit of delirium, used pouring head bath, after which he became rational. This process was commenced at 6 P. M., by morning fever nearly gone. Gave but little treatment second day. Second night somewhat delirious again, but by head baths quieted him. No more fever, but kept his bed near a week from extreme prostration.

Case 4th. Man about forty years of age, high degree of nervous temperament; had been under drug treatment, pronounced in a dying condition for three days. Tenth day of his disease, doctor left him, said he would be dead in three hours. Three hours past, and he being still alive, sent for me. I went, and after a careful examination had very little hopes of his recovery. Found him in the following condition. All the extremities were cold to his body, as they will be when dead; had been cold for thirty hours, pulse 130 per minute, and so weak that every minute would seem to be the last; tongue was red around the edges, and black down the middle; complained of no pain and was rational; had taken large quantities of quinine, brandy, purgatives, and been severely blistered over the stomach.

I told the friends I thought him dying, and would not take the case; but if they wished to do anything more, and would take the responsibility of it, I would tell them what to do, and show them how to do it. They consented. He was laid across the bed, with the feet in a tub of hot water which set on a chair. His feet and lower extremities were bathed in water, as hot as could be borne for three quarters of an hour, then wiped dry, covered well in bed, warm bottles to his feet, gave a little nourishment, did nothing more. The man is well.

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We thank most heartily, those whole-souled and generous Co-Workers, who, apostle-like, "go about" extending a knowledge of the principles of Life, Health, and Happiness.

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The Month.

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GET up a Club for the Water-Cure Journal, 1856.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

THE DISCUSSION.—A crowd of matter has obliged us to defer the continuation of our controversy with Dr. Curtis & Co. till the February number, when it will be resumed, and probably completed, *sooner or later*. We have on hand one communication from Dr. Curtis, of a date prior to the last article from him which we have published. It is due to him to say that it was our mistake, in not presenting them in the order written. Still, it will make no serious difference in the matter of enabling the reader to reflect upon and digest the arguments *pro* and *con*.

The following communication—one among many which this discussion has elicited—shows the spirit of inquiry which we are pleased to see awakened, and which we had expected our discussion would awaken among thinking persons. If we could induce or provoke doctors or others to a discussion of all the inconsistent and senseless vagaries which go by the name of "medical science," we should be well pleased.

"Does the thing perceived act on the perceptive organ, or does that organ act exclusively and solely on the thing perceived, or do they act mutually on each other in the act of perception?"

FRIEND R. T. TRALL, M.D.—A certain legendary narrative declares that a boy having wandered from the house of his parents was lost in the forest. An extensive search immediately ensued, which lasted some days, but was not successful. During this search an Indian happened that way with his dog. On hearing of the case he requested to see the father of the lost child, and for that purpose waited his return. "White man," said he, "I can find your child! Give me the shoes and stockings he wore." These of

course were quickly presented. The Indian bade his dog smell them. He then took the dog out from the house the child had left, and when he thought the distance was about convenient he commenced leading the dog in a circuit, which, if continued, would encompass the house, telling him to smell. When the dog came to the boy's track he knew it, notwithstanding the presence of the footsteps of hundreds, perhaps thousands, of other persons on the same ground, and by this means could trace the lost boy to his hiding place. Now, did the effluvia proceeding from the boy's feet first act on the olfactory nerves of the Schneiderian (pituitary membrane), of the *nasal fossa* of the dog's head, or did these nerves first act on the said effluvia, or did they meet, act, and co-act together? Certainly some action or other, of a kind that his constitution was able to respond to, must have been exercised or expended on the nerves of the dog at some period of the affair. Our question relates particularly to primary action. We are not disposed to deny that in reaction the nerves become active agents. Can you administer an *antifogmatic* that will clear up this dubious concern?

As relates to external things, are the nerves active agents in the first instance, before anything from without occurs to act on or affect them? *e. g.*, when we listen, are the auditory nerves active before the first sound reaches them? By the word "active" we mean nimble, lively, brisk, that acts. This is according to Webster.*

P. S. In the Sept. No. (1855) of the Water-Cure Journal, pages 58 and 59, in a communication relative to the perception of objects, addressed by yourself to Drs. Curtis, John, Prettyman, Stockwell, Kent, and others, as well as elsewhere in the same Journal, we have met with the sentiments that gave rise to these questions. Notice particularly the last sentence of the last paragraph but two of the letter referred to, together with what precedes and follows.

Respectfully, &c., O. P.
CLEVELAND, O., Nov. 17, 1855.

REPLY.

All the *fogmatism* of O. P. comes from an indefinite use of terms. No scientific question ever was or ever will be clearly understood until each technical term is employed in an exact and precise sense, and in no other. Just think a moment, Mr. O. P., what sort of an idea you can have of a perceptive organ and a thing acting mutually on each other! What is a mutual action? and then again, what is reaction?

The nerves you say "become active in reaction." Such an expression is sheer nonsense, and we will give you an *antifogmatic* large enough for all Lake Erie, if you will define the true meaning of the phrase in any other words than those you have used. What is reaction?

You ask if external agents act on or affect the senses before the senses act on them? &c. The senses are active agents always; the things are passive agents always; and this relation can never be disturbed nor changed. If this is not so, why should not the vibration or air striking

on the tympanum of a dead man, or a deaf man, produce sound? And why should not the rays of light penetrating the eyes of a blind man induce sight?

You tell that Webster means by active, "lively, brisk, that acts." I incline to guess that the two last words, "that acts," are not Webster's. That the word active signifies not passive, is just as clear as that the word passive signifies not active; the simple truth being that one isn't t'other, and t'other isn't one—each is itself. But to the point.

Perception is an act, a function, a performance, a doing of something; hence it must have an organ, a structure, that is active. The exercise of the organ is its function; hence perception is the action of the perceptive organ. But what is the rationale of perception? Simply the recognition of the presence or existence of a thing.

Thus we have mental perception, which is the recognition of objects or things at a distance, or in contact with the organs of the five senses; and organic perception, which is the recognition of objects in contact with and within the body, as relates to mere bodily preservation. Mental perception relates us to the universe, and organic perception relates solely to the preservation and development of the body. Food, drink, air, medicines, poisons, &c., are recognized by the organic instincts; and what is called by medical writers the impression of these on the system is really the recognition of these things by the organism itself.

And so, too, of mental perception. Another tells us that light acts on or makes an impression on the eye; sound on the ear; savors on the nose, &c. This is all wrong. The eye, ear, nose, &c., recognize, take notice of, act upon, if you please, external objects; the rays of light, the vibration, the presence of effluvia, &c., being media through which the living, acting organs perform their functions, that is, perceive or know of the existence of external objects, and of their relation to us. All that we have said to Dr. Curtis and his numerous allies we shall abide by, "literally and figuratively."

EYE CURS.—A number of correspondents have asked our opinion of the merits of the eye cups invented by a Mr. Ball of this city. Several years ago we tested them in several cases, and published our opinion, which was then precisely what it is now, *viz.*: That they are adapted to and useful in some cases of weak and defective vision, and occasionally in cases of chronic inflammation, but they are by no means to be recommended as a specific or cure-all for diseased eyes.

Probably they, if used indiscriminately, do more hurt than good, in a majority of cases. Many cases of weak eyes, also, are dependent on the taint of drug medicines, or on a primarily diseased liver, or on repelled eruptions, &c., in all of which cases the eye cups would be useless or worse than useless.

Nor would they be adapted to cases of active or acute inflammation, nor to any cases of weak eyes attended with great sensitiveness or irritation.

They may be most advantageously employed

* The word "active" also signifies *not passive*.

in defective sight from a fluttering of the globe of the eye, and in cases of weakness and chronic inflammation with torpid nerves and inactive vessels, with pain or tenderness, as the moderate compression which they produce, when frequently and judiciously repeated, tends to develop the circulation, and round the ball of the eye. This effect may also be, to a great extent, attained by gently and frequently compressing the vessels around the eyeball with the ends of the fingers.

The instruments in question ought certainly not to be employed except under proper medical direction, unless by those who fully comprehend the principle of their operation.

DYING WITHOUT MEDICAL AID.—According to the following extract from the London *Lancet*, dying without the assistance of the doctor seems to be almost as shocking as being handed without the benefit of clergy. The *Lancet* says:—

"Dr. Stark, the superintendent of medical statistics to the Registrar-General, under the new act for the Registration of Births, Marriages and Deaths in Scotland, reports that forty-one out of every hundred of the people who die in Dundee, die without medical attendance. If the figures are correct, the fact is deplorable. The annual number of deaths in Dundee being 1,800, more than 700 perish there without medical attendance."

But what is there so deplorable, after all? According to the *Lancet's* own showing 700 die without medical aid, and 1,100 with. Certainly the "aid" does not keep them from dying, and we are inclined to agree with the distinguished editor of the London *Medico-Chirurgical Review* that if there was no drug doctor nor drug in all Dundee, the sum total of deaths would be considerably less than 1,800.

To Correspondents.

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

FANATICISM AND WATER-CURE BABIES.—M. S. C. "While visiting a Water-Cure establishment recently I was told that Dr. Trull was ultra concerning the system he advocates as to be suspected of fanaticism. Indeed my informant said that his children were so thoroughly devoted that they appeared like shadows. Is this correct, and do you recommend such a course?"

We are more than well satisfied of fanaticism. We are openly charged with it on all sides; and by none more vehemently than by hydro-genopathic doctors. The fanaticism, however, probably consists in saying just what we believe, and practicing just what we say. As to the children, perhaps the less said the better, considering only they are not shadows, by any manner of means. There is enough of them, such as it is; and as to their jumping and tumbling, and running and racing, and "holerism" and yelling, and cutting up shins generally, to say nothing of being remarkably knowing;—just bring on your omnivorous specimens, and see if comparisons won't be odorous, as Mrs. Partington would say.

DR. SMITH ON ELECTRO-CHEMICAL BATHING.—**FOKLER AND WELLS.**—Respected friends: I have just written to Dr. Isaac Tabor in relation to a subject which I like to ask him, as a favor, to communicate to you. I came down lately to New York to purchase an electro-chemical bath. But after having visited — establishment and mine also, and gathered information on the subject, he concluded to return without purchasing, not being satisfied on the subject. In this state of mind it was proposed in order to test my foot-bath, that he should take one himself. To this end, therefore, the battery was made ready, and his feet were immersed in the bath. It was now proposed by Dr. Tabor that an experiment should be tried with a piece of a leaf of tobacco. A small piece of it was made wet with some of the bath, and applied to his cheek. To this was attached a wire in connection with the positive pole of the

battery; his feet still in the foot-bath, which was in connection with the negative pole. In a very short time, I should think about a minute, he became very sick at the stomach, so much so that I had to run and get a vessel for him to vomit in. This, however, did not take care, because when I discharged the pole from his face the effects on his stomach subsided.

The next experiment was as follows:—I procured two pieces of zinc muslin. One of them I saturated with a solution of the iodide of potash—this was placed under the sole of his foot on a stool, and put in connection with the negative pole of the battery; the other piece of muslin was wet with starch-water, and placed upon his hand. While thus holding the muslin in his hand, I brought a wire from the positive pole of the battery in contact with it, and in a few moments the iodide was transferred from the foot through the interior of the body and brought out on his hand, and manifested itself by decomposing the starch, and changing it to a purple color. These two experiments convinced him. He purchased the apparatus, and took it with him to Providence. With respect, I subscribe myself your friend.

S. B. SMITH.

I, the undersigned, who was the subject of the above experiments, hereby attest the accuracy and truth of the above statements. ISAAC TABOR, M.D.

Providence, R. I.

A NEW MODE OF PACKING.—Dr. J. E. Gross, of Madison, Wis., communicates the following, which we have no doubt may be found, in all cases, very convenient, and in some preferable to all others:—

I have recently introduced into my practice a new method of packing, and to a great improvement upon the usual mode. I take pleasure in making it known to the readers of the *WATER-CURE JOURNAL*. A loose dress, made of linen sheeting, or common *crash*, to cover the whole body, with arms and legs, and open in front, and with tape springs for being closely to the body. This should be so made as to fit snugly around the neck and shoulders. 2d. A large gown of *oil silk*, made similar to a gent's morning wrapper, and long enough to come over the feet. The whole to be lined on the outside with cotton cloth, the lining being necessary to support the silk. The silk should be of the best quality.

All that is necessary for the patient to do, to prepare himself for the enjoyment of a "good pack," is to wrap himself snugly in the above dresses, after thoroughly wetting the first, and then recline upon the bed or lounge; in a few minutes he finds himself in a glow and pleasing reverie.

The following are some of the advantages which this new mode of packing possesses over the one now in common use:—

1st. The patient is able to pack himself, and that, too, with the greatest ease.
2d. The patient can assume any position he may choose—reclining or sitting in an easy chair—without the least exposure, or in any way interfering with the operation of the pack. It being necessary to keep the outer dress closely wrapped about the body.
3d. The *wet dress* can be much more readily changed, as it is often very necessary in cases requiring a rapid reduction of heat, such as fevers, &c.

4th. The convenience of carrying the articles from one place to another, thus doing away with the necessity of a quantity of blankets and comforts which the patient is usually required to furnish.

5th. Less expensive.

We hope that this new mode of applying one of our most valuable means for the treatment of disease may prove as useful to the friends of hydropathy as it has in this institution.

IODINE AND BROMINE.—N. C., Port Jervis. Will you please inform me by return of mail what is the best mode to poison or kill the tubercles, and how to counteract their injurious effects on the lungs? Also state what are the injurious consequences.

We cannot write letters without pay; but we will answer questions *publicly* gratuitously, as we have said a hundred times. Those poisons can usually be expelled by ordinary Water-Cure appliances, packs, sweating blankets, &c. The electro-chemical bath will deturge them from the system more rapidly than any other known process.

SNARLEY HAIR.—J. T., Shelbyville, Ind. What would be the hydropathic treatment for hair that is coarse, rough, easily tangled, and hard to comb; more like bristles than hair? It has a dull and dingy appearance like an old's. Is there any disease of the hair? Isn't there some ointment or hair oil that gives hair a glossy and nice appearance?

Get plain healthful food, wash all over every day, not exceeding the head, and rub the whole skin thoroughly afterwards with towels. Avoid ointments and oils as you would or should any other unclean and indecent habit.

SWELLED NECK.—C. G., Newcastle, Pa. The enlargement you speak of will probably be found in the *Encyclopædia*, under the head of "Gottre." You had better send the girl to a Water-Cure for a few weeks.

LIVER COMPLAINT.—G. E. C., Oak Dale, Minn. Ter. Am I treating my complaint as I ought to. Liver complaint, indigestion, and some dyspepsia. Have also had a very bad cough for a year most of the time. Sore larynx; but am now comparatively well. Treatment: cold bath in the morning, washing with my hands; fall pack in the middle of the day, using water alone for cold washing after; sitz bath at 4 or 5 P.M.; cold wet girdle at night, and part of days when warm; an week, with no power to endure; feel like working, no strength to do it; diet, wheat and Indian meal bread, and mush and milk; boiled potatoes, about 1 lb. food per day.

All right, provided the temperature of the body is sufficient to render all the baths agreeable, or so much so as to leave no unpleasant chilliness or depression. If this is the case, take a tepid half-bath at 5⁰⁰ instead of the pack.

DISTILLED WATER AND SNOW WATER.—E. M. R., Lebanon, Pa. In case of a person living in a district where the water is strongly impregnated with limestone, would you advise drinking distilled water?

Did you ever hear that snow water, used as a drink by the Indians in the northern part of this Continent, produced a disease? (I have heard so, but I forget of what nature.) If this be true, would not distilled water have somewhat the same effect?

Distilled water is certainly preferable to hard water; indeed it is perfect for all purposes. It is, however, an expensive luxury. The disease you allude to from snow-water is probably probably highly imaginary.

DEAFNESS.—G. B., Princeton, Ind. I wish to know of the editor of the *WATER-CURE JOURNAL* that if a person of good health, who has become partially deaf in one ear by ringing and buzzing noises, can be benefited by Water-Cure, and how?

He may be benefited by eating and drinking physiologically, so as to cleanse the system of all impurities; and bathing to the extent of removing all existing obstructions. Whether the hearing would be partially or completely restored depends on the extent of the injury to the auditory apparatus.

VARIKOSE ULCERS.—J. B., Williamsburg, Mass. About fourteen years ago I was sick with the typhoid fever; was doctored by an allopath; and as a matter of course was salivated. One of my legs at the time swelled, and has remained so ever since; have had for several years varicose veins, and it occasionally breaks out with ulcers, which are about impossible to heal up. Please state in your next *WATER-CURE JOURNAL* if M. Vergne's method of deturging matters from the system will prevent more ulcers, and what is the expense of the operation?

The baths will help to cure the ulcers just so far as their existence depends on minerals in the system. Undoubtedly they would benefit you, and possibly cure. The expense would be twenty to thirty dollars.

AGEE CHILL.—J. M., jr., Lancaster, Ohio. What kind of a bath is best when a person has the chill of age? Would a cold bath, a shower bath, or plunge be injurious at the time of the chill?

The best bath, as a general rule, in the cold stage, is a warm or hot bath, and a tepid half bath or pack in the hot stage. Showers, plunges, &c. are not injurious in persons of vigorous constitutions who have had the disease but a short time; but in other cases they are at best bad practice.

ELECTRO-CHEMICAL BATHS.—A correspondent asks us a variety of questions relative to these baths, all of which have been or will be answered by the article in the *Journal* from time to time on the subject. Their effect is not like that of a stimulus which is followed by corresponding depression, and they will never get metals into the system, to do any injury, unless managed improperly.

ERYTHEMATOUS INFLAMMATION.—W. S., Canada West. You ask us to answer your question by referring to numbers without stating them. The object of answering questions publicly is, that the public as well as the inquirer may have the benefit of the answers. Private matters are matters for private correspondence.

LEAD POISONING.—I. G., Fond du Lac. Would the wet sheet pack be useful to me, being affected with weak nerves and stomach, partly owing to the influence of lead?

It depends on the temperature of the body. If there is heat at the surface enough to bear them pleasantly they will be useful. If not tepid, rubbing sheets and half baths should be employed. It is difficult to sweat lead out of the system, though much relief may be obtained in this way. The electro-chemical baths seem the best means of easily and safely getting all mineral matters out of the system.

FOOD AND POISON.—S. M. C., Pleasant Hill, Ohio. Do all substances contain poisons? Do all healthy foods contain poison? Is poison necessary in a small degree to facilitate digestion? I have known the argument advanced that all foods must necessarily be poison; and I know that various kinds contain carbon and nitrogen gas, which proves deleterious to animal life.

To all of your questions we say, No. The deleterious effects of carbonic acid gas and nitrogen gas when breathed have nothing to do with the question. Food is not breathed, but eaten; nor is food ever known to exist in the gaseous state.

EXTERNAL POISON.—W. B., Quakertown. Will Dr. Trall inform through the WATER-CURE JOURNAL the proper application for external poison. There are abundant references in the Encyclopedia for internal poison, but I find nothing respecting external.

"External poison" is as indefinite as "all out doors." If W. B. will tell us what article or kind of external poison he means, we will tell him in what part of the Encyclopedia to find an answer to his question.

CORK SOLES, FINE SOAP, AND TOOTH BRUSHES.—A. B. H., Joliet, Ohio. Is the hydromagen, or cork sole, beneficial or injurious in wet or cold weather? Is a fine article of soap beneficial to clean the teeth? How often should the brush be used?

We know of no objection to cork soles in the cases above stated. Soap is wholly unnecessary to clean teeth with, unless the eating habits are outrageously filthy; but if used, the finer the better. There is no necessity of using tooth brush at all if one's food is just right, and he has no bad habits. If he eats fine flour, however, his teeth ought to be brushed once a day; and if he eats the flesh of animals, they should be brushed after each meal.

ENLARGED JOINTS.—W. O. B. What is the best course to take for painful and enlarged joints?

Bathe them frequently in cool water, and attend to the general health. If the system is gouty or liable to attacks of rheumatism, a course of wet sheet packs may be necessary.

DANDRUFF.—J. W. M., Ohio. Please inform me of the best method of cleansing the head from dandruff. I have been in the habit of washing my head with strong washing soap, in order to remove the superfluous amount of sebum from the scalp. Is this injurious?

Very strong soap is injurious. The cool water is amply sufficient.

COARSE BREAD.—E. A. C., Edgcomb. Would it not be well for a person who is sometimes obliged to live on bread made of fine flour, to eat either just before or after such a meal, a small portion of cake, consisting almost entirely of cracked roasted corn, sawdust, or bread. Would not the motion of the stomach mingle it throughout the food, especially when the latter is thoroughly masticated? Would it render such bread wholesome for constant use?

Yes, to all the questions, except as to the sawdust.

VENTILATION.—G. M. C., Somerset. I am sleeping nights with the window open and a free circulation of air. Shall I do so all winter?

Yes, provided it so doing you can sleep comfortably. Your question in relation to buckwheat is answered in another place.

BUCKWHEAT.—S. P. W., Little Valley, N. Y. Is buckwheat healthful as an article for daily bread?

Yes, if made properly, and without yeast, or acids, and alkalies.

PACKING IN FAIR WEATHER.—A. L. W. tells us that at one Water-Cure establishment patients are only packed in fair weather, and asks if such is a good rule to go by? It is a good rule for feeble patients, but those of vigorous external circulation may be packed in any weather.

ITCH.—A correspondent writes to know the shortest, surest, and best way of curing this hateful disease? Adopt the full hydropathic system, especially the eating part of it. Packs are good, and so are wheat meal crackers.

INJECTIONS.—M. S., East Spencer, Mass. When you say "small injections" in your Encyclopedia, do you mean as much as the new packet syringe will hold?

We mean just so much as can be retained in the bowels without being immediately defected, be the quantity more or less; usually about four ounces is the proper quantity.

PARALYSIS.—L. N. G., Watertown, Conn. Cases like yours are usually caused by mineral or other medicated drugs, and the electro-chemical baths are the best methods of cure. To your question, "What is the harm of a very mild course of mercurials and blisters?" we have to reply, because they create a worse disease than they cure.

DENTISTRY.—I. G. E., Manayunk, Pa. We have not received your article dissenting from some of the views of Dr. Clowes. Any article expressive of your opinion, or any facts you choose to communicate, would be acknowledged and appreciated.

MISMESTRATION.—M. A. L., Uptonville, Pa. So long as the general health does not suffer, the temporary deficiency of the menses is not alarming. The majority of females menstruate excessively, and the adoption of better habits is frequently attended with the condition you mention.

Literary Notices.

ALL Works noticed in this department of the JOURNAL, together with any others published in America, may be procured at our Office, at the Publishers' prices. EUROPEAN Works will be imported to order by every steamer. Books sent by mail on receipt of the price. All letters and orders should be postpaid, and directed to FOWLER AND WELLS, 808 Broadway, New York.

THE ALCOHOLIC CONTROVERSY. By R. T. Trall, M.D. Fowler and Wells, New York.

In this work of one hundred and twenty pages, there is "food for reflection" for both the friends and foes of total abstinence. The work comprises an article from the *Westminster Review*, entitled, "The Physiological Errors of Teetotalism," and a review of the article by Dr. Trall.

Both articles are able, perhaps the ablest ever yet presented to the world, based on scientific considerations, for and against the employment of alcoholic beverages or alcoholic medicines, or even alcoholic food; for the leading doctrine of the *Westminster* is founded on the assumption of Liebig, that alcohol is a "respiratory food," while the main argument of Dr. Trall rests on the doctrine that there is no such thing as a respiratory food, the opinion of Liebig, Pereira, and nearly the whole of the medical profession on this subject being founded on egregious chemical and physiological blunders.

Surely there is an important principle underlying this discussion: there is philosophy, there is truth somewhere. It seems to us that Dr. Trall has thoroughly demolished every position of his adversary, and placed the philosophy of the temperance reformation on a ground entirely original, and as far as we can judge, entirely impregnable.

The opponents of the principle of Maine law legislation, who were in such ecstacy of delight on the appearance of the able article in the *Westminster*, demonstrating to their entire satisfaction that alcohol was, notwithstanding the bad names it has been called, really a good thing *per se*, and to be used with moderation and thankfulness, and of course sold with pleasure and profit, will find their rapture wonderfully abated if they will carefully peruse the other side of the argument as presented by Dr. Trall.

Some of the doctrines advanced by the author are directly at variance with the prevalent opinions of medical men, and indeed antagonistic to the leading doctrines taught by the most eminent living chemists and physiologists.

It is on this account especially that we commend the work to the careful attention of medical and scientific men, as well as all the friends and foes of the temperance reform. Price, 25 cents per copy; one dozen for \$2; one hundred for \$12 50; one thousand for \$100.

HENRIETTA ROBINSON. By D. Wilson. New York and Auburn: Miller, Orton, and Mulligan. Price, prepaid by mail, \$1.25.

A complete account of the trial of this noted madwoman, with a sketch of her life. We have not read it, and do not recommend works of this class, however well written, believing that they foster and create morbid and most undesirable tastes and feelings, and that any good lessons they may be supposed to teach are more than overbalanced by their hardening and debasing influences.

CURTIS' MEDICAL CRITICISM.

We gratefully acknowledge from the author the receipt of a copy of his work of two hundred pages, entitled, "A Fair Examination and Criticism of all the Medical Systems in Vogue." Atch Curtis, A.M., M.D., Cincinnati.

There are many good things and much instructive reading in this book. The author has admirably collected and presented the testimony of Allopathy *vs.* Allopathy; and shows us, in bold relief, in how many ways, and shapes and forms of expression, the standard authors of Allopathy condemn their whole system. He has also "criticized" their leading theories very well, and exhibited the results of the sympathetic relationship from them in the *grace* and *mortal* aspects belonging to them.

He is also sufficiently severe and unmercifully critical on our dubious friends, the Electrics; and he shows, quite conclusively, that poisons from their hands operate very much as they do when administered by a professed or confessed allopath.

His examination of Homeopathy and Chrono-Thermalism is as good as any we have seen, and is well worthy of a place in the surgical department—among the *cutting* and *scalding* implements of a doctor's outfit, or inuit, or misfit.

On us hydropaths he deals a few blows, gentle on the whole, but severe enough to evince a fundamental something wherein we split. As this matter of difference is still under discussion in the Journal, we will here only commend all that Dr. Curtis says in his book or elsewhere to our readers, wishing them to hear all sides and then judge.

THE PROGRESS OF RELIGIOUS IDEAS THROUGH SUCCESSIVE AGES. By L. Maria Child. New York: C. S. Francis & Co. 3 vols, 12mo. Price, prepaid by mail, \$4.50.

This is undoubtedly one of the most important works issued from the American press during the present year. It is a history of the religions of the world, written with the most conscientious fidelity and impartiality, by one who stands so far above the mere sectarian forms of all of them that she can treat them all precisely alike. She does not set herself up as a judge of the truth or falsity of any form of religion, but describes the good and bad features of each, illustrating them by extracts from the sacred writings in which they are expounded. These volumes have cost the author years of hard labor, but the results are more than satisfactory. Her pen could not have been devoted to a nobler work. *Life Illustrated*, good authority in matters pertaining to both literature and reform, thus closes a long review of the work:

"Most heartily do we thank Mrs. Child for the signal service she has done toward the future progress of religions ideas, by narrating so well the history of their progress in ages that are past. It is an honor to the sex that a woman has done this work. It is an advantage to the cause that a woman's earnest and calm heart has dared to do what a man, perhaps, had done less kindly, and, therefore, not so well or so effectively. To our readers we commend the book as one that no person who wishes to keep up with the progress of the age can do without; as a book that will please them much, and benefit them more."

WOMAN AND HER DISEASES, FROM THE CRADLE TO THE GRAVE. By Edward H. Dixon, M.D. New York: A. Ranney. 12mo. pp. 817. Price, prepaid by mail, \$1.00.

The purpose of this volume is to afford woman the means of instructing herself in a knowledge of the laws of life and health, and the peculiarities of her physical structure, an acquaintance with which are indispensable to her welfare and happiness. The *Evening Post* says:—"The author is a practical surgeon of long standing, and a pupil of Dr. Mott; he has handled the various subjects with delicacy, yet with an apparent determination to communicate truth with the utmost force and earnestness."

AMY LEE; or, Without and Within. By the author of "Our Parish." Boston: Brown, Bixby & Co. Price, prepaid by mail, \$1.25.

A story illustrative of the uses of adversity in promoting the highest good of the human soul. It is superior, we think, to the author's previous and popular work, "Our Parish." It is eminently religious in its tone and aims. It is handsomely got up by its enterprising publishers.

CONVERSATION; Its Faults and Its Graces. Compiled by Andrew P. Peabody. Boston: James Munroe & Co. 12mo, pp. 180. Price, prepaid by mail, 50 cts.

We have seldom had the pleasure of examining a more useful little work, or one which we can more unreservedly commend. The compiler has brought together, within the small compass of 180 pages, principles, rules, and hints on the subject of conversation, which will prove of more value to the young (and old, too, for no one is too old to learn) of both sexes, who desire, as all should, to speak correct and elegant English, than all months' tuition in a grammar school. Part I. is an Address delivered before a Young Ladies' School in Newburyport. Part II. is a Lecture addressed to the Literary, Scientific, and Mechanics' Institution at Reading, England. Part III. is a reprint from the fourth English edition of "A Word to the Wise, or Hints on the Current Improvements of Expression in Writing and Speaking," by Parry Gwynne, a few passages not applicable to the habits of American society being omitted. Part IV. is composed of selections from two little English books, entitled, "Never too Late to Learn; Mistakes of Daily Occurrence in Speaking, Writing, and Pronunciation Corrected" and "Common Blunders in Speaking and Writing."—*Life Illustrated.*

CHARLES HOPWELL; or, Society as it Is and as it Should Be. By John Patterson. For sale by Fowler and Wells. 12mo, pp. 290. Price, prepaid by mail, 50c.

A modest little work, which should be widely circulated and thoughtfully perused. The social problem is the great problem of the age. Men are everywhere losing their faith in mere political reforms. They see that more radical changes than any of our party leaders advocate, are necessary for the salvation of their country and the world. Hence the interest felt in social questions, and the numberless theories—good, bad, and indifferent—for the reconstruction of society. Here is a work in which the author earnestly grapples with the problem of society, and gives us the results of his feeling and thinking, in the form of a very pleasant and *well-told* free story. We cannot endorse all his views, but we can safely recommend the book to the readers of the WATER-CURE JOURNAL, who are capable of judging all its doctrines for themselves. To give the reader an idea of the contents of the work, we append the heads of the chapters:

1. The Professions. 2. Charles' Politics. 3. Mary and the Preacher. 4. Mary and the Schools. 5. Charles and the Stranger. 6. The Relation of the Individual's Future to his Present. 7. The Contrast. 8. Influence of Circumstances over the Individual. 9. Capital and Interest Mathematically Considered. 10. Charles Considers his Plan. 11. Capital and Labor in Association. 12. The Formula of Paramount Justice. 13. The Property Instinct. 14. The Disposition of Members' Capital. 15. Various details of Transition Policy. 16. Flagellations. 17. Mary and her Aunt Ruth. 18. Charles and the Warrentie. 19. The Promises of Association. 20. Charles' Mission—The Purpose.

MEMOIRS OF THE COURT AND REIGN OF CATHERINE II., Empress of Russia, with a Brief Survey of the Romanoff Dynasty; embracing the reign of Nicholas, Fall of Sebastopol, etc. By Samuel M. Smucker, A.M. New York and Auburn: Miller, Orton & Milligan. 1856. 12mo, pp. 393. Price, prepaid by mail, \$1.25.

This work will help to satisfy the public curiosity, now so much excited in reference to Russian history, institutions, manners, and customs. The author very properly holds back the more disgusting details of Catherine's private life, the degrading sensualism of which almost surpasses belief, and brings out in a strong light her great and commanding administrative talents, "which enabled her successfully to follow out the policy of Peter the Great, and to raise Russia to the rank of a first-rate power." The work embraces the history of an important period in the annals of Russia and of Europe.

WINNIE AND I. New York: J. C. Derby. 12mo, pp. 400. Price, prepaid by mail, \$1.25.

A pleasant school-girlish book, which commends itself to the young, and may be read by all without moral danger.

SARGENT'S READERS.—We are indebted to the publishers of this popular series of school reading books for a copy of "The First Reader for Beginners," Phillips, Sampson & Co., Boston.

1. BALLOON TRAVELS of Robert Merry and his Young Friends over the Various Countries of Europe. Edited by Peter Parley.

2. VOYAGES AND TRAVELS of Gilbert Go-ahead in Foreign Parts,* Written by himself. Edited by Peter Parley. New York: J. C. Derby. Price, prepaid by mail, \$1.25.

These are two of the prettiest and most entertaining books for the young folks that we have seen this season. No boy or girl who loves books, we dare say, could have a more acceptable gift than one or both of them. But the name of Peter Parley is enough to make the children's bright eyes sparkle with delight. Let them have these books, by all means. Peter Parley's books are always instructive as they are entertaining. They are full of beautiful engravings, and handsomely printed and bound, and all juvenile books should be.

THE PLYMOUTH COLLECTION OF HYMNS for the Use of Christian Congregations. New York: A. S. Barnes and Co. [For price see advertisement.]

This compilation was made by Henry Ward Beecher, who evidently spared no pains in collecting and arranging the materials of which it is composed. It is probably the best book of the kind extant. Much attention (Mr. Beecher says in his preface) has been given to the Great Humanities which the Gospel develops, whenever it is faithfully and purely preached. The hymns of Emperance, of Human Rights and Freedom, of Peace, and of Benevolence, will be found both numerous, energetic, and eminently Christian. No pains have been spared to secure a full expression to the whole religious feeling and activity of our times.

CHILDS & PETERSON, Philadelphia, announce, as being in course of preparation, Dr. Kane's work on his recent Arctic Expedition. We understand the publishers are sparing no pains or expense to make the book worthy its subject. There will be 25 line steel engravings and numerous woodcuts. It will be issued in two volumes early this year. Price, \$5.00.

Experience.

MESSRS. FOWLER AND WELLS:—Knowing that the columns of your excellent journal (the Water-Cure) are devoted to all that is calculated to impart actual facts and practical truths for the good of others, from whatever source they may emanate, I assume the privilege of offering to you for publication, a few items in relation to what I know and have experienced concerning the efficacy of water as a remedial agent in the cure of disease. In doing so, it is not my purpose simply to be heard among men, or to win applause in high places, but to give to the world what I have seen exemplified outside and inside of my own family. About six weeks ago my wife's sister was attacked with the typhoid fever, and from the fact of reading your journal, and that of having a dislike for the popular system of poisoning, she became strikingly convinced of the fact, that she would give the Water-Cure a personal test; and with what little aid she could obtain in her own family, succeeded in mitigating the violence of the disease. Her friends, and especially her other half not having sufficient confidence in her own judgment, indeed her, however, to call one of the *regulars*, to which she finally consented. He came, examined her case, ascertained the course she had been pursuing, and finally pronounced her comfortably sick, without materially modifying her treatment, save the special advice to take a powder now and then, which was promptly refused, and to the great surprise of friends and doctor, she continued to get no worse. But the question was, could she get any better under such a mystified state of things. The *regular* continued to pay his regular visits; and what seemed a little singular, he came without any special request on the part of the family (which is a thing quite uncommon among this dignified class), to witness the progress of her condition; and at each visit boldly asserted that the patient was doing as well or better than he himself could do for her; and after a brief period of continued home prescriptions, and as the *M.D.* termed it, after being comfortably sick, to the utter astonishment of a great majority around, finally recovered, and is now attending as

usual to her ordinary duties. In the course of a conversation with the above Dr. R. a few days after her recovery, he stated to me that of all the cases of fever he had seen treated, or treated himself, he never had been so fortunate as to see a single case glide along so smoothly, and improve so rapidly, as in that of P. O.; and he thought that the Water-Cure was destined to accomplish more than he at first dare to impute to it; and that he should abandon the use of drugs, and adopt its use, as far as discretion and circumstances would permit.

The second case was that of my own child, a little girl of five years of age. She was taken at first with the bilious fever, and we commenced, as usual, to treat her for common ephemerical fever; but owing to a neglect of thoroughness, and a want of positive knowledge of her condition, it soon assumed the typhoid type, which was likely to terminate fatally. Dr. K., of Lockport, a thorough hydropathic physician was specially called, and after a due examination pronounced her in a critical condition; but, said he, water alone can save her, and *will* save her if promptly administered. Now came the tug of war. Friends of druggery pronounced her case at once hopeless. The idea that water would cure her, was at once extravagant and ridiculously absurd. Some, more bold than others, asserted if water would recover her, they would become firm believers ever afterward. The truth of their declarations remains yet to be seen. A very high-minded citizen interrogated me one morning thus: "Well, how is that child of yours?" "But little improvement," I replied. "Have you given her any medicine yet?" said he. "Not a particle," I replied. "Well, she'll die," says he, "and you can't save her." "Well," said I, "can't make a bad matter worse," and passed on. But medicine she did not have; and, indulgent reader, you may judge of the surprise manifested in our village when we reported that Mr. K.'s child was likely to get well. Yes, by simple water, water alone, thoroughly applied, she was soon able to sit up, and now she is able to entertain her little folks with all the grace and ease imaginable. Thus, with the living demonstrations of the superiority of water in eradicating disease from the system over that of drug treatment, and its certain and creative effects, under all circumstances, that life can be preserved, it is imperative upon me to speak boldly out, and let my light so shine that druggers, and all concerned therein, should take heed and tremble, for the day of their downfall is at hand. But you ask me now for facts connected with her condition and treatment. Her symptoms, after assuming the typhoid type, were as follows: Intense heat; pulse rising as high as 180 and 140; suffused eyes; throbbing of temples; delirium, and entire inability to speak; extreme retching and griping of bowels, followed by dark fetid discharges; complete prostration, with a strong determination to congeal, &c.

Treatment as follows:

For fever, seated patient with but a single sheet around her in a tub, and poured on cold water until fever was gone, mind to adapt temperature of water to special condition of patient. Frequent pouring on head, alternating with baths, and hot water to feet. Hot sitz-baths, to relieve griping of bowels, and cold cloths on bowels when at all feverish; warm water injections, followed by cold to keep bowels right, and three or four wash downs daily.

Thus I have now given you our modus operandi of treatment, and it seems to me that if many who are now drinking in the thousand and one last dregs of quackery and drug specifics, would cast them to the bats and moles, and go and do likewise, they would soon have no cause for mourning over so many broken-down, ruined wrecks of mortality, now so manifest on our right hand and on our left. Why need society complain of its ills? Why need humanity groan and struggle to be free, hoping still on for a happy future? Let those answer whose harps are hung upon the willows, while the proud Molochs of human destiny, with saddle-bags in hand, are playing their funeral marches to the yawning tomb.

E. H. KNAPP.

Midleport.

"GIVE US FACTS"—Yes, Sir. *Arthur's Case*, by *Ethel Donnan*.—I well knew he must be a diseased child. When but a few days old he was covered with mischievous scrofulous sores and swellings, and was a most loathsome object. When but three weeks old I commenced on him through hydropathic treatment, giving him in the morning a full bath by putting him in a tub of water; mid-forenoon a wet-sheet pack, in which he would often go to sleep and rest sweetly for two or three hours.

When I would unwrap him the sheet would be stained with morbid matter, and give forth a most disagreeable odor. I would wash him off with good, clean, soft water at about seventy-five degrees Fahrenheit. In the afternoon I kept wet compresses on his sores, in the evening gave him a sponge-bath, and during the night kept his feet, which were badly affected, wrapped in wet cloths.

The old ladies, bless their kind souls, said I would kill him. "The "Regulars" shook their heads, looked wondrous wise, saying I should give him something to "cleanse his blood." But I labored earnestly and lovingly, at times nearly discouraged, it is true, with only one to stay my weary hands, "the father."

When he was but five months old I had brought on one crisis with him in the form of a large abscess in the region of the hip. While this lasted I suspended treatment, only giving a daily bath and keeping wet cloths on the swelling. In due time I commenced again, varying the course but little. In two months I brought on another crisis in the form of diarrhoea. When ten months of age, I gave two daily baths. He is now twenty months old, a fine, healthy child, with the scrofulous matter pretty well worked out of his system, I trust; will climb into the tub for his morning ablution of his own accord, and the way he makes the cold water fly is not at all inviting to those who only wash "face and hands."—*Denmark, Iowa.*

DR.

CASE OF CROUP.—DR. TRALL.—Will you send this case to the Water-Cure Journal? Fearing that many a little cherub, whose smiles are bright snappings in its home, will be in its shroud ere the flowers bloom again, a victim to that oft fatal disease, Croup.

Thank God, that I ever was permitted to go and "learn civilization," at that king of schools, N. Y. Hydropathic Institute! and by a judicious application of that knowledge have saved man, woman, and child from keenest agonies, and I verily believe, an untimely death.

On returning home on the evening of Nov. 7th, I found my nephew Harry J. Nichols, three and a half years of age, coughing with that peculiar dog-bark which denotes croup in the second stage; voice extremely hoarse, breathing hissing, pulse hard and fast. I went to the pump, thanking God for the gushing font beneath, and for the stout hearts and willing hands that were ready to help administer that baptism which was to make the little sufferer whole. He was held over a tub, and quart after quart of cold water was poured over the throat and chest, until nearly a score were numbered; rubbing vigorously with the hands at the same time. He "squirmed like an eel, and screamed like a catamount." He was then rubbed with coarse towels, and dry hands, linen wet in cold water applied to the chest and throat, flannels placed over hands and feet kept warm; the hard, painful expression of countenance was replaced by a smile, which denoted "peace within;" slept quietly until seven in the morning, and then a tepid plunge bath, and a sopskin wash down, breakfast of potatoes and toasted bread, of which he ate with a keen relish (no crump syrup having polluted his lips, or damaged his stomach), then hurried off to feed his doves with his usual alacrity. He could well bear this severe treatment, possessing an excellent constitution, and has never *tasted* meat, tea, or coffee, or rich pastries; and has been almost entirely free from all diseases, except slight attack of croup previous to this—croup being hereditary, his father suffering under repeated attacks until fifteen years of age.

Yours,

CLARINDA CARPENTER, Sturbridge, Mass.

INDUSTRY.—To be really and practically industrious, one must improve the minute particles of time, known as "spare minutes." Of all portions of our life, these spare minutes are the most fruitful for good or evil, and are literally the gaps through which temptation finds access to the soul. "Spare minutes are gold-dust of time," said Young; and make the mountains, mountains make the year! Idleness wastes a man as insensible as industry improves him; evil deeds and evil thoughts never creep upon him who is assiduously employed upon good ones. The mind and body both require activity to keep them in pure and healthy action. Like water, if it runs free it is pure and wholesome; but what is there more noisome and pestilential than a stagnant pool! Diligence of itself alone is a fair fortune, and industry is a good estate to have and hold.

Miscellany.

ONE THOUSAND NEW SUBSCRIBERS IN IOWA.

A friend in this most beautiful State, one of the most promising of all the Western States, promises to send us a *thousand new subscribers* within a year! And, knowing the man, we believe he will do it. Should he succeed in this, he will have planted a tree which will take root and produce fruit which will surprise the natives. It was recognition of the whole "method of medicine in Iowa." Thus the good work goes on. We hope to reach the hearthstones of every hamlet. **READER,** do you know of a friend or a neighbor who would be benefited by reading the WATER-CURE JOURNAL for a year or even half a year? If so, will you not put that friend in the way to do it?

J. H. B., when sending us a club of twenty names, says, "So high an opinion do I entertain of the advantages of WATER-CURE, that I am ordering the Journal sent to these twenty persons, wholly unknown to them. I believe most of them, if not all, will continue to take it, and adopt that mode of treating diseases." Now, this is the true Christian spirit, the same which actuates all true men and women. Having themselves received a blessing, they are benevolent enough to desire that others should share with them the same great boon.

A CALL FROM GEORGETOWN, KENTUCKY.—D. H. S. says:—"We live in the most delightful country on the face of the earth, and am certain it is one of the best points in the Union for a Water-Cure Establishment. Can you not send us a competent man to open one? None other need come."

We hope soon to be able to send a competent man, from our Hydropathic school, to so desirable a place as we believe Georgetown to be. The circulation of a hundred copies of the W. C. J. would quite prepare the way for a first-class Water-Cure. Will you circulate the documents?

HEREDITARY TRANSMISSION OF QUALITIES.—In a paper read by Mr. Brooks, at a meeting of the Scientific Association, Providence, on the hereditary transmission of disease, the following conclusions were laid down as the result of investigations of the subject: "That the laws—used and misused—which improve or deteriorate the breed in lower animals, are the same laws of nature which improve or deteriorate the human race; that an unusual number of imbecile children, born from parents who are first cousins, are often found in the same family; that few if any children born of parents who are first cousins, exceed their parents in bodily strength or mental power, while children born of parents not related are frequently found to do so.—*Journal of Medical Reform.*"

That the above conclusions, nothing can be nearer correct. The examples of the so-called royal families of Europe furnish striking evidence of the deterioration of the human race by intermarriage of relatives. The Jews, and some of the tribes of American Indians also bear witness to the truth of the law; and there is scarcely a person who cannot find in his immediate circle of acquaintances instances where consanguinity of the parents has affected the physical and mental power of the offspring. O. S. Fowler has discussed the subject fully in his work, entitled "Hereditary Descent, its Laws and Facts, applied to Human Improvement." Price, prepaid by mail, 67 cents.

FROM JAMSTOWN, NEW YORK.—Hydropathy in this section is on a good footing, a circumstance not a little annoying to our brethren of the pill and bolus department. They, however, are never satisfied with their lot in this direction sought. Our gain from their opposition is large.

P. AND M.

[What may be lost to the "pill and bolus" doctors will be gained to the people, and ten thousand times more added. Then let us push ahead with our Water-Cure.]

STRAYED OR STOLEN.—Who takes our Water-Cure Journal away? We did not receive the last number of this excellent monthly, and upon inquiry at Messrs. Fowler and Wells, the publishers, we were told that it was put in our box at the Post Office. We do not wonder at people taking a liking to the Journal, because it contains matters which deeply interest everybody, for it tells us how to live and be healthy; but the price of subscription is so low, that it is within the reach of every body. If the person, who has taken a fancy to the Journal, lets ours alone and sends his name to this office, we will pay his subscription for the same for a year, if he is poorer than ourselves.—*United States Military and Naval Argus.*

HOW TO RAISE THE—"WATER"—A NEW WIND-MILL.

—We are happy to announce to our water-cure friends that in all establishments where it is desired to raise water to the upper rooms of houses, or into a reservoir, it may be effected in a most satisfactory way, by means of the **NEW VERMONT WIND-MILL.** The smallest size of which see advert.) will be sufficient for this purpose. In many establishments, men have heretofore been employed to pump water up to the desired place. The expense in such cases has been a serious one, and may thus be easily avoided. A small but substantial, durable weather-heating mill, will do the work, and do it without any attendant; and besides this, when the power is not wanted for this purpose, it may be used for sawing wood, washing clothes, or other similar work. We can confidently recommend this, for such as want a small amount of durable, expenselless power for any purpose.

PITTSBURGH WATER-CURE.—It will be seen by reference to our advertising columns, that this Institution is open and well-arranged for winter treatment. Though this cure was only opened last spring, it has done during the summer, and is still doing a flourishing business, both as to the number of its patients and the benefits afforded them. It is pleasantly and conveniently situated at the *Playaville Station* of the Ohio and Pa. Railroad, 10 miles west of the city, and the Drs. Freese are determined it shall be one of the very best conducted establishments in the country. They conducted with ability the Snagar Creek Falls Water several years before locating at their present place. They have purchased the property upon which they are now located, with the view of making it a permanent residence.

LEBANON SPRINGS WATER CURE.—Since our notice of this Establishment in November, there have been some inquiries in regard to it. We then stated—and we now repeat, that the place is all right for a first class cure; and that it is still for sale or to let. Under proper management there is nothing to prevent it from being liberally patronized, as it always has been, when in the keeping of proper and competent men. Full particulars as to terms, location, etc., may be obtained by addressing David Campbell, Lebanon Springs, Columbia Co., N. Y.

MEDICAL PROPERTIES OF THE IMAGINATION.—A noted case of cure, often alluded to in medical works, is that of the bested inhabitants of Breda, who, when invaded and bed-ridden with scurvy and other complaints, were rapidly restored to health by drinking of the solution of what they were told was a very precious drug, smuggled into the town for their especial benefit by the Prince of Orange, but which was really only a little colored water. We are told that Sir Humphrey Davy cured a paralytic man in a fortnight, by placing daily under his tongue the bulb of a pocket thermometer, from which the patient was made to believe that he inhaled a gas of sovereign virtue.

CURE OF CONSUMPTION.—The celebrated Cuvier was supposed to have been saved from an early death by his appointment to a professorship leading him to the moderate and regular exercise of his talents in teaching; a practice which soon removed the delicacy of chest to which he was subject, and enabled him to pass unimpaired through a long life of active business. The practice of playing upon wind instruments, carefully persevered in, has warranted off consumption in numbers of instances.

IMPORTANCE OF PURE AIR.—We consume about sixty hogheads of air every twenty-four hours we breathe; and in doing this the oxygen purifies, in the myriads of air cells of the lungs, about half that quantity, or thirty hogheads of blood. This purification, it will be recollected, is more or less perfect, according to the purity of the air breathed. If the air becomes overcharged with carbonic acid gas, or otherwise impure, the respiratory process, it is evident, cannot go on with that perfection which is necessary to health.

FRANKING LETTERS.—Postmasters often, unintentionally, subject us to the payment of five cents postage on letters relating strictly to Post-Office business. By referring to the laws of the Department it will be seen, that besides marking letters "Free," it is necessary to annex the name in full, thus: "Free, John Smith, P.M." Nothing less constitutes a frank.

STOPPED.—In consequence of the unpleasant ducking which we gave the *Georgia Blistet and Critic* some time ago, the magnanimous editors, that "corps" of four editors, have stopped sending their blister-plaster to the **WATER-CURE JOURNAL.** Well, we shall try to live without it. There are several patent medicines and cod liver oil manufacturers nearby. The *Blistet*-plaster claims to be devoted to the exposure of quackery, the development of Southern medicine, and the diseases and physical peculiarities of the negro race.

OUR FOREST WALK.

Down the Glen,—down the Glen,—
In the pleasant sunny weather;
Where the hemlocks broad and green
On the trodden path between
Cast a summer shade together.

Down the Glen,—down the Glen,—
Where are mossy rocks and hoary,
Telling of the olden time,
Of the green earth's ancient prime,
In a strange and mystic time.

Down the Glen,—down the Glen,—
Where the soft spring rills are falling;
And the leaves beneath our feet,
With ardor faint and sweet,
To the early flowers are calling.

Down the Glen,—down the Glen,—
Where the wild north wind is wakening,
All along the rocky shore,
With a low continuous roar,
Foaming crested waves are breaking.

Down the Glen,—down the Glen,—
In the golden hours of even;
All sweet woodland odors rise,
Calm and still the fair lake lies,
Giving back the hues of heaven.

ALICE G. BRADFORD.

Glen Haven, N. Y.

GIVE THE ALLOPATH HIS DUE.—Dr. DIXON, Editor of the *S. A. p.*, says:—"The college, the counting room, and tobacco have done more to enslave the bodies and minds of the young men, than all their other training and sensuality of every kind whatever. The miserable absurdity of bestowing the earliest and best efforts of youth upon the doings of the effete ages in colleges, is only equalled by the mental degradation of our city commercial life; both have an equal tendency to contract and debase the character. I am convinced that the exhaustion of the organic nerves by excessive excitement in early infancy, an absurd devotion to fashionable dress, ill-chosen and repulsive studies in boyhood and youth, the degrading and stupefying use of tobacco in either form, and a misuse of the most godlike and ennobling attribute of our nature, have been successful in producing a decrease of character in our youth, that is so general as to elicit remark by every intelligent man who visits our city."

[Whoever if the Doctor has not been reading the **WATER-CURE JOURNAL.** He could not have learned these truths elsewhere—certainly not from any printed document emanating from his school. But, since he has adopted our views, and is preaching them so lustily, let us down with tobacco, and clap our hands and hurrah for—"Down with Tobacco."

THE GREAT DESIDERATUM in WATER-CURE is a first-rate establishment, which shall bring the blessings of Hydropathy within the reach of that large class of the afflicted whose means are limited. Dr. Vall's Granite State supplies this want, as will be seen by his advertisement. The Doctor is a progressive man, and enjoys a high reputation for skill in his profession.

The length of railroad in operation in the United States, according to a close calculation made at this office on the 30th September, 1855, was 22,713 miles. This is irrespective of double tracks. About 16,000 miles additional are in process of construction, and probably 2,000 miles of these will be opened before the 1st of January, 1856. Before this time next year, the length of railroad in the Union will be sufficient to belt the earth.

MORAL COURAGE.—A rare virtue, and great as it is rare. We remember when we thought the courage of the field everything. The charge—the word of command, high sounding and clear amid the battle's fury—the clash of arms—the roar of artillery—the thrill of the bugle's note, as with more than man's sound it bids the soldier dare all for victory.—The banner of your country in front, planted there to stand amid victory or defeat. Oh! how young hearts beat to be actors in such a scene, calling it glorious to mingle in, and fighting nobly, to lie down and die. But what is the courage of the battle-field compared with the moral courage of every-day life! Stand alone—see friends scowl—hear distrust speak its foul suspicion—watch enemies take advantage of the occasion, laboring to destroy—who would not rather encounter the shock of a hundred battle-fields, and lead a forlorn hope in search, than bear and brave these things? Why the one is as the summer breeze on the ocean to winter's stormiest blast. The common spirit may summon courage to play the soldier well—use quickly fits him for it; but it requires a man to speak out his thoughts as he thinks them—to do—when, like that stormy blast in winter on old ocean, peace, honor, security, and life are threatened to be swept away. Yet who, looking back on the page of history, or forward to the hope of the future, would hesitate which of the two to choose? The martyrs—what are they? Chronicled names in all hearts. The patriots who died for liberty, ignominiously and on the scaffold—how fares it with them? Cherished as earth's honored sons. The good who spoke the truth, and suffered for its sake—where are they? The best and brightest, first in our thoughts and love. And what did they? Like men they spoke the truth that was in them. This was their courage. If they had been silent—if trembling before tyrants or snobs, they had feared to tell what they knew, to speak what they felt—they would have lived and died like other men. But they had the courage to do all this, and through their suffering truth was lighted up with new glory and power. Give us moral courage before everything else! It is the only courage on which humanity may count for any real blessing. Give us moral courage; for while it nerves a man for duty, it roots out of his heart hate and revenge, and all bad passions, making him wise amid danger, calm amid excitement, just amid lawlessness, and pure amid corruption. It is the crowning beauty of manhood. *U. M. Clay, American "Practical Christian."*

THE THOUGHTS OF YOUTH.—A distinguished American poet [Longfellow] has recently brought to our notice a verse of a Lapland song.

"A boy's will is the wind's will,
And the thoughts of youth are long, long thoughts."

Do we not know that "the thoughts of youth are long, long thoughts?" The old man knows this when the cares of active life are past. These cares are forgotten. They came in rapid succession, crowding ever upon each other; transient occupants of his mind and heart, leaving no permanent impression there. In our mature years, we may have learned much, but how much have we forgotten? The footprints of one class of acquirements have been worn continually by the footsteps of succeeding classes. The old man says, "life is short." He has forgotten the intermediate space of middle life; youth and age are together. He sees but the brief space made up of these. The scenes of childhood are tangled wild-wood; the thoughts of his harvest days. The great shores of the sea, the cliff, the headland, the sanded and pebbled beach remain fresh and beautiful after every storm. The waves of the great tides have each made their mark, and obliterated evermore the marks of the preceding; but in immortal white, the long-winding shore remains, like "the long, long thoughts of youth," when the tides of life have swept over them and retreated; when the toils, trials, and success of life have left no trace upon the memory.—*Mon. Julius Rockwell.*

LADIES AS CLERKS.—The employment of ladies as clerks in stores, especially in retail dry goods stores, is becoming very general throughout the country. The *New York Times* has recently published several articles upon this subject, and from the *Pittsburg Post* we extract the following remarks:—

"The *New York Times* is earnestly advocating the employment of females as clerks in stores—particularly in all retail dry goods stores. It is an employment for which

they are well fitted, and would properly enlarge their sphere of action and occupation. And it is a business that they can do better than men. They are more active and expert at handling dry goods, more tasteful in folding and arranging them, more polite and conciliatory to customers, and have better judgment in all matters of taste in relation to dress. On the other hand, young men should be employed in more active and manly labor. Measuring off calicos and tape is too light a task for their physical strength, and is usurping a place and occupation that properly belongs to women.

"We are decidedly in favor of this branch of women's rights being conceded to them. It would give employment at good wages to a great many young ladies, and would be degrading to no one willing to earn a living. If the ladies generally prefer those stores where females are employed to sell goods, a change would soon be effected, and women employed in all the stores.

"The employments of females are becoming more numerous and remunerative every year, and it is right that it should be so. In the New England States and in New York nearly all the public schools are taught by ladies both in summer and winter. This enlargement of the sphere of woman's activity and usefulness is a matter of public economy. It gives them work that they can do as well as men, and it diverts the labor of men into other channels, and to more athletic and useful employments. In this active age and country there is no difficulty in men finding useful and lucrative employment—work, too, better suited to their physical natures than measuring off tape and calico."

MEASURES OF DIFFERENT COUNTRIES.—In England and the United States, a mile measures 1,760 yards; in the Netherlands, it is 1,693 yards; while in Germany, it is 10, 120 yards, or nearly six English miles; in France, it is 3,025 yards. The Scotch mile is 1,984 yards, and the Irish 2,388 yards. The Spanish mile is 2,472 yards, and the Swedish mile 11,700 yards. These are computed in English yards; the yard itself, of three feet in length, has divers significations in different places. The English yard is 35 inches; the French, 39.3 inches; the Geneva yard, 57.60; the Austrian, 37.35; the Spanish yard, 33.04; the Prussian 36.57; the Russian, 39.51. For measures of capacity, the dissimilarity is wider, and more perplexing.

ORIGIN OF PUFFING.—"Few persons have an idea of the origin of the word *puff*, as applied to a newspaper article. In France, at one time, the *colifore* most in vogue was called a *pouff*. It consisted of the hair raised as high as possible over horsehair cushions, and then ornamented with objects indicative of the tastes and history of the wearer. For instance, the Duchess of Orleans, on her first appearance at court, after the birth of a son and heir, had on her *pouff* a representation in gold and enamel, most beautifully executed, of a nursery; there was the cradle, and the baby, the nurse, and a whole host of playthings. Madame D' Egmont, the Duke de Richelieu's daughter, after her father had taken Port Mahon, wore on her *pouff* a little diamond fortress, with sentinels keeping guard, the sentinels, by means of mechanism, being made to walk up and down. This advertisement, the *pouff*, for such it really was, is the origin of the present word *puff*—applied to the inflations of the newspapers."

THE VALLEY OF THE NILE.—And whereas the Nile flows gently over it, it brings along with it much soil, which resting in low and hollow ground makes very rich marshes. For in these places grow roots of several tastes and flavors, and fruits and herbs of a singular nature and quality, which are very useful both to the poor and those that are sick; for they do not only afford in every place things for food, but all other things necessary and useful for the life of man. There grows in great plenty Lotus, of which the Egyptians make bread for the nourishment of man's body. Here is likewise produced in plenty Coriander, or Egyptian beans. Here are divers sorts of trees, amongst which are those called Persia, whose fruit is of wonderful sweetness; the Sycamore, or Egyptian fig-tree. Some of them bear mulberries, others fruit like unto figs, and bear all the year long, so that a man may satisfy his hunger at any time.—*Diodorus Siculus.* [How bountiful is nature in the seat of man's origin in the East! Cultivation and industry would soon produce an abundant supply of fruits, even in this climate.]

INTERMARRIAGE.—The *Fredericksburgh News*, speaking of the effects of intermarriage among blood relations, says: "In the county in which we were raised, for twenty generations we were a family of wealth and respectability have intermarried, until there cannot be found, in three or four of them, a sound man or woman! One has sore eyes, another serofula, a third is idiotic, a fourth blind, a fifth bany-legged, a sixth with a head about the size of a turnip, with not one out of the number exempt from physical defects of some kind or other."

COUNTING THE KNUCKLES, TO TELL THE NUMBER OF DAYS IN A MONTH.—By counting the knuckles on the hand, with the spaces between them, all the months with *thirty-one days* will fall on the *knuckles*; and those with *thirty days*, or less, will come in the *spaces*. January, first knuckle; February, first space; March, second knuckle; April, second space; May, third knuckle; June, third space; July, fourth knuckle; August, first knuckle; September, first space; October, second knuckle; November, second space; December, third knuckle.—*Student and Schoolmate.*

Variety.

THE FROZEN DEAD.—The scene of the greatest interest at the Hospice of the grand St. Bernard—a solemn, extraordinary interest, indeed—is that of the Morgue, or building where the dead bodies of lost travellers are deposited. There they are, some of them as when the breath of life departed, and the death angel, with his instruments of frost and snow, stiffened and embalmed them for ages. The floor is thick with nameless skulls and bones, and human dust heaped in confusion. But around the walls are groups of poor sufferers in the very position in which they were found, as rigid as marble, and, in this air, by the preserving elements of an eternal frost, almost as unchanging. There is a mother and her child, a most affecting image of suffering and love. The face of the little one remains pressed to the mother's bosom, only the back part of the skull being visible, the body embraced in her careful arms—careful in vain, affectionate in vain, to shield her offspring from the elemental wrath of the tempest.

The snow fell fast and thick, and the hurricane wound them both up in one white shroud and buried them. There is also a tall, strong man, standing alone, the face dried and black, but the white, unbroken teeth, firmly set and closed, grinning from the fleshless jaws; it is a most awful spectacle. The flies cease to look at you, from the recesses of the sepulchre, as if they would tell you the story of a death-struggle in the storm. There are other groups more indistinct, but these two are never to be forgotten; and the whole of these dried and frozen remnants of humanity are a terrific demonstration of the fearfulness of this mountain pass, when the elements, let loose in fury, encounter the unhappy traveller. You look at all this through the grated window; there is light just enough to make it solemnly and distinctly visible, and to read in it a powerful record of mental and physical agony, and of maternal love and death. That little child hiding its face in its mother's bosom, and both frozen to death—its one can never forget the group, nor the *memento mori*, nor the token of deathless love.—*Wanderings of a Pagan.*

AN INDIAN BREAKFAST.—"On the 17th we were paddling along at daylight. On putting ashore for breakfast, four Indians on horseback joined us. The moment they alighted, one set about hobbling their horses, another to gather small sticks, a third to make a fire, and a fourth to catch fish. For this purpose, the fisherman cut off a bit of his leather skirt, about the size of a bean; then pulling out two or three hairs from his horse's tail for a line, tied the bit of leather to one end of it, in the place of a hook or fly. This prepared, he entered the river a little way, sat down on a stone, and began throwing the small fish, three or four inches long, on shore, just as fast as he pleased; and while thus employed, another picked them up and threw them towards the fire, while the third stuck them up around in a circle, on small sticks, and they were no sooner up than roasted. The fellows then sitting down, swallowed them—heads, tails, bones, fins and all—in no time, just as one would swallow the yolk of an egg. Now all was but

the work of a few minutes; and before our man had his kettle ready for the fire, the Indians were already eating their breakfast. When the fish had had the bit of leather or bait, their teeth got entangled in it, so as to give him time to jerk them on shore, which was to us a new mode of angling; fire produced by two bits of wood, was also a novelty; but what surprised us most of all, was the regularity with which they proceeded, and the quickness of the whole process, which actually took less time than it has taken me to note it down."—*Ross's Adventures in Oregon.*

STOP THAT BOY.—Stop that boy! A cigar in his mouth, a swagger; in his walk, impudence in his face, a care-for-nothingness in his manner. Judging from his demeanor he is older than his father, wise than his teacher, more honored than the Mayor of the town, higher than the President. Stop him! he is going too fast. He don't see himself as others see him. He don't know his speed. Stop him ere tobacco shatter his nerves; ere pride ruin his character; ere the lazar master the man; ere good ambition and manly strength give way to low pursuits and banish aims. Stop all such boys! They are legion, the shame of their families, the disgrace of their town, the sad and solemn reproach of themselves.

WANTED, A WRITING-MASTER.—We saw a doctor's prescription yesterday, so miserably written, so abominably penned, that it seemed impossible to spell out a single word of it. It might have been a receipt in full for a stupping big bill, an order to give the bearer a merciless thrashing, or the equivalent for a dose of salts, for anything that a common reader could have made of it. The druggist, however, to whom it was carried, said it was all right. We asked what it spelled. He said he didn't know, but that always when he saw that scrawl at the bottom, he knew it came from Dr. —, who never prescribed anything but calomel and jalap—ten and ten. It was all right he was sure.—*N. Y. Times.*

[The *Times* is edited, in part, by a regular M.D. doctor, and he ought to know.]

EARLY RISING.—Too many use the hours which ought to be appropriated to sleep for the purpose of reading or study, a practice commenced by the convenience of these quiet nightly vigils, but one which will be dearly paid for if long continued. The best time for a healthy exercise of the mind or body is in the early hours of the morning; and that both of these employments may be combined in daily practice, let one hour be first given to *active* exercise, as distinguished from the slow and listless motion of the pedestrian who knows that his health requires him to adopt this plan, but is glad when the duty is performed. One hour of this active motion will better fit him to apply the succeeding hour to mental improvement than two hours of less active motion, for it is with the muscles as with the mind—the benefit in either case arising more from the *power* exerted while engaged than from the *time* given. If it be objected that the noises of the early morning are not so congenial for abstraction from all outward objects, I will reply with the suggestion that a habit of concentration of the mental faculties should be made a primary element in reading or study. This ability of reading and studying amid surrounding noises is one that should be early taught in our schools, and will be found of great utility in after life, so liable as we are to be placed in situations where quiet is not to be obtained.

PUNISHMENT AMONG THE EGYPTIANS.—A breach of the law of Amasis, which obliged every Egyptian one in the year to show the magistrate his district his manner of life, was punishment capital; and if the party could not prove himself to be in honest employment, the consequences were the same.

EXTREMES OF HEAT AND COLD.—In a recent lecture, Professor Hitchcock, of Bowdoin College, suggested that the great extremes of cold and heat felt through so many degrees of latitude on this continent, are owing to the fact that all our mountain ranges take a north and south direction; and hence no barrier like those found on the Eastern continent are opposed to the sweep of either arctic or tropical gales.

Specimen numbers of the Journals will be sent gratis on application.

Business.

Among the Best Books in the English Language.
GOOD BOOKS FOR HOLIDAY PRESENTS.—Sent prepaid by first mail at prices annexed:

HOPES AND HELPS FOR THE YOUNG OF BOTH SEXES. Relating to the Formation of Character, Choice of Avocation, Health, Amusement, Music, Conversation, Cultivation of Intellect, Moral Sentiments, Social Affection, Courtship, and Marriage. By Rev. G. S. Weaver. Price 87 cents; Gilt, \$1.

AIMS AND AIDS FOR Girls and Young Women, on Dress, Beauty, Fashion, Education, Improvement, the Moral and Social Duties of Wedded and Single Life. A new and first-rate work. Same author. Price 87 cts., Gilt, \$1.

THE WAYS OF LIFE; OR, THE RIGHT WAY AND THE WRONG WAY, THE TRUE WAY AND THE FAIR WAY. A very excellent work. Same author. Price, 50 cents.

These three works—*Hopes and Helps, Aims and Aids, and The Ways of Life*—will be sent in plain binding for \$2. Address FOWLER & WELLS, No. 308 Broadway, N. Y.

P. S. A year subscription to our three JOURNALS, *LIFE ILLUSTRATED*, weekly, *THE PHRENOLOGICAL*, and *WATER-CURE JOURNAL*, would be most acceptable presents for all the members of a family. Three dollars pays for the three a year.

SEMI-MONTHLY.—Wm. L. R. suggests that we issue the *W. C. J.* semi-monthly, which we shall be most happy to do, so soon as its profits will warrant. A subscription list of 100,000, even at the present very low terms, would enable us to do it. But a less number would not pay. A little more earnest personal effort on the part of present subscribers would place the *JOURNAL* where our correspondent desires, namely, "into half a million of families." Now we put the question, shall the *WATER-CURE JOURNAL* be continued as a monthly, or shall it be issued semi-monthly? Let the clubs of twenties, fifties, and hundreds answer.

FRIENDS OF THE JOURNAL.—It will be impracticable for us to send Agents to all the places where it is desirable that this *JOURNAL* should be circulated, therefore we earnestly request our friends who take an interest in the cause to aid us in this respect, either by personal effort or by such other means as they may deem most efficient. It is highly important to the best interests of the public, and the cause which it aims at promoting, that this *JOURNAL* and our "other publications" should have a very extensive circulation. The prices will be acknowledged by all to be very low, when the size of the works, the various and important nature of the information which they contain, and the style in which they are published are duly considered. It is the intention of the publishers to make them worthy of such a circulation.

Orders for books, for the *JOURNAL*, and payment for the same, should be sent to the publication office, addressed to FOWLER & WELLS, No. 308 Broadway, New York.

GOOD BOOKS BY MAIL.—We will send to any post office in the United States, by return of the first mail, any book, magazine, or newspaper published in New York. We will procure works published in other cities, and import from England, France, and Germany, any book in print. We supply booksellers, agents, librarians, and others, with all choice books—no matter where or by whom published—at the lowest wholesale rates. Orders, with remittances, should be addressed to FOWLER & WELLS, United States Book Agency, No. 308 Broadway, New York.

READER, please get up a club for the *WATER-CURE JOURNAL* for 1856.

PREMIUM BOOKS may be sent by Express or by Mail, according to the wish of the Agent. If by Mail, the amount in postage stamps should be sent to prepay the same; if by Express, the freight may be paid where the package is received. READER, get up a club.

TO CORRESPONDENTS.—Write on good white writing paper, with black ink, legibly, and on one side of the paper only.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms: For a full page, one month, \$15 00 For one column, one month, 9 00 For half a column, one month, 5 00 For a card of four lines, or less, one month, 1 00

Payment in advance, for transient advertisements, or for single insertions, at the rates above named. Copies of this Journal are kept on file at the principal Hotels in New York City, Boston, Philadelphia, and on the Steamers.

All Advertisements for this Journal should be sent to the Publishers by the first of the month preceding in which they are expected to appear.

PROF. M. VERGES'S ELECTRO-CHEMICAL BATHS.—The efficacy of the Electro-Chemical Baths, in extracting from the human system all metallic substances, either taken as medicine or taken with a view to the professions of painters, gold-beaters, glass-makers, etc., is no longer a question of doubt.

Prof. Verges's experience warrants him in affirming and guaranteeing that these Baths will relieve, and permanently cure, all diseases allied with Rheumatism (Inflammatory or Chronic), Paralysis, Neuralgia, Contracted Muscles, Spasms, Convulsions, and dyspeptic affections caused by the presence of metallic salts in the system.

A late well-furnished and appointed house has been opened at 710 Broadway, where the Professor will give his personal attention to those who may require his services. He will be assisted by an intelligent and experienced Physician, and for the better convenience of some of his patients, will also give his Branch at No. 1209 Sixth Avenue.

Desires to inform the medical profession and the public, that he has made an announcement which will enable him to give the baths at the houses of those patients who are unable to visit him. Several new methods have been devised, and applied with success to local morbidities, and the application of the Bath, by ineffectual or unskillful persons, results in a permanent aggravation of the morbidities; patients would do well to apply to Prof. Verges's direction, or at least to thoroughly ascertain the simple and efficacious nature of his efficacy, by his personal application, as he can propose his application.

Non-ferrous from the same may be accommodated with Board and Lodging. Dec 31

Water-Cure Establishments. NEW YORK HYDROPATHIC AND PHYSIOLOGICAL SCHOOL. WINTER TERM OF 1855-6.

The regular course of Lectures will commence Nov. 1, 1855, and continue about five months. The School term will extend to May 1, 1856, and students are privileged to remain six full months.

FACULTY. R. T. TRALL, M. D., Institutes of Medicine, and Practical and Materia Medica, and Female Diseases. G. H. TAYLOR, M. D., Chemistry, Physiology, Microscopy, and the Faculty of Life. H. F. CONDUIT, M. D., Anatomy, Surgery, and Medical Jurisprudence. Dr. H. F. BEIDGS, Philosophy of Voice and Speech. J. C. FOWLER, A. M., Phrenology and Mental Science. MRS. J. POWELL, M. D., Lecturer on Midwifery and Female Diseases. Mrs. I. H. ANDERSON, Class-leader in Anatomy and Physiology. H. A. DANIELS, Demonstrator of Anatomy. The course of instruction in this Institution embraces not only all the positive facts and ascertained principles of Medical Science taught in other Schools, and the theory and practice peculiar to the Hydropathic System, but comprises, also, a careful and extensive extension of all past and existing systems, with a recognition of whatever truths they embody, and an explanation and refutation of the fallacies they contain. It embraces, indeed, a much wider range of subjects than a cursory course has even introduced into any other Medical School. B. T. TRALL, M. D., Principal, of College St., New York.

PATIENTS TAKEN AT REDUCED PRICES through the Autumn at the "Water-Cure," MASS. GEO. FIELD, M. D.

COLUMBUS WATER-CURE, FOR LADIES EXCLUSIVELY.—In founding this Institution, our object has been to combine the best, most correct, and most scientific treatment for the cure of complaints particularly incident to Females. We contend that we have accomplished our object, and treat, with a certainty of success, all cases of Uterine Displacement, Enlargement, Congestion, &c., &c. Our success is so well established, that we are enabled to enter into a written agreement, and here we renew our offer to every lady who may be afflicted with any of the above, lodge and room them, free of all charge, if we do not succeed in curing them, and we will accompany them on their walk from one to ten miles daily. We urge this offer upon our bed-ridden cases. We have treated many during the past year, and had been cordially recommended by beds for from one to seven years, with complete success. Address, Water-Cure, Columbus, Ohio. Feb. if.

DR. MUNDE'S WATER-CURE ESTABLISHMENT, at FLORENCE, (Northampton, Mass.) offers every desirable advantage to Patients who wish to place themselves under the care of an experienced Hydrostatic Physician, the Doctor being the earliest disciple of FRANKLIN, and author of some of the earliest and most successful works on the system; and the situation of the Institute in a healthy and handsome mountainous region, with its pure, granitic water, and the arrangement of the house, which is calculated to answer all the purposes of the treatment for the persons who have been cordially recommended throughout the year. Terms, \$10 per week. Dec 31

CLEVELAND WATER-CURE ESTABLISHMENT.—The above establishment is now commencing its eighth season. It being the oldest establishment in the West, the proprietors intend to still maintain its reputation for the best.

Great improvements have been made to its fitting the season, especially in the bathing facilities, which for variety, comfort and convenience are believed to be unequalled by any establishment in the West.

The great success which has hitherto attended the treatment of the Institute, and which has attracted a generous public have so freely bestowed upon it, will ever serve to stimulate the proprietors, and renewed efforts to advance the happiness and welfare of all those who may place themselves under his charge. The best and most experienced assistants and nurses as in attendance.

In diseases of the lungs, our experience has been very great, and we think our success warrants us in saying that they are healed in a rapidity—even in their most aggravated forms—unlike any other mode of treatment. The proprietors have again secured the invaluable services of Miss C. A. Greene, who takes especial charge of the treatment of the female sex, and whose rare talents and scientific qualifications make her peculiarly qualified to discharge her duties. For terms, &c. Proprietor.

WORCESTER HYDROPATHIC INSTITUTION on Arch and Fountain sts., Worcester, Mass. The proprietors of this Institution aim to make it a comfortable home for invalids at all seasons. The local soil is elevated, healthy, and easy of access from all parts of the city.

The medical department is conducted by Dr. R. ROGERS, and has never been limited to the exclusive use of water in those cases which seemed to require other treatment.

There has recently been erected a first-class Experimental Laboratory, the grounds belonging to this Institution, which is under the charge of an experienced teacher. For terms, &c. E. F. ROGERS, Superintendent.

Out-door practice attended to. Office hours 2 to 6 P. M.

YELLOW SPRINGS WATER-CURE AND HYGIENE INSTITUTE.—This Institution, the largest and, perhaps, the best located of any in the West, and now, in all its departments, improved and charged for by J. W. HOLT, Jr., of Cincinnati, Ohio, and midway between New York and Washington, and picturesque surroundings, all such as would be desired by those who are afflicted with neuralgia, and needful means—hydrostatic, medicinal, dietetic, and psychological, for the relief of the afflicted. The invalid public need hardly be advised that, for the treatment of many diseases, winter is the most favored season.

Located at Yellow Springs, O., directly on the Erie Railroad, and within five miles of Newburgh Springs, it is conveniently reached from all parts of the country. The rail road, the canal, and steamboats renders it peculiarly attractive. The pure, granitic water, the rare mineral springs, and conducting Water-Cure. Mrs. C. P. R. FREAS, M. D., has charge of the Female Department. Terms from \$10 to \$20 per week. For further particulars address B. FREAS, M. D., Box 204, Pittsburg, Pa. Nov.

Refers to Consulting Physicians.—DRS. B. ERMANN, Cincinnati, O. Dec 21

PITTSBURGH WATER-CURE.—This Institution is well arranged for winter treatment. It is situated 10 miles west of the city, on the Ohio River and O. & P. R.R., at HAYVILLE, PA. The pure, granitic water, the rare mineral springs, and steamboats renders it peculiarly attractive. The pure, granitic water, the rare mineral springs, and steamboats renders it peculiarly attractive. The pure, granitic water, the rare mineral springs, and steamboats renders it peculiarly attractive. For further particulars address B. FREAS, M. D., Box 204, Pittsburg, Pa. Nov.

MT. PROSPECT WATER-CURE, Birmingham, Broome County, New York.—We treat all curable diseases successfully, and have made the following diseases our SPECIAL STUDY:

"FEMALE COMPLAINTS" and success in treating them is such, that we have attracted to our establishment a given confidence; and we now cordially invite every lady who may be afflicted with any of the above (even though you have not succeeded in your former attempts for the restoration of your health), to make one more trial of our Water-Cure. "DISEASES OF THE LUNGS."—We are using in addition to the Hydrostatic Treatment, Inhalation of Medication Vapor; and since its adoption, we have succeeded in curing many cases of this fatal disease. And we hold out a ray of hope to the unfortunate consumptive, who have been pronounced incurable, in checking that direful scourge of humanity, consumption.

"SPINAL DISEASES," "Strascheria" and "Neuralgic Emissions," treated especially by a sixth and published operation, (combining new and old) (see full details of cure). "RHEUMATISM," treated by our special method, according to order and attention required. A detailed plan will be made from the regular price when the patient sends a letter. Dr. T. can be consulted by letter free of charge. B. M. BARNES, Proprietor. O. V. THAYER, M.D., Resident Physician. M. R. H. THAYER, Physicians. Oct. if.

HYDROPATHY, THE CHEAPEST AS WELL AS THE BEST MODE.—Many patients avail themselves of all the advantages of the Cure, at \$3 and \$50 per week, at DR. VALIS GRANITZ'S WATER-CURE ESTABLISHMENT, Franklin, N. H. A circular containing particulars will be sent to applicants.

THE GRANITE STATE is a large, first-class, Curative Water-Cure Establishment, where those who desire them, at rates considerably lower than those usually charged. The patronage of the Institute since its opening in May last, has been of the most flattering kind, and is at this date, Dec. let, at a great advance on any other time during its existence. The proprietor, who has not mistaken the proper basis of management for "People's Institute," Dr. V.'s success in the treatment of a great variety of chronic diseases, which Dr. Valis Granitz's Water-Cure, is well known. A large number who have recently left the Granite State Establishment will be referred to, at the desire of applicants. Jan

DR. E. J. LOEWENTHAL'S WATER-CURE, Bergen Heights, Hudson Co., N.J.—The undersigned, formerly physician in the hydrostatic institutions at Brattleboro, Vt., has now opened this Establishment. It is situated on one of the finest spots on New York Bay, provided with a remarkable abundance of soft water, and contains a complete Gymnasium, which is also considered an essential part of hydrostatic apparatus.

The Establishment can be reached from New York in less than half an hour, either by the Hoboken or Jersey City ferries, from where stages run by day and near the house. Direct letters to J. A. HANOVER at New York, or to E. J. LOEWENTHAL, at BERGEN HEIGHTS, November, 1855. Jan 11

DR. FRANKLIN'S ORIENTAL HYDRO-PATHIC INSTITUTE is now in successful operation. Terms, \$10 to \$20 per week. Address, Dr. FRANKLIN, 116 BROADWAY, November, 1855. Jan 11

CANTON WATER-CURE AND PHYSIOLOGICAL INSTITUTE, at Canton, Ill., is now in successful operation. Terms, \$10 to \$20 per week. Address, Dr. H. JOHNSON, M. D. Feb. if

THE GALESBURG WATER-CURE, under the direction of J. FRANKLIN, is open for the reception of patients summer and winter. For particulars address D. T. POWELL, Galesburg, Knox Co., N. Y. Nov 61 Proprietor.

NEW GRAEFENBERG WATER-CURE.—For full particulars, address B. HOLLAND, M. D. New Graefenberg, N. Y. Aug if

SPRING RIDGE WATER-CURE, Hinds County, Mississippi.—H. H. JOHNS, Jr., M. D., Proprietor. Located on the River, at the mouth, reached by H. T. HOLMES, Sr., M. D. Feb. 11

PHILADELPHIA.—DR. WEDER'S CITY WATER-CURE, N. E. corner of Eleventh and Chestnut Streets. Dec 21

DR. BODERTH'S WATER-CURE ESTABLISHMENT, at Saratoga Springs. Aug 11

THE MISHAWAKE WATER-CURE is in successful operation, and will be open the Fall and Winter. DR. JOHN B. GULLY, Wiswauke, (St. Joseph's Co.) Ind.

E. W. GANTT, Hydropathic Physician, may be addressed at Buffalo, G. Hills, N. Y.

ELMIRA WATER-CURE.—This Cure claims for itself good reputation among its worthy followers, and no more. Its physicians, rose in number, have had a varied experience in the treatment of the various diseases, they claim to cure. It interests with tolerable success, as Dr. and Mrs. GANTT, may be addressed at Elmira, N. Y. in the Cure. For further particulars address, S. O. GLEASON, M. D., Elmira, N. Y.

DR. TAYLOR'S WATER-CURE, 630 Sixth Avenue, N. Y. City, affords superior accommodation at reasonable rates. Boarding and lodging at the most moderate prices. Facilities are accommodated with excellent bathing. For a wholesome diet, as well as patients in the treatment of certain cases. Address GEO. H. TAYLOR, M. D., Jan

GEO. F. ADAMS, M. D., WATER-CURE PHYSICIAN, 41 Amity St., Brooklyn. Patients with Acute or Chronic Diseases will be faithfully attended at their homes. A limited number of Patients are received at the Water-Cure, at No. 10, Park Avenue, N. Y. City, and at the Water-Cure, at No. 10, Park Avenue, N. Y. City, and at the Water-Cure, at No. 10, Park Avenue, N. Y. City. For further particulars address, G. F. ADAMS, M. D., Brooklyn.

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

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

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JAMESTOWN WATER-CURE, at Jamestown, Chautauque Co., N. Y. For particulars see April Number of the "Water-Cure Journal." Address, J. W. HAYES, M. D., Proprietor. June 61

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