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RATIONALE OF THE ELECTRO-CHEMICAL TREATMENT.

BY G. TAYLOR, M. D.

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The use that has recently been made of electricity, as a remedial agent, necessarily creates a demand by those requiring medical aid, as well as others, for an explanation of its *rationale* and effects. Numbers are rushing into its use, as practitioners as well as patients, with a hastily acquired and illy-digested knowledge of its principles, and in consequence of a deficiency in this particular, many are doomed to disappointment through a misapplication of an undoubtedly good thing. And it is with some diffidence, after so short a study and experience, that I attempt to state a few particulars concerning the nature of this force and its application to medical purposes. The consideration, however, that the readers of this Journal are habitually circumspect as to what they receive as truth, assures me that though I may commit a flagrant, I shall not be able to propagate a dangerous error.

The evidences in favor of the electro-chemical remedial treatment that are derived from experience are sufficiently palpable; tracing it back to the elementary laws of the force brought into requisition may not at first be so clearly accomplished, but we may be assured that a relation of equality of cause and effect exists here, as everywhere, and that there is really a science enveloped in the empiricism that is now running so rampant.

The inventor of the most successful arrangement of means for this mode of treatment, it is well known, presumes the chief cause of many intractable forms of disease to consist in the presence of metallic compounds in such relation to the substance of the nerves (which he considers to embrace tissue of the most vital importance to the organic welfare) as to impede or arrest their function in local parts, or through the extensive domain of the organism. This, theory, as well as practice, demonstrates to him, may be excluded from the body in the act of its decomposition, the offensive or metallic portion being cast upon the expanded negative pole he furnishes for its reception. Others have affirmed that medicinal substances may be introduced or

cast from the system as well as the morbid matters constituting disease or its cause, by an appropriate electrical current, while the majority, perhaps, suspect, and impliedly at least, affirm the impotence of this force to do either.

To arrive at a just view of this or any subject, we must commence with its most elementary parts. And here the usual modes of investigation fail for want of the proper instruments. We have no special sense adapted to recognize this force in its usual, and we may suppose, natural state. Our ever attending servants, *light and heat*, we can see and feel, and it is thus they minister to the capacity for happiness of all. We find them harnessed in service and ready to do our bidding, by not only contributing to our personal comfort, but by causing the most refractory substances in nature to relent under the influence of their potent spell. But electricity eludes our vigilance till we devise means to concentrate its power so as to exhibit its effects on some object that is capable of becoming changed under its influence. Our investigations are hence circuitous, and the object of inquiry seems mysterious, and no wonder that its examination is attended by many mistakes and disappointments.

An electrical apparatus, then, may be regarded as a means of *focalizing*, so to speak, a principle or actuating cause that abounds in nature, and is probably silently and mysteriously working in all her operations; a mighty engine, declaring to the prudent thinker the fertility of the resources of an all-wise Being. The present means of investigating the habits of this force lead philosophers to infer a relationship between it and light and heat, and its study is thus somewhat facilitated. All three principles may be treated of as consisting in *vibrations, undulations or waves* of different kinds, in a hypothetical ethereal substance, that pervades both space and things throughout even the range measured by thought.

For terrestrial purposes, these undulations may be elicited by *change in the state of matter or chemical action*, and the form the undulation takes, whether light and heat, or electricity, depends upon particular circumstances attending this change. Whichever the form, we may trace an analogy in the actions of each of those forces. They may be intensified by suitable devices, are

each available for chemical analysis, and each selects certain classes of substance, through which it passes without apparent resistance. Substances that are thus related to *light*, whether solid, fluid, or gaseous, are said to be *transparent*; to heat, *diathermic*; and to electricity, *conductors*. This latter force seems singular for its choosing chiefly *metallic* substance, as the most suitable to afford it unobstructed passage. And however irregular and flexuous the course, it always freely follows its appropriate channel.

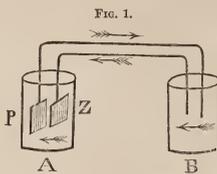
It is this property of being readily conducted, combined with another peculiarity of this force, that affords the basis of its importance in the arts, and more recently in medicine. The property referred to is, its power to separate a few substances into their elementary parts, or of reversing chemical affinities. The substance thus acted on must always be fluid, and must be interposed between the poles, or conductors proceeding from opposite extremities or elements of the battery. In order to meet with this result, it would seem that the subject of experiment must belong to that class of chemical compounds termed *binary*, which consist of an union of two elements, such as water, common salt, the alkalis, metallic oxides, and their derivatives of similar constitution. The atoms separate coincidentally with the passage of the current, one element, oxygen or its representative, appearing at the positive pole, and hydrogen, the metals, &c., at the negative. The substance thus affected is called an *electrolyte*; the place where the decomposition transpires, the *decomposing* cell; and the place where the electricity is generated, or the battery, the *generating* cell. The essential decomposition that takes place in the generating cell, whatever be its construction or form of the battery, is the decomposition of water by an easily oxidized metal, as zinc.

Let us look for a moment at the part each of these elements takes in the *voltic circuit*, as it is called. An atom of water being in contact with the zinc, the latter, under the circumstances presented, takes one of the constituents of that atom—namely, the oxygen. If a conductor, terminating with the metal thus acted on, be in connection with the column of atoms of water, a force, equivalent to the decomposition of the atom of liquid, seems to be present in the whole circuit. It is not meant by this that there is a real current, or any substance that circulates, but that certain capabilities are, for the time, conferred on the intervening medium.

This capability, or *force*, is made apparent in various ways: by its relation to magnetism; by the attendant light and heat under certain conditions; but more especially by its effect upon certain fluids that hold a chemical relationship to that at whose expense the force in question is evolved, constituting the components of the decomposing cell. The *poles* of the battery are those portions of the conductor on either side of the decomposing cell, that portion terminating by contact with the decomposing liquid of the generating cell being the *positive*, and the remaining portion, or that in contact with the zinc, the *negative* pole.

The whole arrangement might be represented as the different segments of a circle, one portion

of which consists of a liquid and a solid undergoing chemical action; another portion, of any metal through which a transfer of the force thus evolved may be made, without any molecular change of substance; and another portion may be a liquid in which there is a transfer of force by means of the separate atoms of the compound, which are thus disarranged, and a portion of each constituent remains, after the force has ceased, un-recomposed. Hence, in an acting battery, we have two decompositions: one in the generating, and one in the decomposing cell, and connection between these by means of a substance that is *transparent* for the attendant force, being a conductor.



ACTION OF THE BATTERY.

A. Generating cell. B. Decomposing cell. P. Platina plate. Z. Zinc plate. The electricity is evolved at the surface of the zinc plate, by the action upon it of the oxygen of the water and hydrogen is evolved. Similar decomposing effects are produced in the cup B which contains an *electrolyte*.

The decomposing liquids in these two cells, though they need not be identical in quality, yet must bear a certain relationship. *No liquid will suffer decomposition in the one cell that is incapable of exciting chemical action, and the dependent electrical force in the other.* And the amount of decomposition in the two cells will be equal, minus a certain variable amount of resistance afforded by the conductors. Hence for every ounce of zinc destroyed in the generating cell, about a quarter of an ounce of oxygen, with its hydrogen, will be liberated in the decomposing cell, if water be decomposed, or its equivalent of any other compound whatever that is capable of *electrolysis*, or *electro-chemical* decomposition.

In practice, however, the amount of decomposition is very much reduced by the resistance before mentioned. This resistance is mainly in the liquid portion of the arrangement; and all the different forms of batteries that have ever been used, are merely various devices for obviating, or for overcoming this resistance. The most efficient of these are those wherein the hydrogen is instantly removed as fast as generated, by reducing it again to water by means of the presence of some substance that easily parts with its oxygen, as nitric acid. Hence the superiority of Grove's and Bunsen's batteries.

In considering the application of electricity to the animal body, we should disabuse ourselves of our preconceptions of any mysterious relation to the vital principle, and consider it according to its well-known laws, especially those that relate to conduction and decomposition. By interposing the body, making it a part of the conducting circuit, when the uninterrupted primary wave or current is in action, though the body has no sense to perceive it, it is found not to be arrested, for sparks can be obtained as before;—the living

body is a conductor, and, like the copper wire, suffers no change by its passage. This remark is probably true only of the vital, acting elements of structure. For we are to remember that the body is physically an aggregation of solid and fluid elements of various kinds, some of which are conductors, and others, *electrolytes*, and endowed with no vitality. Providing only that we have an electrical force present of sufficient *tension*, the electrolyte electrolytes are decomposed or resolved into their integral parts.

It is easy to decide by experiment what substances are and what are not capable of this style of decomposition. Water, common salt, the simple nitrates, chlorides, and iodides, and the metallic oxides, all being, what in chemical phrase are called, *binary* compounds, comprise nearly all that are susceptible of resolution by electrical means. In each case the hydrogen, alkali, or metal of the compound, passes in the direction of the negative pole; while the oxygen, or its representative, passes to the positive. *Organic substances utterly refuse to be changed by this process*, as well as the inorganic of more complex composition.

At first view, a multitudinous array of stern facts would seem to arise and refute a number of the statements made above. Have not numerous cases of syphilitic, malarious and scrofulous diseases been cured or greatly benefited? and how shall we account for it if the material elements constituting the cause of these affections are undisturbed?

FIG. 2.



APPARATUS FOR SEPARATING THE PRODUCTS OF THE ELECTRO-CHEMICAL DECOMPOSITIONS.

To illustrate the actions that transpire in the medical use of electricity, suppose we connect the poles of the battery with an electrolyte in a decomposing cell, so arranged that the product of decomposition will be retained by bell glasses, inverted over either pole. Let the experiment be performed with common salt, composed of two elements—chlorine and sodium. On testing the product of decomposition we shall find chlorine and oxygen in the tube over the positive pole, and soda and hydrogen in that over the negative. Suppose now we introduce an organic substance that has color, as an infusion of litmus, so that we may readily see what happens. The portion of the vegetable infusion that is near the negative pole becomes intensely blue, having been changed by the action of the alkali, while that portion of the same substance that rises in the positive tube loses its color entirely, becoming blanched and *destroyed*. The infusion of litmus will represent any organic product. We must remember that a *nascent*, or new-formed

element, is more prone to attack whatever other substance that is in relation with it than in any other condition. And we may now conceive that whatever be the element set free by electrical action, those non-vital, organic matters in contact, being eminently prone to change, will suffer change. This action we may call *secondary decomposition*, and the act of electrolysis, *primary decomposition*. Although one act cannot take place without the other, yet the secondary may be of much the most consequence, in a medical point of view, being essentially that which is sought in the great majority of cases.

The electro-chemical treatment of disease we may regard yet as quite empirical, and the mist of ignorance with which its laws are enshrouded serves as a cover for the perpetration of charlatanism that will vie with any in the annals of medicine. One ambitious aspirant for electro-medical honors invites the gullible public to call and see the "wonderful effects of the battery current of his electro-chemical foot bath," "in introducing vegetable substances and passing them through the system," as though the "foot bath battery current," were a stream of something passing directly through, duly setting to rights everything in its course. We have seen such effects to be impossible, for no transfer can take place without decomposition, and not even then when secondary decompositions are possible, as *must* be the case in the animal body. Besides, a decomposed substance has lost its character, and cannot be recognized again as the primary substance. Whatever effects may follow the application of a nauseous substance to the "cheek" or any other part, in connection with the positive or any other pole, they must be due to any other cause than the "battery foot-bath current." Any good thing will suffer by incompetent management. A "current" of electricity implies nothing more than the peculiar condition of the matter composing the line of conduction, just as objects may be illuminated or heated. And the reason why organic products of a morbid quality are destroyed by secondary decomposition is because they oppose no vital resistance, as do the living, acting parts of the system. It is the elements only of the *electrolyte* that are transferred, while those acted on by secondary decomposition do not change their place.

I have performed a great number of experiments with the view of arriving at a further demonstration of the hints afford above, in relation to the *modus operandi* of the electro-chemical treatment. I will state a few facts and some inferences which may serve to assist others in carrying forward the investigation. From the first, I conceived the idea that it was the nascent oxygen afforded to the juices of the body that corrected their quality, and though being supplied in small quantity, the peculiar manner of its supply would enable it to attack matters it could never reach in the usual mode, *via* the impaired circulation, and thus the non-vital organic constituents would become destroyed.

To test the effect of electricity in effecting decompositions, an apparatus like the above is useful. By this means the results of the decomposition that pass to either pole are collected separately, and the compound liquid acted on

may be examined for any secondary result. Trials were made with a number of compounds that contain a large amount of oxygen, for the purpose of increasing this product as it appears, at the positive pole. Chlorate of potassa and peroxide of manganese yield negative results; while it is found that nitric acid will cause four to six times the amount of oxygen to appear at the positive pole, as appears when water alone is decomposed, while a proportional amount of nitrogen passes to the negative. With the degree of acidulation that is used for the bath, about equal volumes of gas appears at either pole. Upon exploding the mixture by the electric spark, but very little disappeared, showing that the greatest part probably resulted from the decomposition of the nitric acid, and not of the water.

While the body is submerged in a full electro-chemical bath containing nitric acid, it is noticed that little bubbles of gas constantly appear at the extremities of each hair, and rise to the surface of the water, giving place to a constant succession of crops. It is very easy to collect a gill or more of these bubbles by passing an inverted tumbler over the body, holding the inferior edge down to the surface of the body so as to scrape them off. By subjecting the gas thus collected to a routine of inquisitorial proceedings, it is found to contain neither oxygen, carbonic acid, nor a sufficiency of hydrogen to become ignited by the electric spark when mixed with oxygen. It must be chiefly nitrogen.

The appearance of this gas might be suspected to be that naturally cast from the body, but it fails to become conspicuous when the body is immersed in a common warm bath, or even in a saline electro-chemical bath. It will be noticed that what appears is the *excess* only of that dissolved by the waters, and also that the greatest portion of it is detached in minute bubbles, not from the skin, but from the *extremities of hairs*. It is also observed that the surface of the body gradually becomes alkaline while immersed in a neutral bath. From these considerations the reader will strongly infer with me, that the water in contact with the surface of the body is *negative*; and that of the products of electrolysis, the electro-positive elements remain there, while the electro-negative proceed in the opposite direction till their chemical aptitudes are satisfied.

Another experiment that I have not had the temerity to repeat strongly confirms the view here taken. This was the substitution of *hydrochloric* for nitric or sulphuric acids in the full bath. This was done without anticipating consequences or symptoms, but it was followed by the same symptoms for the succeeding thirty six hours that follows the respiration of air contaminated with *chlorine*—symptoms of the specific poisoning of chlorine. In this case, if the body were not protected by the irradiation of the current from its whole surface, the law of the physical action of endosmosis would still protect it against the entrance of acid, since the acid would wholly check that action, or even reverse it.

With regard to the electrical current, the body might most probably be considered an interrupted conductor, consisting of alternate electrolyte and conducting material formed by the variety

of tissues, cells, fluids, &c., that go to make up its several parts. We cannot at present say whether we shall ever be possessed of an exact *meter* of the primary and secondary changes that transpire within its boundaries only by the effects, and these seem to be quite various in different individuals, even with the same treatment.

That the benefit derived from the chemical effect of electricity in scrofulous and all those other affection, where its good effects are indubitable, is due to the chemical change in the quality of the juices of the body, is confirmed by the following experiment:—Let the hand be thoroughly rinsed, and a piece of litmus-paper applied to its opposite sides. Now apply the poles of the battery in action, so as to include the whole, and directly on the negative side the litmus is changed *blue*, indicating the presence of alkali, while that on the opposite side is turned red, betokening acid, derived, it is fair to believe, from the decomposition of saline matters within, and transferred according to the laws of electrolysis.

If the positive pole be made to terminate with a *brass* extremity where it is applied to the body if applied to the head an unmistakable taste of brass is present, not only in the mouth, but is *felt* all down the throat. By reversing the current, or by substituting some other conducting medium, the peculiar metallic taste vanishes.

The manner in which the body should be subjected to the electricity will often be determined by circumstances. The *body bath* is that mostly employed, and for the reasons explained above, must be much the most efficient. The foot-bath, either with or without the vapor apparatus, is useful, since the positive pole may be made to have an excellent local effect in certain cases. The foot-bath is a particular favorite with those electro-chemical neophytes, who have not acquired sufficient skill in the management of the force to enable them to transmit the current so as that it shall become irradiated from the whole surface of the body. It is very useful to apply the negative pole also, for the production of local effects; but in doing so, due caution should be observed in the disposition of the positive pole.

How beautiful is science! Instead of directing the invalid to some mysterious balms, she only points to methods for securing the hygienic conditions, these, under all circumstances, being the only ones that are compatible with the restoration of health. For nitric acid contains but the elements of atmospheric air, and these are yielded with the electro-chemical bath in such a manner as to subserv the physiological interests in their changed state more perfectly than by respiration alone. Let us see that we keep aloof from the empiricism of the day in the direction of this measure of health.

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EFFECT OF POISON.

BY F. H. K.

ALTHOUGH the general opinion is that men die of disease, and are sometimes saved from dying by taking poison, there is no *proof* that such are the facts. No one has any authority for saying that disease is a destroyer, and poison is a saviour. There is no evidence to controvert, but much to sustain the opinion, that poison is *always* destructive to mankind, physically, intellectually, and morally; and that disease is a conservative effort of nature to rid the system of poison and restore the equilibrium. It is by no means certain that any one ever died of disease. It may be, that all who have not died of exhaustion or violence, were killed by poison; and that all who died of exhaustion did so prematurely because they had been robbed of vitality by poison.

Taking poison, so far from diminishing disease, *always* makes more work for it to do. There is no surer way to get a chronic disease than to treat an acute attack with poison. This fact induced the celebrated Dr. Rush, of Philadelphia, to say: "We have assisted in multiplying diseases, and we have increased their mortality;" and Dr. James Johnson, of the London *Medico-Chirurgical Review*, to give it as his "conscientious conviction, founded on long experience and reflection, that if there was not a single apothecary, chemist, druggist, nor drug on the face of the earth, there would be less sickness and less mortality than now prevail." Did space allow, many other eminent drug doctors might be quoted to the above effect.

Everything is poison that cannot be assimilated to the system, and thus used to sustain life, but, on the contrary, wastes vitality, by taxing the organism to expel it; thereby inevitably inducing debility, disease, and premature death. As nature never assimilates more food than the wants of the system require, all excess is poison. As food is decomposed in the system, whatever is unnecessary to sustain life, becomes, more or less, subject to poisonous gases, etc.

Some physiologists think that more lives are destroyed by over-eating than in any other way. The prevailing custom of mixing poison with food, of necessity causes over-eating, which always increases the desire for more poison. Were this not so, there would be no need of the Main Law. Most cooks, and all bakers and confectioners, are very efficient allies of tobaccoists, brewers, distillers, and druggists.

Whenever one takes poison, his vital powers are excited to increased action to expel it. This will be followed by a reaction, more or less severe according to the amount of poison one has taken. Nothing can be more conservative than a reaction, when it is allowed to have its perfect work. It will restore the equilibrium, and do it in such a way the subject of it shall be warned not to overtax his system again. Most persons regard a reaction as an enemy and poison as a friend, because it affords them relief, though it be but temporary, from the bad feelings they have whenever the excitement of poison is succeeded by its necessary and salutary reaction. Instead of stopping the use of poison so

that nature may be allowed to cure them of their bad feelings, they treat every reaction with more poison; and the more they take, the more they may, until the work of self destruction shall be completed; for as long as one takes poison to relieve bad feelings, he will have them to relieve.

Few are aware of the destructive nature of the various poisons in common use. Still less, even suspect, they cause many of their infirmities, and greatly aggravate all their sufferings, mental as well as physical, and very considerably shorten their lives. All that most persons know about them is, they are generally regarded as necessities, or luxuries, and the longer one uses them the more he craves them. So they continue to destroy themselves, rapidly or slowly, according to the amount used, and the strength of the system.

It is considered an infallible rule by physiologists to judge of the injury a particular poison has done one, by the fact that the more one has been injured by it, the more he will feel as though he cannot do without it. According to this rule

SALT

must be the most injurious poison in common use; for it is *always* the last one to be dispensed with. It must be a much more destructive poison than alcohol is. It is never used to sustain life, for a starving man, who will eagerly devour putrid substances, or anything else containing the least nourishment, has no desire to eat salt. One famishing of thirst can live by drinking water containing considerable alcohol, while he will die by drinking water containing comparatively little salt. The best time to take a good thing is on an empty stomach. A mouthful or two of salt swallowed then, would probably cause death, were it not that nature will very soon cause most of it to be expelled by vomiting or violent purging, and the balance by the other outlets of the system. Some think it necessary to mix it with food to promote health. Just as though anything that is exceedingly destructive to life when eaten alone, would change its nature and become healthful by being mixed with something else. The fact relied upon to prove the use of salt necessary is, that the ingredients of it are found in the blood. This proves nothing, or it proves too much, for the ingredients of other destructive minerals are found in the blood. It is not necessary to take salt or any other mineral in the crude state, for Nature has mixed the ingredients of all the minerals man requires in exactly the right proportions, in the various kinds of foods she has designed for him; and he will never allow any one to suffer for any ingredient, but will give him an appetite for the article which contains it, in combination with other ingredients just suited to the wants of his system. It is habit, and not necessity, causes people to mix salt with food, or they would use more salt with apples than with potatoes, for they contain less saline ingredients than potatoes do.

Shortening life very considerably is perhaps not the greatest evil salt inflicts on the race. It depraves the taste immensely. Few things as much so. It not only makes unwholesome things

—poor potatoes, bad veal, and worse pork very palatable, but it makes wholesome things—the best wheat and vegetables—very unpalatable unless they are salted.

Mr. Graham says: "Salt is wholly innoxious; it affords no nourishment to any structure or substance of the human body. It is utterly indigestible, entering and going the rounds of the general circulation, and leaving the body as an unassimilated mineral substance. * * * It is always in proportion to the freedom with which it is used, diminishes gustatory enjoyment, and necessarily impairs the nicely discriminating power of the organ of taste. * * * It is largely concerned in the production of cancers and other glandular diseases. It is indirectly conducive to serofulous, pulmonary, and cutaneous affections, and disorders of the mucous membrane. * * * In short it not only serves to predispose the human body to every form of disease, but also serves to aggravate and perpetuate every species of disease."

But says one, salt is good for cattle. Let us see. Suppose that a cow that has never taken any poison should have salt mixed with her food. Her system, never having been injured by poison, will be keenly alive to so destructive a poison as salt, and her vital powers will be vigorously aroused to expel it, which will cause her to eat more than usual. A reaction will follow that will restore the equilibrium, if it be allowed to do so, and until it shall, she will not need and consequently will not relish food, unless salt or some other poison be added to it, which will again arouse her powers; but *not so intensely*, for her vital energies were injured by the previous preternatural excitement. After a while salt will be insufficient to arouse her debilitated powers, and then, as our allopathic friends would say, she will need something stronger to improve her poor appetite. Cattle are benefited about as much by taking salt, as men are by taking tea, coffee, liquor, tobacco, opium, spices and salt—one and all causing temporary excitement and permanent debility, disease and premature death. The use of salt can be defended only on allopathic principles, which require one to be stimulated with poison as long as life shall last, always increasing the stimulant, poison, according to the sluggishness of the system. If this will not cause premature death, we know not what can.

Nothing can be more unnatural than to mix poison with food, and yet nothing is more common. Even

BREAD,

the staff of life, to be palatable to Young America, must be contaminated with various powerful poisons, and robbed of some of its essential ingredients,—wheat bran contains properties necessary for the due nourishment of the system, especially the bones and teeth;—and still more injured by fermentation. The poisonous and branless bread so very generally used by the present generation, doubtless helps considerably to destroy the teeth. Although, they are the hardest of living substances, and, undoubtedly, made capable of lasting perfectly sound through the longest life, provided they are always used naturally—to thoroughly masticate *only* health-

ful food—they are not proof against poison and defective nutriment. One that uses the teeth naturally, will use other things so too, which will all tend to preserve the teeth. No Hydro-path, who eats fermented bread, especially that sold by bakers, need flatter himself, as many do, that he does not take poisonous drugs any more, for such will not be the case. The only bread that does not contain poison, and the only kind capable of properly nourishing the system is the unleavened, made either of wheat, corn, rye, barley, or oatmeal and soft water. The pure wheatal bread will agree *better* with weak stomachs than any other kind whatever. It will be decidedly the most wholesome bread any one can possibly have, if it is baked *hard* so as to admit of thorough mastication. Apparently but few are aware the teeth have an important work to do in digesting food which *cannot be done by the stomach*. Starch, the chief ingredient in wheat, cannot be digested by the stomach unless it has been changed to sugar in the *mouth*, which cannot be done unless the saliva be mixed with it by mastication, or when sugar is added, for this displaces starch, and makes it worse than useless, thus converting an aliment into poison to tax the system to expel it, instead of helping to sustain it.* It will be seen from the above, that all soft bread and puddings, of whatever kind, even boiled wheat, the most wholesome of any, are all of them unwholesome, for they do not admit of thorough mastication. As imperfect mastication of farinaceous food cheats Nature of the sugar which is essential to support life properly, it is not strange that those who eat soft bread and puddings, crave sweet things unless they eat meat or butter freely, which take the place of sugar to a great extent, though not completely, or Nature would not have made starch abundant in farinaceous food. There is nothing absurd in Nature. No two things serve exactly the same purpose. The most healthful and delicious way of supplying the organism with sugar is to chew pure bread thoroughly, and eat whatever *ripe* fruit may relish best, which will contain sugar in exactly the right proportions to meet the wants of the system. The less sugar, grease, and poison one adds to his food, the more he will be able to appreciate the deliciousness of supplying the organism with sugar in the natural way. Few things do more to prepare *victims* for drug doctors than the concentrated sugar of commerce in its various forms. Bakers and confectioners, especially the latter, should be classed among the destroyers of the race.

THE HUMAN SYSTEM

is so constituted, one cannot injure any of its powers, without injuring all to some extent. Overtaxing the digestive organs by taking poison, robs the intellect and preternaturally excites the passions. So that most men either make slaves of themselves, or act dishonestly in order to get the means—not cultivate their minds but—to minister to depraved appetites. A desire for poison being the chief one; which must destroy the true enjoyment of life just to the extent it may be taken. The abuse of Alimentiveness

tends to the abuse of Amativeness; so comparatively few of even those who persuade themselves they are living to the glory of God, respect the natural use of the reproductive system. Violating nature in the most important affair of life, is productive of incalculable evil.

In proportion as men may be under the influence of poison, will the best law that can be devised fail to protect married women in their sacred rights. However, the remedy for this evil, as far as future generations may be concerned, lies principally with woman. She, far more than man, can improve children's appetites, and thus improve their whole character. The regeneration of the race must be delayed so long as mothers give their little ones poisonous food and beverages. Parents who ask God to *bless* their children with healthy bodies and pure minds, should not *curse* them with poison. It is quite too much to expect that God will reverse the operation of the natural laws to please transgressors.

The human system is so admirably constituted, the most delicate children, except some born before the natural time, might continually increase in strength till they should attain the full vigor of maturity, were they not injured by poison, but allowed to develop and strengthen their faculties by acting according to their *natural* inclinations. The *perverse* inclinations of children are owing to a very great extent to the *unnatural* treatment they receive from parents and teachers. There is quite as much need of agitating the subject of Children's Rights as Women's Rights.

Man is undoubtedly one of the toughest animals on the earth, made capable of living at least a century, probably two centuries. Some, even in modern times, who, not unlikely shortened their lives considerably by taking poison, and committing excesses in consequence, have lived more than a century. Still, it need not excite wonder that half the race die in infancy. There is nothing strange about it. They are all poisoned to death except a few that are killed by violence. Almost all prospective and nursing mothers are so addicted to taking poison, they cannot relish a meal without it. "It has been ascertained by experiment, that if two cows, the one nursing a calf, and the other giving no milk, receive in their food a quantity of poison sufficient to cause death, the latter cow will be killed by it, while the *calf* of the former will be killed and the mother will escape."⁷

As a general thing infants commence the life-destroying habit of swallowing poisonous things before they get teeth. And they are in cold weather at least, kept most of the time in badly ventilated rooms, where they are compelled to breathe poison, because their guardians—destroyers—are afraid to have them breathe fresh air, especially at night, lest they might take cold. Healthy children never take cold by breathing fresh air, for that is natural and beneficial in the highest degree. Sickly ones, even more than healthy ones, need the healthful influences of fresh air. When they take cold by breathing it, it is because they need the purifying effects of a cold. As soon as it can remedy the evils it was specially designed to remedy, *Nature will cure it*. Drugging those who have

colds will prepare them to take cold again *more easily*, and perhaps make a more severe disease necessary.

Drug doctors, who act on the principle that poison is good for sick children, are generally relied on to treat infantile diseases, and half die under five years old. No thanks to them that all who take their poisons do not die in consequence; they would were it not they are tough, and capable of living in spite of the unnatural treatment they receive in being *forced* to swallow nauseous poisons.

All diseased infants, except a few whose vitality is insufficient to expel the poison in the system and restore the equilibrium, can be cured and kept healthy, and what is even of still greater importance, made good and happy, so they will have no desire to form body and mind-destroying habits in after life, by being treated about as follows: "Supplied with *plenty* of pure air, day and *night*; temperature of rooms in cold weather, 65 to 70 deg. Fah. Impure or over-heated air depraves the mind quite as much as it does the body. Badly ventilated churches [and school-rooms, as most are, are particularly bad for young children. As a general thing the less artificial and the more natural light one sees the better. Some nurseries are darkened all day and lighted all night. Wonderful improvement on nature! The tendency of it is to injure the whole system, especially the eyes. Bathed every day, in water 90 to 60 deg. Fah., or even cooler than 60, when it can be borne with *comfort*.

DIEET,

till one gets teeth, should be exclusively of milk, and as free from poison as possible. The only way it can be made so, is for the mother to abstain entirely from taking poisonous food and beverages, and keep out of badly ventilated rooms, especially large assemblies. By so doing she will greatly benefit herself and do *justice* to her darling at the most critical and important period of life. Stunted children, as all must be that are not properly nourished, can never become as good or as powerful as they might, had they not been suckled on poisonous milk. When children get sufficient teeth to masticate food well, they will not need milk, and consequently will be harmed by using it. It is *unnatural* food except for sucklings. Were cows' milk always free from poison, which it very seldom is, and perfectly adapted to the system of those who have teeth, which no one has ever attempted to show, for the best reason in the world,—because it cannot be done—it would still be true, that milk injures whatever it may be mixed with, by preventing its thorough mastication.

The best food for all, except sucklings, consists of natural articles, unmixed with poison, and prepared so as to make them as healthful as possible. When one *eats only* simple articles, his taste will be his best guide to decide what shall be the best things for him to eat at a meal. All who will adopt the practice of tasting of but one thing at a time, and eating only that which may taste well, will not be likely to injure themselves very much by eating poisonous articles, for every poison in common use, grows stronger

* See Dr. Taylor's valuable article on Starch, April No. W. C. J., p. 17.

and more unpalatable the longer one continues to eat it. This does not look as though Nature intended any of them for the human system. Were nursing mothers to eat only palatable articles, they would save themselves a world of trouble, and their little ones an immense amount of suffering. As acid is not the best thing to mix with milk, Nature, ever wise and good, takes away the appetite for acids from nursery, and they should not try to make them palatable by mixing sugar with them. Thousands of infants are mortal sufferers by this unnatural practice.

Were children allowed to select their own food from pure articles, fruit would doubtless form a large part of their diet, which would have a powerful tendency to keep their bodies so pure they would seldom, if ever, need to be purified by colds, fevers, bowel complaints, boils, worms,* measles, cholera, or any other disease. Most parents are afraid to have their children eat fruit plentifully, lest they should get a bowel complaint. No one ever gets this disease by eating fruit with his regular meal, which is the only healthful time to eat any thing, unless his system is highly charged with poison, and then he will need it, and be benefited by it, if it is treated naturally. The natural treatment of a bowel complaint, is to stop taking poison, and allow Nature to purify the system without interference. When pain increases by stirring, Nature says, keep quiet. As all food is poisonous when it is not needed, and as more has already been taken than has been digested, one should fast till his system is cleansed. A bowel complaint is always followed by a reaction, so that the equilibrium can be restored. This reaction can be treated best with fruit. One should commence its use very gradually, for if more be taken than is needful, the disease may be again necessary. It frequently happens, just as one has been purified all the necessities of his case require, and just as a reaction has commenced, which would soon be apparent, he takes astringent poison which causes another reaction, and the disease is increased, and more poison is taken, which of necessity adds to the evils which the disease is removing as fast as the strength of the system will allow. Thus the strong are injured for life, and the weak are poisoned to death. Poison gets the credit of curing the strong, and disease is charged with destroying those that die. As fruit is generally supposed to have caused the disease, it is not surprising that children are frequently denied fruit, and given instead, cake, candy, pie, pudding, preserves, and even salt pork. These healthful things never make disease necessary.—Oh no! Only fruit and bad weather make one sick. Disease not caused thus, is sent by a mysterious Providence, whose ways are past finding out.

The infinitely wise and good Creator has not only adapted the fruits of a climate to its inhabitants, but, also, every kind to its appropriate

* Worms are unjustly charged with killing children. They are always conservative. They aid over-taxed organs to purify the system, and by their leanness they warn violators of the natural laws to stop destroying themselves, and live so as not to need their assistance. When they cease to be useful, Nature will either expel them or use them to nourish the system.

season. So, it is unwise for one to eat foreign or unseasonable fruit in preference to domestic and seasonable ones. As apples are the only seasonable fruit in this climate for half the year, it follows from the above that they will be the very best fruit any one here can possibly have during that time; and all others must then be inferior and needless. This is especially true of all that have injured by drying. Some complain that fruit does not agree with them. The truth is, such are overloaded with impurities, and fruit enables Nature to purify them to some extent. If such would use less poison, they might use more fruit without difficulty.

Nuts, like fruits, are perfectly adapted to climate season. Most of them are rich in carbon; an increased amount of this element is necessary in cold weather to maintain the heat in the system. Children relish nuts more than they do animal food, and their taste should be gratified, for they will be good for them in cold weather, while animal food will always be bad for them. It is not strange that some, whose systems are overtaxed with carbon, should find nuts disagree with them. Such should use less meat, grease, and sugar. Respecting the use of flesh meats, it is true of men, women, and children, the more sensual and depraved they are, the more they will crave them, especially salt meats. This is true concerning the desire for poison.

THANKS TO HYDROPATHY,

the people are fast learning that health can be regained better without poison than with it; and the less of it one ever takes the better. All sick folk can get well whose vitality is sufficient to overcome the poison in the system, and restore the equilibrium. Hydropathy has a blessed mission to a poison cursed generation. It is no less than to teach the people to live without taking poison. As true as it injures men, just so true will it be that Hydropathy must continue to grow in popular favor till men shall cease to swallow poison. When the good time shall come, that no one shall be so simple or so depraved as to designedly take poison, men will then no longer abuse themselves or injure others, but will live to the glory of God, and continually advance in knowledge, goodness, and happiness.

FAIR-WEATHER VEGETARIANS.

BY WM. A. ALCOTT, M. D.

It is no unusual thing for mankind to be one thing while the weather is fair, and quite another when the sky gathers blackness, portending a storm, or when a storm actually arises. In the matter of church-going, for example, it is quite common, as everybody knows, to find our streets thronged on those Sabbaths when the weather is fair; but not so when the skies are unpropitious; although these very same fair-weather people can quote Israel's royal singer as freely as other people, and tell us of the "stormy wind, fulfilling His word."

Now I would not give much for these fair-

weather church-goers; nor even for fair-weather Christians. Yet does not our world abound with them—the Christian world, I mean? Are they not to be found at every corner? And most to be deplored, is it not well known that some who dare not face the "stormy wind" in order to convene in the church to "worship God," will readily enough adventure out despite of the storm or wind, to see a bear dance, or to hear Jenny Lind, or to witness almost any of the thousand and one performances of Jim Crow?

The world of vegetarianism, among the rest, abounds with fair-weather folks. They are vegetarians of the "most straitest sect" in theory. They are so, perhaps, where everybody else is. They are so, especially, at vegetarian dinners like those which are served up for vegetarian festivals at Philadelphia and New York, and Manchester, and Liverpool, and London; where are a thousand, or a few hundreds, or at least one hundred—nice and perchance complicated dishes, into which, though neither fowl, flesh, nor fish enter, except perhaps a little lard, and a good deal of milk, and butter, and eggs, are incorporated all sorts of fashionable medicaments, yeilded condiments, or in plain English, seasonings—such as pepper, sugar, salt, spices, &c. Nay, some of them can be vegetarians at home, where, if they do not have every imaginable indulgence at one meal, they yet know and feel that they can have them if they choose, despite of any edict or interdiction. But it is quite another thing when you find these same vegetarians alone, or with an appetite a little less keen than usual, with smoking and savory viands around them; or, far from home, among strangers, where no eye knows them but that of the great Omniscient. Then it is hard work for them to adhere to the vegetarian principle. Then they will "sin a little for the sake of company"—for I quote language here which I have actually heard uttered by way of apology; and by a minister of the everlasting gospel, too.

These remarks have been more particularly elicited by a vivid recollection of certain apologies made in New York, at the late anniversary of the American Vegetarian Society, whose object was to show the difficulties which are to be encountered, in carrying out the vegetarian principle while travelling abroad in the world, or while situated as mere boarders. Now I will not deny that these difficulties exist, for I have had to encounter them as frequently as most men, having travelled for several months of every year for about a quarter of a century, during the whole of which I have been a thorough-going vegetarian. But are they insurmountable? I have not found them so; nor do I believe these apologists will find them so, if they are governed at all in the matter by principle.

How seldom it happens that we cannot find at table good bread, or good potatoes, or plain rice, or peas, or beans, or fruit! Bread, at least, of some sort, or potatoes, in the progress of the day, almost always. Yet he who cannot live on either of these, if necessity requires it—and even without feeling that he is making any considerable self-denial—is not yet a vegetarian of the first water. He has many things to learn. Why, I have done nothing to boast of on the one hand,

nor any disposition to complain on the other, when I say that I was once shut up fifteen days, on Cape Cod, to potatoes! Yet I am alive and "licking" yet, though seven long years—nay, almost eight, have elapsed.

But the difficulty, as I am led to believe, after all, is chiefly this, that these professed vegetarians are mere fair-weather folks. They have not made their vegetarianism a matter of principle—of deep religious principle. When the Mohammedan is pressed for a reason why he does this, or refrains from that, his reply is, that his religion requires it. Has the fair-weather vegetarian any such regard to his principle? He does not manifest it who cannot make his meals of plain bread, for ever so long a period, should circumstances require it. He professes to belong to a religion which requires its followers not only to forego the enjoyment of many things for the sake of principle, but if need be, to lay down their lives for their brethren. Would he be likely to lay down his life for his brethren, who cannot for the sake of his brethren—800,000,000 of them—live on plain bread for a few successive meals?

But it is seldom, exceedingly seldom, that we are driven to any such extreme. Usually in the progress of the day, even while travelling on our steamboats, or canal boats, or railroad cars, or while stopping at our most fashionable houses, public or private, we can find something beside bread or potatoes. And if during the day we can get something at one meal, we shall not starve. Some confine themselves to one meal daily; and many to two. So that if it could happen that there were nothing on the table but flesh, fish, or fowl, or nothing which excluded these or their products, just for one meal, why a true vegetarian—one who would be willing to lay down his life for the sake of principle, will find no great difficulty in waiting till the arrival of the next meal.

I would have spoken on this subject at the meeting aforesaid, but that I knew it would do little good. My language would have been unintelligible—perhaps may be so now. Dr. Channing, the Unitarian champion, used to say, that no man could understand Jesus Christ any further than he was like him; and it is equally so with regard to Christian truth, or truth of any sort. No one can understand what he has not experienced; and hence these pseudo-apologizing vegetarians cannot understand a man who is deeply imbued with the truths of it, because he has practiced it. He who has not learned to live on plain bread, or plain fruit, or plain anything which he chooses to live on, *i. e.* which he thinks is right, is not yet more than half a convert to true vegetarianism.

But herein is the great intrinsic difficulty. We are only half converted. We worship still the epigastric region—the stomach—as did certain of Macedonia, and Achaia and Asia Minor, in the days of Paul. We eat for mere gratification far too much, and from principle far too little. And as a necessary consequence, we curtail our very gustatory enjoyment. The man who cannot enjoy a meal of plain bread, or plain potatoes, or plain apples—aye, a dozen of them if the case requires it in succession—if not yet unconverted to vegetarianism, has made but little progress in a true

vegetarian life; and should be diffident rather than assured, when he rises in a public assembly to speak of the difficulties of carrying out vegetarianism, simply because he cannot be always at home.

In truth, and the truth may as well be at once expressed as withheld, as it is vastly more difficult to be a missionary at home than to be such abroad, so it is more difficult to live a true life amid the indulgences of home than it is among strangers. It is harder, much harder to deny ourselves and our friends, too, than to deny ourselves only; for as for the strangers we meet in our travels in the distant countries we reside in, they care very little what we eat or drink; that is, comparatively. But it is easy enough everywhere to eat right, if we have principle—and are willing to lay down our lives for our brethren—if we are willing to do as did Christ, our professed Lord and Master; if, in few words, we possess His spirit.

CASES IN AND OUT. THINGS FOR PEOPLE TO THINK OF.

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BY J. C. JACKSON, M.D.
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FOR so noble a reformation as the WATER-CURE, it is a pity that it makes its way so slowly to the knowledge of the people. One can hardly restrain his impatience, who knows how fraught it is with blessings to all whom it reaches. Death and disease are constantly at work, the latter the fore-runner, shattered human forms meet one at every turn; and hearse, and funeral pomp indicate the hard-trodden path to the grave-yards.

"What is life? 'tis but a vapor
That vanisheth away."

Satisfied that there can be no lasting and permanent good resulting from hydropathy to the great body of the people, unless it can be shown *incontrovertibly* that all forms of disease which are allowable or curable, can be benefited or cured by it, *without the use of medicine*, more certainly and more speedily than by any other method, I am disposed to give instances to show what Water-Cure can do. And before proceeding, let me state, that the changes which have taken place, have been produced in every instance by *unmedicinal* treatment, after *medicinal* treatment had failed. It is this quality or power of Water-Cure treatment to restore to health persons *long diseased*, bed ridden, paralysed, broken down, and well nigh dead, after the highest medicinal skill has pronounced their cases hopeless, that has made us such enthusiastic, such determined believers in it. On the other hand it is the striking and startling evidence, daily furnished of the ill, the destructive, the deadly, the devilish effects of *drugs and medicines* on the life force of the human organism, that have made us forswear entirely their use; and has driven us to adopt a most unmistakably antagonistic position to the exhibition of medicines for the sick. And each year that goes by only adds to the conviction, that of all quackery conceivable, of all humbuggery manifestable, of all delusion detestable, not one in the group ranks as *the peer* of that which

promises to restore enfeebled vitality, deranged structure, or disordered function, by administering substances, which given to one whose system being in normal conditions, would force it to put on feebleness, derangement, and disorder. It is terrible to think of. It is horrible to contemplate. War, pestilence, famine, all grow pale in the presence of the *drug* genius. His is the pre-eminence. They have slain uncounted the uncountable hosts of creatures made in God's image. They have been complete in their elements of destruction. He, bred's *now* and unheard and dire diseases, which physicians can no more manage, or control, or cure, than man can tame leviathan with a hook.

IN THE CURE. NO. 1. A YOUNG MAN.

SOME six months ago, there came from —, Illinois, a gentleman to be cured of chronic disease, to which his physicians had given the fashionable name of *LIVER COMPLAINT*; and had administered to him all conceivable *stew* under the name of remedies thereto; but to no good purpose. He presented the following *diagnosis*. Heat in the scalp, with periodical dull headache, occasional dimness of sight, slight catarrhal sensation, and soreness of throat. Tongue furred at the edge, with cracks in the centre and strawberry tip, and so tremulous on thrusting it out of his mouth, as to constitute a marked symptom in his case. He complained of bitter and bad taste in his mouth, and bad breath. Occasionally he had severe pain in his left lung, connected with difficult respiration. Food disturbed him much, creating palpitation of the heart, acidity of stomach, flatulence, and pain in the bowels hours after eating. He had pain in the right side at times amounting to torture, pain in the kidneys, scalding urination, extreme costiveness. Cold feet and hands, feeble appetite, disturbed sleep, and at times despondent to a great degree. He was sallow in skin, and selerotic coat, had lost in flesh, was full of drugs, and weak and feeble in body. He knew nothing of WATER-CURE, except on secondary testimony, and to reach us, travelled over 1200 miles. He stayed six months and a few days and left us as fine a picture of health as his friends could wish to see.

During his course of treatment, he had heavy eruptions on the skin, eliminating great quantities of morbid matter at times very offensive to the smell. He had several slight attacks of fever, and slight crisis of the bowels, and urinal crisis. Out of each acute exhibition he came with increased strength, and after a while began to show improved conditions. He took occasion to say, that the treatment he received here, produced on him sensations opposite to those which his drooping produced, and in this thing indicated what *Hydropathic* physicians have witnessed more or less to be true, that the symptoms and sensations of disease manifested under *water treatment*, are entirely different from those put forth under *drug treatment*; so much so, that under a *drug* doctor called to declare what ailed a sick man under water treatment, he would be puzzled to tell what did all him. Disease puts on very feebly natural manifestations under medicinal administration. This young man's restoration has astonished his friends and especially those who prophesied he would die, if he went to a cold Water-Cure.

OUT OF THE CURE. NO. 2. A WOMAN.

A gentleman wished me to go and see a relative of his. He said, she was one of the unfortunate of earth, being poor in purse, in household comforts, and had a drunkard for a husband. He was not by any means certain that I could do her good, but he wished me to see her, mayhap, I should find something to hang hope on.

On visiting the patient, I found her about 45 years of age; a woman "of sorrows and acquainted with grief." About her were all the marks of poverty, just short of distress, the wolf's tongue not quite hanging dripping from his jaws for hunger, but pretty nearly to it. If any reader of this, has ever stepped into a dwelling where the husband by his shiftlessness has led to *poverty*, and the wife by her extreme and able management as an house-keeper has shut the door in the face of actual want, she know *what* I mean. It was mid-winter, so that what was available could be put to show to the best advantage. After a little I seated myself by her bedside, and the examination began. First as to external appearance, she was bloated from eyes to toes, and

very much bloated too. Her tongue was horribly swollen, her pulse was rapid as a steam shuttle, and she declared herself in the last stage of dropsy. Having taken in at a glance so many signs and symptoms as I well could, I commenced questioning her.

"Madam, how long have you been sick?"
 "About six weeks."
 "How did you first feel ill?"
 "I had a nausea at the stomach and pain in my side."
 "Which side?"
 "Right side."
 "What did you do for it?"
 "I sent for the doctor, and he said 'my liver was affected, and I needed physic.'
 "I will warrant he did, what did he do?"
 "He left me a dose of medicine, which he said was calomel, to be followed by epsom salts and sennas in three hours."
 "And you took it?"
 "And, and felt no better."
 "Did you feel worse?"
 "I did not perceive at the time that I did, but the next day he came and left me another dose of calomel, said my liver was very inactive, and I must wily it up a little, and so I took it again and was worse. He then gave me calomel without anything after it in small doses, for twenty days successively, during which time I had only three movements of the bowels, and at which time I ceased to have movements of the bowels, and began to bloat, and now I am dying by inches."

"O no, madam, you are not dying; but if your doctor had in him all the calomel he has given you, you would be better, and he less capable of mischief."

"Why Doctor, you do not think you can help me by water, do you?"

"Yes madam, I think I can; water is mighty to save."
 "Well, I know nothing about it; my relative and a neighbors of mine, who believe in your way of doctoring, wanted me to consent to let you come and see me, and I did; though my husband is opposed to water."

"So I suppose madam, from all I learn about him. What does your physician say of your case now?"
 "He says, he can do no more for me."

"Well, I will do for you what I can, and I think I can help you. So I ordered injections at \$5 to the extent of 3 gallon of water, and kept the water up the bowel by external pressure, and when evacuation took place, such quantities of scyhalous defecation took place, as would surprise one were I to tell it. It then ordered sponging all over, and bandages, and left her. Thereafter followed packings, sitz baths, half baths, careful diet, and quiet of mind, and in nine weeks the woman was well. In the neighborhood the cure was a marvellous one, but the husband has no more faith in water than ever. He likes something stronger.

Glen Haven, N. Y.

RAILROADS TO HEALTH.

BY E. A. KITTEDGE, M.D.

Boston, 19 East Canton st.

One would think who was not conversant with the facts in the case, that it was as easy to get well from any sickness, no matter of how complicated a nature or of how long standing, as it was to go from Boston to New York, and that it could be done about as quickly. Be you lame, halt, or blind, stiff in the joints as a ten years' foundered horse, or as twenty years' enlargement of the heads of the bones can make you, you have only to step into an acidulated bath, and have a streak of lightning run through you! and "presto or given to change," and you are well again, rather better than new, if anything.

It used to be thought well enough at least for a man to study some, and even go so far, as to make himself acquainted with the nature of man anatomically and physiologically, and also the nature of disease, causes thereof, with a knowledge of chemistry, &c. But those old fashioned

days have passed away, and "all things have become new!"

Now-a-days it is not necessary to know even the king's English, or one disease from two! If you have only gold enough in your pocket, and brass enough in your face, you can "buy a right" to cure folks! and have only to tell the people that you can raise the dead, and they'll believe you a great deal quicker than they used to "the Saviour of men!"

Or, if unable to purchase the modern railroad to health, you have only to go to some clairvoyant, and they—though stupid as a dolt when awake—will asleep tell you all the ills you are heir to, and how to cure them!

Aye by the mere laying on of hands will cure you in a trice of diseases of many years standing, and what is remarkable, without in the least disturbing the causes, or even knowing cause from effect. Others there be, who will promise you certain immunity from all disease, if you will but take and pay for their infallible specifics. Another, and the largest class and the most cunning of them all, taking advantage of the inborn longing of the masses for something mysterious, and incomprehensible, and who must have a "sign," are filling their pockets rapidly, and the first ladies of the land are daily unfolding to some of these modern esculapions! the inmost secrets of their souls and bodies too "Doctors," who a few months before were hostlers; but being foreigners, of course, were all right. These last are not only more numerous, but more dangerous, for they are like the "dog in the manger;" they give nothing themselves and will not let any one else, hence very many die who might be saved, if something energetic could have been done at the proper time; but fortunately for them, in ordinary cases nature is able to overcome the difficulty, and their pretended means get all the credit.

Another and a specious railway to health is the "inhalation" way of curing diseases. It used to be thought that consumption was an inherent disease, or at least the result of much scrofula in the system and of long continued false living, and that the lungs were the last organs to become affected, and when once fairly ulcerated, it was about as difficult to heal or save them as it is an apple after it once begins to rot; but now we are told, or it amounts to that, virtually, that the disease is only in the lungs, and that the general system has no lot nor part in it; a mere effect without any cause! and that all we have to do is to apply the right articles right to the right place, and you are cured long before you know it yourself.

A very distinguished physician in this city, and one of the most intelligent and gentlemanly men in the world, remarked to me once, that "there was nothing in the world that people were so liable to be gulled with as medicine and 'doctors'; and that the more highly educated were as liable or more so than the ignorant," and so it would seem. Should you tell these men that you could move a stone that weighed five hundred pounds as easily with a cambric needle as you could with a good sized iron bar, and they would laugh at you and say you was a fool, or that you was trying to impose upon them;

but you tell them that the millionth part of a grain of medicine was more powerful than the whole grain, and they will acquiesce at once and say, "Yes, I dare say, doctor knows!" Or tell them that you could shoot a bear dead with a snow flake as well as you could with a leaden bullet, and they would cry out, "Pshaw, you are crazy!" but if you tell them that a lump of sugar as big as a mustard seed was more effectual in removing obstructions from the liver, than five grains of patent medicine would be, and they would say, "Certainly, it stands to reason!"

Again, you tell them that simple cold water will quench a fever or an inflammation, and they will turn up their noses and cry, "Pooh! pooh!" but tell these same ones that turpentine, oil, sulphur, guaiacum, and alcoholic tinctures will do it, and they will believe you implicitly, though if you should tell them, that these last were the most suitable for putting out fire anywhere else, but in the human form or living fibre, and they would cry out, "Idiot!"

"But do you not believe in 'electro-chemical baths,' animal magnetism, &c.?" Yes, I believe in every thing that is! But I don't believe in the possibility of any thing or any body, or any combination of things or number of bodies, making a man well in three-quarters of an hour, or three hours, or three weeks, or three months, that has been twenty or thirty years getting sick; simply, because we know, it is impossible. Nothing short of a miracle could do it, and I am free to confess, I don't believe that God would subvert the wisest laws he ever made, in order that some ignorant pretender might make a noise in the world. No, "as we sow so must we reap;" there is no dodging the consequences, and it is well that it is so, otherwise man would be sinning all the time; now he has ample time for repentance!

Strange, how inconsistent are men! They are ready to believe without any question, that a man can be made whole in a few minutes by the simple laying on of hands of some juggling mountebank, whose God is money, and whose ambition is notoriety; though he has for a whole lifetime been sinning against the laws of his being! while he lifts up his hands in holy horror at the supposition, that a man can get immediate absolution from a mortal priest for even the simplest sins!

And see with what alacrity they believe in the dogmas of the old school, that it is not necessary to remove the causes of disease in order to cure it, but simply to violate the laws of health still more by taking poisons! But should you tell them that it was not necessary to "cease to do evil," in order to "do well" morally, and they would laugh you to scorn.

"Do you think I am a fool," they would say, "that I don't know it is necessary to stop my sinful ways, and do everything in my power to purify my soul, if I would be morally whole?"

Well, then is it not just as necessary, in order to be physically whole, to be purified in the body? You may be morally wise, but you are physically foolish.

That the animal magnetism of one man can be made to operate upon that of another, and sometimes in the hands of the judicious—in which hands we seldom find it, by the way. I know very well, but that it will cure disease radically and

permanently without the causes of the disease being removed. I for one wouldn't believe though all the itinerant spirits of the mighty dead—who, though lawyers and the like, when in the flesh seem to be doctors as soon as they get into the spirit world—should in unmistakable raps bid me do so. For the great J'chovah hath said as plainly as he could, that by obedience to the laws which he has made, only can a man be redeemed from the thralldom superinduced by disobedience.

And hence the beauty and simplicity of the Water-Cure, instead of adding insult to injury, its whole end and aim is the restoration of the body and mind, and to their allegiance to the laws, and to lend a helping hand once in a while to the recuperative power when inadequate.

"Well," says the allopath, "we give our medicines to help nature throw off the disease." That may be, but the mistake is, you don't stop to remove the causes, without which all efforts are in vain; and with which all medicines are useless, or unnecessary.

Let us not therefore be deceived, nor put our trust in false gods on the doctrine of expediency. Nothing is expedient that is in opposition to the laws of God, and remember, that resistance to evil, the great tyrant, is "obedience to God."

DR. CURTIS'S
'CYCLOPEDIA OF MEDICINE.'

BY DR. E. W. GANTZ.

In this little work Dr. Curtis, Dr. Trall's opponent in the "Discussion," has presented us with an invaluable exposition of medical fallacies and dogmas; and in his *critique*, has very generally given the different medical systems an "impartial view." However, his inability to recognize the difference between "drugs" and "hygienic agencies," so evident in his discussion with Dr. Trall, seems to have clouded his vision a little, when he directed his telescope towards that brightest star in the medical horizon—hydro-pathy. Here, as in the consideration of other systems, he has attempted to set forth the principles and processes of Water-Cure, and in many respects has performed his work well; but, in a few instances, his statements and criticisms are so palpably incorrect and unjust, that my article, at present, shall be devoted mainly to their consideration.

For example, in stating the "*distinctive doctrines of Water-Cure*," he assumes, as a positive fact, "that pure water is the only proper remedial agent" admissible in hydro-therapeutics. Is this a willful misrepresentation, or can we attribute it to ignorance? Does he not know that what hydro-pathsists believe to be real *hygienic agents*, are equally esteemed by them as "proper remedial" agents?

Again, his ignorance of the object of Water-Cure processes, coupled with either real or willful ignorance of the conditions requiring their use and the manner of using them, is strikingly manifest in the following paragraphs which may be found in his work on page 172: "If the object is to purify the body by perspiration, why

not put it into a vapor bath, and let it have the benefit at once, of artificial warmth and moisture, instead of compelling it in its debilitated state, to labor two hours in chattering its teeth, and suffering all the torment of a universal chill, till, by this severe goading provocation, it shall raise heat enough to warm the water, relax the tissues, and relieve itself from 'duress vile.'—It should be no wonder to the reflecting mind, that morbid matter should thus be confined in the tissues till it forms deposits and breaks out in 'sore boils from the crown of the head to the sole of the foot.'"

Here we have a queer compound of misrepresentation and philosophy. Does Dr. Curtis make use of packs solely to "purify the body by perspiration?" If so, let him "post up" in Water-Cure before he attempts its practice. Does he find that standard hydropathic authors generally recommend any one to make heroes in cruelty of themselves in "compelling" the human body to lie two hours in a cold pack, "in its debilitated state, *** chattering its teeth, and suffering all the torment of a universal chill?" Nothing can be further from the truth than this; yet in three different paragraphs Dr. Curtis at least intimates that this is sound hydropathy! Apropos, it is no wonder that his "reflecting mind should discover that by this process" the morbid matter should thus be confined in the tissues till it forms deposits and breaks out in "sore boils." To the intelligent hydropath this must be a most novel idea, that the wet sheet pack *confines* morbid matter in the tissues until it *breaks out* in boils! How is it that an inflamed and *ulcerated* alimentary canal is frequently most effectually relieved when the patient experiences in boils and eruptions upon the surface, what is termed a "crisis"? Does Dr. Curtis admit the philosophy of *endosmose* and *exosmose*? Does he deny the response to the impression of the wet sheet pack, in a determination to the surface?

In the theory and practice of Water-Cure, as taught by its adherents, Dr. Curtis imagines that he has discovered two fundamental errors, viz.: regarding fever, inflammation and irritation as disease, and not discerning the difference between "innocent remedies" and "poisonous drugs."

Dr. Curtis regards inflammation, fever, and irritation as vital manifestations; *ergo*, says he, "they cannot be disease." Well, let us see if his definition of disease will enable us to overcome the difficulty of applying the term "disease" to vital manifestations. He tells us of his practice that "the inability of any organ to perform its healthy functions, it denominates *disease*." "It teaches that this disease consists essentially," first, "in fixed contraction of tissue;" second, "or, in undue and permanent relaxation of the same tissue;" third, "or, in a composition of these two;" fourth, "or, in a suspension of responsibility to the action of the vital force;" and, fifth, "or lastly, in partial lesion, as in the process called supuration." Now, are not "cramp, tetanus, and lockjaw," instances of the first vital manifestations? Is not *contractility* a vital property of muscular tissue? Are "syncope" and great "prostration," nothing more than "undue and permanent relaxation of the same tissue?" and will *astringing* the tis-

sues *cure* "great prostration?" It seems to me Doctor, that in effect you here deny your fundamental doctrine, "that the human body is formed and controlled, preserved and defended, and when injured, restored by the action of an invisible agent, called the vital force." Again, do you not elsewhere tell us that "phrenitis, mania, and fever," instances of the third, are vital manifestations? and do you not also tell us that supuration is a combination of vital and chemical action? But you may affirm that disease is simply a "*state*," and that the vital manifestations are only the "signs" of that "*state*." Pray, what is a "*state*?" Is it in any case anything more than an aggregation of circumstances and conditions? And in the vital domain, does it not consist essentially, according to your own statements, in vital manifestations? Unless you include the attendant circumstances and conditions, your "*state*" is a mere dream—a nonentity. And, according to your own doctrines, these conditions and circumstances are mainly "*vital manifestations*." Your trouble seems to be an "*inability*" to see how a vital manifestation can be regarded as unfriendly to life, and thence, you deny in theory what you affirm in practice. In theory you teach that vital action should always be aided, not directly suppressed; but in practice you seem to be just as anxious as the hydropaths are to suppress fever, inflammation, &c.

Dr. Curtis may as well rest assured that, until he can give us a better philosophy of the action of medicine than he has set forth in the "Discussion," hydropathsists will remain true to what he regards as their second great error, viz.: the inability to discern the difference between "innocuous remedies" and "poisonous drugs." His lobelia, catnip, and ginger, are no specifics for this complaint. In fact, it is incurable, and even seems bent on the destruction of the whole economy of drug medication. Hygienic agents have nothing in common in the vital domain with "innocent remedies," unless it is a mutual enmity.

One more paragraph from his work, which the reader will find on page 154, exhibits not a little vanity and egotism. Surely, the doctor must have been inspired by a double dose of "lobelia, ginger, and cayenne," when he penned the following, respecting his own practice: "The physio-medical science and practice is not the gift or invention of any *man* nor company, nor succession of men. It is the eternal truth and good science and art of God, and his inestimable and unequalled gift to all who will thankfully receive it and properly apply it." Bravo! Here we have an M.D. who has penetrated the deific economy of nature, and discovered the "*science and art of God*" in the treatment of the maladies to which flesh is heir!

Other comments we forbear at present. The work, we repeat, is invaluable, even to hydro-pathsists, and we bespeak for it a wide circulation.

Rockford Water-Cure.

IN ADVANCE.—The exceedingly low price at which our Journals are furnished, singly, or in clubs, precludes the possibility of continuance on any other terms than those of *payment in advance*; consequently, no names are entered on our books till *paid for*, and none are continued longer than *paid for*, unless renewed.

DR. KIMBALL'S LECTURES.

We are pleased to learn that our esteemed pupil and co-laborer, Dr. Geo. E. Kimball, is doing a good work in Iowa. He is well posted in the errors of the drug-system, as well as in the truths of his own, and is hence prepared to go along "conquering and to conquer," that is, demolishing alopathy root and branch, and building on its ruins the philosophy of hygiene or rational medication.

When Dr. Kimball "took his degree" from our school, we knew he was prepared to call the people to their senses and the doctors to a reckoning; and we are gratified to learn that his labors are appreciated and rewarded by the people wherever he goes. A few such talented and uncompromising advocates of our system would soon drive drugs from the beautiful prairie-land, into that sea which lies the other side of the Rocky Mountains.

Dr. Kimball was very kindly forwarded us an abstract of his lecturing experience, which is full of interesting incidents; and also a programme of the course of his future travels, to which we take pleasure in calling the attention of our readers in Iowa and Illinois. He writes: "I have now been lecturing two and a half months. In every place, thus far, I have found a widespread dissatisfaction with the drug doctors and their system. *I have always met with a favorable, and in most places, with an enthusiastic reception.* The people can easily perceive the superiority of the Water-Cure over all other systems of treating disease.

"In Quasquetown, where I first lectured, I found the people industrious, investigating, reformatory, and progressive; and, as usual, I found them heart-sick of drugs. A large number of them had been investigating the Water-Cure system, and using water treatment with the very best results. Their experiments had worked such a revolution in the public sentiment, that one of the leading physicians told me there was not business enough in the place to keep one physician well employed.

"It is easy to see, from hence, what hydropathy is destined to accomplish eventually for the people of this new country. I tarried at this place ten days, lecturing both afternoons and evenings, and always to attentive, inquiring, and appreciative audiences. All the spare time I had was occupied in going from house to house, preaching the gospel of physical salvation, and healing the sick. I furnished many Encyclopedias, Cook-Books, Syringes, and Water-Cure Journals, and left the place with the assurance that I had the best wishes of the people generally for my success, and with earnest invitations to return as soon as possible, and try to culminate them still more on the great theme of self-preservation.

"I lectured also at Vinton, county seat of Berrian Co., where I found a deplorable state of things. There had been lately much sickness and great mortality, and the people were sadly discouraged with the drug-doctors, and almost frantic, if not enraged, at their ill success, or rather the destructive effects of their remedies. In a population of five hundred, sixty deaths had occurred within three months! Some physicians

had lost one half, and some nearly all their patients. And of what, think you, did they die? Why, of simple fever and measles (so said), which Water-Cure doctors never think of failing in. What would be said of our system if we should lose one when drug-doctors lose ten? *In one family, four out of five died of simple measles!*

"The mere announcement that I was to lecture brought together more persons in one hour than the largest church would hold. In the audience were several physicians, who came avowedly for the purpose of criticizing and taking exceptions to my theory and practice. I gave, by request, an off-hand lecture on such subjects as presented themselves, not forgetting to deal very plainly with the monstrous perversity of all true science, in trying to cure diseases with drug-poisons. And when, in conclusion, I announced that the most eminent of the standard authors of the drug-school condemned the whole system as false, ridiculous, inconsistent, absurd, as a "murderous quackery, the M.D.'s present found their "sufferings intolerable," and so commenced an onslaught, declaring my statements "garbled extracts." I assured them I had the documents to prove all I asserted, and assured them that I was better posted in the literature of their system than they were themselves. And this I proved on the next evening; but one of them tried a "dodge" in this way: he said, 'Admitting those learned authorities did make these statements, they did so when they got old and dyspeptic, and hence their testimony was not reliable.'

"In reply I assured him I had no expectation he would have admitted so much; and that I had expected he would have used more *policy*; 'for,' said I, 'the moment you admit that your most learned and standard authors write their books when old, dyspeptic, and superannuated; you admit that the books from which you derive the knowledge which qualifies you to act as physician, comes from dyspeptic stomachs and demented brains, and is hence *not reliable.*'

"The doctor *felt*, and the people *appreciated*, the retort.

"I then put a question to the audience which did not seem to please the doctors very much. It was this: 'Did you ever know a person recover from a fit of sickness any better informed in regard to the laws of life and health, and the nature, cause, and cure of their diseases?' The people said no, with emphasis.

"One doctor, however, said he '*tached*' his patients a good deal; but my reply was, that I wanted no stronger evidence of the people's ignorance, than the mortality which had prevailed there the last summer.

"So great was the interest in this place, that I had to lecture to ladies in the afternoon, and to gentlemen in the evening, to give all a chance of hearing.

"I lectured next at Cedar Rapids, a large place, *blessed* with ten drug-doctors, and *curse*d with a corresponding mortality among sick children. The Presbyterian church was full every night, and I disposed of a large number of books.

"At Lisbon, where I next lectured, I was honored with a large audience, and the attendance of all the doctors of the place.

"At Lynn, also, I was well patronized, and the usual interest manifested. In this place I found a very intelligent, and hence very liberal, physician—Dr. Fuller—whom, I predict, will ere long be a reformer like unto us. And I have ever found that where the people are most intelligent, my reception has been most cordial.

"I lectured next at Mount Vernon, before the students of the Iowa Conference Seminary and the citizens. Very great interest was excited here, and the students were urgent for me to revisit them again. I found here several amateur hydropathic practitioners who were doing much good, among whom I may mention Mr. Geo. Meyer and wife, who, at my urgent solicitation, have concluded to attend the next term of the Hydropathic School.

"At De Witt I found many inquiring friends, and had large and intelligent audiences. The doctors here became desperate and furious, and even threatened to *drive me out of town.* The people asked them to come in and disprove all that I said amidst; but they preferred "barking behind the fence." The doctors' maledictions did not, however, keep the people from attending my lectures, and they purchased every thing I had—books, syringes, &c.—in the Water-Cure line.

"I am now at home, awaiting a fresh supply of books from Fowler and Wells. My next tour will be in the southern part of this State. I shall visit Richmond, Washington, Mount Pleasant, Oskaloosa, Otterman, Knoxville, Pella, and Signourney, and afterwards, Muscatine and Davenport; then cross over into Illinois, and take a turn up the Rock River Valley. As soon as the roads get settled in the spring, I shall visit De Kalb and other places in the northern part of this State."

The following voluntary testimonials will corroborate the interesting account Dr. Kimball gives of his labors, which we have greatly condensed for want of room. We hope he will keep us and our readers posted as to his past doings and future intentions:

Whereas, Dr. G. E. Kimball has this evening closed a course of lectures in our town, upon the anatomy and physiology of the human system, and the Water-Cure system of practice, to the satisfaction of large and attentive audiences; therefore,

Resolved, That we have received a vast amount of useful knowledge, and we think our community has been benefited beyond what even the most sanguine anticipate.

Resolved, that we unhesitatingly recommend Dr. K. to the confidence and patronage of any intelligent community that he may hereafter visit, and that in our opinion they cannot spend their money and time more advantageously than by attending his lectures.

REV. R. ROBERTS. Mrs. N. A. LITTLE.

" Mrs. ROBERTS. " S. A. HONEY.

" WRIGHT. " D. S. DAVIS.

Mrs. L. N. THOMPSON, and others.

Quasquetown, Iowa, Oct. 8th, 1855.

A similar resolution was passed at Cedar Rapids.

Resolved, that we have listened with pleasure

would you like to have such logic turned against you? For example, you contend that lobelia is not a poison. Now thousands of physicians believe it a poison, and of these are the great body of the medical profession—allopathic doctors, homeopathic doctors, hydropathic doctors, eclectic doctors, &c., &c. Is it not strong presumptive evidence that it is a poison, "that minds so different unite on it, doctor?"

We are not discussing what the majority believe, but what is intrinsically true.

In your 10th paragraph you informed me that you have already answered several questions which I have asked, and whose solution I deem to be the essential pre-requisites to the understanding of the main question between us, and you refer me to the language of your answers. I have read what you there say, but can discover nothing like the semblance of an answer. In every instance where I have asked you to explain what action your remedy had on the system, you have told me what effect it has on the disease, which was something very different from an answer to my question. It was an attempt at "dodging" a question I did ask by replying to one I did not ask.

You say in that paragraph: "This [What is disease?] does not belong to the dissection at all, for if medicines act on the body at all, they do it in breath as well as disease, and in the same way in both cases; though, from different degrees of resistance, their effects are more easily and clearly manifested than in others."

Have you thought seriously of the meaning of these words? A medicine, you say, acts on the system in breath in the same way as it does in disease! How can a medicine act in breath? What have you to medicate in a state of health? If the body is in health, and the remedy acts on it, its health must be in some way affected, or else the action would be without an effect, and hence a nullity—no action at all! And if it operates in the same in both cases, would it not change the health to disease, and the disease to better or worse? It seems to me this conclusion is inevitable from your premises.

But what mean you by *resistance* to medicines? You say, that from different degrees of resistance the effects of medicines are more easily and clearly manifested than in others. A resistance to medicines! What is it that resists the medicines? Why the living system of course, and there you are again proving that the action is far as you can relate to any evidence of action, is on the part of the living system. You have, in a similar way, proved my position, and disproved your own so many times, that I am thinking it is about time for you to be "owning up."

You say that in asking you for the rationale of the action of remedial agents, I admit that they do act. This out-Curtis the Curtis. I ask you to give the rationale, so that, in the attempt to do what cannot be done, you will be enabled to see the error of your position. I assert that, on your theory, you cannot give the rationale of any medicine, and this, if true, is strong presumptive evidence that your position is wrong; every theory, I can give the rationale of is wrong; every medicine, and this, I take it, is strong presumptive evidence that my position is right.

You complain grievously because I object to having the question between us decided by experience. Suppose we should agree to submit the decision to experience—yours and mine? Can't you see at a glance that it would be decided both ways? My experience would decide it one way, and yours another, and would you consider such a decision satisfactory? and if unsatisfactory, we should have to discuss the same question again in controverting the correctness of each other's experience.

In my next article I will try to dispose of this question of experience to your entire satisfaction.

Yours truly,

R. T. TRALL.

THE WET BANDAGE IN CROUP.—I want to inform you (for the good of the public) that a lady in this town told me, that she cured her little son of the croup with the bandage wet to cold water, and the dry flannel over it. She said the child very anxiously entreated of her to do so, she thought it would surely kill him, as he was very sick, and could not lay down or scarcely breathe. But she put on the wet bandage, he soon lay down, went to sleep, waked up and said, mother, I am better; I want the cloth wet again. It was, and he was soon well.

Sarasota, R. I.

H. O. BANDITT.

Experience.

REMARKABLE CURE OF LUNG DISEASE.—I reside in Baltimore, and my trade is a marble cutter. I was taken ill in March, 1854, with a severe and painful cough, accompanied with profuse night-sweats and cold chills. I was soon reduced to a mere skeleton, and became so weak I was obliged to abandon my business. I placed myself under the care and treatment of three different physicians in Baltimore, without relief. I continued in this condition, gradually sinking, until my physicians gave up all hope of my life, and abandoned my case as incurable.

In December last, at the solicitation of a friend in Ohio, who had written me, giving me a description of some remarkable cures performed at New Graefenberg Water-Cure, I came here, discouraged and hopeless. Dr. Holland, its proprietor, whose skill and kindness I still ever gratefully remember, did not at first give me much encouragement. But I began immediately to improve; in a month the night-sweats and cold chills entirely left me, and my cough was less painful. After the first crisis, I commenced coughing up stone, which I supposed to be marble dust I had inhaled while engaged at my work, and deposited on my lungs; these particles adhered and became solid; they are from the size of a pin-head to a kernel of wheat. At first these particles were imbedded in mucus, and were very offensive; towards the last they were clean and free from anything, except a slight discoloration of blood. I continued, at intervals, to cough up these bits of stone for three months—the whole of them would fill the bowl of a common teaspoon. I have had no cough for over a month, gained twenty-two pounds of flesh, and leave here to-day, entirely restored to health. Several of these specimens are now in my possession and that of others; the largest can be seen at any time by calling on Dr. Holland.

Baltimore, Md.

DAVID R. THOMPSON.

THE DOCTOR KNOWS.—From S. A. W., Hooper's Valley, N. Y.: While sending a few subscribers for the JOURNAL, I will give a single case, out of some twenty, of my own experience in WATER-CURE. In the fall of 1847, I took a slight cold, which settled on my lungs. I had a hard cough, which continued some weeks, until my friends became alarmed, and sent for one of our good friends, Dr. Allopathy. He was about the house when he came, but soon stretched upon my bed, where he remained several weeks, during which time I had the pleasure of taking and submitting to all the remedies for such cases—bleeding, blistering, vomiting, calomel, opium, Dover's Powders, &c., &c. After much suffering, and being carried to the borders of the grave, I was at length restored to comparative health, though I remained feeble all winter; and before I was pronounced *entirely cured*, I was required to take calomel every alternate day for seven weeks. About a year since, I had a similar attack. After enduring a cough a week or two, I thought it time to attend to it, and made use of fomentations and cold compresses on the chest, three or four nights, on retiring to rest, and by so doing I was soon cured. I thought the last course decidedly the easiest, pleasantest, and cheapest. Still, the old physicians *persist* in saying that such cases cannot be cured with water. Almost every family in our neighborhood has some member or some friend who is a physician (allopathist, of course), who pronounces Water-Cure a humbug; and instead of investigating the matter for themselves, they take the doctor's word, for, "of course the doctor knows," and it is easier to have him think for them (as he always has), than to read and think for themselves. This would require some time, and surely our time was not given us to spend in this foolish way. "Besides," say they, "it is absurd for any one who has only read a few Water-Cure books, to set themselves up to know more about curing disease, than a man who has made the science of medicine his study for years." "Of course the doctor knows." So when a friend falls sick, the family physician is called, and the patient is stuffed with medicine, but continues to grow worse. One thing and another is tried, as long as nature has hold out, for we are not calomel, opium, &c., &c. than all the waters of the Susquehanna? May we not take them and be healed? Finally, when the system can bear no more, the patient dies, a martyr to "the doctor knows." These scenes are constantly transpiring before our eyes, and people will not see, but continue to do us of drugs upon every occasion, because "the doctor knows."

CASES OF HOME PRACTICE, BY L. C.—Case

First: My father had the bilious fever in 1809; was doctor'd allopathically; grew worse, became crazy, refused medicine, and begged for water continually; but the doctor said "No, it would surely kill him." He was crazy six weeks; was pronounced incurable by the doctor. But being left alone a few minutes, he sprang from the bed, ran into the woods (they believe to be the best) soon out of sight; he went half a mile to a well known spring (the one that supplies the Wyoming Water-Cure); here he drank all he wanted, and vomited freely. He was found, brought home, had all the water he wanted, grew better fast, and finally got well, in spite of the doctors.

I would say his senses returned in a few minutes after he commenced drinking the water. Curious home practice this.

Case Second: In June, 1849, I barked my shin, and on the 10th of June was taken down with the erysipelas. I was doctor'd after the old fashion, by two physicians of the old school, who no doubt did the best they could. Mine was the most malignant kind of erysipelas, and my leg was punctured and bled, and lanced, and I was well stuffed with drugs and alcohol, and though all expected that I should die, yet by the middle of October I was able to commence work. The doctor said, if I had it again, it would go d—d hard with me. Well, in about two years I was attacked again, more violent than at first; but during that time I had been presented with some WATER-CURE JOURNALS by Mrs. Higgins, and had read the Water-Cure, and was very satisfied, with good success. Well, said I, if I send for the old doctor, I shall surely die; and if I try water, I can but die. So at I went; first washed head and neck in cold water, then rubbed them dry; put a wet cloth round my neck, then took a tub of cold water, laid a board across it, on which to rest my feet, then commenced pouring the cold water on the part inflamed, and continued for five minutes, the shin bone meanwhile aching acutely. Then I covered my leg with a wet cloth, let it rest until it began to steam, then poured on the water again, continuing the process two or three hours. My next was to take cold water every half a pack sweat, and then continued to bathe my leg till night; took a pack sweat again; rested freely, and in four days I was well. From that time I have been a thorough believer in Water-Cure, and have not taken a particle of apothecary medicine, nor employed a pill peddler.

We have practiced the Water-Cure in all cases of sickness for six years, and have tried it in cases of colds, croup, fevers phthisic, sick-headache, inflammation on the brain and lungs, rheumatism, and wounds of all kinds, such as incisions, bruises, burns, and scalds. It has never failed of having the most perfect success. I hope to be able to send you a new cub, right from one of the strongholds of Druggodomy, by the first of January next. To try Water-Cure properly, is to be convinced of its infinite superiority over drugs—which in my estimation are worse than nothing.

EXPERIENCE IN HOME TREATMENT.

Having been a reader of your Journal for some years, and being a convert to your doctrines, and having experimented on many of the principles you disclose, I would do my testimony to the many others you receive of the efficiency of the Water-Cure.

I have been practising Water-Cure in my family some three or four years, and have never tried it without good results far better than I anticipated. I have tried "Water-Cure" (following the directions of the books of Trall and Shaw) for intermittent fever, fever and ague, cholera infantum, diarrhoea, cholera morbus, bronchitis, and for wounds, bruises, and sprains, and always finding it a most efficient remedy. Some of my neighbors and friends are so little for being an enthusiast, but I am not at all moved by it, so long as I know my family get along as well and my medicine is quite as good as any their doctors give. If it does not sound so large, My family medicines are pure water and the fresh breezes of heaven. I must add one case and that that strengthened my faith in the efficiency of water much. In February last, (1855) I had a horse that was sick and I went to the best horse doctors our place afforded, one advised bleeding, another blisters and some physic. I tried all and the horse grew worse, thought it would die by my experiment as any body's, for they all seemed only to "try if something would not help him." So I procured "Youart" and studied symptoms, was satisfied, it was an inflammation of the bladder; took Shaw's book and doctor'd by that for five days, and my horse was cured by using nothing but water.

I do not know how much value you place on this kind of testimony in favor of your arguments, but if you think it good for anything, please to put it in your Journal; it is the experience of many of your correspondents has been useful to me.

Yours with much respect,

H. R. WILLIAMS.

Woodville, Queens Co., L. I., N. Y., January 2, 1856.

The Month.

NEW YORK, FEB., 1856.

SPECIMEN NUMBERS of this always sent gratis.

THE POSTAGE ON THE WATER-CURE JOURNAL is only six cents a year, payable quarterly in advance.

SUBSCRIPTIONS may commence with this *January* number, and continue one or more years.

MONEY on all specie-paying banks will be received at par, in payment for Books or the JOURNAL.

SEVERAL bank-notes, postage stamps, or gold coins, may be sent by mail, at single letter postage.

ON THE SAME TERMS.—It will be the same to the Publishers, if either or both the PNEUMOLOGICAL JOURNAL and the WATER-CURE JOURNAL are taken in a Club.

WHEN a large amount is remitted for BOOKS or JOURNALS, it should be sent in a check or draft properly endorsed, payable to the order of FOWLER and WELLS. We pay exchange. Eastern funds preferred.

REGISTER all letters containing remittances.

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

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

ALLOPATHIC SLANG.—Some of our friends occasionally lecture us for speaking and writing too harshly of the drug-system. They are not aware, perhaps, that our system receives a much greater amount of slang at the hands of drug-doctors, than their system does at ours: There is, too, a very considerable difference in the *kind* of slang we respectively employ. Our slang consists in telling the simple truth of them and their system. Their slang consists in belying our system and us.

One of the meanest and most malicious exhibitions of falsehood, slang and calumny we have yet encountered, appeared in a late number of the *Buffalo Medical Journal*, and has been copied, with characteristic editorial flourishes and commendations, into the *Medical Gazette* of this city.

The article in question is a vile attempt to make the public believe that certain notorious advocates of "free-love" doctrines, and certain authors of novels of questionable or infamous character, are the leaders and exponents of the hydropathic system. Nothing can be further from the truth, and we have every reason to believe the author of the slanderous production knew he was lying when he penned it.

As examples of the utter recklessness and falsity of the whole article, we notice the following: Messrs. Fowler and Wells are accused of publishing a book which bears the imprint of another house, and which they (F. & W.) have not either published nor even named, except to condemn.

L. N. Fowler is accused of being the author of an obscene and immoral book, when the simple truth is, he has not written or published any

work or book which any person (not excepting him of the *Buffalo Medical Journal*) would or could honestly pronounce objectionable in any sense, after examining it.

The *New York Tribune* is accused, by this voracious slander, of being the especial advocate of "free love" and promiscuous sexuality, whereas the simple truth is as exactly opposite as possible. Of all the newspapers in the world, the *Tribune* has taken the most decided stand, not only against all shapes and phases of the "free-love" doctrines, and against all attempts to lessen or weaken the legal sanctions and restrictions of the marriage institution, but, as if to deprive those who were disposed to pervert the truth, of all show or pretext for misrepresentation, has advocated the doctrine of *one wife and no divorce!*

The *Buffalo Medical Journal* insinuates that a notorious advocate of free love, anti-marriage, and various other isms and antics and heresies, is a Water-Cure doctor; whereas, she is no doctor at all; has never had a medical education in any school, is not recognized at all by the hydropathic fraternity, and does not practice the system.

And the *Buffalo Medical Journal* insinuates that a somewhat distinguished author of books against the legalized marriage institution, and in favor of "promiscuity" or "passional freedom" in the sexual relations, is a Water-Cure doctor, &c., when the truth is, *he is a graduate of his own school*, having passed his examination "with honors," and received his diploma, certifying to his character and endorsing his qualifications from the hands of the learned professors of the "New York University Medical College." And this doctor, whatever he may do, say, profess, or possess, has never had a hydropathic education; nor does he practice Water-Cure, except as thousands of "picked-up" or self-constituted doctors may practice any system; nor is he recognized as a member of the hydropathic physicians in "regular" standing; nor are his doctrines, book-writings, or teachings, admitted into the hydropathic school; nor are they fellowshiped by the fraternity generally.

We need not dwell longer on this subject. Our purpose is accomplished when we have placed the author in his and the facts in their true position before the public, albeit the publishers of this Journal, Messrs. Fowler and Wells, may perhaps ask the publishers of such journals as have given currency and circulation to those foul libels, to take the trouble to *prove their statement in a court of justice*, "as in such cases made and provided according to law," or else, in default of making good their assertions, pay such damages as may seem just to twelve disinterested persons.

REMEDIAL ACTION AND INFLAMMATION.—Our physio-medical friends cannot as yet get their brains unobfugged on this misty subject. Professor Comings thus unbudgets his imagination in his last periodical:

"It is true that healthy action is the action of a normal condition, also true that remedial action is the action which tends to restore the healthy condition, equally true that inflammation is remedial, but let us candidly ask if inflammation tends to restore health, if it is not healthy although it

is remedial? Does the fact that it is remedial, or even the action of a deranged state prevent it from being perfectly healthy. The good doctor seems to have forgotten that we do not believe inflammation to be disease. He therefore begs the question, by assuming the very point in dispute, for he says, 'If inflammation is healthy action, then it is healthy to be sick.' Thus assuming that inflammation is disease and of course unhealthy action.

"Why, friend Trall, we may exclaim in your own language, 'There is no end to this absurd and unphilosophical nonsense.'"

"The action of a deranged state perfectly healthy!" Man alive, what are you thinking about? Deranged action is disease, or else we do not know what disease is. Is disease perfectly healthy? Will the professor please tell us in his next, what meaning he attaches to that little word—*disease*? Do this and you will find your theory that inflammation is not disease, and that deranged action is healthy, in an inextricable "fix." What occasion can there be for remedial action in perfect health—when there is nothing to remedy?

THE VICTIMS OF INHALATION.—The infamous speculation of robbing dying consumptives of their money, by means of the specious humbug called "mediated inhalation," is beginning to elicit rather plain talk in some quarters. The *Sunday Courier* of Dec. 16th publishes the following facts, which may be considered fair samples of the whole system:

THE VICTIMS OF INHALATION.

Now, in order to throw more light upon this question than is likely to be won from the inhaler themselves we propose to give a series of cases which we take at random from the multitudes (aye, multitudes) of failures and disasters which have befallen their victims. We hope thus to be able to furnish an instructive chapter to that 'book' of Dr. Hunter's which he says to his journal he is going to publish when he has perfected his practice. As it is to be presumed he has no record of such cases, we will supply him, and we wish it to be expressly understood that we can give authentic names and dates for all the facts and details which we shall publish in this connection. Since the ground taken by the inhalers is, that their treatment is infallible, that they are uniformly successful, we may assume that ten cases that prove the contrary are as significant and conclusive as a hundred or a thousand. We have but to prove some of their statements false to throw entire discredit upon all their claims to truth and veracity. And when it is demonstrated that they are wilfully deceiving the invalid public, we think we can convince our readers that they are laboring solely for private ends, and that they are reckless of the consequences to others.

It is much easier to demonstrate the worthlessness of the inhalation cure than its utility. If a patient recovers under its use it cannot be said with certainty that he has been cured; he might have recovered without it. Many others have done so who have taken no remedy. But if he dies, then the verdict can be pronounced with absolute certainty. It has failed, and its discredit is established.

It is the custom of the regular medical profession to publish all remarkable cases in their journals, and upon the introduction of any new medicine, or mode of treatment, cases, with full details of the results of its use, are made known, both by the profession at large and by its inventors and particular advocates. A man who did not conform to this course would not command honorable consideration. The whole truth—unsuccessful as well as successful cases—must be recorded. And we may give the opinion without fear of contradiction, that any physician professing to have an infallible cure for any disease in their channels would be treated as a fool. There is no known to the medical profession a single specific—no single remedy or combination of remedies that can be always relied upon as a certain cure. We know that popular belief has it far otherwise, but that this is the opinion of the educated medical world, we are certain.

A PRETTY CASE, No. 1.—Mr. Volk, a responsible and well known citizen, in January last, visited Dr. H.—, and under-

went an examination for an affection of his throat, and the doctor pronounced his "a very pretty case." The fee of twenty-five dollars was paid, and the patient furnished with a supply of medicines. Subsequently he called at the Doctor's residence and was attended by his assistant physician, H.—being absent. He was requested to take a seat, when by means of a small syringe, a fluid was thrown upon his lungs, and instantly an acute pain, almost maddening in its effect, shot upward to the brain, increasing every moment in intensity, the victim writhing in his agony, notwithstanding the assurances of the doctor that it would soon be over. Finding that it was impossible to obtain relief, he started for his home, where, after suffering for nearly four and twenty hours, the pain ceased, but a subsequent discovery convinced him that he was deprived entirely of his sense of taste and smell.

The only redress that he has been able to obtain, was the assurance of Dr. H.—himself, that his assistant had made a mistake; in the preparation used had not been reduced according to his custom, and was three times as powerful as it should have been.

No. 2.—PROGRESSING FAVORABLY.—Let those who are fond of investigation, turn over the files of either the *Herald*, *Times*, or *Tribeune*, and among the certificates of one of the quacks will be found a statement that Mrs. David D. Crane was "progressing favorably" under his care, and a few weeks later, the announcement of her death. This lady was promised, unequivocally and unhesitatingly, a full restoration to health, and her husband continued to pay the demand of twenty-five dollars per month until she died. We cite this, as one of many cases, all of similar character.

No. 3.—NO CURE NO PAY.—Mr. Cathrell, induced by the plausible announcements of the same party, confided his wife to his care. Mr. Cathrell is an exceedingly intelligent gentleman, who insists, that as far as his observations extended, the treatment bestowed upon her was in no wise different from the old system, with the exception of the force of the inhaling tube, and that the death of his wife he is convinced, was hastened by the necessity imposed upon her, of visiting the doctor in all kinds of weather. After her death, he considered that the doctor had not fulfilled his promise, and therefore felt that it was but right and proper to demand back, at least, a proportion of the money he had paid, under the rule of "no cure no pay." The quack demurred to this, but fearing exposure, compromised the matter, and the money thus received was contributed by Mr. Cathrell to the sufferers of Norfolk and Portsmouth.

Another paper says:

MEDICATED INHALATION.

As a singular coincidence, we would mention that three different individuals called upon us the past week, for the purpose of procuring back numbers of our paper containing the articles upon Inhalation, which they wished to send to their friends in the country, who had written to them to procure medicine of these precious scamps. They were of the opinion that more good could be accomplished by this means than through the medicines of the Inhalationists, and so they have kept back the money until further orders. These articles have been extensively copied by the country press, and have been, we are satisfied, the cause of saving hundreds of dollars that would otherwise have found their way into the pockets of these unscrupulous quacks.

"THREE LITTLE BROTHERS."—We give a prominent place to the following letter, as it exhibits a noble example, and worthy the imitation of brothers or sisters, young or old, little or big. If all the "little" folks of the land were like unto these brothers, the next generation would find "this side of Jordan" not such a very bad place after all.

November 24th, 1855.

MESSRS FOWLER AND WELLS:—We are three little brothers. We have to earn our food, clothes, and education too, by hard work. But we do not mean to neglect the improvement of our moral, intellectual, and physical faculties, and we want something to read this winter and whenever we have any leisure time. Here is three dollars, for which we wish you to send us the *Three Journals*—the *Water-Cure*, the *Phrenological*, and *Life Illustrated*. We have taken the *Water-Cure* the past year, and think it a valuable journal indeed. We have quite a little *Water-Cure* estab-

lishment at home here, nearly all of our family are converts. We all apply the "treatment," and our sisters have adopted the dress reform. We cured a case of typhoid fever in our establishment this summer. And though some of our unbelieving neighbors only laughed us to scorn, we were so encouraged by our success, that we cared not for their scoffing. Whenever any of our neighbors ask what will cure such and such a little ailment. We say, "Water." And when assailed by any of the ills of this life, the universal cry is "Water, WATER, WATER!"

Respectfully, yours,

THE THREE BROTHERS.

Messrs. Fowler and Wells, 508 Broadway, N. Y.

TREATMENT OF CANCER.—We are now treating this terrible disease on the plan heretofore explained in the *JOURNAL*, and with every prospect of results as favorable as were our most sanguine expectations. We have a patient who has had a cancer of the breast for several years, exhibiting the dark livid retracted and irregular tumor peculiar to genuine cancer, and attended with some degree of ulceration, and a general extension of the disorganizing process to the surrounding surface and toward the adjacent glands.

The patient was put on a strict vegetable diet; several of the electro-chemical baths were administered, so as to deplete all mineral drugs, as well as all irritating viruses from the system. The tumor was then subjected to congelation, so as to harden effectually all the diseased mass and the adipose matter immediately adjacent. After half a dozen freezings, the cancer lost nearly all of its fetor, and changed from a dark purple to a bright florid color, in fact, exhibiting the appearances of a common boil or abscess ["healthy inflammation?"]; rather than that of a malignant disease.

Mild caustic was then applied, and the tumor began to harden and suppurate kindly, and is now progressing fluently towards a radical and permanent cure.

From the effect of the treatment of this case and others, we have no doubt that the refrigerating process alone, persevered in a sufficient length of time, will, in many cases, be sufficient to effect a cure. This patient, a lady from Illinois, aged about 50, very kindly consented to be treated in presence of our medical class, so that the world as well as herself might be benefited in a knowledge of this better way of managing this formidable malady. We have several others to treat within a few months, on the same plan, and shall report the result, with the details of the plan of treatment.

REPORTS OF CASES.—Some of our subscribers complain that the *WATER-CURE JOURNAL* is "too scientific" for their understandings, and think mere reports of cases treated hydropathically would be of more practical use to them. No doubt this is so to a great extent; but there is one difficulty. If they do not understand the principles by which we regulate our treatment, all the reports of wonderful cures in the world will not make good doctors of them. We are willing to report cases whenever anything new or of particular interest occurs; but "great cures" are only every-day affairs in *Water-Cure*, and if we made it a particular business to report them all, we could do nothing else.

We will, however, submit the following case, as one of unusual interest:
The patient—Miss Peakes, of Holmes Hole,

Mass.—came to our establishment a little over a year ago, unable to walk, from what the doctors called a weakness or paralysis of one leg. So weak and relaxed were the muscles that the knee-joint was displaced, and the least motion of the limb caused her to faint. She had been under the treatment of the most eminent surgeons in Boston and elsewhere, all of whom concurred in recommending a plan of practice that was destroying her continually. They all agreed that the weak limb must be bandaged tight or splinted close in ratio to its weakness. They had contrived all sorts of tight dressings, and finally had, at great expense of money and mechanical skill, constructed an apparatus for holding the limb so fast and motionless from the hip-joint to the nether extremity of the great toe, that not a single muscle could stir!

What a fatal mistake! It seems not to have entered into the imaginations of those wise operating surgeons that *inaction is death*; that life cannot long be maintained without circulation, exercise and action; and under this constraint the paralysis was extending to the other limb, and even to the whole body. For days and nights together the patient would lie on the bed gasping for breath, as though each inspiration must be the last; and when we first loosened the "infernal machine" in which her paralyzed limb was withering away, she felt, of course, as though she would all "fall to pieces," as is always the case when compression is removed from the muscles.

And what, reader, do you think aided this young lady, that required her limb to be "put in the stocks?" Why, she had a *diseased liver*! The liver was very much swelled and congested, so that the circulation of blood was obstructed all over and all through the body, and the lower extremities rendered weak, and one of them particularly so, and the doctors went at this particularly weakened limb, when they should have directed their attention and their remedies to the enlarged liver. If any organ or part needed strapping, or supporting, or bandaging, or splinting, or ligaturing, it was the liver, and not the leg!

We put the patient, as in all cases when we wish to induce muscular contractility and promote action, on a very plain vegetable regimen, rubbed the whole body frequently with tepid water, and used gentle showerings and frictions to the limb, and in a few months the patient began to walk. She then returned home to follow up the treatment, and the final result is told in the following communications:

Holmes Hole, Dec, 9th, 1855.

DR. TRAIL:

DEAR SIR:—I have very often thought of penning you a short epistle since I left your home, but have as often delayed, hoping, if I wasted a short time, I should have a more favorable report to make, and I flatter myself that a few lines from a former patient may not prove unacceptable to you. It is now about one year since I became an inmate of your *Cure*—and such it has proved itself to me. I can hardly realize that I am the same person who came to you then: only one year has passed, and yet how great the change: then I was a helpless invalid, unable to move scarcely at all; now, thanks to you and others of my Laight street friends, I am comparatively well, able to roam where ever my fancy leads me, without support of any kind. It is about two months since I threw by my crutches, and now I walk about just when I please. Have I not great reason to be

To Correspondents.

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

CONGESTION OF THE BRAIN.—P. S. E., Fairview, Io. I have a burning, feverish feeling in the head, so as to make it ache sometimes considerable. My feet are almost always cold, and my hands incline to be cold. The back is also weak, and the urinary discharges variable. Have I congestion of the brain or not?

No, you have a torpid liver. Eat coarse, plain food; take a tepid sitz bath daily, and a hot-and-cold foot bath at bed time.

FIRST-BITTEN.—R. S. Dorsey, Green Castle, Ind. I have been troubled three years with *first-bitten* feet. Am a strict vegetarian. Have otherwise moderate good health. Can you advise me in your next number what will cure them?

Keep them as much as possible of a uniform temperature, and bathe them night and morning in tepid water, about 72°.

VEGETARIAN BOARDING HOUSE.—A. P. L., Burlington, Vt. What is the price of board at the vegetarian boarding houses in New York, and how near are they to your establishment?

At No. 15 Light street, New York. Prices are \$4 to \$5 per week. Not more than half a mile from our publication office.

BURNING FEET AND INFLAMED BREAST.—J. D. E., Sussex, N. J. If a woman in childhood is troubled with burning feet it is safe to bathe them in cool water? If a nursing mother has a caked and inflamed breast would it be safe to apply cold water dressings? If so, will cold water dressings in such a case prevent a gathered breast?

The feet may be put in cool, but not very cold, water. Cold wet clothes are proper to inflamed breasts, so long as there is premenstrual heat, and will, if the health is attended to in other respects, prevent abscess.

THE "COLD" WATER JOURNAL.—W. N., North White Creek. By way of a late number of the *Cold Water Journal* you informed me that canker in the mouth was always symptomatic of indigestion or a diseased liver. In either case, how can I live, or what course pursue, to avoid it? Do you consider daggerretotyping unhealthy, when judiciously managed?

As we have never written anything for any "Cold Water Journal," you must, we think, be laboring under some misapprehension. If you mean this *Water-Cure Journal* of ours, why, in the name of all the A B C's, don't you say so? How can any person who reads so carelessly and thinks so little of our system as not to know the title of the journal which has advocated it for ten years, understand what we say in the Journal? To your first question we answer, live hydropathically; but don't call this "cold water living." Get the Encyclopedia and study it. Don't send for any cold water books; but get all the *Water-Cure* books you can afford. We have a strong mind to send a snow-ball at the head of the next person who insinuates any thing about a cold Water-Cure, or cold water Journal, or cold water doctor. So look out! As to daggerretotyping—no.

INTERMITTENT.—G. W. A., Dublin, Ind., wants us to give him "full information" how to treat acute and fever, and divers other maladies. He will find such information in our standard books. He labors under a wrong idea of our whole system, if he supposes we can communicate it to him in a few lines. We answer here, as we have said a hundred times, *particular* questions, but do not and cannot give full or general information.

LEADEN CISTERN.—A. S., Oswego. Is it injurious to use water three or four times a week for general bathing, washing the face, bathing the eyes, &c., which has remained for weeks or months in a cistern or reservoir-lined with lead? Please answer in *Life Illustrated*.

It is injurious. All medical questions are answered in the *Water-Cure Journal*, and not in "Life," as we have said a good many times.

COUGH AND EXPECTORATION, &c.—R. M. B., Franklin, Pa. Would you prescribe for a person who has cough and expectoration; pain at times in left lung; soreness at the stomach; pain in the right side, under the lower ribs; difficult swallowing at times? Age, twenty-four; always delicate. Is corn mash and milk good for him once a day? Is apple butter, made in a copper vessel, healthy?

1. The patient requires treating as a consumptive. 2. Mustard and milk is not the best diet. Calaveated and unbolled bread, with baked apples, would be better. 3. Tea, provided it is kept hot while cooking, and not allowed to stand in the vessel.

HYDRO-HOMOEOPATHY.—Dr. Flanders, of Dunville, Ky. In proposing to write a series of articles for the *Water-Cure Journal*, says:—I should take the ground that hydrophaty is the best where it can be properly made use of; but that homoeopathy is its handmaid and twin-sister; and particularly adapted to cases of very young children, feeble and aced persons, and old cases where from want of time or care, we fear that the water treatment cannot be, or will not be fully carried out, or will be mismanaged if attempted.

If Dr. F. will write articles to prove his premises, as above indicated, we will publish them, of course reserving the right to reply if we dissent. After he has shown us how homoeopathy, or any other pathy, is the handmaid of hydrophaty his proposed articles will be acceptable. Until then, as he will understand on a little reflection, the articles would not be profitable nor intelligible to our readers.

ACORNS.—B. S. M., Troy. Are red oak acorns wholesome for dyspeptics who have a sour stomach?

As a general rule, they are not; and, as a general rule, parched corn (provided the teeth be good) is wholesome in such cases.

DISEASED NERVES.—J. M., of Elma, C. W. After describing his case, inquires what he shall do to get well? We answer about the *Water-Cure* system in all its parts. We cannot write you all the details of the system in this place, but will answer any specific questions you will ask, which are proper to be published.

PTN WORMS.—C. E. D., Fairbault, M. S. A family here, consisting of husband, wife and children are all troubled with worms. Can you recommend any treatment or mode of living by which they might get rid of them? Their habits of living are very unphysiological, using much fat, high-seasoned food, and medicines. Another: What diet do you recommend to a person troubled with worms? Another question: Is not a person with a small development of the abdomen better constituted to live on a concentrated, dense than one with a large development?

To the last question we say no. As to the worms your own statement answers your questions. As their unphysiological living, bad food, foul medicines, &c., is the cause of the worms, it seems to be a plain matter of simple common sense that a return to physiological habits, correct food, and the disuse of poisonous drugs, would be proper remedial measures.

ONIONS AND SOUR KROUT.—Will Dr. Trall answer the following questions through the *Water-Cure Journal*: Are onions and sour kront wholesome food? They are not.

THE PHILOSOPHY OF SWINE FLESH.—H. A. R., Davenport, Io. What are some of the most philosophical reasons for considering the use of swine flesh peralicious?

If you want your philosophy to go by degrees of comparison, as the grammar does,—positiva, comparativa and superlativa—we must call the fact that the swine is a filthy beast, one of the philosophical reasons; the fact that pork-eaters are gross and coarse like the animals they feed upon, one of the more philosophical reasons; and the fact that man is not by nature omnivorous, one of the most philosophical reasons.

DREGS, RUM, AND TOBACCO.—D. A., Cobleskill, New York. How is the discussion between Dr. Trall and Dr. Curtis progressing? I have already got sufficient light from reading your articles in the *Journal* to lead me to take up the battle-axe against drugs, rum, and tobacco in particular, and other gross habits in general.

The discussion is going ahead. We expect to have Dr. Curtis all right in the end, but how long it will take is uncertain. It is, however, merely a question of time. Perhaps you cannot do a better thing for your neighbors than to elaborate among them a few of the essays on tobacco to which you allude.

MEDICAL EDUCATION.—M. L. E., Chicago. Will you please inform us what books are necessary for a commencement of a medical education; what the amount of time necessary to prepare oneself to enter upon the work of restoring the sick; and the expense attendant upon the full course of study up to the time of proficiency, so as to have confidence to practice?

1. Youman's Chemistry; any standard work on anatomy; the *Hydropathic Encyclopedia*; Dunglison's,

thankful? If I have not, then surely no one has. Not for a day, or I might say hour (since I left New York), have I ceased to remember you and all my dear friends there, and to call down blessings on your heads. I would that I could express to you one half the gratitude I feel; but I cannot; words fall when the heart feels most, and I will not attempt it. But Doctor, from my heart I thank you, not only for your skill in benefiting my health, but for your kindness and attention to me while with you; and I thank God that I ever in his providence visited your home, and for the many happy hours I have spent there. Mrs. Gleason has written, in some of our *Water-Cure Journals*, of a study and upon my sides of a *Water-Cure*, but when I look back upon my life, then it seems to me there are very few shady sides to be found.

I am the greatest wonder that ever was known in our quiet little village. My friends and neighbors are confounded; they know not what to say. Some of them thought your treatment would kill me, and almost all agreed in saying nothing could ever help me; but here I am in their midst, almost as well as any of them, and improving every day. They all pronounce it wonderful, a miracle, and, as a friend observed the other day, it will be a lasting monument to the efficacy of *Water-Cure*. You may know how surprising it is to people to see me walking, by this little circumstance: A few weeks since, while on a visit to New Bedford, I called on a lady of my acquaintance whom I had not seen since I left New Bedford last fall (year). I thought she was rather cool in her reception, for though very polite, she was not at all cordial in her greeting; but the mystery was soon explained. 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Comstock's and Cunnings' Physiology, &c. 2. One year is the average time in our schools, though some will become well qualified in six months, for ordinary practice. Those who intend to qualify for the higher departments of surgical practice, must study three or four years. 3. The expenses are at the rate of \$3.00 per year.

BOOKS.—S. Q. R., Alfred. The information you seek is contained in such books as all "young couples" ought to have, making a library worth more than ten sixteen drug doctors—viz., Encyclopaedia, Fruit's and Fairnace's Corine Distenses, Sexual Abuse, Management of Children, &c. When a person has the headache, you must seek out the cause and remove that. We cannot tell what the cause is, nor indicate any particular remedial plan, without a full description of the case.

LINIMENT.—A. S. A. Tell us through the Journal what is the action and what the effect of an external application of a liniment, say harshorn, or camphor and A-cobo on an inflamed part? Keep on with "the discussion." Guess you have got 'em. Hold them to it monthly for three years if necessary.

Yes, and we have "got" you too. You ask what is the action of a liniment, assuming that Dr. Curtis is right! A liniment has no action on an inflamed part, but the effects resulting from its application, are attributable to the action of the living tissues of the inflamed part on or in relation to it, as we have several times explained. What we have said during the discussion, as to the *modus operandi* of a blistering plaster applies also to a liniment, and, indeed, to all other external organic applications.

ULCERATION OF THE UTERUS.—H. C. D., Portland, Me. We cannot give the particular plan of treating ulceration of the uterus, without knowing all the circumstances of the case, as scarcely two are precisely alike. Attention to the general health will frequently cure, but if not, we must have a personal examination of the case, in order to prescribe properly.

TUMOR.—L. P., Peplar, Ohio. Describes a tumor on the back of the neck, and asks us to tell its name, cause, and cure. It may be nervous, that is, never recognized by pathologists, for aught we can gather from the description. If trichonemose in any way, however, we have no doubt it can be removed by resigination or caustic, or both.

SELF-PACKING.—E. J. D., Cumberland, Ind. In the method of self-packing, as recommended by Dr. Gross, of Madison, Wis., the clothing and temperature of the room should be managed according to the "general rules" for bathing. In fevers when the object is to reduce excessive heat, oiled silk or an ordinary blanket will answer. In cases when the object is to increase the heat of the surface, an extra blanket may be employed, or the room may be as warm as the circumstances of the patient require, to secure comfortable reaction.

HABITS OF MISSIONARIES.—P. P. S. Troy, N. Y. A missionary from Africa, where almost every American dies during the acclimating process, and every expedient is resorted to, to protect health and life, started to me, that she was there eighteen months, and not able to engage in the labors and duties of the mission any of the time; that she took her coffee as soon as she was up, and ate her times a day regularly, in order to maintain an existence; is there not a better way? Please give us your opinion, and missionaries will thank you.

The "better way" is to drink neither coffee nor tea, eat two or three times a day of plain vegetable food, and wash all over daily. We have heard of missionaries of Africa maintaining the best of health, for years.

SPIDER CANCER.—M. A. R., Haverhill, Mass. What should be done with a small spider cancer (so called) below the eye? What should be put on to eat it out? Should any preparation be put on by a person not skilled in the art of surgery.

We cannot tell the kind of caustic best adapted to any particular case of cancer, without seeing it, and enquiring into all the particulars of the patient's health. We treat cancers, the conglomeration and caustic processes combined, but always pay the strictest attention to the general hygiene.

PLAYING ON THE FLUTE.—A. S., Shiloh, N. Y. Will you be kind enough to inform me through the columns of your valuable WATER-CURE JOURNAL, whether blowing

the flute is injurious or not? I am very fond of that instrument, but do not wish to injure my health by it.

Provided you understand perfectly the use, and preserve the proper action of all the respiratory muscles it is not injurious, otherwise it may be ruinous.

DIETARY FOR DYSPEPTICS.—L. B. Harrisburg, Pa. Will Dr. Trall be so kind as to answer the following questions. 1. Are boiled whole grains of wheat and rye as wholesome for dyspeptics, as grits and pudding from the same grain? 2. Are Graham crackers, cakes, grits, pudding and boiled grains of wheat, rye and corn, and potatoes, turnips, apples, pears, peaches, and beans sufficient of a variety of articles in the diet? 3. Is it better to eat for an ordinary dyspeptic to eat but one kind of farinae and one kind of fruit or vegetable per meal, than half a dozen kinds? 1. yes; 2. yes; 3. yes.

FRTS.—G. S., Tiffin, O. We cannot from your description determine the cause of the fits, and the treatment must always have reference to the cause. The plan of management consists in attending to all the conditions of health. Very likely his diet is improper or constipating, and this of course should be corrected.

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, 308 Broadway, New York.

Pronouncing Medical Lexicon, containing the Correct Pronunciation and Definition of most of the Terms used by Speakers and Writers on Medicine and the Collateral Sciences, with Addenda. By C. H. Cleveland, M.D. Price, prepaid by mail, 75 cents. New York: FOWLER AND WELLS, 308 Broadway.

The *College Journal* says: "This is a most valuable book, one which has long been needed in the profession, and it is somewhat surprising that such a work has not been presented long ere this; especially when we consider the many ludicrous and awful attempts in pronouncing medical terms, not only by the practising portion of the profession, but even by some of our medical teachers. The pronouncing part of the work is given in phonetic characters, an explanation of which will be found on the first pages, and which are so simple that a child can readily understand them. By them, instead of having to turn and twist the mouth, distort the countenance, and dislocate the jaws, in order to get round the pronunciation of certain jaw-breaking terms used in medical science, the words are so easily pronounced that they slip out correctly, almost before the speaker is aware of it. But the author has not confined himself to a mere correct pronunciation of words, but has likewise given us a clear and terse definition of them, and has furnished them with containing the Latin terms, and abbreviations used in prescriptions, with their translation; also, a list of nearly three hundred poisons and their antidotes, thus rendering his little volume of great utility and importance to the medical man, the student, and the chemist." [A handy pocket volume, of 800 pages, which should be in the reach of every writer, speaker, and medical practitioner.—Eds.]

OUR COUSIN VERONICA; or, Scenes and Adventures over the Blue Ridge. By Miss Mary Elizabeth Worreley, author of "Amabel, a Family History." One vol., 12mo Price \$1.25. New York: Bunce & Brother. From an intellect of rare clearness, highly cultivated taste, general kindness, and warm affections. The author portrays life from a truly humane and benevolent stand-point.

THE PHRENOLOGICAL JOURNAL for January contains: "The New Year; What to Eat and Why, by a Physician;" Red Jacket, the Indian Chief, biography and phrenological description, with portrait; Perils of Excitement and Artificial Deformities of the Skull; The Passion of Anger; On the Study of Character; Phrenology Illustrated; Events, Miscellany, etc. etc. Published monthly, at \$1 a year, by FOWLER AND WELLS, 308 Broadway, New York.

We have barely space in the present number to give the titles of works recently published. We shall describe them more fully at another time.

FIVE HUNDRED MISTAKES OF DAILY OCCURRENCE, in Writing, Speaking, and Pronouncing the English Language, Corrected. Price, prepaid by mail, 87 cents. May be ordered from FOWLER AND WELLS, 308 Broadway, New York.

GLANCES AND GLIMPSES; or, Fifty Years Social, including Twenty Year's Professional Life. By Harriet K Hunt, M.D. 12mo, pp. 415. Price \$1. Boston: John P. Jovett & Co.

ELEMENTS OF PSYCHOLOGY: included in a critical examination of Lock's Essay on the Human Understanding, and in additional pieces. By Victor Cousin. Translated from the French, with an Introduction and Notes, by Caleb S. Henry, D.D. Fourth improved edition. Revised according to the author's last corrections. 12mo, pp. 567. Price \$1.25. New York: Ivison & Phinney, 821 Broadway.

BIOGRAPHY OF HON. FERNANDO WOOD, Mayor of the City of New York. By Donald McLeod. 12mo, pp. 335. Price \$1. New York: O. F. Parsons, 140 Nassau street.

SELECTIONS FROM THE WRITINGS OF WALTER S. LANDOR. Edited by George Stillman Hillard. 12mo, pp. 308. Price \$1. Boston: Ticknor and Fields.

KIT BAW'S ADVENTURES, or, The Yarns of an Old Mariner. By Mary Cowden Clark. Illustrated by George Cruikshank. 12mo, pp. 363. Price 75 cents. Boston: Ticknor & Fields.

LAMBERE. By Mrs. Julia C. R. Dorr, author of "Farmington." 12mo, pp. 447. Price \$1.25. New York: Mason, Brothers.

THE MAGICIAN'S SHOW BOX and Other Stories. By the Author of "Rainbows for Children." Illustrated. 12mo, pp. 295. Price 75 cents. Boston: Ticknor & Fields.

THE LAST OF THE HUGGERMUGGERS: a Giant Story. By Christopher Pearse Cranch. pp. 70. Price \$1. New York: J. C. Derby, 119 Nassau street.

THE HANDEL COLLECTION OF CHURCH MUSIC; containing a Complete Collection of Psalms and Hymns Tunes, Chants, Sentences and Anthems. To which is added a Full and Complete Elementary Course, a Cantata for Singing Schools, entitled, THE STORM KING, by B. F. Baker, and an abridged arrangement of Handel's Oratorio of Sampson. By A. N. Johnson, pp. 367. Price \$1. Boston: A. N. Johnson & Co., 90 Fremont street.

CARMINA MELODA: a Song Book for Schools and Seminaries, including a complete Elementary Course, by A. N. Johnson; a large collection of New Songs, by J. C. Johnson; and Chorals for Elementary Practices, by Wm. Tillghast. Edited by J. C. Johnson. pp. 192. Price 50 cents. Boston: J. R. Miller, 99 Tremont street.

FLOWER FESTIVAL ON THE BANKS OF THE RHINE: a Cantata for Floral and other Concerts, together with Conversations on the Elements of Music. By J. C. Johnson. pp. 112. Price 30 cents. Boston: J. R. Miller, 99 Tremont street.

CHAPMAN'S PRINCIPIA; or, Nature's First Principles. Theory of Universal Electro-Magnetism Simplified. Explaining the Elements of the Important Discovery of the Laws of Nature, which Regulate the Changes of the Elements. Exposing the Numerous Discrepancies of the Popular (erroneously so called) Newtonian Theory of Gravitation alone without Repulsion. Demonstrating the Existence and Operation of Repulsive Force Co-Extensively with Gravitation. Vol. I. Chapman. Vol. I. Second edition. Revised by the Author. 12mo, pp. 214. Price \$1. Philadelphia: Campbell & Co., 88 Dock street.

SENSE AND SENSIBILITY. By Miss Austen. 12mo, pp. 300. Price 75 cents. Same publishers.

A LYRIC OF THE GOLDEN AGE. By Thomas L. Harris. 12mo, pp. 381. Price \$1.25. New York: Partridge & Brittan, 342 Broadway.

ANNUAL EXPENSE BOOK. Price 25 cents. New York: Francis & Lontrel, 77 Maiden Lane.

Business.

CHOICE GARDEN SEEDS.—The following, put in packages at 10 cents each, will be sent, prepaid by mail, on receipt of price:

- Artichoke,
Asparagus,
Extra Early Turnip Beet,
Early Blood Turnip Beet,
Early Purple Caps Brocol,
Early Red Cabbage,
Early Wax-fall do,
Large Drumhead do,
Large Belgium do,
Large Flat Dutch do,
Purple Drumhead Savoy do,
Red Dutch do,
Early Horn Carrot,
Long Orange do,
Long Main do,
Early London Cauliflower,
Lettuce do,
White Solid Celery,
Red do,
Early Short Great Cornuear,
Early Quince do,
Early White Spined do,
Long Green Pickle do,
West India Green do,
Large Purple Egg Plant,
Cured Scotch Kale,
Early Cured Sicilia Lettuce,
White Cabbage do,
Ice Encrusted do,
Brown Dutch do,
Hardy Green do,
Fine Nutmeg Milk Melon,
China Chines do,
Shillim's Fine Nettled do,
Fue Ice Cream Water do,
Caulus do,
Apple Seeded do,
Green Gave Okra do,
Large Red Onion,
Large Yellow do,
Large White do,
Early Cauld-Family,
Cap Peppin,

The following are too bulky to be sent by mail, but may be ordered by express, at the following prices, in New York:

- Early Mangel Beens, per quart, 20
Sword Long Top do, 20
Broad Winger do, 20
Early Red Egg do, 20
Early China Twf do, 25
Early Valentine do, 25
Early White Mink do, 25
L'Esperance do, 25
Small do, 25
Sovrlt-Racing do, 25
Ex. Tin Cede Mill Peas, 25
Early Warwick do, 25
Early Carolina do, 19
Early Washington do, 19
Stramption England do, 19
Queen of Warr do, 50
British Queen do, 80

For the South, California and Oregon these seeds should be ordered at once, for Spring planting. In Florida, Louisiana, Texas, Alabama, Georgia and Mississippi the people will soon plant their gardens. We hope all will be ready in good time, for a good garden furnishes half the food for many a family.

FLOWER SEEDS.—PRE-PAID BY MAIL.—We have obtained from the best sources, in Europe and America, a choice selection of the best varieties of FLOWER SEEDS yet produced. They are carefully assorted and put up, with strong wrappers, in DOLLAR PACKAGES, to go by MAIL, postpaid.

No. 1 contains fourteen kinds, as named in the following list:

- PACKAGE NO. 1.—FOURTEEN KINDS.
Phlox Drummondii,
Mixed Pansies,
Mignette,
Mixed China Aster,
Blue Argemone,
Sweet Alsiana,
Africa Hibiscus,

- PACKAGE NO. 2.—TWELVE KINDS.
Ceanothus Macrophyll,
New Frenchwood Astare,
Orange Gloke Amaranthus,
Pine Gem-m, Fern Weeb Stock,
Mixed Chalks,
Scalet Impoula,

- PACKAGE NO. 3.—TEN KINDS.
Vine Peziz Balsama,
Exe Mixed German Astera,
New Large Flower Mignette,
Violeta B. unicolor,
Isonia Baridana,

[Those who wish for only a part of these FLOWER SEEDS, should specify according to the

numbers which they prefer. No. 1. No. 2, or No. 3. It will be seen that No. 1 contains fourteen varieties; No. 2, twelve varieties; and No. 3, ten varieties. One dollar pays for one package. Three dollars pays for the whole three packages, thirty-six varieties. We pay postage on the seeds at the New York office. Address, prepaid, FOWLER and WELLS, 308 Broadway, New York.]

COVERS FOR THE JOURNALS.—W. D. R., Buffalo, N. Y. Yes. We have nice cheap covers for the WATER-CURE JOURNAL and the PHRENOLOGICAL JOURNAL, which we will send, prepaid by mail, for 25 cents each. The covers will serve to keep the Journals clear and smooth, and at the end of the year, to bind them for permanent use. In this way, they will be preserved for future generations. We have covers for 1854-5 and 6. Address the publishers of this JOURNAL.

NEW ANNOUNCEMENTS.—Since the body of this number of the WATER-CURE JOURNAL was put in type, we have received several announcements of Water-Cure establishments about to be opened. They will appear in our next. It should be remembered that the JOURNAL is put to press nearly a month in advance of its date. Therefore, all communications designed for March number should be sent to the publishers at once.

WORCESTER (MASS.) WATER-CURE.—Messrs. Rogers, the proprietors of this well-known establishment, have recently introduced the electro-chemical baths which they are prepared to apply. The efficacy of these baths has become generally acknowledged, and persons desiring them can find no establishment where they will be used with greater care and better results than this.

WATER-CURE vs. DOCTOR'S BILL.—A correspondent renewing his subscription for the Journals, and Life, says: "I hope soon to persuade some of my neighbors to examine the virtues of the Journals. Some seem somewhat inclined to subscribe, but say money is too scarce, but they pay from ten to forty dollars for doctor's bill. They are paying too dear for their whistle. All for no use. God speed the Water-Cure. G. B. S."

AN EXTRA PREMIUM.—T. T. S., of Cleveland, Ohio, makes the following suggestion:—Would it not be well for you to offer an extra premium for the largest club to the Journal, from any one post-office, during the year? If you do so, I think friend J., of this city, will stand a fair chance of securing the prize. Can any one of your many friends boast of having secured three hundred and fifty new subscribers for the Journal this year?

[The suggestion is a good one, and we will act upon it. Thus, to the person sending us the largest number of new subscribers in 1856 we will give our 10 DOLLAR COPIES OF THE WATER-CURE JOURNAL. But we doubt if Ohio gets the prize. Present appearances indicate pretty plainly that Iowa is to be the banner State. There are eleven months yet in which to determine the point, and we hope everybody everywhere will try to win the prize.]

Home Voices.

WATER-CURE IN THE WEST.—The following is from S. A. D., Reedsburg, Sauk Co., Wisconsin:

"The cause is progressing finely on these frontiers. The JOURNAL now finds its way into a large number of families. The most intelligent portion of our people are examining this matter. Many families are now so much enlightened as to enable them to obey physical laws and prevent sickness to a great extent, and to cure disease when it comes upon them. Several complaints have been quite common this year. It cannot be denied that the disciples of allopathy have been quite unsuccessful in their treatment of them. The scientific use of water, and of others of Nature's remedies, has been quite successful—usually so where any other remedies were first unsuccessfully tried. Several cases of dysentery—very severe—have been successfully treated. A little boy of ours was severely attacked with that disease last fall. My wife gave him thorough water treatment, and entirely subdued it in less than two days. A friend of allopathy, who some months ago was sud-

denly attacked with lung fever, and was deranged from the outset, providentially fell into the hands of a hydropathic neighbor, who treated him successfully. To them he ascribed the preservation of his life, and became a disciple of our mode of cure. The mode of curing was by using Nature's remedies to assist Nature to cast it out, most eventually triumph. A suffering, wretched, drug-poisoned world demands it.

A SECOND DELUGE.—Mount Pleasant, Iowa.—E. S. A. sends us twenty subscribers for the Journals, and communicates the following item:

"On presenting the WATER-CURE JOURNAL to one drug-M.D. for subscription, he remarked that he feared there would be a flood, as in the days of Noah, since the people are so excited on the subject of Water-Cure. I told him that I had no doubt but that there would be a flood soon, and that it would sweep away drugs and drown all the drug-doctors."

Pretty good—though as would only draw out the contents of their saddle-bags and drug-bags. Let the doctors live, repent of their sins, atone for the evil they have done, and proclaim the truth as it is in Hydropathy.]

FAITHFUL DISCIPLES.—Newport—C. L. G. does not inform us what State he resides in, but says:

"You will like to hear a word about the prosperity of the cause in the vicinity. I assisted in getting up a club in this place last spring, and for the first time introduced the Journals; hence, it is now being read by many of our best advocates. People are beginning to think there is some virtue in water. My wife and I are treating a neighbor's child, which has the diarrhoea. It was destroyed by a doctor, and given up by one of the 'regulars.' I commenced with the child when it was said it would not live till morning. This is now the third day, and the symptoms are very favorable."

[We shall be glad to have further particulars concerning this case. What was the result?]

THE RIGHT KIND OF A REFORMER.—A Southern correspondent writes:

"I can assure you, respected friends, that I have not felt indifferent about obtaining subscribers for the Water-Cure Journal. I have snuck up your prospectus in our P. O. and tried to induce the people around us to put their names to it; or I would send for them, and would loan them my money, and they might be inclined to send on their money and names; but they would back out, and say that they loved their tea, coffee, bacon, and eggs too well to quit them yet, and as they would not like to work the effects of such as them off, say, saying as much as they would rather live and die fashionable, than to live and eat un-fashionable. I have therefore given them up to their perverted appetites and 'foot the bill' of the transgressors, soon or late, will have."

"I feel a great interest in the spread of all the principles that are so bravely advocated and set forth by the editors and publishers of the Water-Cure Journal. It is just what is needed by the whole human family."

"As to myself, I am a whole-souled hydropathist and vegetarian. I have not given nor prescribed one particle of any kind of drug, mineral or vegetable, in any stage or form of disease for the last seven years, and I am the only practicing physician in the society to which I belong—called by the world 'shakes.' Since we have adopted the principles and practices of hydropathy, our health has increased and diseases diminished more than tenfold. I have myself been a strict Grahamite for the last seventeen years, since which time I have not been had up one minute either with sickness, rheumatism, or colic, but have enjoyed uninterrupted good health, and always had a good relish for my plain, simple food. I use no tea, coffee, tobacco, spirits, but pure water. I eat no pork or game, but butter, milk, cheese, eggs, or any sort of condiments, except a very little salt in some things. I eat no kind of vegetables that are cooked or grossly speaking, are the greatest transgressors of physical laws than the common people, and are therefore unsafe guides, either in moral or physical matters."

"I have no faith in a sick doctor whatever. I tell them, a physician, health first! But the priests, doctors, and the lawyers, generally speaking, are the greatest transgressors of physical laws than the common people, and are therefore unsafe guides, either in moral or physical matters."

A NEW DISEASE.—A friend of mine was visiting at the "White Hills" in the "Granite State" last year, and one day, when passing a house, observed a little child at the door with what he considered a very dangerous playing, viz., a coil; viz., and this coil, I think, accordingly stepped in to inform the parent. "Madam," said he, "are you aware your child has got the chisel?" "Why, the mercy on me!" exclaimed the mother. "Well, I knew something was the matter, for the child has been ailing a long time." My friend left instantly. A. D. T.

Miscellany.

MEDICAL EDUCATION
IN ALLOPATHIC SCHOOLS.

BY DR. S. E. FALES.

FIRST.—It takes a long time to get a correct knowledge of the science of *allopathy*. In order to obtain his diploma, the student must have at least a smattering of Latin to make the technicalities slip smoothly from his tongue, to write his prescriptions, and to converse in an unknown tongue in the presence of the patient, which also tends to preserve the dignity of the "profession."

SECOND.—In order to obtain a knowledge of Latin, he commences at an age when he should be engaged in active out-door employment to give him that vigor of mind and body so necessary to sustain him through his professional career. When graduates receive their diplomas, many of them need the physician's care quite as much as other patients.

THIRD.—When the young doctor administers drugs, called specifics, for disease he has diagnosed, he finds at once they fail to do their duty, the disease will not be cast out, but simply takes up its abode in some other place. Then a little Latin is regarded as of more value than any amount of common sense.

FOURTH.—Potent drugs sometimes do more than the books represent. The drug assails the patient with such fury that poor crippled nature yields, and the drug not only has the honor of killing the disease, but, somehow, the patient dies at about the same time.

FIFTH.—Drugs so change the action of the different functions of the system that it is more difficult to diagnose the disease.

SIXTH.—Those that depend on drugs as remedial agents are usually disposed to overlook what nature does, to remove disease, and then to claim the glory for their drugs.

SEVENTH.—Allopathic physicians, scientifically educated, do not teach the laws of life and health to their patients.

EIGHTH.—The storing up of so much science in the heads of a small proportion of mankind is in direct opposition to the truly progressive spirit, and only leads to conservatism.

NINTH.—The expenses of a scientific medical education are so great that the poorer class are unable to avail themselves of it.

TENTH.—They exclude women from their schools, and it is only when they hold conventions "for the promotion of medical science" that they snuff ladies to come even into the galleries, and look down upon the vast assemblage of wisdom, while they are having "a feast for the stomach and a flow-of-champagne." I might go on and enumerate other absurdities of this system, but as hydrotherapy will soon settle down like the writing of a tender patent in dog days.

I will add, in conclusion, that true TEMPERANCE cannot flourish while alcohol is so freely used in form of medicines. Nor will temperate habits in eating be generally established while the people are taught that pills will set them right, no matter how great their excesses and dissipation. Neither can morality triumph over vice while society remains ignorant of the laws of life and health. Nor can the dignity of the medical profession be sustained while WOMAN is excluded from its ranks.

NUTRIMENT IN THE APPLE.—With us (says the editor of the *Albany Journal*) the value of the apple as an article of food, is far underrated. Besides containing sugar, melleage and other nutriment matter, apples contain vegetable acids, aromatic qualities, &c., which act powerfully in the capacity of refrigerants, tonics and antiseptics; and when freely used at the season of mellow ripeness, they prevent debility, indigestion, and avert without doubt many of the "ills that flesh is heir to." The operators of Cornwall, England, consider ripe apples nearly as nourishing as bread and far more so than potatoes. In the year 1831—which was a year of much scarcity—apples, instead of being converted into cider, were sold to the poor; and the laborers asserted that they could "stand their work" on baked apples, without meat, whereas a potato diet required meat or

some other substantial nutriment. The French and Germans use apples extensively, as do the inhabitants of all European nations. The laborers depend upon them as an article of food, and frequently make a dinner of sliced apples and bread. There is no fruit cooked in as many different ways in our country as the apple, nor is there any fruit whose value as an article of nutriment, is as great, and so little appreciated.

WOMAN'S RIGHTS.

A PARODY ON EXCELSIOR.

[A female friend sends us the following, which we publish, but cannot endorse. There can be no objection to a playful discussion of the subject, and our readers will be glad to hear both sides. We presume this will draw out some poetic Bloomer with a ringing response.]

The shades of night were falling fast,
As through a mountain village passed,
A maid who bore 'mid snow and ice
A banner with the strange device

Woman's Rights.

Her brow was sad, her footsteps slow,
She was dressed in Bloomer white as snow,
And her voice like a silver clarion rang
As she pronounced in an unknown tongue

Woman's Rights.

In happy homes she saw the light
Of household fires gleam warm and bright;
But, oh! her mission was not there,
Her ambition was the President's chair.

Woman's Rights.

Try not the way, an old man said,
Dark clouds will hover o'er your head.
You launch upon a dangerous tide;
But again that clarion voice replied,

Woman's Rights.

"Oh! stay," a voice exclaimed, "and rest
Thy weary head upon this breast."
The maiden paused, then heaved a sigh,
Then onward press'd with the self-same cry,

Woman's Rights.

Beware the sad and cruel fate
Of those in the service of the State,
For envious scoffs for aye betide
Those who chance in the ship of State to ride,
Yet still that earnest voice replied,

Woman's Rights.

And on she went in her Bloomer rig,
For scoffs and jeers she cared not a fig;
But firmer grasp'd in hand the banner,
And shouted in a boisterous manner,

Woman's Rights.

And in the twilight cold and gray,
She onward marched in her chosen way;
And her voice was heard in the silent night,
Like the voice of a bird in carol light,
Exclaiming still for

Woman's Rights.

Nov., 1855.

M. E. BIRCHARD.

SURPRISED.—We have received of late a number of letters, expressing both, thanks and surprise, on account of the reception of the *Water-Cure Journal*. The good people can't imagine why we should send to them, affirming that they are most happy to receive it, but in some cases assure us, they are "not able to pay for it." Others say, although not subscribers, hither too, they wish to be so considered in future. One very young Doctor declines it altogether, alleging as a reason, that it will spoil the sale of patent medicines, wherever circulated, and that his main dependence for "practice" is on this! Or, in other words, if he fails to sell his drugs, he will have nothing to do, because the people won't not stick! We don't blame him for wanting to live, but we do insist, that it ought not to be at the expense of the lives of a whole neighborhood.

The clergymen are with us. They find it unprofitable preaching to men with rheumatism, dyspepsia, or to women with cold feet or headache. They much prefer to meet

those full of buoyant health, who can appreciate and apply the doctrines they teach.

But how come they with the *JOURNAL*? "That's the question." We will explain. It is not unrequited for us to receive large clubs of subscribers from persons who, having themselves been greatly benefited by the *Journal*; by way of showing their gratitude order five, ten, twenty, and sometimes even fifty copies for their relatives, friends and neighbors, and all at their own expense! They feel a pleasure in thus conferring lasting benefits at so small a cost. We send the *JOURNAL*, when paid for, wherever and to whomsoever ordered. The recipient, therefore, need not be surprised; for he will not be called on by us, or our "attorney" for payment. If fortunate enough to have some good benevolent friend, who feels inclined to make him or her a present of a year's subscription, they may thank not us, but that same unknown friend.

A MODEL DOCTOR.—It is said that the following is a copy of an advertisement recently posted on the fences in Springfield, Ohio—

TERTIPIYME vs. CALOMY.

Dr. Lewis J. Hill, late of the Mammoth Cave, who wishes it understood that he is opposed to the use of "Calomy," and in favor of the use of "Tertipiyime," has opened an office for the practice of medicine, surgery, and legerdemain in the basement story of

ECLAMPSIVITUS HALL.

opposite the Bank, and next door to the Old Root Doctor's Foundry, where he may at all times be found, except when absent.

The following is a list of some of the diseases which he cures in all cases, without fail, whether called in time or not—

Gelrasticutis, Hippopotamus, Hybatus, Eclampsivitus, Hydrostatis, Ketampsychois, so quick as to stagger credulity, Salleratus, Yallar John Dice, Obesity, Hidiattus, Netticrash, Lockjaw, Fallinoff, Information of the Glanders, Information of the Braius, Potato Rot, Black Tongue, Night Mare, Information on the Stomach, Diarrhea, Sore Mouth from taking Markury, Fowl Stomach, Hydraulic Fits, Consumption Fits, Salt Room, Big Head, Marcorobaris, Abdelkard, Delirium Tremens, Leprozzy, and all the incurable diseases.

Leprozzy.

A BROTHER ALLOPATH.—Edward Whinery, M.D., who happens to be post-master at Fort Madison, in informing us that a *Water-Cure Journal* is not taken from his office, takes the occasion to vent his sentiments in the following style:

Fort Madison, Dec. 4, 1855.

Gentlemen:—You need not send your journal any longer to the address of Geo. Whinery, he is gone to Wisconsin. I don't read it but take it out of the office, and distribute it with patent medicine almanacs, for I find them profitable in producing diseases requiring the attention of medical men; though if quarterly our newly fledged water doctors hold on too long, and thus it costs some their lives, but it is well to be martyrs in a good cause! Medical men regard water in the treatment of diseases (when judiciously applied according to the principles of true sciences) of vast importance, on which reports are becoming a rather peculiar humbug, that will not last long in this part of the world.

It is amusing to see people curing the miasmatic fevers of the West with cold water. They frequently produce it.

Your's against humbuggy,
EDWARD WHINERY, M.D.

A DRY GOODS DUMPY.—We extract the following from a letter, without the name of writer, post-marked Robinson, Ohio. We publish verbatim:

"You are making great efforts to flatter the ladies in particular those who wear the skirt dresses bloomers for my part I think no decent woman will wear a bloomer dress she may as well wear pantaloons and leave the flounce of as for my part I will be a dry goods dumpy and will not show my —"

"I will sue my name now if you knowed."

[This is the way we are "opposed" for advocating a reform in dress, by which women would not be compelled to sweep the streets with their silk satins and fine laces, and by which they might take healthful exercise, unincumbered by extra dry goods, hoops, flounces, big sleeves, or other unnecessary traps. But the above extract shows how difficult it is to convert the wicked and perverse: from the evil of their ways. But we shall continue to "work and wait."]]

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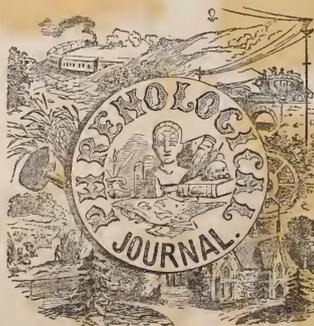
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