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Physiology, Hydropathy, and the Laws of Life.

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ADVERTISEMENTS.

"BETTER LATE THAN NEVER."—We were a few days behind time with our March and April number, in consequence of unavoidable circumstances. Then in March the weather was so peculiar, that the mails failed to do their duty. In the language of "somebody":—"It snowed and it blew, it friz and it them," and some of our impatient Subscribers blew too. Especially those who live thirty miles from a Post Office. But we are now "tbawed out," and have completed arrangements with paper makers—to keep us supplied, and with other "responsible parties," who are expected to attend to the mechanical department, "with neatness and dispatch." Therefore, instead of being "better late than never," we expect in future, to be better and earlier than ever before.

[From the Georgia Citizen,]

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IN AND OUT; OR, THINGS FOR PEOPLE TO THINK OF.

BY JAMES C. JACKSON, M.D.

I do not know whether I ought the more to regret that honest and well-meaning men are so misled as to believe that disease is curable by drug administration, or to rejoice that I have been led, in the Providence of God, early to see the fallacy of the notion, and thus to be able to say, "I have never given a dose of medicine." We say of a man brought up before a court under an accusation of crime, it is a great thing to come into court with a clean record. So I feel in regard to this matter of giving medicine. The system is on trial. Ages have come and gone, and no man has questioned or dared to question its propriety and fitness; but those ages have gone to be succeeded by no more. The people are a fourth estate, and are looking into the claims of doctors as they have looked into those of clergymen and lawyers. Few men in Protestant lands, especially in our land, take for gospel *all* that a minister says; less, perhaps, is the faith in the *dicta* of lawyers, and somewhat less than formerly is the faith of the masses in the prescriptions of drug doctors. Why, eclecticicism shows this; homeopathy still more shows it. It was a great gain to the world that old Dr. Thompson was born. He broke the serried ranks of the regular faculty. He did in his place a great work. His battle cry was, "Down with CALOMEL and the LANCET!" Also came Haunheiman in Germany. He did also great service in Europe and the United States. To-day, eclecticicism, which is a modified form of the botanic practice, and homeopathy, which is, in the apprehension of the common mind, a great improvement on the regular practice, are pressing allopathy sorely. Behind them is Water-Cure, or Nature's cure, pushing them all, and is destined to overthrow them. It is only a question of time. To be sure, these several drug-schools, inimical to each other, are still more inimical to us, for Water-Cure is an out-and-out antagonist of theirs. It asks not for quarter, it gives none. To save themselves, in part, or break the force of our attack, they oftentimes set up the plea, "that they are in favor of Water-Cure as much as we are, only they do not

disbelieve in the use of drugs;" and they are successful in diverting to a great extent from themselves, by this ruse, the upheaving and gathering dislike to medicine-taking. By so doing they only delay the hour of fierce and settled conflict; they do not defeat us. Truth may often be scotched in its progress to victory by cunning craftiness of men lying in wait to deceive; but that is all. It was never defeated. The Water-Cure radicals are right—all the drug doctors—not excepting the *hydro-drug* doctors—to the contrary notwithstanding.

The giving of medicines to a sick man is a great quackery, the sheerest empiricism, the veriest folly, and should be classed as the most outrageous knavery, and the most audacious crime known on the calendar of crimes, if the men who give it were as intelligent as they are deluded; and as for the recipients, no suicide that was ever buried at the crossing of a highway could compare with them in self degradation did they but know how shortly and surely, they are *killing* themselves. *All medicine is poison.* No living creature was ever cured by it. All living things are restored when sick by the use, or under or through the use only of those elements or substances which restore the system. They must supply a want, not simply overcome a condition. Now, if calomel, lobelia, toxicodendron, or catnip-tea can supply that want, fill the vacuum, restore the waste; then they are fit substances to be medically exhibited, otherwise not. "Well, says the drug-giver, "I use calomel on that principle; there is a want of action in a person's liver. I give calomel to supply it." Says a teamster who hears him, "There is a want of action in my horse's legs; I give him the *whip* to supply that want." The difference is, between them, that one whips up a human liver to make it go, and the other a horse's skin to make him go. The one calls himself a scientific doctor, and is largely employed; the other terms himself a scientific teamster, and is in great demand. They both use their whips as a source of power. They use them as though calomel and braided buckskin could supply the demand of an exhausted liver and a tired out horse, whereas all they can do, at best, is to make new and additional drafts on whatever of vitality the man and horse may have. Now, Nature says to the scientific teamster,

"Good friend, what your horse wants is food and rest, not the whip." "You think so, do you? Maybe you know better than I do?" and he hits him a cut, saws away on his bit, cries a stern and loud "whoa," and the horse lifts up his head, and sticks out his tail, and aets quite elastic, while the poor fool that drives him exclaims triumphantly, "there now, what do you think of your food and rest notion?"

Nature says to the doctor, "Hold; do not give a human being such deadly poison. For humanity's sake, have some mercy on one who confides his life and his future to your keeping. What your patient wants is, abstinence from food and brain quiet; he has eaten too much, and thought too much, and the brain and stomach, unitedly, have robbed the liver of the nervous energy to which, in the general arrangement, it is constitutionally entitled." "Pshaw!" replies the doctor, "my patient is a man of business, he cannot stop. The fear of having to stop is what made him send for me, and instead of stopping him he expects me to keep him going;" so he deals out his poison, whistling the dead march meanwhile, and the first thing you hear is, that his patient died in the providence of God, and will come to life again at the great resurrection.

Now, Nature, who has no diploma from the "New York University," nor from "the Bull's Head," never doctors a sick man or tired horse in this way. She always cures nutritively. She nourishes—for that is the English of nutrition—and never exhausts. Even where she appears to do so, it is only in seeming. She is at work to build; she husband's vitality, she makes the most of it, and she works symmetrically and consistently; she would keep five hundred out of each thousand who are now sick in health, and save 95 per cent. of the sick ones, were all the drug-doctors transported to the open Polar Sea for the term of their natural lives.

I am devoutly glad, daily, that we have been able to make this issue with the drug-givers. It is bold in us to do it, I know. Many will say it is impudent; but what of all that? They are entitled to say of us what they please. The radical Water-Cure doctors are not quarrelling with doctors of any school, but with their systems, with the schools themselves. They (the doctors) are good, well-meaning men, of varied talent and culture; some of them men of great acquisitions and accomplishments. They work hard enough to cure people, Heaven knows, and are earnest and sincere, but their mode of treating the sick is utterly indefensible, from that of the man who gives a pellet of belladonna in scarlet fever to him who feeds quinine in ague; and their "theory and practice," constituting together their system, is a great, impudent over shadowing lie, an organized monster, which is to be throttled to death only in its own den. We need not be careful to defend ourselves or our system. This will take care of itself, amply, triumphantly; and if we are true to it, it will take care of us.

"All that God *owns* he constantly is *healing*.
Quietly, gently, softly, but most *earnly*;
He helps the lowliest herb with wounded stalk,
To rise again. See! from the heavens fly down
All gentle powers to cure the blinded lamb!
Deep in the treasure house of wealthy Nature,
A ready instinct wakes, and moves,

To clothe the naked sparrow in the nest,
Or trim the plumage of an aged raven;
Yea, in the slow decaying of a rose
God works, as well as in the unfolding bud.
He works with gentleness unspeakable
In death itself; a thousand times more careful
Than even the mother by her sick child watching."

This is the Water Cure idea exactly. All that God *owns* He heals, and Nature is His ministrator. It is not needful, I repeat, that we *defend ourselves* nor our system whilst we are true. It will take care of itself and us. We have to *attack* a system hoary with age, and false as it is old, and a thing which is mainly in itself, is proper for us to do. Ridden, wit, sarcasm, satire, caustic, law, logic, opinion, observation, experiment, experience and argument, are legitimate means to make men ashamed of themselves, who give or who take drugs. Any thing, in itself just, to break the spell, the horrible fascination, that now charms millions, till, like blinded, hooded men, they walk into gaping graves, and, with a scream of despair, pass away forever. Any thing to deliver the people! Any thing to dispel this delusion, so that, "like the baseless fabric of a vision,"

It shall "leave no wreck behind."

It is very likely that some one—perhaps many—will say I am *extraneous*! Extraneous! Not so. The language I use is poor in terms to describe the enormities of the drug practice. Our jails, our prisons, our poor houses, our penitentiaries, our hospitals, are filled with criminals or victims of this false mode of treating the sick. Doctors make more criminals than Rum-sellers. Not an Allopathic M. D. lives on the continent of America, who is not in the *habit* of prescribing alcoholic mixtures to his sick ones, thus subduing all natural reactions of the system against disease, and subjecting the body to their influence when in such conditions, that a single indulgence not unfrequently creates a longing, rouses up an *appetite*, sets with all the power of a *habit* of long standing, and makes his patient ever after, its slave. Religious men and philanthropists have gone into the bar-rooms and low grogeries, the public saloons and the parlors of the rich, and from these points have studied the bearings of drunkenness and crime. They are armed with statistics of all sorts and kinds to prove that drunkenness is caused by drinking, and crime results from intoxication. But there is one spot they have not gone into, and that is the *sick room*. Over our country to-day, there are spread 1,500,000 to 2,000,000 cradles, couches and beds for infants, feeble, sick, and dying adults to lay in. Nine tenths of these will, by tacit or express assent of the physicians of this land, have some stimulant or narcotic before another sun rises. The child has the cholera, and takes "Godfrey's cordial," [?] the mother is feeble, and takes "Tonic bitters." The man is sick, and is prescribed champagne, the boy is scrofulous, and takes "Townsend's Sarsaparilla," the man, once strong and stalwart, is prostrate with typhus, and is stuffed with brandy. The consumptive has tubercular phthisis, and "de-odorized alcohol" is a promoter of tubercle. The minister of the Gospel has inflamed vocal organs and irritated bronchial tubes, and he inhales "old alcoholic vapor." The glutton has the bilious cholera, and is stuffed with gin sling, sweetened with *brandy*. Some poor creature who never eats and never drank until his stomach is like a nest of unclean birds is smitten with Asiatic cholera, and scientific men feed him with "*brandy cooled in ice*." Thus all ranks and ages, in grand caravan are set in motion by the *Doctors*, and travel in concentric circles around the gulf of drunkenness, successively sliding off, and going to the bottom. The escaped, are so by a miracle, well nigh.

Now, while this mode of treating the sick is worthy of general execration, both by reason of the fact that it kills the individual, or is fatal to the person's health, and depraves the public morals by predisposing those who suffer it, to habits and indulgences which lead to crime—the indirect results are hardly less *infernal*. Every where its influence is felt, it tends to make persons lose in their allegiance to physical law. They eat, they drink, they play, they sleep, they work, they think, in utter disregard of the laws of their natures. When well, they take no means to keep well. When sick, they take no means to get well. "What are Doctors good for, if not to cure one when sick?" say they, and the Doctors indulge them in the fallacy. This debauched condition of the moral sense, pervades all classes, and none more extensively, than the Doctors of Divinity and the Doctors of Medicine—the former of whom,

have in special keeping, the morals, and the latter, the health of the people. There are no men in this land, who have not fallen so low as to be thought unworthy to fill places of responsibility, that are so generally of bad habits as Physicians and Clergymen. They eat gross food, they drink strong tea and coffee, and almost to a man the Physicians chew, snuff, or smoke tobacco. One can easily draw appropriate expectations, as soon as he knows whether the Doctor gives or the Minister takes drugs. Think! what valid objection can a Physician raise, to my drinking tea and chewing tobacco when he gives me opium or belladonna, or brandy when I am sick? He would be a drawer of baneful distinctions, were he to make a difference. Well, what objection can a clergyman have to take tea or coffee to prevent excommunication, when he is willing to take a nasty Dover's powder to *cure fatigue*? None at all. Their *indulgences go in groups*, and they form habits alike destructive to life and character. They debilitate the body and stupefy the soul, and they originate with Physicians. Find me a man who disdains, when sick, the use of medicine, and you shall see him use no tobacco, rum, tea, coffee, nor any other poison. Find me a man who will take medicines when sick, I will show you one who will take any or all of these things, only create favorable circumstances for the gratification. Poisons, like vices hang together. They affiliate. Every body who has an eye moved into the gambler is likely to be lewd, then to steal, then to rob, then to murder. Why? Because one is linked with the others. They form a *chain* of causes or influences which operate mutually. The same is true of physical influences. Your drug taker is likely to be a tea drinker; your tea to be a coffee drinker; your coffee drinker to be a smoker; your smoker, a chewer; your chewer, a rum drinker; your rum drinker, to swing on the *gallows*.

In my practice I have had two cases illustrative of this view in so marked a manner, that it is worth while to relate them succinctly. I was called to take charge of a woman, in advanced life, who was twenty years before struck down with a deadly fever. Her husband was an Allopathic doctor of high celebrity. She was a very remarkable woman, of fascinating appearance and manners, and very fine talents. At a certain stage of the fever, when her system had been prostrated by the medicines she had taken, they gave her brandy; and from that hour she was doomed. When she recovered, the appetite was still rampant, and she went from her level of high respectability to that of a maudlin, spewing drunkard. Such was the voracity of the Devil with whom she was possessed, that camphorated spirits, cologne, hy-water, patent medicines, anything that she could drink, and get drunk on, and not kill her, she would take. And one very instructive manifestation she showed. Her mental condition was modified by the kind of drug which was dissolved in the Alcohol she took. Thus, she would put out a very different phase when drunk on camphorated spirits, than on Townsend's sarsaparilla, and on bay-rum than on cologne. She is a hopeless inebriate.

The second case is that of a young woman, of excellent parentage and of fine abilities. For a very painful disease years ago, she was given morphine. One dose ruined her. From that day she has been a changed person. Her parents have found it impossible to give her the discipline that lies at the bottom of all success, and she is ruined. She went on taking morphine, till its presence at times is so enormously demanded as to render her uncontrollable. From that day she has become utterly a changed being. She will be wild with excitement, and swell up with ungovernable passion. She will refuse to listen to just authority, and find fault at the kindest efforts. She will speak evil of her friends, quarrel with her physician, and in every way manifest her determination to rebel. She is sane when under the influence of morphine, and deranged for all resolute, substantial, practical action, when not under its sway. Severe as her paroxysms for want of her narcotic, any portrayals of the ill effects of the poison on her body, would be feeble compared with what could be told truthfully of the mental obliquities which it has wrought in her. She is *ruined*, and a man of science did it, whose science failed to teach him, that *Poisons were not made to pervert human life*.

Now, readers of the *Water-cure Journal*, against this system of treating disease I am at war. In all its phases I contend against it. I mean as far as I am able to hold it up to universal reprobation, and to create such public opinion as shall doom both givers and takers to a level with rum-

ollers and rum-drinkers. I know the respectability of the profession. I know the high standing of their victims; but I also know that thirty years ago rum-selling was as respectable as preaching, and now it is prohibited by law. I know that twenty years ago, *the lance* and the large saddle-bags were the symbols of medical standing, and that now it is worth a man's reputation to be seen carrying the one or boasting of the common use of the other. This change has begun; and when the disintegration of a stupendous falsehood has fairly commenced, it crumbles rapidly.

Two things are demanded of a Reformer.

1st. He must overthrow the false.

2d. He must establish the true. To do this, we—Water-cure persons—not Hydro-druggists—must show the superiority of Nature over what is called *Science*, by curing under her directions those who cannot be cured by medicine. Next, we must set in motion such forces as will keep them from being sick again. There is good opportunity for us to work. Disease is installed Dictator, and his subjects are plenty. On every side, at every road gaping at the bottom of narrow lanes, in the broad avenues, up high flights of stairs in poorly-lighted attics, down in dark cellars, surrounded by wealth, and wrapped in rags, are they to whom life is a burden and existence undesirable. These are all shunt out from Nature, and thus are pining and dying. Some want light, some want air, some want food, some want warm clothes, some want all of these, and all, or almost all, need gentle nursing and *Physicians*. They do not want *Doctors*. *Doctors* give medicine. They want *Physicians*, who, skilful by study, by observation, by practice, can tell what ails them, and how to relieve them, if relievable. Then, as they grow convalescent, and are able to listen, they want instruction and sympathy, and encouragement, to enable them to live simpler, truer, and better lives, avoiding irregularities, excesses, extravagances, and the well-nigh numberless seductions that haunt us all incessantly. Restored to health, something has been done. Along with elastic body comes freshness of heart and warmth of soul. The man and not the animal is uppermost. Earth, air, sea, and sky are more beautiful than ever before. Life seems more valuable, and therefore is more prized. Self-respect, higher tone of character, better temper, a more genial disposition, clearer perception of the true, a deeper love for what is good, the hearing ear, the seeing eye, the opened hand, the mellowed heart are his. The man is redeemed, and takes his place among his race with his face turned upwards. Henceforward duty to him is a pleasure, and he thanks God for existence. I know that scattered all over the United States and Canada are men and women who had been sick for five, seven, ten, twelve, sixteen, twenty years, less or more, and came to Glen Haven, and were restored to health; and who have not had a sick day since they left, though years have passed. They do not intend to be sick any more till they die. Accidents set aside, they mean to die of old age. I get letters frequently from them containing such remarks as these: "I am perfectly well." "I now know how to live." "I am as buoyant as a kite." "I have not had a pain or an ache since I left." "My brain is calm, and steady as a chronometer." "I do not know that I have a stomach." I can walk five miles as easily as I could one-fourth of a mile." "The Doctors are dumb-founded when they look at me." "I weigh more than I ever did in my life." Such persons are lost to *Doctor* Jackson, but they are gained to the cause of human redemption. They are lights shining in dark places. They are *revelers* of the truth, for they not only *after* it, but exemplify it. I shall never see them again walking up and down the Glen, with tottering step and languid eye, their countenances telling me of blasted hopes, and well-projected plans that faded into nothingness. At least I trust in God I never shall; but that they will be able to stay where the cause needs them, and lift it into commanding position. I give a case.

CASE 5.

In 18—, a young man made application to me from Boston. I examined him, and told him that I was sure I could cure him. His case had baffled medical skill, was considered one out of which no reputation was to be made. But I did not care a groat whether I made any reputation or not. The young man was *very* anxious. He would live to some purpose, could he get his health, and to I adjured myself to a "struggle" with his ailments. He stayed till he was greatly improved, and was called home by necessities. Last

night I received a letter from him, and here is what he says:

"I will take the liberty of telling you how I am as compared with the state of my health on entering your Institution. My weight then was 130, now 140 pounds. I have a good appetite, live on the simplest food, and eat but two meals a day. Feet and hands warm, and my food sets well. Before I left home every one exclaimed, 'How sallow and miserable you look.' But when I returned from Glen Haven, every one said, 'Why! how well you look,' and I have been taken for a brother of mine, who is ten years younger than I am, and who in general aspect resembles me somewhat. The croakers are dumb, the prophets are without honor, and I, thank God, am myself again. I am born again, I hope. Would to God I had words to express half of what I feel in my heart. If a man ever was discouraged, or ever despaired himself, I was that man. But my dear sir, let me tell you, as I drank in—poor thirsty soul that I was—your teachings as though they were living water, and my miserable body improved under your treatment and felt its invigorating power, a new life dawned on me. You will perhaps remember telling your guests of your struggle for better health. I never heard of that affected me so. It was an era in my history, a milestone in my journey of life, and I resolved that the remainder of my days should not be profitless."

There, you have his testimony, and I ask you, if you suppose the Drug-Doctors will ever have him for their victim? I do not; but I suppose that years on and on he will grow to better health and wider usefulness, and will bless me as thousands are doing for being faithful to a great cause.

ELECTRO-CHEMICAL BATHING.

WHO IS THE DISCOVERER? WHAT IS THE TRUE THEORY?

In the Tribune of the 18th ult., there was a communication over the signature of "M. Vergnes," in which he claims, not only to have discovered a plan for eliminating minerals from the system, but intimates a theory in which the *modus operandi* of his discovery is predicated. I think it can be very clearly proven that M. Vergnes is not the discoverer of the process for extracting minerals from the human body, and that the method he pursues is not the best, nor even a proper method for securing such result.

There is a true principle involved in this question, and a correct method of applying such principle to practice, and I trust the readers of the Water Cure Journal, who are certainly of the liberal and investigating class, will study this subject till they are satisfied their conclusions are based on demonstrable truth.

In reviewing M. Vergnes' paper, we labor under one disadvantage. We refer to its ambiguity of expression. An article pretending to science, should contain no uncertainty of signification, nor obscurity of expression, but should consist of that clearness of diction and purity of style so characteristic of the scientific literature of the day, and so necessary to a right comprehension of the subject. This certainly is not the case with Mr. Vergnes' article, still we shall strive to wade through his obscurity of language and solecism of expression, and if possible get at his meaning.

That Mr. Vergnes is not the original discoverer of the extraction of metals from the system, is admitted by himself, for he informs us that it was as late as the year 1850, that he was led to that discovery through an incident which certainly ought to be recorded again. It appears that he was working in the "Cyanate of Silver," and as a consequence, got his hands poisoned. This incident led him to cogitating, and resulted in the great discovery of the extraction of metals from the system! He assures us, contrary to

all the laws of science, that "the poisonous compound" (the Cyanate of Silver,) was precipitated on the negative plate. We have witnessed metals which had been electrolyzed from the system, precipitated upon the negative plate, but we were not aware before, that a compound so unstable as the Cyanate of Silver, could be withdrawn from the system undecomposed, and precipitated in that state upon the cathode. The man who would make such a statement, is but little justified in applying the epithet of "ignorance" to a man of acknowledged scientific abilities. Here we have the curious instance of a man assuming all the pretension and turgidness of conscious profundity, and who, setting himself up among us: the expounder of science, very loudly proclaims our ignorance because we will not award to him the meed of a discovery built and claimed upon the basis of error! Were the annals of scientific curiosities to be searched, perhaps they would scarcely furnish another such instance of ignorance and pretension, as is manifested in the curious article of Mr. Vergnes. The scientific man of this country know that it is placed on record, that Professor SANBORN, of Cincinnati, in the year 1844, discovered the electrolysis of metals through and from the human system. This was recorded in the *Cincinnati Daily Commercial* soon after the discovery took place, and again in a lengthy article by Professor Sanders himself, in *Hine's Herald of Truth*, for September, 1847. Still, in the face of these irrefutable records of American science, Mr. Vergnes several years afterwards, publishes the same discoveries as his own!

But we must devote a little farther notice to the article of Mr. Vergnes. After having vaguely informed us of the fact that his great discovery originated from his having precipitated the Cyanate of Silver, undecomposed, upon the negative plate—although the cyanate is composed of an electro-negative and an electro-positive combined together—he informs us that this discovery was not the result of accident but proceeded from profound study. It was reflection alone which enabled this electrician to study the combinations of chemical equivalents by which the poisons were dislodged from the system." This expression is a fair sample of the lucidity of all Mr. Vergnes' explanations. Whether a real chemist can attach any specific sense to his "combinations of chemical equivalents" is more than we should venture to assert. Having given us the very lucid explanation of the method of extracting metals from the system, he gravely assures us that it is ignorance of his great application of electricity to all human bodies, which has characterized the charlatany of all others who are treating diseases by the voltaic current. It is well, before a person accuses others of ignorance, that his own pretensions to science should be thoroughly scanned. The very baths that Mr. Vergnes uses are the most eloquent exponents of his ignorance of electrical science that he could have resorted to. It is known to all electricians that the voltaic current takes, the most direct route from the positive to the negative pole. As soon as that route is presented, the current avails itself of it, to the exclusion of all others, provided the former shall chance to be a good conductor. Place the patient in a good conducting bath, entirely submerged except the head—as is done by Vergnes—and then carefully examine the result after the battery current is closed. For about an inch or two below the surface of the water the skin will present a redness, indicating that the current is leaving the body only within the area of that zone. Theory would indicate this, even if experiment had not thoroughly proved it, for the current, as soon as it reaches the water, is at once conducted away before it traverses more than an inch or two of the body. The consequence is, that all the lower part of the body is deprived of the benefit of the current.

It can be easily proved by the galvanometer that the current extends down only a few inches below the surface of the water, and that, therefore, the baths used by Vergnes are a perfect failure, and originated through a misconception of the laws of electricity.

The only method by which the current can be made to traverse the body effectually is by the employment of the foot-bath, containing either acidulated water or mercury. The anode should be applied to the back of the neck, while the cathode should be in contact with the water of the foot-bath. In that case the current will traverse the body, and pass out at the surface of the water of the foot-bath, carrying with it the mercury.

It appears that the philosophic mind of M. Vergnes has made the astounding discovery that the "nervous tissues" become impregnated with silver through working with one

of its salts. Such idle vagaries as this becomes well the funny science involved in M. Vergnes' article, and likewise the dignity of the style he has adopted in it. It is still a mooted question in what form the metals do exist within the system, as there is no method yet discovered by which we can arrive at the elucidation of that subject. If M. Vergnes has really discovered that the nervous tissues do become impregnated with silver from simply working with one of its salts, he should have informed us by what method of research he arrived at such an astonishing discovery. He should have learned long ago that mere assertion cannot be received by scientific men as truth, but that these assertions must be confirmed by demonstrative proof.

We deny that M. Vergnes can prove that his nervous tissues were impregnated with silver, while we assert that his statement is merely one of those erratic vagaries which characterizes his entire production.

M. Vergnes concludes his article in a characteristic manner, previously having hurled fierce denunciations at all those persons who are possessed of sufficient science to doubt his right to the discovery he so curiously urges upon the community. He gravely informs us that he does not claim Professor Faraday's discovery of a transportation of an acid and an alkali from the system! The man who has studied the science of electricity with so little profit as M. Vergnes appears to, would necessarily be ignorant of the fact, that the discovery of the transportation of an acid and an alkali from the system was made by Sir Humphrey Davy long before his pupil, Faraday, began the profound investigations which have since rendered his name illustrious. But it appears that after modestly disclaiming all the discoveries of Davy and Faraday, M. Vergnes does really claim something, which he expresses thus: "But I do claim that the conductivity of the nerves depends upon its organization, and consequently that a poisonous substance combined accidentally with the three elements of which the nerves are composed* may be disengaged and expelled from the system by chemical compound baths, under the direction of a voltaic current judiciously applied."

It appears from the above that what we have included within inverted commas comprises all of the discovery that Vergnes claims; but the language is so equivocal that we hardly cannot comprehend what he does claim. He says, "the conductivity of the nerves depends upon its organization"—that is, upon the organization of the conductivity, for the language expresses nothing less. Or perhaps Vergnes means that the conductivity of the nerves depends upon their organization? If this expression conveys his meaning then he has told us nothing more than has been discovered, long ago by Matteucci, Dr. Du Bois, Reymond, and others. Having announced the astounding discovery that the conductivity of the nerves depends upon their organization, (as we suppose he means), he continues, "and consequently a poisonous substance, combined accidentally with the three elements of which the nerves are composed," &c. Does M. Vergnes pretend to assert that a poisonous substance can be combined, and that accidentally, with an organic tissue? All chemical combinations result from immutable laws, and therefore when we speak of "combination" we know that there is no accident about it. But to suppose for a moment that a poisonous substance should form a chemical combination with the living organism exhibits an ignorance of chemistry which would disgrace one of the pupils of our free schools.

And then all of this funny compound is to be decomposed by the aid of M. Vergnes' "Chemical Compound Bath." What this curious concoction is we are not informed, but we suppose that it must be one of the mysterious compounds which the alchemists of old are said to have originated in antagonism to the laws of nature, and only through the marvellous aid of the devil.

K.

* Does M. Vergnes pretend to assert that nervous matter is composed only of three elements? If this gentleman will refer to the proper authorities he will learn that instead of nervous matter being composed of only three elements it contains at least five. If not more. The phosphorus alone amounts to two per cent. while the water entering into the composition of brain and nervous matter (mostly the phosphates of potash and soda) amount to about six per cent. M. Vergnes must really inform himself before he attempts to enlighten others.

THE AMERICAN PHRENOLOGICAL JOURNAL.—Devoted to Education, Physionomy, Human Nature; to Phrenology, Biography (with Portraits), Mechanism, and Natural Sciences. Monthly, at One Dollar a year, in advance.

MEDICAL APHORISMS.

BY G. H. TAYLOR, M. D.

1. Disease is never self-induced, but is always dependent upon some cause or causes. This fact is apparent in the case of suffering arising from mechanical injury, which destroys some part whose service is important; or in the introduction of some active virus that is capable of propagating its contamination to those matters in contact that can afford no effectual resistance to its influences. But if improper matters be gradually and insidiously introduced or suffered to accumulate, overtaxing and weakening important parts by the unnatural relation such parts are compelled to assume, the cause of the symptoms that must follow is more obscure, though it is no less real, and the effects may be perfectly analogous to those following the first named class of cases.

2. The causes of disease may be either primary or secondary. The direct injury, or the action of the virus in reproducing itself, would belong to the first class. But the most common causes, and most influenced by circumstances as to their specific character, are those that consist of the spontaneous product arising from materials that are permitted to follow their inherent chemical laws. These same matters become innocuous and even useful, when made to subserve physiological law, as they may nearly always be compelled to do. Most primary causes will induce secondary, that will continue to exist long after the former have ceased.

3. In either case, the sufferer, and more especially the friend and observer whose nervous system is not impaired by the effects of disease, may derive a most salutary lesson. This lesson consists in noticing the relations of cause, effects, and symptoms to disease.

4. It is very apparent that the material causes, which by their relation to vital force, modify its manifestations, are not the disease. I is equally apparent, that the ultimate result of these causes is not disease. This result is either the solution or impairment of the vital integrity. Neither are the symptoms as that of pain, which is a recognition by the consciousness of the fact, the disease, but an evidence only. Disease is a changed action of the physiological elements themselves, yielding unusual results, sometimes antagonizing, and oftentimes acting in consonance with the perpetuity of the general system. The reproductive organic capabilities are, as a whole, abated, whatever may be the special conditions of exaltation; and death supervenes when they are annihilated.

The cause of disease is abnormal relation: disease is abnormal action, though according to the specific usage of the materials engaged; symptoms are the effects recognized either by the subject or by others. The violence and the danger attending, will depend on the nature of the action and the importance of the organ involved.

5. The object of health or the physiological display in the body, is to evolve and make available for certain purposes, two species or modifications of force, through their appropriate instruments and channels—the muscular and the nervous tissues.

In acute disease, there is a rapid destruction

of the materials designed for physiological display, both previous to and after the organizing act, in which they become a part of the body, and the abatement of available force is often a crude measure of the amount of perversion that is being suffered.

In chronic disease this abatement arises from incompetency of some organ or set of organs then co-existing at the weak point; an inability to organize or construct the instruments of function. This arises from a want of balance with correlative organs and functions.

6. Life and all its results and modifications, arise from an inherent competency of the materials employed to fulfil certain ends under prescribed conditions. The duties of the physician become narrowed down to the following:

First. The removal and the withholding of every thing that is incompatible with the great self-acting primary process of organizing or reproducing all parts of the body, and especially those portions implicated in disease. No other material, whether under the name of medicine or the guises of food or drink, must be permitted to invade the sanctuary of these occult operations, especially in their time of trial.

Second. The materials and agencies (food, drink, temperature &c.) that are serviceable to these purposes, must be so meted out as to subserve most perfectly the changed conditions in which they are required. The grand object to be attained is an equipoise of function, so that its operations can be carried on in their wonted self-regulating manner. The excitements or crises that occur in these operations, are oftentimes evidences of an ill adaptation of circumstances, or of mistakes committed. A nice tact, discrimination, and appreciation, are required on the part of the practitioner, attained only by a life devoted to its acquirement, and of which the patient and those in health not devoted to this observation, possess but little competency to judge.

WANTS OF HUMANITY.*

BY C. L. SMAILLEY, M. D.

RESPECTED TEACHERS, AND FELLOW CLASSMATES:—Among the numerous subjects containing elementary material for an Essay, I have chosen that of "Human Needs, or the Wants of Humanity."

I do not expect on this occasion, to present the subject before your minds, in all its minute ramifications, but mainly to consider the constitutional necessities, and legitimate wants of man, by virtue of his own inherent organization—thus laying a ground work, from which all minor wants, shall naturally be perceived.

From a concise view of the subject, it will be seen, that our varied physiological conditions, are the only premises from which just conclusions can be formed, as to the true wants of man.

Man in one sense is a Microcosm of the Universe. In him, are condensed and concentrated the elements of the three kingdoms, below him—the animal, vegetable and mineral; he stands upon

* A Thesis read before the Hydropathic Institute, N. Y.

the pinnacle of the former. On him has matter become refined, and ultimated into spirit of exalted intelligence.

Man, then, is possessed of a physical, and a spiritual nature, which are inseparably connected, and dependent on, each other, during his life.

I shall in my present investigation, consider more especially, the *material*, or physical wants, believing as I do, that the proper development, and welfare of the *spiritual*, is *mainly* if not *wholly*, dependent on the normal or healthy condition of the material—show me, a *perfectly normal physiological organization*, and I will venture to stand security for the spiritual well being of that individual, here, or in the future. As an effectual refutation to my argument, doubtless, some of your minds will instantly recur to cases within your personal knowledge, in which there are good physical conditions, or perfect health, and yet, the moral or spiritual nature appears debased, and degraded to the lowest degree. But, what constitutes a perfectly normal physiological condition? will be our next inquiry.—Opinions, perhaps, vary on this point. Many, I presume, consider it to consist in a full and free action of the vital functions, involved in *digestion, respiration, and circulation*. Lest this superficial glance may lead to a misapprehension of my true position, I will define my ideal of a healthy physiological condition.—This must include the entire organization, not, simply the vital functions. There must also be a corresponding healthy development of the brain.—Does not Physiology include the brain? A person may, it is true, so far as his mere animal nature is concerned, be possessed of good physiological conditions, but does this constitute the whole man? Is he a mere animal? We are now considering *man the compound*, and not simply *man the animal*.

There must, then, be a harmonious action of the mental powers,—a perfect balance of the temperaments. An undue preponderance of either would produce inharmony, and constitute to some extent, *disease*. According to Dr. Curtis,—“Incapacity of any organ, or tissue, to perform its *full and free* action constitutes disease.” Now if there be incapacity on the part of the brain to perform its normal function, as pertaining to man, there is a loss of *equilibrium or disease*, although he may as a mere animal, possess other proper physiological conditions.

Taking this view, you may now be ready to admit my premises—that the proper and only perfect development of the spiritual is dependant on perfect physical conditions.

Let us now consider man in relation to his physical wants. First, then, *man has a right to a full and perfect development of his entire nature*. If this be a correct proposition, it follows as a sequence that he has a right to all possible means and conditions, by and through which this ultimate end may best be promoted and attained.

First in order and primarily of importance, as involving all others, he needs a *free and unencumbered physical birthright inheritance*, as a foundation on which to rear his superstructure, as a nucleus around which to gather the conditions needful for further development and progress. This corner-stone of the edifice being well laid, he then needs such surroundings as

shall be most favorable to a continued unfolding of those innate principles of his nature which God has given, as the very elements of his being, physically and mentally. He needs to become cognizant of the laws that arc to govern his existence in this sphere, and, knowing them, it will be his highest interest and pleasure to recognize them by obedience. His spirit will then unfold and expand, naturally and beautifully, until the *material*, having served its legitimate purpose—that of developing the spiritual—becomes no longer a fit habitation, but is resolved into its primitive elements, while the progressed spirit enters upon a higher life.

But, to return again to our starting-point—a *pure birthright inheritance, the first and greatest want of Humanity*.

But whers shall we look to find its realization? and *who* answers, Where! Look abroad upon the face of society! At every glance may be seen poor diseased, deformed, deteriorated specimens of humanity, who have lost all claim to be recognised as “*Man the noblest work of God*.” They are mere shadows, *outlines, abortions, of the true man*.

The cause of a great majority of these abortive specimens may be traced directly or indirectly to false and imperfect hereditary conditions. A vast number are but the *accidental* results of parental licentiousness and sensuality. A greater part of our civilized race receive their birthright patrimony encumbered with lease upon lease and mortgage upon mortgage given to satisfy the exorbitant demands of those self-imposed tyrants—Appetite and Passion. The consequence is, that multitudes commence existence, stricken with a poverty, in comparison with which, that which relates to mere dollars and cents is a “*trifle light as air*.”

With so little capital on which to commence life, with a constitutional predisposition to take on abnormal conditions, with the will-power held in abeyance to perverted appetences, and with a universal ignorance of physiological law, what wonder that the stock of vitality is soon exhausted! What wonder that, physically and morally, the whole race is sick. With truth and propriety might we apply to it the condition of one of olden time, that, “from the crown of the head to the sole of the foot, there is no soundness in it. It is full of wounds, bruises, and putrifying sores.” And such of the number who succeed in maintaining their hold on existence till middle age, in their turn entail, in an increased ratio, their own unfortunate conditions on succeeding generations; beneath to their heirs a still more encumbered heritage, till the race is fast becoming bankrupt in all that constitutes a noble Godlike *Manhood and Womanhood*. What, then, can be done to arrest this wide-spreading impoverishment and waste of the originally fair heritage of Man?

This is a question that should lie nearest the heart of every true friend of Humanity, and especially of the Physician.

We, as Physicians, have much to do. Upon us devolves momentous responsibilities! We are, to a great extent, to be Saviours of the

race; not so much for past sins, for there is no atonement for violated law. The penalty must be paid. But we are to save from future transgressions, and modify as much as possible the penalties of the Past. We are to be teachers of the people. We are to dispel the darkness occasioned by ignorance or superstition, by the glorious sunlight of truth, contained in a true knowledge of those beautiful and Divine Laws which govern our being. We are to show them the necessary and inevitable result of a violation of these laws.

Let us, fellow students, in the practice of our Profession, ever keep in view that our injunction has been, *earnest, forcible, and oft-repeated*, from time to time, during our winter's instruction, that we are to be *teachers of the people*, as well as physicians—that our mission is not alone to the body, but also to the mind—that we are to remove the obstruction from the people's minds in regard to the causes of disease, as well as the effete and morbid obstructions which impede the health and well-being of their bodies.

In this lies the superiority of our beautiful Hygienic system.

Unlike other systems, it seeks not to veil its simple truths under mysterious and incomprehensible terms and significations. It has nothing to conceal. It is open, clear, honorable, comprehensible. Its doctrines, theories, processes, laws, invite criticism and court discussion.

In our efforts to teach the people the laws of Life, to convince them of “the more excellent way,” “that they may walk therein, and find peace to their souls,” and health to their bodies, we must arm ourselves to encounter hosts of foes. We shall be met at every step we advance with perverted appetites and habits, venerated and time-honored customs and superstitions, prudish notions of propriety, &c. &c. We shall find one of the most fatal obstacles to a knowledge of, and obedience to, these laws, to lie in the false teachings of theology, which the people have drank in, “*even with their mother's milk*.” They have been taught the impious doctrine that God, the *All-Wise and Good*, inflicts disease by special interposition—as a *judgment*; that He sends His grim messenger, Death, to rend asunder the dearest ties of life—tearing the husband from the wife, the dear child from the fond parent, or the parent from the child, because, forsooth, we *loved* them too fondly.

Thus He annuls His own laws; for has He not implanted in our very nature this *love-clément*? Has He not made it an inherent principle of our existence, that we love those who sustain these endearing relations to us? And yet He visits us with fearful retribution for obeying these very laws which He has given! And we are told that he does thus, because He is a “*jealous God*,” and requires our love to be centered in Him! A strange way, indeed, to secure this end!

Can anything be more dementing to the human reason, or more blasphemous against the Supreme Being? Surely, if there be any such thing as *special judgments*, those are worthy of their infliction who are thus libellers of the Divine Being!

But let us look for a moment at some of the legitimate results of such false teachings. The over-fond mother, in total ignorance of physiological law, indulges her child in confectionaries and sweetmeats, or suffers it to eat crude and indigestible substances—cholera morbus results. Outraged nature, in its efforts to resist the enemy, is overpowered and sinks. The child dies. The officiating clergyman talks of the “mysterious Providence of God,” who, for some wise purpose, has taken the child from her embrace. If impenitent, he exhorts her to love God, to avert His future judgments. If already a Christian, he admonishes her to receive the chastisement as an evidence of the favor of God: for “whom the Lord loveth He chasteneth;” and exhorts her to greater faithfulness in the future. *Poor compensation for faithfulness!* If that clergyman knew his duty, and faithfully discharged it, while he sympathized with that mother, he would tell her that the death of that dear child was in direct violation of the will of God; that His just and wise laws had been broken, hereditarily, or immediately, and death was but the penalty. He would then exhort her to seek a knowledge of, and obedience to, these laws, as the surest preventive of *heart lacerations*, and the most effectual way of securing the favor of God.

Again—a parent gives birth to an idiot child, or to one physically mal-formed. She is taught to receive the infliction as a righteous judgment to which it is her duty to be submissive. If the truth was taught her, that all such defections were to be traced to some violation of the laws of God, for which parents are responsible, would she not perseveringly apply herself to ascertain in what that violation consisted, and thus prevent like misfortunes in future. I will leave you to trace out the equally mischievous results in other similar cases. Such false teachings are not only inimical to all true knowledge of physiological law, and, as a consequence, the most prolific source of untold anguish and suffering; but they also lead directly to Atheism—for what reasonable mind would not sooner deny the existence of God, than attribute such results to the workings of His designs. The inevitable tendency of these and kindred false doctrines is to Atheism.

As Physicians, we have to contend against this foe to Humanity, if we discharge our duty. We are to teach the people that the laws that govern their physical nature are just as much the laws of God as those which appertain to their moral well-being, and still more appreciable and tangible.

I have dwelt at some length on this point, because I consider it of vital importance. It is a wide-spread stronghold of Ignorance and superstition, which the true Reformer should attack and demolish.

The aim of the true Physician should be, not only to assist nature in restoring physiological conditions, when interrupted; but also to prevent the violations of those conditions in the future.

I know that in the minds of many a powerful antagonism will stand arrayed against this

discharge of duty, ever watchful to lull into quiescence the troubled conscience, viz., *self-interest*. This will be ready to suggest, that, if we teach the people the laws of health, and secure an obedience thereto, there will be no sickness, and no need of a physician. Perhaps this may follow. Well, and what then? Are there not nobler purposes in life to serve than those which result in a *well-filled purse*? There are broken hearts to bind up—there are bruised spirits to be healed—there is mental suffering to be relieved—there are words and *deeds* of sympathy and cheer needed—there is Humanity to be redeemed from ignorance, superstition and oppression of every form; and there is a conscience void of offense toward God and our fellow-man, to be attained and cherished.

These shall contribute to higher interests than the acquisition of material wealth. So that interest and duty are here combined truly, as they ever should be.

Our duty, then, as Physicians, is plain, and imperative; for “whosoever seeth his brother fall into a pit, and putteth not forth his hand to draw him thence, his blood will be required at his hand.” You can all make the application.

I think, however, under the present aspect of human nature, there is no *immediate* cause for apprehension, that Knowledge and Reason shall so far take the place of Appetite and Passion, that there will be no more violation of law, and no more penalties to be mitigated.

When that millennial day shall be ushered in, I shall be willing that “the *Profession*” shall become *obsolete*!

Let us, then, fellow-students, go forth on our mission with strong hearts and firm purpose—to be *faithful to our profession, faithful to ourselves, and to God, by being faithful to Humanity.*

DELIRIUM TREMENS.

A CASE.

Despair, at length, drove out the laborers,

At sight of whom, a general groan announced

The death of hope. Ah! now, no more was heard

But the cry of “water!”—WATER.

As it does not often fall to the lot of Hydropathists in these days of violent struggles for the promotion of temperance principles, to treat this baneful disease; for the very reason, that those who believe in, and employ them, are of those whom it has no power over; because, they do not walk in or travel upon “that road.” Nor do I now remember of seeing a case reported in the Water Cure Journal for the last four or five years since I commenced taking and reading it. Yet this is not reported merely to show the treatment as a *model*, for it is not such, but to show that *our principles* of aiding nature, even under great disadvantages, are more congenial to the laws of our being, and will triumph over all curable diseases, when judiciously persevered in, and that too, in less time and more safely to the patient, than any other way which, as yet, I have been able to learn from the various schools of medicine of the past or present day. I speak advisedly,

for some of them have been faithfully tried upon myself, and some of them I have, though humbly, endeavored to apply judiciously to others; yet in all cases, with less success than with the *hygienic* treatment or *Hydrotherapy*.

History.—Jan. 25, 1856, 6 o'clock, A. M.; was called to see Mr. —, aged from 35 to 40, naturally of good constitution, sanguine nervous temperament, sanguine predominant, a cabinet-maker in good circumstances. Has been subject to the *tremens* occasionally for some years. Does not use intoxicating liquors as a common beverage. Has been unable to attend to business for three weeks. Had been bled once, purged profusely, head bathed with cold water and rum, etc.; stimulated with rum, gin and brandy; and domestic treatment of the Thompsonian stripe, to the exact amount I am not informed, and to cap the climax, narcotization was attempted with morphine and brandy, which aided the already exasperated brain to imagine the *demons* were gathering around him in infinite numbers, to destroy the last hope of life: to torment him while here, and standing ready to seize their victim ere the last breath should be fully drawn. Sad sight, this! To see a brother man degraded below the beasts of the field or the reptiles of the earth; yet such is the sad history of all such whose reason is dethroned by *intoxication*!

Symptoms.—Found patient sitting in bed with lower limbs crossed, in Indian style, much agitated and trembling in every part, in which situation he had been for the most part of the night, with attendants on both sides “to keep the Devil off,” as he said, which appeared to him in the form of frightful and loathsome serpents, varying in size from huge and sly monsters to those of even less than half an inch in length, which, by their mode of attack, seemed to be divided into three classes, with their appropriate leaders for each. The monsters would hiss at and thrust him under the ribs, then smite him upon the head, if even he attempted to shut his eyes; while the intermediate or second class, were ever and anon singing doleful strains, and whispering in his ears frightful threats; such as: “*You shall never sleep again on earth!*” “*If you go to sleep again, you shall die and go straight to h—l!*” and the like sayings; while too, at the same time, the *little serpents* were continually *crawling* to and fro, over his body. These combined, produced those unceasing startings, twitchings, and convulsions, with broken expressions of horror and despair; hurried breathing, frequent and hard pulse, flushed face, excessively hot head, with throbbing arteries of head and neck, sore mouth and tongue, inflamed fauces, cream colored fur upon the middle of the tongue, cold extremities, cold, clammy feeling to the body, eyes more like glass than human, no violent struggles, but wringing of the hands, great mental anxiety on account of his hopeless condition, having, as he supposed, passed the recovering point. Such are some of the most prominent symptoms, as manifested by this man in his truly pitiable condition; but those who have been called upon to aid nature to obtain that balmy sleep in which we forget all of our sorrows or joys, will see room to add many more to the above list; where the man is dethroned by *alcoholic drinks*. Yet correct answers upon

most subjects he would give, and *reason*, for a moment, would seem to return when directly addressed; but as soon again would it leave its citadel to the usurper.

Treatment and its Effects.—First had two quarts of cold water poured rather slowly upon his head by an assistant, while I supported it, extended over a wash-tub, rubbing it at the same time with my hands. Then commenced rubbing limbs and body with a wet towel, wrung out of cold water, followed by brisk rubbing with a dry one, which easily produced a beautiful red color of the skin with warmth of body. Gave hot foot bath from five to ten minutes, with a plunge of feet into a cold one for half a minute or so, with brisk rubbing until dry and warm. Showered head with one quart of water as before. Put into bed with head well enveloped in a large napkin, wet in cold water, and between one of the folds snow, so laid that it would not readily become warm, but rather grow colder, with a "goose," that was already hot enough, well wrapped in wet cloths, at his feet. This course, from the first showering of the head, had a soothing effect, which was apparent to all of the friends, and he expressed himself as feeling better than he had for a long time, but with this assurance to us, that he "should never get well." He had not dared to lie down for the past night, lest he should die, which he now did willingly. Others demanding my attention for a few hours, I directed to repeat the head pouring process if he became uneasy by an undue accumulation of heat and pressure in the head, and to put him off with as little food as possible—this he began to be in earnest for, although he had not eaten any for some time, nor wanted any.

9 1/2 o'clock, A. M.—Found patient in bed, head too hot, had had it showered once in my absence, immediately showered it again, or rather poured a quart or two of water over his head without any force or fall to it. The quantity was small at each time, lest the reaction should be too severe. Prepared to pack him in as hot a sheet as his wife could wring out; packed, and let remain in, about twenty minutes, took out and bathed in cold water and put into another, the same as the first. Remained about 1/2 of an hour, and bathed as before. Eyes and countenance began to look quite natural. Circulation in the extremities, well established. Head, but little above its normal temperature. He now insisted that he must and would have a *lobelia emetic*, of the Thompsonian kind, the steaming omitted, or he would have something to drink. The first I chose to let him have, of course, for his "stomach's sake," as well as head. His wife administered it, as she had to him and others, but with very little emesis, which caused her to send for me in about two hours from the commencement of the administration of the emetic, being unnecessarily alarmed.

1 o'clock, P. M.—Found him considerably agitated, pressure upon the brain increased, walking about the room as well as he could, expressing himself as having no hope of being helped, &c. Commenced bathing head, which was soon followed by copious vomiting. As soon as this ceased sufficiently, put him into a warm pack, with head encased in snow, as in the morning, which was done in all the packing that he had.

Feet protected with the warm "goose" in them all, too. Directed him to remain in the pack one hour, if he would, and to be well washed down, when taken out. Remained in pack about a half-hour, as I was informed. Suspended treatment for the afternoon, as he was well brought under its effects, so that nature could have time, undisturbed, to establish a healthy equilibrium in his shattered frame.

8 o'clock, P. M.—Found patient out with his family, strong in the belief that his recovery was out of the question, entirely. Had eaten some supper. Appeared better, every way. Did not wish any thing farther done for him. Friend prevailed upon him to let me continue to try to cure him, for their sakes; which I improved, by thoroughly wetting his head for about a half-hour, at short intervals, and then proceeded to pack in a tepid sheet, in which he remained one hour and a half, followed by a copious wash down in cold water. This was very soothing, for he lost himself two or three times for a few minutes. Appetite increased with vigor, but prevailed upon him to wait a half-hour before eating. This so quieted him, that the "devils" could not be seen or heard. He eat his supper, and, in seventeen hours from the commencement of water treatment, was in bed with his watcher for the night, enjoying sweet undisturbed sleep, which I need not say was so ardently longed for, nor how fully it was enjoyed through the night and day following.

Remarks.—It used to be said, that in the third attack of this disease, the victim usually fell beneath its stroke, and so it was held over this man; which, perhaps, is one cause of the forlorn hope he entertains of his recovery in these attacks. Yet they leave their marks, and time slowly obliterates them. His wife says this last one has been the severest of them all; hence the *dernier resort*, to this awful way of doctoring, *water treatment*! after all other means which heretofore had been successful, had failed in even giving a ray of hope. The emetic was the choice of one of two evils. The hot treatment was used on account of the great dread of any cold, only after the hot.

O. W. T.

REMARKS BY DR. TRALL.

In advising the publication of the above very interesting communication, I must protest emphatically against the "*lobelia emetic*," part of the curative process which evidently did nothing but embarrass and prolong the vital struggle. It is true Dr. T. consented to its administration without advising it, as "the least of two evils," but it would be better for our system, and for our patients, if hygienic practitioners would be a little less compromising.

ATTAINMENT OF KNOWLEDGE.—"With a few exceptions, (so few indeed that they need scarcely be taken into practical estimate) any person may learn any thing upon which he acts his heart. To insure success, he has simply so to discipline his mind as to check its vagrancies, to cure it of its proneness to be doing two or more things at a time, and to compel it to direct its combined energies, simultaneously to a single object, and thus to do one thing at once. This I consider as one of the most difficult, but one of the most useful lessons that a young man can learn.

The Assyrians make Mercury to be the planet of young men, and the reason is, as I conceive, because that planet is good or bad, as it is in conjunction with another.

MONUMENT TO DR. SHEW

At a meeting of the friends of Hydrophathy, held March 19, 1856, at No. 15, Light-street, in the city of New York, for the purpose of forming a Shew Monument Association, R. T. Trall, M.D. was called to the chair, and Dr. J. C. Reed, of Illinois, appointed Secretary.

Dr. C. C. Chase, Michigan, then presented for consideration the following Preamble and Articles of Association, viz.:

We, the members of this association, in order more fully to manifest our due appreciation and regard for the benefits conferred upon our race, by the very distinguished labors and successful practice in medical reform, of our friend and brother Joel Shew, hereby adopt the following rules and regulations, and authorize the Executive Committee to act in accordance with the subjoined

Articles of Association.

Article 1. This association shall be called the SHEW MONUMENT ASSOCIATION, and shall be organized for the purpose of erecting a suitable monument to the memory of Joel Shew, who died on the 6th day of October, 1855, to be located in Greenwood Cemetery, near New York.

Article 2. The officers of this association shall consist of a President, Secretary, Treasurer, and an Executive Committee of five persons, who shall severally perform the duties devolving upon officers in like associations, subject only to the regulations contained in Article No. 4.

Article 3. All persons contributing a sum of money or other valuable donation shall, upon request, become a member of this association, and be entitled to the rights and privileges of members of other similar associations.

Article 4. For the purpose of carrying into execution the objects of the association, the President, Secretary and Treasurer shall form part of the Executive Committee, and with such Committee shall perform the duties of determining the design, value, and particular location of said monument, and the further duties of taking the entire charge and supervision of its construction, and the employment of such person or persons as may be necessary to carry out these plans and effect the objects above named.

Article 5. The Treasurer shall be authorized to make payments only by an order signed by the Chairman of the Executive Committee, and for the purposes above stated.

On motion, the above preamble and articles of association were adopted, and the following officers duly appointed:

R. H. HAYES, M.D., New York, *President*.
L. A. ROBERTS, New York, *Secretary*.
S. R. WELLS, New York, *Treasurer*.

G. H. TAYLOR, M.D., New York City,
SETH ROGERS, M.D., Worcester, Mass.,
JAS. C. JACKSON, M.D., Glen Haven, N.Y.,
O. W. MAY, Fishkill, N.Y.,
I. N. FOWLER, New York City,

Executive Committee.

On motion, the meeting adjourned.

R. T. TRALL, *Chairman*.
J. C. REED, *Secretary*.

FROM THE WEST.

Our people, like those in other parts of the country, deeply feel the need of a change in the treatment of disease. They want a more simple, more rational, and at the same time a more efficient method of practice. "Let us have anything," they say, "that will supersede the continual use of such medicinal preparations as are now given, even for the lesser ailments to which we are subject."

They ask me, if Hydropathy is to be that agent, and I turn to the believers and exponents of our system for an answer. "Does the Hydropathic practice meet your expectation?" Have you confidence that it occupies ground broad and comprehensive enough to meet the wants of THE PEOPLE?"

That we have made an advance upon the old-school method of treating disease, I am confident all who have investigated the subject must admit; but that we are growing into a sect which is destined to outstrip all others I will not here attempt to decide. It is well worth our while to inquire what changes the people call for in medicine, and, if consistent with reason, we should in some measure be governed by public opinion.

Simplicity in medical practice, and the avoidance of evil effects, I think is what is needed. For these reasons is Botanic preferred before Allopathic, and Homeopathic before Botanic practice. Can and shall we show a still better way in Hydropathy? If so, it is proper and necessary that we should strengthen our weak places, and prune away our deformities. If we are ever to remain individual speculators in reference to the best mode of restoring health, it is of little consequence what impressions we allow to emanate from among us, for the next generation will bury us and our works; but if we expect to become a distinct body of men, it is important that we should put away all things that can cast the shadow of a stain upon the honor of our calling, or that can detract from the fair fame of our profession. We cannot become a respectable sect in medicine until we are in principles a unit among ourselves. The people will not respect our theories and opinions, much less as they want improvement, unless we embody those theories and opinions in works, which means in successful cures. As a sect, we lack Cohesion and Dignity. Many of us are boarding-house keepers quite as much as Physicians. It is with shame that in my daily associations I am obliged to confess this truth. Who can have confidence in such a profession? If vitality is low among us, the fault is not with the people, not so much with our mode of practice; but with the *leaders*, who give name and character to the system. There are no hospitals, public or private, where *boarders* are received, except among ourselves. People have already learned to associate the name "Water-cure Establishment" with summer resorts for pleasure and recreation. It ought not to be so. Our existence, as a distinctive class, lies for a while at least, in the perpetuity of these establishments, and we cannot sustain ourselves as Physicians and caterers to public appetite at the same time. As long as it is so, so long will the

Hydropathic practitioner be looked upon as unworthy the name of a scientific man.

Besides, will such a course propagate our system? I think not: I fear that we are daily losing ground by it.

The erection of Water-cure Establishments must lead the van in preparing the way for the introduction and success of the traveling practitioner. The people are sadly ignorant of the mode of applying Hydropathic treatment. Lecturers and books will do much toward enlightening them; but when sickness comes, neither can give them that confidence in its ultimate ability to cure, that is acquired by seeing its results in an establishment. In the present stage of our system they are needed to educate the people. It is vain to expect the Hydropathic practice to succeed among a people that are not intelligent upon the subject. Among such a class, the Physician would starve before he could educate, gain the confidence, and remove the prejudice from the minds of his expected patrons.

With no nurse at hand to carry out his prescriptions, few or none to extend to him the hand of encouragement, and opposition and ignorance staring him in the face, few men could sustain themselves under such unfavorable circumstances. No—we need establishments thickly interspersed among us to cure and educate here one and there another, and scatter them over the land, giving them faith by our works; then the traveling practitioner can reap the fruit from the seed we have sown, but never before. To this end, and with this aim, should water-cures be conducted; for they give complexion and direction to public opinion. To gain the confidence of the practical, influential, and enlightened portion of the community, we need, as I said before, union among ourselves and professional dignity.

Our system is right—let us make ourselves so. Columbus, Ohio. W. SIEFELD.

CASES FROM MY NOTE BOOK.

BY E. A. KITTEDEY, M.D.

OPHTHALMIA.—One of the worst cases of this painful and most troublesome disease that ever came to my notice, occurred in the person of Mr. G. R., the famous protean circus rider who made his first appearance in this country in Boston, in the first part of January last, and on his passage hither from New York, keeping on deck a good deal, his left eye took an inflammation so as to be quite sore in a day or two, and the inflammation, though quite severe on the third day, was rendered intolerably so on the fifth, in consequence of three performances by gas-light in the interior.

Fortunately, Mr. R. had a disinclination to be leeches, cupped, scarified or horrified by drugs &c., and having had a taste at Dr. Taylor's establishment in New York, of Water Cure, he had the good sense to come directly to the establishment here, and immediately commenced treatment.

The eye was intensely red, and the intolerance of light was very great; but the pain was excruciating, even when the light was carefully excluded from the eye. The first thing was to stop

all the *fuel* that was feeding the flames in the shape of food, from being supplied, and then a system of packing was commenced that by inducing the blood to come into the capillaries, producing an effect upon the surcharged eye equal to about an hundred and fifty leeches, each pack. The packs were alternated with sitz baths—the liver always being more or less affected in these kind of cases.

He fasted about a week, when the inflammation having abated, he began to eat lightly, and in a day or two more, insisted upon going down town; the weather being intensely cold, and when he returned, his appetite having become as keen as the wind he had been facing, he ate too much, which with the undue exposure, brought on a return of symptoms similar to the first, though not so severe.

Total abstinence from all food was again enjoined, and vigorous treatment pursued, which soon overcame the severity of the inflammation, and the eye gradually resumed its natural appearance and tone, and he has for some weeks performed regularly twice every day. (Saturday nights, (being in New England) of course, excepted.)

Now, Mr. Editor, what would this patient have had to undergo, providing he had not adopted the Water Cure? At least ten times as much pain; would have been hindered from his business at least three times as long, and even then, in all probability, would have been left with a greatly impaired, if not totally destroyed vision of one eye, and perhaps of both eyes.

Oh how strange, how terribly strange it is, that physicians generally will not make themselves acquainted with the uses of water, abstinence, &c., and recognize the capabilities of the recuperative power. And how lamentable it is to think that there are very many physicians whose sins in these respects are not those of ignorance.

NEURALGIA.—Mrs. M. of this city, was troubled for years with most severe headache and excruciating pains in the temples and face, and after trying in vain all the "best doctors," finding life so great a burden as to become scarcely endurable, she was induced to try the Water Cure, and came to the establishment and commenced treatment.

As in these cases also, the liver and digestive organs generally, are always more or less affected—generally more—I stopped her eating entirely, for a time, then graduated her food to the capabilities of the organs, altering the nature as well as quantity of food, and so great was the change in one week, that she seemed like another being altogether, and from being one of the most miserable and woe-begone persons, became one of the happiest and liveliest ones in the whole house, sick or well; and she kept on steadily improving till she left—which was, as usual, altogether too soon—as it is almost impossible to pursue the treatment at home in these kind of cases; as there is constantly occurring something to interrupt the treatment, or to over-do and excite the patient; as the husband of this lady confessed to me was the case with her after she returned home. But what is health compared with dollars? I cured a lady once in Providence of this same disease, only in another form, who had been con-

fined to her bed three months, (suffering all the time the almost worst pains possible,) *in less than a week*; so as to be free from all pain and able to go about, and yet this same woman, being taken a year or two afterwards with the same disease, employed the same physicians who doctored her so long before, without giving her any relief, because they charged only one dollar a visit and I twenty! But it turned out to be as all Water Cure folks will readily guess, a very poor speculation, for instead of two visits which was all I made before, she had some one hundred and fifty from her attending physician at one dollar each, and a very large number from a consulting physician who charged five dollars each visit, to say nothing of the lengthened duration of the agony. It seems almost incredible that human nature could be so blind to its own interest, but so it is. This lady being asked, during her protracted sufferings, "Why, finding herself growing worse every day, she did not send for the Water Cure doctor who cured her so quickly before," she replied, "I wanted to, at first, but my husband wanted to save his money; so now I am determined to let him!" A better specimen of "spunk" and meanness, seldom occurs. The husband was worth a large fortune!

INDIGESTION.—I have had several severe cases of this too frequent complaint, some of which had worn out the patience of several physicians of the old school, and exhausted the catalogue of "alternatives," "tonics," "stomachics," &c. &c., and had made the lives of the unfortunate victims completely wretched for years, notwithstanding they had lived for many months very abstemiously and simply, and had in some cases, tried Water Cure for some time, all of which I have succeeded in curing, when I could make them obey me implicitly. I find it necessary in almost all of these cases, to abstain entirely from all food for some days, no matter how weak they be; they soon find that they are stronger without food than with! for nothing weakens any one like pain. (Dyspepsies and others will do well to make a note of this.) One has to be very careful how they try the fasting experiment, as they may carry it too far, which will be injurious, and if not far enough they do nothing. As a general thing, I make it a rule not to prescribe fasting to any extent, unless the patient will come to the establishment, or is where I can see him every day, and then I have but little trouble in curing even the most inveterate cases. I know very well that I am peculiar in my treatment of chronic diseases, and many cry out "starvation," &c., but I know also that I have cured hundreds of what the faculty had pronounced "hopeless cases" by my plan, and shall not therefore be frightened by any bugbear cry from pursuing it. And I would most respectfully suggest to my brother hydropaths the great importance of the "*hunger*" in connection with the *Water Cure*; as I am convinced they will find it an invaluable auxiliary, and that it will greatly expedite cures in very many cases. Some they will find it impossible to cure without the connection, I am positive. They will be astonished, after a thorough trial, as I have been, to see how much people *don't* want to eat!

DRESS REFORM CONVENTION.

THURSDAY and Friday, the 21st and 22d of February, were pleasant, happy days in Glen Haven. Pleasant days! Happy days! Not merely that winter had relaxed his sullen benumbing grasp, that the merry sunshine and genial warmth melted the that general apathy which pervaded coming spring, but because the hearts and souls of many people were filled with noble aspiration, bounding hope, and generous resolve. The great heart of Nature and the heart of man beat in unison.

On those days there met together noble men and women, who with one accord lifted their voices in praise of God and his handwork—man; thanking God for his blessings of life, health, happiness, and the promise of an eternal progression, and who, not content with deprecating the evils that

"Mar the harmonies of life,"

bound themselves in fraternal bond to work steadily, cordially, and conscientiously for their overthrow.
Thus on the pallid cheek of woman, the rose of health again may bloom; that the lifeless, hopeless glance of her eye may give way to the sparkling cheerfulness which betokens a pure soul in a sound body; that lassitude, languor, vacillation, and inefficiency shall no longer sit enthroned in the temple of the soul, but in their stead hope and power, vigor, and a wisely-tempered resolution; these are the ends to which their actions tend. Is there one who does not bid them God speed?

The proceedings of the convention, which met at Glen Haven on the 21st and 22d, are full of present interest and latent result. The earnest, thoughtful words there spoken affect us, and will affect still more future generations. Over the informal meeting Dr. James C. Jackson presided. The convention was permanently organized by the choice of Mrs. Charlotte A. Joy as President; Giles E. Jackson and Mary A. Roberts, Secretaries, with several ladies and gentlemen as Vice-Presidents.

An Address which, for its comprehensiveness of thought and pertinency of reasoning and illustration, as well as the candor and sincerity of its general tone, can hardly be too highly commended, was read by Dr. Harriet N. Austin.

It is the intention, we understand, to publish the address in tract form, when doubtless many of our readers will peruse it for themselves.

Among others the following resolutions were adopted:

Resolved,—That, in advocating Reform in Dress for Woman, our object is not to advocate for her positions of singularity, eccentricity, immodesty, or to get her out of her "appropriate sphere;" but to enable her to act with that freedom needful to find out what her "appropriate sphere" is.

That, as all intelligences must obey God's laws, or take the penalty of disobedience, and as the laws of the physical are as obligatory on the physical constitution as the moral are on the moral constitution, Woman is as much bound to claim freedom for her body as her soul, and he who denies her right to it, or denies her right to it, or opposes her right to it, is an accessory before the fact to the guilt of her disobedience, and deserves stern rebuke.

That we will endeavor so to influence the minds of the young ladies of our respective neighborhoods that they will by and by make the short dress of their girlhood only to adopt the reform dress as more becoming their womanhood. Also so to train the mind of the youth of the opposite sex, that they will become their supporters in the cause.

That we are deeply grateful to Hon. Gerrit Smith, for the able and fearless expression of his views on Dress Reform, and that we believe with him, that the common dress of Woman leaves "them less than half their personal power of self-subsistence and usefulness," that it unfits the wearer for the vast majority of human pursuits, and entirely for many of them; and that it is "repugnant to reason and religion, and grateful only to a vitiated taste."

That we realize the necessity for a change in the condition of Woman, that we believe her competent to engage in many pursuits yet not open to her, if she will but make the needful change in herself; and, seeing a clear connection between her dress and her present condition, we are determined to demand a dress that "both makes and marks our impotence," that is only adapted to "womanly helplessness,"—and henceforth attire our persons fitly for the whole and life of life.

During the consideration of these resolutions, many earnest and interesting speeches were made by Messrs. Jackson, Porter, Vashon, Brockett, Wadleigh, Knight, Brewster, Everett; Mrs. Joy, Mrs. Knight and Miss Donovan.

On the second day, the NATIONAL DRESS REFORM ASSOCIATION was formed. The second article of its constitution reads thus:—"The objects of this Association are to

induce a Reform in Woman's Dress, especially in regard to long skirts, tight waists, and all styles and modes which are incompatible with good health, refined taste, simplicity, economy, and beauty."

Among its members are residents of ten different States. In the extent of the evils which it seeks to remedy, its organization, and the scope of its operations, this Association is truly National, and the earnestness, vitality and power that reside in this movement, must insure for it a warm welcome and great influence.

To combine and band together the strong, to encourage the weak, the vacillating, the irresolute, to throw its power and influence as a protecting mantle over those persecuted, reviled, ridiculed, and slandered, because of noble devotion to truth, to spread the knowledge of the truth broadcast throughout the land, that the suffering, the despondent, the sick one, weary and laden with many burdens, may learn, rejoice, and grow strong at heart, resolute in purpose, and well in body to compel the attention of the thoughtless, heedless, careless, and the respect of the scornful, the unbelieving, the indifferent, to relieve our land from the sin and misery caused by ignorance and disobedience of the laws of life, to assist in the translation of woman from "slavery to freedom, from cowardice to courage, from the kingdom of fancy, fashion, and folly, to the kingdom of reason and righteousness;" these are the hopes, the aspirations, the resolves of its members.

The following are the names of the present officers of the Association:—

President—Charlotte A. Joy.

Vice-Presidents:

Louisa S. Calkins,	Isabella E. Jackson,
Henry A. Brewster,	Henry M. Dexter,
Alonzo Z. Armour,	A. Anna Bishop,
Emma S. Watkins,	Mary S. Boyce,
Alva Holmes,	John E. Garrett.

Corresponding Secretaries:

DR. HARRIET N. AUSTIN, Glen Haven, Cayuga Co., N. Y.	
Miss Rebecca A. Dugan,	
Giles E. Jackson,	
Mrs. Sarah Dunn Porter, McGrawville, Cortlandt Co., N. Y.	
George L. Brockett,	
George B. Vashon,	
Mrs. P. T. Wilbur,	
Miss Abbie B. Barker, Howlett Hill, Onondaga Co., N. Y.	
Miss Ida M. Holmes, Newville, Herkimer Co., N. Y.	
Miss Sarah E. Denis, East Greenwich, R. I.	

Recording Secretary—Mrs. C. A. Nichols.

Executive Committee:

James C. Jackson,	Mary Bryant,
John C. Porter,	E. Louisa Knight,
	Susan A. Hamblen.

Treasurer—E. Donovan.

The first annual meeting of this Association will be held on the 18th and 19th of June, at some accessible point in central New York, of which due notice will be given through the *Journal*.

There can be no doubt that this meeting will be a great one, both as regards numbers and influence of those engaged in it. From all sections of the country will gather men and women of thought, true wisdom, and loving humanity; and opinions, hopes, encouragement, congratulations, and pledges of mutual support will be interchanged. Those who have enlisted for the war will have their hearts gladdened, and new converts will return to their homes filled with dauntless enthusiasm, firm resolve, and a willingness to do all, to dare all, to suffer all, that truth may be triumphant.

G.

PANTALOONS WITHOUT SUSPENDERS.—Professor La Borte, of South Carolina College, in his recent work on Physiology, says:

"As the women have concluded to dispense with shoulder straps, some men, especially in the cities, have thought they would prove pantaloons can be worn without suspenders. The men now striding the streets with their pantaloons tightly buttoned, side by side with the women, whose skirts or petticoats are firmly bound around their persons. Upon a fair view, the evil is the same in both cases: pressure upon the vital organs, impairment, deformity, disease, and premature death. THE PNEUMOLOGICAL JOURNAL says: 'As we walk the streets of our city, we see scores of boys, from twelve to sixteen years old, with their pants buckled very tightly around their discontented bodies, preventing growth at this rapidly growing age; and the result is, a generation of dyspeptic, pale-faced, puny apoloques for men.'—*Washington Star*."

THE DISCUSSION.

DR. TRALL TO DR. CURTIS AND THE READER.

SINCE my last article on the matter of difference between myself and Dr. Curtis *et al.*, I have seen nothing from his pen on the subject, except an article in the *Physio-Medical Recorder* of February, in which he reviews a late work of mine, entitled the "Alcoholic Controversy." But as his review of this work presents his view of the essential questions in issue, I will adopt the main portion of it as a text to discourse from on at this occasion.

Dr. Curtis says:

"The present work of Dr. Trall is intended as a refutation of the *Westminster Quarterly*, the writer undertaking to refute all the points advanced by the English Reviewer. We were glad when we understood that an author of Dr. Tr.'s standing intended to publicly enter the lists against an article which had rendered such signal service to the opponents of the temperance reform, for we count ourselves among those who believe in the 'essentially poisonous' nature of alcohol, and consider it an unfit agent to enter into the prescriptions of physicians. We much regret, however, that the Doctor has been so unfortunate in many of his arguments. In his anxiety to overthrow the wild phantasies of organic chemistry, he has allowed himself to be led into many erroneous notions, and seems to think that, because some of the opinions of the *Quarterly* are physiologically incorrect, all their propositions are therefore fit subjects for refutation. An error of this character is to be more or less common to all who are not conversant with the matter, and finally to be settled on purely scientific principles; and, if the defenders of teetotalism leave themselves open to the shafts of their scientific opponents, the attempt to prove too much will be more fatal to the cause than if the arguments had proved too little.

The first point made by the *Westminster Reviewer* is to the effect that alcohol is not essentially a poison. In meeting this, Dr. Trall defines a poison (p. 52) as "any material chemically incompatible with the tissues and structures." According to this definition, arsenic, stramonium, nuxvomica, opium, foxglove, stramonium, nightshade, prussic acid, and a host of similar articles are not poisons, for they destroy life without "chemically" changing the appearance or composition of any portion of the living tissues. This inferential incoherence of these articles is more than the most veritable allopathist claims for them. Dr. Trall may not have meant this, but he has not positively implied it. Hence, from this single oversight, all this portion of his essay becomes useless to the temperance cause.

On page 57, he says: "As a remedy, alcohol is classed among the narcotics, stimulants, nervine, caustics and antiseptics. *Narcotics* are agents which stupefy the brain and nervous system. *Nervines* are agents which excite and enervate the brain and nervous system. *Stimulants* are agents which occasion a preternatural increase of the general temperature and superficial circulation. *Caustics* are agents which occasion the destruction of the surface of the structures to which they are applied. *Antiseptics* are agents which prevent the changes, motions or transformations of organic matter. Now alcohol is, medicinally and physiologically, like unto each and all of the above agents. We can not conceive how it is that any single article can combine so many properties. It seems to us clearly impossible for one agent to be able to stupefy and exhilarate, destroy and prevent destruction, all at one and the same time. This argument makes an alcohol exceedingly accommodated article, to say nothing of the fact that the writer contradicts himself on page 73, where he says: "The action [circulation, temperature, secretion, sensibility, &c.] is always and solely on the part of the vital machinery." If this be so, then the narcotic, stimulating, caustic and antiseptic results come entirely from the "vital machinery," and are not at all "occasioned by the alcohol."

On page 71, the Doctor says: "Quinine, capsicum, benzene, chloroform," and all other poisons under the sun, elicit fever." How does this correspond with the definition of narcotics, "agents which enervate the brain and nervous system of the narcotics, the Doctor mentioned belladonna, henbane and prussic acid, all of which, it is well known, do not 'elicit fever.' If given in any considerable quantities, opium, foxglove lessens the vital activities; lobelia lowers the frequency of the heart and arteries, and ice, applied to the whole body, will take a man to the grave without particularly elevating any of his physical functions. These facts do not harmonize very well with the Doctor's assertion.

On page 85, he tells us: "When a poison is taken into the stomach," "as the Doctor has already decided is, of course, the place where the vital energies must expend themselves in warring against it." All poisons, then, must needs be cast out by emesis, without going any further than the stomach. Yet the Doctor informs us that "the alcohol is 'conveyed into the mass of the blood,' and variously cast out, 'through the lungs skin and other excretories.' Epsom salts, too, are expelled by the bowels; bismuth and ginger by the skin; pumpkin seed and juniper by the kidneys, &c. Certainly, here appears to be a very broad inconsistency.

On page 82, he informs us that "pain, heat, inflammation, fever, nausea, vomiting, &c." are so many methods by which the vital properties resist and throw off poisons. On page 71, he says "vomiting by vomiting;" and on page 81, "The skin is red after a bath because the blood goes to the surface in defense of the organism." This is as much as to say that the water and other articles which are poisons, and as much to be dreaded [rejected] as sulphate of copper and Spanish flies.

"The *Westminster Reviewer* stated that alcohol and arsenic fatten those who use them, hence must be food. Dr. Trall, on page 88, thus accounts for the fat failing property of food, by lessening depuration. The outlets are clogged up; the excretory function is debilitated." Then, if the skin, kidneys, liver, pancreas, bowels, &c., fail to perform their office, and in consequence, large quantities of effete material accumulate in the system, a person is in a fair way of getting fat! How does this accord with common observation? How does it accord with Dr. Trall himself? For he says, page 110: "The effete matters can not be retained without themselves becoming sources of waste and causes of disease. The fates are our own."

There are two points on which the Doctor's arguments are very inconclusive. Thus, he endeavors to prove that neither alcohol, arsenic, rattlesnake virus, nor any other more insidious thing, can possibly *act* upon the system but that the system always acts against them, for the purpose of throwing them out. And yet he constantly talks about these things "occasionally" "operating" "infecting," and *doing* various other things. Again, he says: "All poisons injure the structures and disturb the functions of the body, in all quantities." "Food is only injurious in excessive quantities. Alcohol is injurious in all quantities." But here a question arises, *how* does food become injurious in excessive quantities? This, Dr. Trall has not by any means cleared up; and so long as he virtually admits that the very essentials of life hold varying relations to the system, according to the amount used, then he must admit that he has not cleared up the question—an admission that would be fatal to his whole argument.

"Our whole heart is in sympathy with the position taken by Dr. Trall, hence we can not but deeply regret that he has not more fully cleared up the question of refutation."

The reader who has followed our discussion thus far, will not, I think, fail to notice that my opponent is still playing upon the easy trivialization of a few set phrases, making something like a "barrage of a thousand strings" out of a single proposition, and that as plain as the alpha and omega of a Greek alphabet.

I am glad to find that Dr. Curtis agrees with me not only that alcohol is "essentially poisonous," but that it ought never to be given as a medicine. I shall "stick a pin" here and ask the disciples of his school to abandon themselves, forever, and for all future time to come, to the use of "third preparation," "incture of lobelia," "No. 6," &c., not forgetting the "raw whiskey" which his *confere* Mrs. Pierson recommends as the best application to fresh wounds. Why should the bleeding surface of an injured part be "essentially poisoned" any more than a disordered stomach?

Dr. Curtis again objects to my definition of poison, "any material chemically incompatible with the tissues and structures," and says that, according to this definition, "opium, henbane, &c. are not poisons, because they destroy life without chemically changing the appearance or composition of any portion of the living tissues."

Has Dr. Curtis duly considered the import of this word, "incompatibility"? I have already many times explained it, whatever is not convertible into tissue, whatever is useless or non-useful in the organism, is incompatible, both chemically and physiologically; and the vital powers resist it as a foreign body exactly as they would a stone, a stick, or a "drug-remedy." And if the foreign agent, be it calomel, red lead, creosote, arsenic, alcohol, pepper, salt, or lobelia, (with or without the ginger)—I mean the non-useful thing, Doctor, and in Heaven's name do let me be understood *once*—is continually applied or introduced to or within the living organism, the structure will wear upon it until they wear themselves out, whether you can see any chemical changes going on or not.

After all the vitality is exhausted, you will very soon have *apparent* changes in the composition of all portions of the living tissue; and perhaps until then the "naked eye" will not be able to discover anything of the sort. A person can easily be poisoned to death with alcohol, chloroform or prussic acid, and yet you cannot, till after death, discover any chemical changes of composition. But before death, if you can judge between physiological and pathological action, if you can distinguish between *functional* action and *remedial* effort, if you can appreciate the difference between health and disease, you can see many evidences of a vital struggle to expel the enemy; a struggle too that will never cease until the enemy be conquered or the vitality exhausted.

This principle indicates to you the whole philosophy of the *vis medicatrix nature*; the conservative power inherent in the living organism; and it utterly refutes one of the leading fallacies of your school, viz., that fever and inflammation are not diseased actions; and it proves the exact contrary, viz., that all fever and all inflammation is diseased action, and that all diseased action is remedial effort. And thus it places the nature of disease and the law of

cure on a new and very different ground from that recognized by your school or any other drug school; and it teaches us that the *healing principle is always in the living system itself*, and that all drugs and apothecary medicines, mineral or vegetable, can never cure disease except on the principle of inducing other diseases: the other diseases being the *efforts* of the system to get rid of the medicines, and not the actions of the medicines on the system.

Let me present you a fact illustrating this position, just to see how you will meet, explain, get around or "dodge" it.

Our late standard authors on pathology give us a fever, they call "relapsing." This fever, mind you, always comes on after the patient has been convalescent for several days, having been previously treated on the principle of drug-medicines. This relapsing fever is attended with severe sweating; and it is more violent and the sweating more profuse as the patient has been more copiously dosed during the treatment.

I explain this relapsing fever in this wise: During the progress of the original fever, the primary disease, the system is engaged in a struggle to expel the causes—the morbid materials in the body—which so occupies all its energies that it takes but little notice, as it were, of the drugs which the doctor has in his mistaken notion of "aiding and assisting nature," poured down the patient's throat. But after the crisis, after the system has got rid of the causes of the original fever and has rested from the struggle long enough to have measurably recruited its energies and susceptibilities, the vital instincts perceive a sort of little physiological evils or pathological devils in the shape of drug-medicines, which have no more business there than Beelzebub has in Paradise. And so another commotion occurs; another war is declared; another struggle begins, and we have a *relapsing* fever, until those mischievous imps, the doctor's "remedies" are cast out through the skin in the process of sweating.

Here you see the assistance of the drug doctor has caused the organism to go through two fevers, instead of curing one! But possibly you can give a better exposition of those well-known facts. If so, I shall be glad to see it, and spread it before our readers.

Dr. Curtis is troubled to perceive how one medicine can combine so many properties. I will tell him all about it. The property of a medicine is nothing in the world, but the manner in which it is resisted or expelled. If expelled by the bowels it is a cathartic, if by the skin a diaphoretic, if by kidneys a diuretic; if by the evacuations generally a stimulant, or nervine, or tonic, &c., &c., and if by several methods or emunctories it has several properties.

I find a good illustration of this principle in the same *Physio-Medical Recorder* I have before me as I write. It is an early explanatory of the medicinal virtues of "Indian turnip" or "water robin," the author calls it *grynnod, acrid, almost caustic, a permanent stimulant influencing the lungs, skin and kidneys*, thus rendering it also *expectorant, diaphoretic and diuretic*. It is also a *relaxant*.

Here are some six or seven properties imputed to one article, the root of *arum triphillum*, whilst I have imported to alcohol only *five* properties, and yet Dr. Curtis "cannot conceive how any single article can combine so many properties!"

Has Dr. Curtis forgotten what he has himself written down as the medicinal properties of lobelia? They are more numerous than those I have accredited to alcohol; and the explanation is that it is manifestly cast out in a greater variety of ways than alcohol is.

Why, Doctor, do you not know that the mercurials of the school you so ably oppose, combine in themselves nearly all the properties of the whole materia medica—*emetic, cathartic, stagogue, caustic, diagogue, exanthematic, gummy, astringent, stimulant, tonic, sedative, vermifuge* &c., &c.?

All this is already extensively explained. The preparations of mercury are resisted at all points of the system: warred upon by every organ and cast out in all possible ways; and our doctors, on the false philosophy you are so strenuously trying to defend, pronounce it, as you do your lobelia, almost a *panacea* for all the evils that flesh is heir to. And this error, which is your error, has had and is having a pernicious, a disastrous, a most horribly ruinous effect upon the health and lives of communities, wherever medical science has reared her head.

I hope the principle just indicated will enable Dr. Curtis and the reader to understand how it is that an article

may combine in itself stimulating, exhilarating, and strengthening properties. If not, I will try to make this matter clear in a future article.

Very truly

R. T. TRALL.

Experience.

"TELL US WHAT YOU KNOW."—Acting on the above, which some time ago appeared in your columns, addressed to the readers of the Journal, I wish to give you a few simple and to me really astonishing facts, which I have learned since returning to my home after a year's sojourn at your excellent establishment. By the way, however, I might mention that my return home with health so much improved has called forth exclamations of surprise from all my old acquaintances, and they manifest considerable incredulity when they learn that I still use only "*bran bread and cane sugar*," and have got well without "taking anything" except hydropathic treatment.

But what I intended to write is yet to come. A work has been written on the "Errors of Physicians and others in the Practice of Water-Cure." I do not know why even a more interesting and instructive book could not be written on the errors of regular M.D.'s in the practice of drug-treatment. Some horrible scenes would, of course, have to be described, but the work could not fail to do good.

Two cases of the most stupid indifference to human life in the practice of the *best* physician in this drug-bogged vicinity I wish to mention. One was a cousin to my friend L.—, named N.—, who was attacked with brain fever. During his illness my friend travelled fifteen miles to see him; but on arriving there, so strict had been the injunctions of "the doctor" to keep the patient from the air and the room quiet, that it was with difficulty that L. obtained admittance to the bedside of the sufferer. The door must be opened as little, and closed as quickly as possible. After gaining admittance, my friend says, he was quite as willing to get out again in short order, as he had before been urgent to enter. It was a warm summer day and his cousin had laid thus for several days, raging with fever, and not a breath of God's pure air admitted!

Nor was this all. No, no; there is science in medicine. The mouth and stomach of the poor man was treated with fiery-hot and unwholesome concoctions of various kinds, and enormous mustard poultices applied to his body. As might be expected, it did not take many hours of this barbarous treatment to dispatch the patient.

The second case was that of my beloved friend S.—, who was "regularly" treated in the same manner, for the same disease. However, I forgot to mention, that the main reliance of the doctor in this treatment is the *giving the patient as much beef as he can be made to swallow!* What consummate stupidity!

Both the young men referred to were widely known and much noted upon by a very large circle of connections, who are now highly incensed at the inhuman treatment received at the hands of those licensed practitioners. It is plain to all that they were "killed by the Doctors." One plain to ten that they suffered to pass those two once manly forms from active health and activity to the stillness of death and the coldness of the grave.

Oshawa, C. W.

W. H. O.

CASE OF LUNG FEVER.—MESSRS. FOWLER AND WELLS. A few evenings since a botanic doctor called on me, and wished me to go and doctor his little daughter. He said that she had the lung fever, and that she had been sick two or three days. He gave this excuse for calling on me, that he intended to start the next day on a journey, and that unless his child could get immediate relief he should not dare to leave her. Accordingly I went. As soon as I saw the child, my heart almost failed me, not because I lacked confidence in water, but I lacked confidence in my knowledge of applying it. She was sick enough, and her father had stuffed her with medicine which made the case still worse. Her symptoms were as follows: a burning fever with considerable thirst, appetite all gone, difficult and labored breathing, that could be heard in any part of the room, a distressing cough, that caused the little sufferer to cry out, and she also moaned much at the time. My mode of treatment was this: First I fomented her lungs for twenty minutes, keeping her head well wet with cold water. It gave almost instant relief; after fomenting I

applied the cold wet compress, and changing it as often as I thought necessary through the night. I gave her water to drink whenever she called for it. About eleven o'clock I gave the child a sponge bath, she went to sleep immediately after and slept most of the time until morning; I then gave her a warm half bath, kept her in the bath about ten minutes; after coming out of the bath she said she wanted to sit up and that she was almost well, also had an appetite for breakfast. In the evening I called on my little patient, and found her at play. The Doctor was so well pleased with what I had done, that he started on his journey, but left his family in my charge during his absence. I send you this to do what you please with it. S. B.

THE EXPERIENCE OF AN M. D. IN TAKING AND ADMINISTERING DRUGS.—Oxford, Ohio.—J. S. G., a communication from whom appeared in the November number, gives an account of his personal trials of heavy drugging, eclecticism and water-cure. He says, "You 'wonder to what school of medicine I belong?' Let a few facts answer. When fourteen years of age, I suffered severely from an attack of ophthalmia. As the inflammation was of a high grade, mercury, neutral salts and blisters were freely used. This left me in bad health, and similar attacks recurring every year for ten or twelve years, with similar treatment, kept me in a wretched condition. I was mere wreck of what was never a very good constitution. Feeling anxious to find a remedy for my ailments, I began to read medical books, and finally concluded to study for the profession; and thinking the most liberal school the best, I graduated at the Eclectic Medical Institute in Cincinnati. Before being honored with a degree, I was fully satisfied that my disease was the result of a derangement of the circulation, scarcely any blood entering the cutaneous capillaries at the time of, or some days previous to the attack. Acting upon this view of my own case, I have been successful in breaking up such attacks at the very onset. At first I used the alcoholic vapor sweat. I now use the wet sheet, and like it better. By attending to diet, bathing, &c., my dyspepsia has been cured, and with the exception of a fixed condition of the iris from adhesion to the lens, of both eyes, and a slight opacity of the left cornea, I am well again. Do you think I know anything of the evils of the popular system of drugging? I have longed for the time when the world shall be free from them. I am wedded to no system. Still I am recognized as an eclectic, and fill the chair of chemistry in the young but promising American Medical College of Cincinnati. Almost every man in our family is liberal and progressive—opposed to wholesale drugging at least—but, perhaps, not so much so as myself. I treat many of my patients upon hydropathic principles. Some are so strongly prejudiced against it that to satisfy them I must use more or less medicine—*rarely more*. I sometimes find the use of simple drugs followed by so good effects that I cannot yet think that it is not best to use them. The drug system, as it is usually practised, I cannot but consider a curse to the world. I cannot understand how a man who is already sick can be made worse by so swallowing a poison that would make him sick if he were well before. Hydropathy is making a good impression here; I wish we had a hundred instead of thirty copies of your Journal, and I think we could easily have them if one would make a little effort to obtain them."

[Our correspondent manifests so much candor and impartiality, and has made such steady progress toward the hydropathic truth, so simple and yet sublime, as every truth is, that we cannot doubt he will very soon repudiate altogether the drugs, which, his experience tells him, the more water-like the more harmless they become, and use only the pure unadulterated article, water.]

E. A. G., Hudson, Walworth County, Wisconsin, gives the following cases of practice: 1st. A case of typhoid fever. My second son, a lad of twelve years of age, taken with violent headache, cold chills, pain in the back, attended with much vomiting, and great prostration. Treatment: tepid water to cleanse the stomach, wet sheet pack, not cold, [he could bear nothing cold,] succeeded by the dripping sheet, and a brisk rubbing with the hand. A tepid sitz bath twice a day to cool and invigorate, with wet compresses across the throat and lungs, to allay irritation. As there was more or less pain during the paroxysms of fever hot fomentations were applied over the right hip, across the bowels. The last four days I relied entirely on hand bathing, with wet compresses and warm fomentations. Cool ing

jections once a day. He ate nothing during his illness. On the seventh day the fire ceased to rage, and in four days thereafter he attended school, though scarcely strong enough to do so; however he came up good and strong under the treatment. All the medicine he took was water, and that was highly relished. What was remarkable, in recovering, was the natural appetite, in contradistinction to a ravenous one.

Another case, a lady, aged forty, prolapsus uteri, brought on by overexertion during the extreme hot weather of last summer, attended with cramping of the stomach, knotting of the muscles of the arms and legs, face livid, with perpiration in great drops, eyes wild and glaring, speech gone. I immediately placed her in a tub, filling it with cold water from the cistern, with two attendants to rub her back and bowels. In ten minutes she was free from pain, and in fifteen minutes the congested blood had receded from the extremities to its wonted channels of circulation, when, with a heart filled with gratitude, she found herself in a comfortable condition of health.

The last that I shall mention was of a lady of forty-five. A complication of difficulties under the care of two physicians alternately for four or five months, from whose kind she received little or no benefit. When I first saw her she was able to sit up only a few moments at a time, nervous system all prostrated, muscles of the bowels greatly relaxed, pain in the small of the back, bands and feet cold, general temperature low, pain also in the left side, bad feeling at the pit of the stomach, sharp darting pains around the navel, with great heat in and around the pelvic region, causing great nervousness with distressing tremors on the slightest excitement. Her room was kept at a red heat, to keep her warm, and yet she was cold. Treatment: first reduced the temperature of her room, then gave a tepid towel bath under a flannel blanket by the stove, one day, to reduce by degrees until she could use it cold; the wet gridle covered by a dry one by day, but not at night, and a sitz bath once or twice a day, to admit freely fresh air into the room. In one week she was smart enough to go out doors and in three weeks was assisting about her house-work, a regenerated woman.

A REFORMED REFORMER.—JANESVILLE, March 2, 1856.—EDITORS WATER-CURE JOURNAL: I have just read a piece in your Journal, by Dr. Alcot, entitled "Fairweather Vegetarians."

I thank him and you for that lecture. It was just what I needed to reform me from what I was, a "fairweather vegetarian," and make me what I now am, a thorough vegetarian, which I mean to be through life, for all the jeers and scoffs of "friends" so called, so help me "friends." I hope I am not the only one benefited by it; there are many who have had the privilege of reading it. I supply three families with my papers, so if they won't pay for such "trash," as some of them call it, they shall have the blessing of reading it, and may be they will become converts to the glorious truth, that the best knowledge is a knowledge of the "laws of life and health." True, 'tis a hard task to overcome a perverted appetite, but we come out from such battles purified, brighter and better than we went in. Circumstances are often against us, but conscience and firmness ought to keep us right; and I would like to say to all young men, when commencing reform, don't back out for a little ridicule or opposition, but march manfully up to the work, and show the value of your "preaching" by your "practice," for if you can't march through the first trial like a true soldier, I am afraid you can never get accustomed to "stand fire" and not flinch. Let your friends laugh; what care you when gaining and preserving the greatest boon of Heaven? I just begin to see all the glorious benefits that are going to accrue to man when the "laws of being" are generally understood. Your papers look like old and familiar friends to me, and you can set me down as a "life" member, for I would not think of doing without them; would much sooner live on two meals per day and pay for my papers, and some for others too, with the cost of the third meal. When my journals come, I feel like going to the "post," and shaking hands with some old and tried friends.

Can't you send some good sterling water cure physician here to start a "cure"? I believe he might do well; the Lord knows we need one, for we have three drug stores here in full blast, besides any quantity of drug doctors. We want "clearing out" very much.

Send somebody to us, can you? I remain yours ever.

with the determination of having for myself, and helping others to get, a "sound mind in a healthy body,"

J. M. L.

J. N. Smith, of South Walpole, Massachusetts, relates the following: Julius A. Hewins, aged seventeen, of Sharon, Mass., was attacked, in April, 1858, with a very severe throat. He took a dose of Thompsonian medicine for his throat, but it increased rather than diminished the irritation until, at length, it was scarcely possible for him to utter an intelligible sound. They then sent for an allopathic physician, who pronounced the disease scarlet fever and canker rash. In two weeks he was cured of the fever, but was left in a most reduced state of nervous debility—a situation that can be imagined, but not described. He continued under the care of this physician about five months, during which time he had a paralytic shock and an attack of dyspepsia.

His parents then saw that it was folly to proceed longer in this way, and they employed a physician who used only roots and herbs for the cure of all known diseases. This doctor managed his case six months with similar success to his predecessor. Both of these physicians were justly very celebrated; and this proves in a more conclusive manner the great tonic power of water. Quinine, different preparations of iron, bromine, and a host of other preparations were given, but all to no effect.

I called upon him at this time, and he scarcely appeared to have the power to breathe. He was reduced to a skeleton; his countenance was death-like, and he was unable to turn himself in bed. Having been in a reduced state myself, and having received great benefit from water, I persuaded him to employ Dr. Fisher, of Medfield, a hydropathic physician. This he did, and with the most glorious results. The treatment was at first mild, but was increased as his strength to bear harsher treatment increased, until he has regained his health. In five months his weight increased from 76 lbs. to 122 lbs. In two months from the time he commenced with Dr. Fisher he was able to step to the door, and in three months he was able to do some light work. This appears to be not only one of the most rapid cures that ever I knew, but also a permanent cure. What renders the whole affair still more remarkable is, that Dr. Fisher, until within a very short time, was a laborer, and has obtained his medical knowledge entirely through the publications of Fowler and Wells. He has had many patients in Medfield and vicinity, and never lost a case in all his practice.

WATER CURE EXTENDING.—B. B. P., of Charleston, Coles County, Ill., gives the beginning of his experience as a water cure physician as follows: The first case was that of a girl, seven years old, who had been sick with the fever nine days, without any abatement of the fever from the first attack. When I went I found Wright's pills had been aiding the fever in the work of destruction. The poor child was a skeleton, the pulse high and hard, the fever of the inflammatory type, with a clange at times to the dull typhoid type. I commenced with the cautious plan, and the seventh day water alone, broke the fever entirely. The mother of the child begged hard at times for a little medicine, but I kept a steady hand, and finally succeeded so admirably that it was a complete triumph for water cure principles. My next cases were in the same family. The mother of the little girl was taken during her daughter's illness with a bad cough and cold, which finally terminated in nervous chills, with high fevers and vomiting, for five or six hours each day. Three days before I was called to see the mother, her son, eleven years old, was taken with the inflammatory fever, the fever high, &c. I found the balance of the family, except the little girl who had been under treatment a few weeks before, who, by the way, was now pronounced in better health than she had been before, all sick or greatly complaining, so that I had to leave home and take up my abode for eleven days in the family. The eleventh day, I dismissed all the family, and now they are all in fine health, without any drugs of any kind, but an immense quantity drawn out by the application of the wet sheet pack, &c.; and here I will remark that I find the mark of the best *alias* medicine in every case I have found, except in a few cases of very small children. My success at Mr. Martin's, where I first commenced, opened the way for other cases; finally, just as many as I can attend to. Three more cases are now in my charge, as they are the most important. Mr. Robert A. Miller was lying dangerously ill of the lung fever, and under medical treatment

was getting no better but worse all the time. I went to see him on business, not knowing he was sick. Before I got to his home, he had refused to take any more medicine, believing he could not live much longer, and, as he got worse all the time, he said he wanted to die in peace. I did not hint that I could help him. I knew he was a strong-minded man, and fully capable of attending to his own business; but there was present at his house a man of intelligence and fine natural parts, who had seen the treatment of Mrs. Martin. He advised Mr. Miller to employ me, but for four hours Mr. Miller stuck to his integrity—the thing was new, and he had suffered enough already, and did not want to suffer any more. At three o'clock in the evening, just as I was starting home, his sufferings became so intense he called me to his bed, and told me he thought he could not live more than two or three days at most, but he wanted ease, and if I could give him ease to go to work and take my own course. I went to work in earnest, and he now acknowledges that in one half hour he was easy; that night he had slept five hours, the first he had had for seven nights. I only made him the second visit before he got up, and now is and has been attending to his usual business. The next case was a child of Wm. Gibbs, in same neighborhood, and here I will remark was a test case between the water cure and allopathic systems. The same day Mr. Gibbs' child was taken sick Mr. Edwin's son was taken. Both sent for a physician the same day, and those that saw Mr. Gibbs' child say it was the sickler by far. I dismissed my case the third visit, and Mr. Edwin was ten days after under medical treatment, and not able to sit up, while my patient has been well and going to school long before the other could even sit up in the bed. The next case was Mr. Daniel Turner's—a child, two years old, with lung fever and congestion of the brain. I made but two visits, and the child recovered. During this time I had a number of smaller cases, some of fever, and some chronic sore eyes, and chronic diarrhoea, and some chronic colic, all of which has been triumphant for water cure principles, the result of which is, I have sent you twenty-four names through our obliging postmaster for the WATER CURE JOURNAL, and before summer is out I hope to send you one hundred more.

J. F. W., Columbia, California, writes: "I am a miner; have been on the verge of the grave for years; was afflicted with spitting of blood and dyspepsia; but, by chance, I came across Dr. Trall's Encyclopedia, and then I procured several other of your publications. I read and reformed; am now a vegetarian, and always will be; my lungs are perfectly sound, am never sick, can endure the changes and hardships of a miner's life without taking cold, and can do more work than many of the stimulus fed miners around me. Last June, while digging a shaft, a black scorpion got into my shirt sleeve and stung me twice before I got it out. The spot stung began to swell and become painful. I kept my arm under water for an hour or more. Soon after the swelling had disappeared, and I felt no pain. A few days after, a Swede, who was digging a tunnel close by, was stung by a black scorpion on the knee. He ran to his cabin and drank whiskey, at the same time bathed the spot with brandy, but he got worse, for two days his leg all black and swollen. Dr. Bleedhim came [the patient was senseless with whiskey and scorpion poison] and shook his head, saying it was a bad case, in ten minutes more he would be incurable. But he is now nearly well. I have tried many experiments with scorpions since, and everything that they stung died in less than a minute except frogs. One of them, which we kept from the water by placing it under the gold pan, died, while the rest that went in the water lived.

THE TRUE FAMILY PHYSICIAN.—Galena, Ill.—J. B. S. writes, "I cannot refrain from saying what a great benefit your WATER CURE JOURNAL has been to myself and family by adopting the principles it advocates, both as regards dietetics and the practice of medicine, and has been the means of increasing our happiness and comfort, both mentally, physically and pecuniarily. With the aid of your JOURNAL and Dr. Trall's works, my wife is now our family physician, and the calls upon her skill in that capacity are like angel's visits, few and far between."

CHEERING FROM THE WEST.—Whitewater, Wis.—A. E. W. sends us a long list of new subscribers, and says, "The WATER CURE JOURNAL is working wonders in this new region."

Home Voices.

GOING ABOUT DOING GOOD.—N. Richmond, O.—The W. C. J. is the journal of journals, and is doing more real and practical good than all other journals published in the world. Yours, truly, against bigotry, quackery, and superstition—the true God of the opponents of progress.

JAMES W. BORTH, M. D.

D. P. W., Waverly, Iowa, says "there are not enough inhabitants here to form a club, so I club myself for your three journals, for I feel as though I cannot get along without them, though I live fourteen miles from a post-office."

S. S. A., Trenton, N. J., thus enthusiastically praises the WATER CURE JOURNAL: "I would sooner dispense with any enjoyment in my possession (the smiles of Heaven excepted) than the pleasure and profit of perusing its health-inspiring pages. I need not bestow any praises upon it, it needs them not, but must, I think, commend itself to the favor, to the conscience, of every truth-seeking reader who has the intellect and the philanthropy to perceive and appreciate the great principles it advocates, and their practical adaptability to the wants of poor suffering humanity."

CALLS FOR HYDROPATHIC PHYSICIANS.—E. R. B., Williamsport, Tenn., says, "I have no doubt a water cure physician could do a fine business here, for there are no water cures within one hundred miles of this place, and the people here are alive to the cause."

E. B. M., York, Pa., thinks that would be an excellent place for a water cure establishment, the nearest being at Philadelphia, one hundred miles away. There are at present almost an army of allopathic doctors there.

J. C. R., Grand Rapids, Michigan, after speaking of the vast amount of drug medicines sold there, asks, "Is there no balm in Gilead? Will not some competent hydropathist take the hint from this, and establish a permanent water cure at this place? In the absence of one, I intend that the WATER CURE JOURNAL published by Messrs. Fowler and Wells shall have a more extensive circulation in this region than it has hitherto had; and if no other one is found whose occupation is more favorable for attending to this business, you may expect to hear from me soon again, Providence permitting!"

WATER CURE IN THE FAMILY.—Delaware, Ohio.—N. R. thus gives his testimony for water cure: I have been a reader of the JOURNAL for three years, and expect to be as long as I can read anything, so you may consider me a life subscriber. I firmly believe that the cold water treatment has saved my life, and the lives of several of my family. I have learned more in three years about the laws of health from hydrophaty than I did in twenty years from allopathic physicians, although I was about eight years under drug treatment. My family (which consists of seven members) use neither tea, coffee, spice, hard, vinegar, sourbrow, [my parents are Germans.] tobacco nor whisky. Whilst the ravages of epidemic diseases have destroyed our neighbors and many of their children, our lives have been spared; not, indeed, without being sick, for we have had two very severe and long continued cases of flux, which we treated hydropathically and homeopathically. But my candid opinion now is, that all that the doctor accomplished in both those cases was to relieve my pockets of \$1.50, which was his bill. I give him credit, however, for not objecting to our own treatment.

TWO CONVERSIONS.—Bedford, Mich.—Mrs. S. C. P., in a recent communication, writes in the following strain: "I intend to take the WATER CURE JOURNAL as long as I live, and you know what a vegetarian's prospects for old age. If I had time, I could give you some astounding facts in favor of water cure; I may yet tell you something of my beautiful, healthy cold water baby, and of her wonderful advent."

"The 'cancer' is advancing fast; a young married lady said to me last evening: 'your encyclopedia has converted me. I intend to follow its directions'."

"A young father said to me a few days since, 'If my child lives [under water treatment for inflammation of lungs] I shall have strong faith in the system.' Of course the child lived."

The Month.

NEW YORK, APRIL, 1856.

SPECIMEN NUMBERS of this Journal always sent gratis.

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

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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.

ONE-IDEAISM.—All of the drug schools of medicine are perseveringly boasting of the great variety of their remedial appliances, processes, and agents, and as pertinaciously berating us for pretending to cure all manner of maladies by means of a single agent—"Water alone."

Never was there a more egregious mistake. In the first place we make no such pretensions; and, in the second place, we have in reality a greater variety of truly remedial agents and processes than have all of the drug-systems together.

If we seek for the *rationale* or *modus operandi* of drug-medication, we find it reduced to the single principle of curing one disease by inducing another. This is the position to which Professor Payne, in his "Institutes of Medicine," comes to, after an elaborate investigation of the whole subject.

No matter what drug-medicines are employed, nor how many; the existing disease is either suppressed or superseded by the production of a new one—the *drug-disease*, in other words the *specific action of the medicine*.

"The operation of all remedial agents is essentially morbid," says Prof. Payne, in his "Institutes." And again, says the Professor, "Remedial agents operate like the remote causes of disease."

So, too, of the infinitesimal branch of the drug system. "*Similia similibus curantur*" means the curing of one disease by inducing a similar drug-disease, and this is called again, the *specific action of the drug*, *alias* the drug-disease.

One of the latest and ablest of the standard

authors, Dr. Billing, of London, reduces the *rationale* of all the drug-medicines of the *materia medica* to the production of a single effect—that of inducing contraction of muscular fibre; that is to say, action. And the only reason he can assign for the necessity of a thousand drugs instead of a single one, is, that sometimes one drug will fail to induce the requisite degree of contraction, when another may succeed; and hence the greater the number of remedial agents the greater the chance of inducing the *one effect* of contraction by *some means*.

Who can fail to see that this is one-idealism in its narrowest aspect?

It is true the writers on *materia medica* tell us that certain agents are *stimulants*, others *relaxants*, others *nerotics*, others *emetics*, others *diaphoretics*, and others *diuretics*, &c. &c.; but all these operations and phrases are reducible to the single idea of inducing contraction or action.

But why is it that certain drugs induce action in one direction, and others in other directions?

Here is the grand puzzle of the medical world, and in the attempt to explain this problem lies the fundamental error of the whole drug system.

No author can or pretends to tell us how it is or why it is that one article induces action especially in the stomach, another especially in the liver, another in the skin, another in the kidneys, another throughout the blood-vessels, &c.; but each assumes that all this happens in virtue of certain special and mysterious affinities existing between the drug-agent and the part acted upon, or in virtue of a "preference" or "selective affinity" which in some strange and unaccountable manner disposes it to make an *impression* on one part instead of another.

Such is the common doctrine of the medical profession, and the basis, the fundamental *one-idealism* of all the drug-systems in the world, and yet it is demonstrably as veritable nonsense as was ever uttered.

Now, the Water-cure System—Hydropathy, Hygropathy, or Hygienic Medication, does not consist in the one and singular idea of making a new morbid impression to get rid of the old one—a drug-disease to supersede the previous one. It consists generally, and in the broadest sense, in removing injurious and supplying favorable conditions. It rejects the one-idealism that *poison is medicine*, and adopts the many-idealism that every thing under the sun, except *poison*, is remedial. It embraces in its *amplia materia medica* every element which nature employs in all her formative organic processes. Instead of a *materia medica* limited solely to mineral, animal and vegetable poisons, it finds its healing balms in the *water of the clouds*, in the *air of heaven*, in the *light of the universe*, in the various *foods and fruits of the earth*, in the *temperate exercise of all the passions*, in the *imponderable forces of nature*, as heat, electricity, magnetism, &c., as manifested in the whole universe of living matter.

"HOT-CORNS" PACKING.—Our esteemed friend, Dr. J. C. Peterson, of Morganton, N.C., has sent us his experience with a very pleasant and agreeable method of "warming up" in the wet sheet,

when the steaming or sweating process is desirable. Where ears of corn are cheap and plentiful, the value of the plan will be readily appreciated; but, under opposite circumstances, we must content ourselves with jugs, bottles, phials, tin cans, or hot bricks.

Dr. Peterson says, "I write to ask your opinion of a process in Water-cure which I have nowhere seen mentioned in your works, and which I think is destined to be of great service in the treatment of many diseases now requiring a protracted treatment. It is simply this: Have plenty of corn in the ear well boiled; then proceed to wrap up the patient as usual in the wet sheet, until the sheet and first blanket are applied; then quickly place the ears of hot corn along either side of the body from the arm-pits to the feet, after which the other bedding is wrapped around the patient, as in the ordinary process of packing, but not quite so closely. In ten or fifteen minutes the patient will be sweating admirably; at least this has been my experience, when hours together would not sweat in the dry envelop. Persons can remain in this pack from one to two hours, with no more fatigue or loss of strength than by the ordinary process, as the water from that is at once converted into vapor, and supplies every thing necessary for the endosmotic action, which will prevent weakness, provided, however, weakness is caused by the loss of water from the blood which is probably the fact.

"I have found this process invaluable in cases, where hot and chilly sensations existed at the same time, and when the cold wet sheet pack could not be endured. I have no doubt of its being good in all cases in which there is deficient capillary circulation; where the pores of the skin are clogged from whatever cause, I think it would be excellent in dysentery, as I have always found patients with this disease recover speedily after getting the functions of the skin restored.

"I have also no doubt of its value in female irregularities, especially dysmenorrhoea; diseases of liver, &c.; but as to the diseases to which it is best adapted, you will be able to judge better than myself, especially after trying it.

"My first effort with this pack was on myself in a case of *tonsillitis* or quinsy, when I was burning up and freezing pretty much at the same time. It acted like a charm in this instance, as indeed it has in every case in which I have tried it. I hope you will try it, and report your opinions and experience."

CHEESE AS A DIGESTER.—The following paragraph in relation to "old cheese," one of the vilest things in the shape of food ever taken into the human stomach, is going the rounds of the newspapers:

CHEESE AS A DIGESTER.

Upon what authority we cannot state—but the philosophy appears sound enough—it is said that recent medical research has thrown some curious light upon the action of cheese in promoting digestion. When the curd of milk is exposed to the air in a moist state for a few days at a moderate temperature, it begins gradually to decay, to emit a disagreeable odor, and to ferment. When in this state, it possesses the property, in certain circumstances, of inducing a species of chemical change and fermentation in other moist

instances with which it is brought in contact; it acts as a sour leaven when mixed with sweet dough. Now, old and partially decayed cheese acts in the same way when introduced into the stomach. It causes chemical changes gradually to commence among the particles of food which has previously been eaten, and thus facilitates the dissolution which necessarily produces digestion.

The people ought to understand the fallacy of such reasoning; for it is a fair sample of the kind by which they and the medical profession are continually being misled.

Fermentation, so far from in any way improving or aiding digestion, merely destroys to a greater or less extent the nutrient qualities of the food. "Sour leaven" will never make bread, fit to eat; and old, rotten, and partially-decayed cheese is as veritable a poison as is a rotten potato or putrid meat. Persons are often poisoned, and not unfrequently killed, by eating partially-decayed cheese, bacon, and sausages, as our newspapers have occasion to record several times a year, especially in our large cities.

INUNCTION SPERSHED.—It is but about three years since the wonderful discovery was made that inunction—that is, rubbing the body all over with fat bacon—was a wonderfully-discovered cure-all for erysipelas, scarlet fever, and other eruptive diseases. But, as usual in all such and similar cases, no sooner had the remedy been proved than it was dropped by universal consent. Yet wonders in this direction will never cease until the nature of disease becomes better understood than at present. We have now announced another specific for eruptive fevers going the rounds of the medical journals, as follows:—

CURE FOR SKIN DISEASES.

A prescription for the cure of small pox, scarlatina, and measles has been communicated by a member of the Royal College of Surgeons, London. It is reported to have been tested with invariable success in innumerable instances. The receipt is as follows: Take one grain of powdered foxglove or digitalis—valuable in the ratio of its greenness—and the same quantity of sulphate of zinc or white vitriol; rub thoroughly in a mortar with a few drops of water; add four ounces of water and a little sugar. Of this mixture a tablespoonful should be given to an adult, and two teaspoonfuls to a child, every second hour until symptoms of disease vanish. The herb annihilates the fever, and the zinc acts as a tonic.

Presumptuous as it may seem, we must take the liberty respectfully to remind the profession and the people, that the above diseases appear in very different and even opposite states or *diatheses*, one *inflammatory* and the other *typhoid*. In the former cases the digitalis, which is a painful antiphlogistic or debilitant, will seem to reduce the fever. But in the typhoid cases, it will hasten the patient rapidly on toward death.

So far as the zinc tonic is concerned, it is almost a self-evident proposition that, if the vital powers can survive the shock of the disease, they can do it better if let alone than if they have the additional labor imposed on them of getting a mineral poison out of the system. When will the *modus operandi* of medicine be understood?

OUR SCHOOL AND GRADUATES.—The "commencement" or more properly *conclusion* of our winter term will take place on or before the middle of April. We are not yet able to announce the contemplated "whereabouts" of many of those who expect to graduate. We

are authorised, however, to say, that Mr. G. B. Walbridge and wife, who have attended the school during the last year, will return to Barabro, Wis., and there enter at once on the duties of their profession, both as lecturers and practitioners. Mr. and Mrs. Briggs, already known to the public as lecturers, intend to travel and lecture on Hydropathy in its broadest sense, during the summer, and return to our school again next winter.

We do not like to make "invidious comparisons," especially when man and wife are concerned; but we will hint to our distant friends, and to female invalids especially, that Mrs. B. is not only well qualified to entertain and instruct a public audience, but also to give them the advice they so much need in relation to their multitudinous ailments.

We shall be able to speak of several others by name in the May Journal.

VEGETARIAN ANNIVERSARY MEETING.—Dr. Alcott, President of the American Vegetarian Society, has authorized us to say that the annual meeting will be held in this city during the anniversary season, about the middle of May. The day and hour and place of meeting will be announced in our next number.

MONUMENT TO DR. SHEW.—A Monument Association has been organized in this city, for the purpose of erecting a suitable monument in Greenwood Cemetery to the memory of the late Dr. Shew. It is proposed to raise, by the voluntary contributions of the friends of medical reform, the sum of one thousand dollars, to be placed in the hands of an Executive Committee, whose duty it will be to determine the plan and superintend the construction of the work. We have no doubt there are hundreds who can, without inconvenience, contribute something, and who will be glad of this enduring method of testifying their appreciation of the zealous and unremitting labors of one of the pioneers in our cause. Donations may be forwarded to the Treasurer, S. R. Wells, care Fowler & Wells, 308 Broadway, N. Y.

To Correspondents.

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

WASHING ALL OVER.—A. Q. S., Falmouth. "I am so situated (being a student) that I can not wash all over every day. Will it be of any use to do it once a week?"

It will benefit you just one-sixteenth as much to wash once a week, as it would to wash daily. The seven or eight questions you ask us to answer and explain in relation to, are fully treated on in the Hydropathic cook book.

WEN.—T. P. S., Elyria, O. "A friend of mine has a large wen on the back part of his shoulder, which causes much pain when lying upon it. Can water be applied in any way to remedy it?"

No. It should be cut out. The operation is not very painful. By refrigeration it can be performed without pain.

YEAST POWDERS.—Mrs. W. S., Fair Haven. "There are a great many families in New Bedford, Fair Haven and vicinity who use Preston's and Merrill's yeast powder. We have used some. It is sold by grocers generally. Will you please state your opinion about it in the WATER-CURE JOURNAL for the benefit of your readers?"

We do not know what the powders you mention are made of; but we never use anything of the kind, and in theory

are opposed to everything of the sort. For the enlarged tonsils of your child, you need only attend strictly to the general health.

BREAD.—W. W. P., West-Cornwall, Ct. "Will the editor of the WATER-CURE JOURNAL please inform a recent convert to hydropathy how to make the best possible 'unsalted and unadecayed bread'?" Can such a thing be made palatable, cleavable and digestible? You speak of it as though it might. Can you give a *recipe*? State whether *thick loaves*, or merely *crackers* are meant?"

All these things, and others too numerous to mention, but which all "recent converts" ought to understand, are explained in the hydropathic cook book, which costs seventy-five cents.

INFLAMED BREAST.—G. H. S., Portland. The directions in the *Eucytopedia* are proper in this as in all cases. There is no possible danger in applying cold water to the breast when it is hot, feverish and inflamed. The danger is in omitting it. To the eyes apply water of any temperature most agreeable to the sensation.

MILK SICKNESS.—A correspondent A. E. writes: "In Dr. Trall's notes on 'The Proper Food of Man' by Smith, (note 30th) he says: 'The milk sickness or trembles which has prevailed in several of our Western States, usually commences about the 1st July and generally disappears when vegetation is destroyed by the frost.' I think there has never been an instance of it, until vegetation was killed by frost."

Our data are derived from a history of the disease by S. N. Converse, M.D. of the Medical College of Columbus, O., being an Inaugural Thesis, and published in the Medical Journals three years ago.

PAINFUL URINATION.—O. C. Sherburne, Vt. "What is the cause of great difficulty with extreme pain in evacuating the urine in a child two and a half years old, reared thus far hydropathically? The difficulty came on with a cold. She has never taken medicine. Relief was obtained by following the directions of the *Eucytopedia*."

An inflammation of the mucous membrane of the bladder is the most frequent cause. The inflammation is attended with a sticky, glutinous secretion, like that which takes place on the mucous surface of the windpipe in croup, and obstructs the passage.

LIVER COMPLAINT.—D. A. W., Dartford, Wis. You are correct in the *diagnosis* of your wife's ailment. Treat her as recommended in the *Eucytopedia* for liver complaint.

TEXT BOOKS.—N. W. T., Thompson, Conn. "What objection can there be to using the following works as text books, preparatory to entering your hydropathic and physiological school; viz., introduction to Physiology, by T. S. Lambert, and Chemistry by Prof. Silliman?"

None whatever. Text books are references, not authorities.

FLEEING AWAY.—A correspondent sending a large list of subscribers to this Journal, out of the "Southern tier of counties," says: "All of our drug doctors have recently left us on short notice. They found the WATER-CURE JOURNAL coming here too thick for them, and they sloped like a lot of rats when you throw a brick bat among them!" Our advice is, "let'em went."

HARD WATER.—W. H. Beaver Dam, Wis. "Will you be so kind as to inform me through your most excellent Journal, if there is any way of rendering hard water soft for bathing or drinking purposes? What Water-Cure do you consider the best in either Wisconsin or Illinois?"

Distillation is the only method of rendering it *pure*, although the addition of soda, potash, ammonia, or ley will render it *soft*. There are good Water-Cure physicians at Rockford, Elgin and Chicago, and will soon be in Barabro Wis., Davenport, Iowa, and perhaps other places.

DELETERIOUS GAS.—M. E. C., Mt. Vernon, Ill. "Why does deleterious gas rise in the lungs?"

Carbonic acid gas is expelled from the lungs as one of the processes by which the system is purified from effete material, which is probably the circumstance to which your question refers. If not, what do you mean.

WOUND FROM GLASS.—D. J. C., Grand Rapids. "About seven years ago, my wife stepped on a piece of

glass and cut a hole in the ball of her foot. This caused a sore which for two years gathered and broke about once in two or three months, but quite so often since that time. After it has gathered and broke, there accumulates upon it a kind of seal which looks very much like a wart. For the last year it has not increased in size, except that she can not step square on her foot without causing sharp pain, like the pricking of needles. Is a cancer ever caused in that way or is it a piece of glass remaining in her foot? Is a surgical operation necessary?"

Cancers may originate from similar wounds, but her case is probably not of a cancerous nature. A surgical operation is necessary, as there may be a piece of glass in the part at this time.

HYDROPATHIC SCHOOL.—W. L. H., Albany. "Is it necessary to have a knowledge of Latin to attend your school? What would be the gross expenses for one term? What works would you advise me to study previous to attending your Institute, also the price? Would it be necessary to have a set of anatomical charts?"

Latin is unnecessary. The expenses are \$150. You need not bring any charts. Study the Encyclopedia, Youman's Chemistry, Wilson's Anatomy, Comings' and Comstock's Physiology, and Fruits and Farinares.

DIABETIS.—T. N. R., Fillmore, Ill. "There is a man in this town who is severely afflicted with diabetes of four and a half years standing, forty-five years old, weighs 25 pounds; was doctored two and a half years by allopathic physician, then went to St. Louis and treated six months by a celebrated physician, but all to no effect. His food has been principally animal. Sometimes constive and sometimes diarrheal, is very weak and discharges about two and a half gallons of urine in twenty-four hours, and has been losing his hair within a year. The urine is white, or clearer than pure water; very anxious to get well. Is there any help for him? If so, what must he do? He wants to know mostly whether the hydropathic system entertains an idea that it can help him any at all?"

Such cases are never cured allopathically, but in the early stage water treatment is successful. In the case you mention, the chance of curing is very poor, and we could not advise you to undertake treatment without the attendance of a competent hydropathic physician.

ERYTHEMA.—J. C. A., Fort Smith, Ark. You say you are sedentary, and plethoric and are troubled with "intense itching of the legs, more particularly in winter." These things point to obstruction and irritating materials as the cause, and active exercise with abstemious diet as the leading measure of cure.

DIET FOR STUDENTS.—O. N., Rock Run, Ill. "What is the best diet for students?"

"Fruits and Raisins, with a moderate allowance of 'vegetables' are 'the proper food of man,' to which rule students are no exceptions.

NERVOUSNESS.—G. P. N., Washington, Ill. "What is the Water-Cure treatment for nervousness? I am very nervous occasionally, and when I overheat myself at work. I feel weak and trembling all over."

Take a tepid sponge bath daily, eat plain vegetable food, and cease working so, as to overheat yourself. Look well to your own habits, and not expect miracles from cold water.

HYDROCELE.—R. G. S., Rogersville. "We cannot give you any assurance of a cure, without an operation. Still, it is possible, and under all circumstances the patient ought to be put in a good, healthy condition, in the first instance."

TUMOR.—G. R. F., Alton, N. Y. "Will Dr. Trall please state in the columns of the WATER-CURE JOURNAL the nature, probability of, and means of cure by home hydropathic treatment of the following: I describe the tumor, viz.: The person a married female, without children, thirty-four years of age; sixteen years ago a tumor, the size of a large pea, appeared on the under side of the breast. About five years ago it had increased to about the size of a small hen's egg, when it was treated allopathically by some kind of ointment, or caustic, since which time it has increased in size much more rapidly, and is now the size of a large goose egg. Up to the time of above treatment, there was no color of the skin different from the surrounding flesh, and had been only slightly painful. During the last few months it has discharged small quantities of pus, is occasionally exercised with twinging pains, heat or cold sensibly affects it; it seems to affect her general health considerably. The breast seems to be full of hardish lumps, (as she calls it), some larger than others. The sore is now about the size of or larger than the circumference of a

silver dollar. Has read the WATER-CURE JOURNAL the past year, and endeavored to be somewhat abstemious in diet."

It is a case for surgical treatment, locally, in addition to attention to the general health. But whether the disease is now curable at all, is a matter of doubt; and if curable, what local appliances are necessary, can only be determined by personal examination.

SEA SICKNESS 'AND LIVER COMPLAINT.—F. M., South Wrentham. "What is the preventive and also cure for sea sickness? Would it be a person who has the liver complaint to take a sea voyage? An allopath says 'it would.'"

1. The prevention is a correct physiological regimen. 2. The cure is a quiet horizontal position. 8 No.

WATER ON A STOVE.—A. K. "What is the benefit arising from keeping water on a stove? Does it benefit the stove or those in the room?"

It benefits the persons by keeping the air moist. But it must be frequently changed and not allowed to dry down, or it will be worse than useless.

EMPIRIST.—J. R., Sussex, Wis. Very little treatment is required in the case you mention, except strict attention to the general health. She must have a plain, opening diet as it is quite probable that constipation is the source of all the trouble.

AN HONEST CONFESSOR.—J. R. writes from Lyoville, Pa.: "Many years since I received a severe concussion of the brain from a fall, and while confined, was attended by an allopathic physician. During this time another allopath, who had retired from business, called to see me as a friend, and on learning what my physician was prescribing, said: 'Well, there is no use doing much. It will take several months to get well, and between me and thee there is not much use in doctoring in any case,' and added, 'I have been a regular practitioner for twenty years, and believe that in some cases I was of some use, but all of my patients who got well, have recovered without my assistance.'"

BOSTON YEAST POWDER.—Miss A. K., Keene, N. H. "Can you tell us through the WATER-CURE JOURNAL whether yeast powder, somewhat celebrated in Boston, is better than saleratus?"

Saleratus is very bad, but whether the powder is better or worse, we cannot judge without knowing what it is composed of. If you will ascertain this, (for we can't go to Boston to analyze it), we will answer you or no.

COUNTRY WATER-CURES.—Several correspondents have enquired of us what establishments will be open near the city the ensuing summer. We have no assurance that with the exception of Dr. Utter's establishment at Plainfield, N. J., there will be any nearer than Dr. May's at Fishkill Landing on the Hudson River, two hours ride by railroad and four hours by steamboat. Meriden Mountain House, four hours ride by the New Haven railroad, will probably be ready for patients about May 15th. See advertising department for others.

HEMORRHOIDAL TUMOR.—C. L. B., Woodstock, Vt. The tumor you mention is undoubtedly of the kind called piles. Attend well to the diet. A small injection once a day is sufficient. The ligature is proper whenever the tumor is hard, and can be conveniently reached.

CUTANEOUS RASH.—M. T., Portage, O. The eruption which troubles you so much is no doubt the result of the drugs you took when you had the typhoid fever. Use a tepid bath daily, pack once or twice a week, and continue the plain vegetable diet.

CONSTIPATION.—N. W., Fairview, Ky. "What is the cause of a person being troubled with a bad taste in the mouth, on waking in the morning? I have been troubled with it for the last sixteen years. I am not troubled with it in the day time. Do you think it is caused by any disease? I feel no pains and have enjoyed tolerable good health for several years, so far as I know. What is the best treatment of the case? What is the cause of swimming in the head, and what is the best way to get clear of it? What is the cause of one heart stopping apparently, and appearing to beat up in the throat? My mother has been troubled with it several years; she seems to enjoy good health? What is the best remedy?"

All such ailments originate from overloaded stomachs, constipated bowels, and obstructed skin. The remedial plan is proper food with a daily bath.

RHEUMATIC KNEE JOINT.—G. B. M. The vapor or warm donche for ten or fifteen minutes, followed by the cold douche or shower, would be a good process. The wet bandages should be warm about half the time, and active friction frequently applied to the limb at and around the joint. She may walk all sho can, without inducing much pain in the joint.

SORE EYES.—A. M. C., Thorne, Io. "Can I cure my eyes, which are troubled with weakness and chronic inflammation, with cold water and proper diet, and still attend to all kinds of outdoor labor?"

Very uncertain. It depends on what kind of labor you pursue, and in what manner you perform it. Decayed teeth do in some instances cause, and in many instances aggravate inflamed eyes.

TIME FOR EATING.—J. B., Napoleon, O. "What length of time should be occupied in eating an ordinary meal? Should the same length of time be consumed in eating a meal of 'mush and milk,' as is required to masticate a meal of harder materials?"

1. Half an hour. 2. Yes. Some "hard material" ought to be eaten with mush and milk.

DYSPEPSIA.—J. B., Monticello, Ind. No doubt trusting in a proper diet, as you suggest, will be better for you than your present occupation. Your dietary is all right, except the molasses. The prices for water treatment at the city establishments is from \$7 upwards. Those who will take attic rooms and wait on themselves to baths, can frequently get admission as low as \$5. Whether you could find employment at once would be very uncertain.

LIVER COMPLAINT.—P. H. J., South Hadley, Mass. All of your multitudinous ills are traceable to a disease of the liver. No doubt, the salts you have been dosed with, have greatly impoverished the blood and impaired the nervous system. The best health your case admits of will be found in plain food, a daily wash and sitz bath in tepid water, and plenty of easy out-door exercise, especially carriage riding during the warm season.

NERVOUSNESS, SHORTNESS OF BREATH, &c.—M. A., Winsted, Ct. "I have for several years been subject to pain in the left shoulder, extending through the chest, shortness of breath, inability to sleep without the windows raised, &c."

You have an enlarged or swelled liver. Continue the daily bath, wear the wet girdle occasionally when the weather is warm, take hot and cold foot baths at bedtime, and use unleavened bread and fruit, instead of the "eggs and butter milk."

ST. VITUS' DANCE.—M. A. M. The case you mention, is very likely connected with or caused by constipated bowels. Enemas and a proper diet are the remedies.

HEALTH ENQUIRIES.—M. G., Greentown, Ind., wants advice, but does not tell us what his disease is nor what his habits are; nor does he so describe his symptoms, that we can prescribe intelligently. He tells us what he does not do, and what he does not eat and drink. Tell us what you do do, and what you do eat and drink.

CONGESTION OF THE LIVER.—J. C. C., Dayton. The person you describe as troubled with sudden and violent attacks of pain about the midriff and lungs, and numbness of the limbs, &c., has no doubt an enlarged and swelled condition of the liver, and probably of the spleen or melt also. He needs a plain, opening diet, and sheet packs occasionally, and the wet girdle worn about half the time.

GREY HAIR.—C. G., Montgomery, Vt. "Is it a disease of the skin that causes the hair to turn grey?" No; it is a bad state of the blood or some internal morbid condition, whose effects are seen in grey hairs, or a diseased skin, or both.

RHEUMATISM OR SCIATICA.—C. A. C., Dunlapville, Ind. "Last spring I was taken suddenly by what I supposed after examining the 'Hydropathic Encyclopedia' was sciatic rheumatism. I had pain in the hip joint, and my leg from the moment I was taken, was longer than usual. I suffered a great deal of pain, and after a few days the pain settled in the muscles of my leg, between the knee and ankle joint. I followed the treatment given in the Hydropathic Encyclopedia, as near as I could, and the

pain gradually left me. About three weeks ago I was taken again in the same way, the pain in my hip and loins was very slight, but the pain in the 'calf' of my leg was, and still continues to be great. I have tried nearly the same treatment this time, without deriving the same benefits that I did the first time."

The affection is rheumatic, and probably requires more attention to the state of the stomach and bowels, as coarse, plain food, enemas, &c.

SICK HEADACHE.—C. W., Fairview, Ky. "I have spells of sick headache when there is no apparent cause; before the pain I have a glimmering or dizziness before my eyes, which holds me about twenty to twenty-five minutes, and grows larger as it advances. I am temperate in my habits, neither use coffee, tea, tobacco, spirits, seldom use meat; am about twenty-eight years old, have been subject to the complaint some fifteen or eighteen years. Bread, milk and vegetables are my principle diet. I have practiced Water-Cure more or less for about eight years; wash off with water, average about once every three weeks. What I am most anxious to know is, why is it that there is always a dizziness preceding the pain? I would freely give fifty dollars to know a cure. If you can give me any information on the above I shall be happy to receive it through the WATER-CURE JOURNAL."

All your trouble comes from a diseased liver. The cause of the dizziness is the presence of morbid bile in the stomach, and the pain is caused by the effort to throw it off. Take a towel wash every morning; a sitz bath in the afternoon or evening; wear the wet girdle occasionally, and in the dietary avoid milk and use unleavened bread made of unbolled flour or meal.

QUESTIONS AND ANSWERS.—J. S. W., Cambridge, O. "A friend informs me that O. S. Fowler has been dead several years. Is this so?"

Ans. He is now one of the *workings* and liveliest men alive.

"My wife is troubled with a roughness of her face and forehead. What shall we do for it?"

Wash the skin all over every day, and feed her on plain coarse, farinaceous food, with a good allowance of fruits.

"Does Hic consist of an insect creeping in the skin, or a humor in the blood?"

Both, or rather itching is often the result of either.

"I have been afflicted with boils for some time, especially since I commenced bathing."

Well, let them come. When the bile is all eliminated, the boils will stop coming.

"Do the allopathic physicians make any reply to the very criticisms on their system and practice contained in the WATER-CURE JOURNAL? If so, send me the most popular Journal of that school, so that I may see both sides of the discussion, and I will forward the money."

They say *never* a word. We cannot flatter nor abuse them into a controversy. We will agree to pay any respectable allopath in good standing in his profession a fair compensation for his labor, if he will discuss with us the matters wherever we differ in the newspapers, so that all the people can hear both sides.

SUFFOCATION.—T. A. M., Ellison, Ill. We have no doubt your baby died from suffocation. The fact that he inherited a feeble constitution, with a narrow chest, will readily account for the result. A much greater deprivation of air would not have been immediately dangerous to a healthy child with vigorous lungs.

NERVOUS DEBILITY.—A. M. Reading. You say you are now living physiologically, and ask, what more you can do? Nothing. That is the alpha and omega of the whole matter, in a case of infirmity induced by unphysiological habits, as are, indeed, most of the ills to which flesh is heir. You will do better to abstain entirely from flesh, milk, and sugar, and eat unleavened bread and good fruit, be the leading articles of diet. The case of uterine displacement you mention, requires a kind of treatment which can only be had at a proper establishment. She could attend the school and be treated successfully at the same time.

TOOTH-ACHE.—G. P. I. "How is tooth-ache caused by water?" Keep the patient in a comfortable uniform temperature, wash the face, jaws, neck, &c. with the hand, dipped first in tepid, and then cool water. It is essential in bad cases, to fast until the pain abates; and fasting will often cure alone: indeed it will in, nearly all cases, within twenty-four hours.

WATER-CURE.—M. S. "What kind of a morning bath is best for a woman during pregnancy? Do the pouring and shower baths give too great a shock to the

system? What kind of food is best adapted to her condition, especially as she is troubled with impaired digestion now, with much flatulence and turns of colic? What effect does soda, taken after meals, have upon the system? What treatment ought to be pursued, to ensure health to the woman and child? How can the patient's stomach be brought to a healthy action?" 1st.—It depends entirely upon who the woman is. In the above case, a towel wash is best. 2d.—It depends entirely upon the state of the system. In the above case, they would. 3d.—Wheat meal, crackers, parched corn, unleavened bread, good apples, &c.—Soda has a bad effect. 5th.—The Hydropathic; for details, see Water-Cure books. 6th.—See answers to 3d and 5.

SPASMS AND CHILLS.—R. W. Marlon, Ind. Attend to all the circumstances affecting the general health, and the spasms will probably cease in due time. Hydropathy and quinine do not go well together. Better leave the whole matter to Doctor Nature. But if he isn't about now, why, of course, you must get the next best physician you can find.

DISEASED LIVER.—S. P. S., Port Jackson, N. Y. "Please inform me through the Water-Cure Journal, what should be my best mode of treatment? I am a shoe-maker, 28 years old, work pretty hard and regular, drink no intoxicating drinks, *no chere*. Last Winter, I had inflammation of liver. Cured myself with water. This Winter, liver considerably affected, but manage to keep up. Circulation feeble, cannot bear cold water." Use tepid water and a proper dietary.

MEDICAL STUDENT.—S. D. Geddes, N. Y. "Please inform me of (through your Water-Cure Journal) the qualifications requisite to be admitted as a student in the Hydropathic Medical College." Good common sense, an unprejudiced mind and disposition to learn, with "years of discretion."

DRIED FRUITS.—H. K., Peonia, Ill. Dried fruits are wholesome, provided the fruit is of good quality and properly prepared. The Hydropathic Cook Book will give you the desired information. There is no Vegetarian periodical published in this country.

ANIMAL FOOD AND ONIONS.—M. C., Lexington, S. C. Please inform me if the disease of animal food would be likely to occasion expectoration? If so, why? Is it favorable or unfavorable? Why are onions unwholesome? The disease of flesh would not be likely to occasion expectoration, but rather have a tendency to prevent or cure it. Onions are unwholesome, because of an acid, pungent element which they contain, and which often causes our eyes to weep salt tears when we attempt to peel them.

BODILY POSITION.—A. M. "I have a short neck, high shoulders, and hollow back, am sixteen years of age. Can I improve my form? Have also a good deal of awkwardness. How can I cure or get rid of it? Have not grown any for fourteen months. Is there any chance for me to grow more?" All your difficulties, so far as curable at all, and probably all of them are curable, can be treated by a proper system of physiological exercises, and this means exercises specially adapted to call into most frequent action the weakest muscles.

LIGHT BISCUIT.—"Ella the Georgian," sends an elaborate recipe for making "sweet, light, wholesome, and palatable biscuit" of fine flour, butter, milk, soda, lard, &c. We think it is hardly worth the trouble of publication. The world is full of such *horrid* ways of spoiling our victuals. Can not Ella work on some plan for making a biscuit which is *really* wholesome? Do not put that detestable hog's lard into it, as you value health and hate *serofa*.

WATER-CURE PHYSICIANS WANTED.—We have on hand a particularly loud call for a hydropathic practitioner to locate in Greenfield, Mass. (a female preferred) and another (male preferred) to go to Chatham, Canada West. In either place the people offer to contribute liberally towards a support. Who will go?

GREENFIELD, MASS., March 17, 1856.

DR. TRAIL: Dear Sir—I am desirous of getting a female practitioner to settle in this place. Miss Inman, late a student with you, gave me encouragement last Fall that she

would come this Spring. But, from a recent letter from her, I learn that she intends to prosecute her studies for a year, or two longer before she commences practice. She advised me to write to you upon the subject, and thought it probable that you could recommend me some one. This is a beautiful and growing village in the valley of the Connecticut, is the shire town of the county, and a place of considerable business. Population of the town, over 3,000. Post-road communication with Boston and New York, and also West and North. A female physician, one of popular address and moreover intelligent and well qualified for her profession, particularly in *Obstetrics*, I feel assured, would do well here, and, if I am not greatly mistaken, after getting acquainted, would have as much business as she could well attend to, particularly in midwifery. Our old M. D.'s probably would not like it very much, but then the people generally would give it their countenance.

I have for some time been desirous of getting a female practitioner to settle here, and shall feel much obliged, if you can induce some one that you can recommend as well qualified to do it. I think that there is a good opening here for a water-cure establishment. There is none in this county. We are equally distant from Northampton and Brattleboro', and none nearer to us than these places—distant 90 miles each. A gentleman who understands the business, and, (if he has the reputation of a good medical practitioner, so much the better), I am persuaded might commence here with good prospects of success. Perhaps there may be some one of your acquaintance who would like to establish themselves in a place like this. I should be glad to have you, if you think proper, to send some one that you can recommend.

Respectfully, your obedient servant,

A. THREES.

P. S. I should like to hear from you upon the subject, as early as is convenient.

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 sea-carrier. Books sent by mail on receipt of the price. All letters and orders should be post-paid, and directed to FOWLER & WELLS, 806 Broadway, New York.

SPIRITUALISM EXPLAINED IN TWELVE LECTURES before the New York Conference of Spiritualists, by JON. TITANY. Reported photographically, and published by Graham & Ellwood, 148 Fulton street, New York. These lectures comprise a review of the most important conclusions which Spiritualists deduce from the various phenomena witnessed by mediums and others in various parts of the country.

The lecturer is a man of talent of the legal profession, and has devoted considerable time to an investigation of the subject. He has treated it more clearly than most lecturers would have done who speak upon the same topics. The book is one of interest to all who are interested in the remarkable exhibitions now witnessed in various places, and by different persons.

THE LAST FIFTY YEARS IN BOSTON.—Dear Mr. Editor,—I want to call your readers' attention to a new work just issued, written by Miss HARRIET K. HUNT, a well-known and deservedly popular physician of this city.

The work is a biography of a life well spent, and most excellently well written.

It is a book that every lover of reform, every friend of virtue and humanity, every lover of quackery and humbug, every lover of the good and the true, the beautiful and simple, ought to possess.

To the friends of Water-cure, it especially commends itself, although the author does not entirely eschew all drugs, *as yet*. And here is where she appears greatest in my eyes being educated as she was, and for many years practising the drug system. She has the womanliness to boldly declare her great faith in water as a remedial agent, and the unsolicitedness of drugs to the wants of the many victims of our diseased civilization.

She sees in the wretched subject of violated law and false education, a being who needs enlightenment rather than drugs, and strives to make the mind and heart healthy, knowing that if these he right, the body in most cases would soon become so. Many and many are there now living, who owe their present great happiness, as I happen to know, to Harriet K. Hunt, whose kind ministrations, timely applied have redeemed them from a thimble of vice and misery far worse than death. But the book is not only exceedingly useful, but it is delightfully readable as well. It gives the reader quite a little history of the last fifty years in Boston, and the characters of some very interesting and distinguished personages are analyzed in a pleasing and graphic manner.

In short, it is 'one of the books that are books,' and I want everybody to have the pleasure of reading it; and I will venture the assertion, that not one of your sixty thousand subscribers but will say on perusing it, that I have in no way exaggerated its merits when I say it is a book greatly enjoyable, and most prominently calculated to advance the cause of medical reform. E. A. K.
Boston, March, 1856.

THE EXHIBITION SPEAKER. Containing Farces, Dialogues, and Tableaux, with exercises for declamation in Prose and Verse, also a Treatise on Oratory and Elocution, Hints on Dramatic Characters, Costumes, Positions on the Stage, etc. With Illustrations, carefully compiled and arranged for School exhibitions. By P. A. Fitzgerald, Esq. pp. 268. Price 75 cts. New York: Fowler and Wells. Rochester: D. M. Dewey.

The publishers take pleasure in announcing a work, the importance of which has been so long felt. Teachers and scholars in all our academies and common schools are now offered a book from which they can select at once all the variety of pieces suitable for an exhibition, as well as with a complete manual of oratory. The plays, farces, etc., are mostly original, with full descriptions for costumes and stage-management.

THE ISLAND OF CUBA. By Alexander Humboldt. Translated from the Spanish. With Notes and a Preliminary Essay. By J. S. Thrasher. 397 pp. Price \$1 25. New York: Derby & Jackson.

It contains general views of the political importance of the Island of Cuba and Port of Havana—Description of the Bay and City of Havana, Health, Population, Marriages, etc.—the Commerce, Internal Communications, Revenue—Trip to Trinidad, etc. By one of the greatest historians of modern times.

THE INDIAN FAIRY BOOK. From the Original Legends. With illustrations. By McLean. One vol., 12mo, pp. 888. Price \$1 25. New York: Mason & Brother.

Since the publication of "Ilwathia" a renewed interest is manifested in all that pertains to our native Indians. Those interested in Indian tradition, and especially in their magical stories and romantic imaginings, will find this "Indian Fairy Book" exceedingly amusing.

JACKSON AND NEW ORLEANS. An Authentic Narrative of the Memorable Achievements of the American Army under Andrew Jackson before New Orleans, in the winter of 1814-15. By Alexander Walker. 411 pp. Price \$1 25. Derby & Jackson.

The subject of this volume will be remembered as one of the most efficient public officers who ever occupied a place in the American government. The author has performed his "labor of love" most acceptably, even to the warmest admirer of the Hero of New Orleans.

THE CONSTITUTIONAL TEXT BOOK. A practical and familiar exposition of THE CONSTITUTION of the UNITED STATES, and of portions of the public and administrative law of the Federal Government. Designed for the use of Schools, Academies, and Colleges. By Furman Sheppard. pp. 824. Price \$1. Philadelphia: Childs & Peterson.

THE KINGS OF ROME. By F. W. Ricord. With illustrations. 15mo, pp. 204. New York: A. S. Barnes & Co.

A TREATISE ON LAND SURVEYING; comprising the theory developed from Five Elementary Principles, and the practice with the Chain alone, the Compass, the Transit, the Theodolite, the Plain-table, etc. Illustrated with 400 Engravings and a Magnetic Chart. By W. M. Gillespie, A.M., Civ. Eng., Professor of Civil Engineering in Union College. Price \$2 25. D. Appleton & Co.

No surveyor who feels any interest in his occupation beyond the earning of wages will long do without this work; and no teacher of surveying should use anything else for a text-book.

INDIA. THE PEARL OF PEARL RIVER. By Mrs. Emma D. E. N. Southworth. In one 12mo vol., pp. 402. Price \$1 25. Philadelphia: T. B. Peterson.

A very entertaining story. The characters are true to life. We have perused it with pleasure, and do not hesitate to pronounce it one of Mrs. Southworth's best.

KATE AYLESFORD. A story of the Refugees. By Charles F. Peterson. 356 pp. Price \$1 25. Published by T. B. Peterson.

The greatest beauty of this story is the *naturalness* of its character. Every chapter may be read with gratification.

ASPEN COURT. A Story of Our Own Times. By Shirley Brooks. 504 pp. Price \$1 25. Stringer & Townsend.

Aspen Court was first published in *Dentley's Miscellany*, and is inscribed to Charles Dickens. We predict great success for it.

ALONE. By Marion Harland, of Richmond, Va. 384 pp. Price \$1 25. New York: Derby & Jackson.

It is full of pathos and affection, well calculated to enlist the feelings and sympathies of the reader.

THE MORMONS AT HOME. With some Incidents of Travel from Missouri to California. In a Series of Letters. By Mrs. G. B. Ferris, wife of the late U. S. Secretary for Utah. 299 pp. Price \$1. New York: Dix & Edwards.

THE AMERICAN GRAPE GROWER'S GUIDE. Intended especially for the AMERICAN CLIMATE, being a practical treatise on the cultivation of the Grape-vine in each department of hot-house, cold graper, retarding house, and out-door culture. With plates for the construction of the requisite buildings, and giving his best methods of heating the same. Every department being fully illustrated. By William Chilton. 171 pp. Price 75 cts. New York: C. M. Saxton & Co.

We consider this one of the most useful of books, and is deserving of a wide circulation.

THE PRAYERS OF THE BIBLE WITH THEIR ANSWERS. Collected by a Church Member. 12mo, pp. 840. Price 75 cts. New York: A. S. Barnes & Co.

THE THREE MARRIAGES; or, Life at a Watery Place. By Mrs. Hubbard, authoress of "The Wife's Sister," "May and December," etc. One 12mo vol., pp. 465. Price \$1 25. Philadelphia: J. B. Lippincott.

ENGLISH PUNCTUATION. Designed for Letter-writers, Authors, Printers, and Correctors of the Press, and for the use of Schools and Academies. Containing Rules for the use of Capitals, a list of Abbreviations, Hints on Preparing Copy and on Proof-reading, Specimens of Proof-sheets, etc. Fifth edition. By John Wilson. Price, prepaid by mail, \$1 25. FOWLER AND WELLS, 808 Broadway, New York.

THE CREOLE ORPHANS; or, Lights and Shadows of Southern Life. A tale of Louisiana. By Jas. S. Peacock, M.D. pp. 365. Price \$1 25. New York: Derby & Jackson.

HOME. By Anna Leland, pp. 352. Price \$1 25. New York: Derby & Jackson.

We commend this book because it is a *good* one, and we think it cannot fail to become a favorite.

EDITH; or, The Quaker's Daughter. A tale of Puritan Times. By one of her descendants. One vol. 12mo, pp. 407. Price \$1 25. New York: Mason Brothers.

RECENT SPEECHES AND ADDRESSES. By Charles Sumner, pp. 562. Price \$1 50. Boston: Ticknor & Fields. 1856.

THE WORKS OF THE LATE EDGAR ALLAN POE. With a Memoir. By Rufus W. Griswold. And Notices of his Life and Genius. By N. P. Willis and J. R. Lowell. In four volumes. Vol. I., Arthur Gordon Pym, etc. 12mo, pp. 447. Price \$1 25. New York: Redfield, 84 Beekman Street.

LIFE OF LORD JEFFREY. With a Selection from his Correspondence. By Lord Cockburn, one of the judges of the Court of Session in Scotland. Two vols. In one, pp. 711. Price \$1 50. Philadelphia: J. B. Lippincott & Co.

THE GLORIA IN EXCELSIS. An extensive Collection of New Church Music. Consisting of Hymn Tunes, Anthems, Sentences, Choruses, and Chants. Including also an Entirely New and Practical Arrangement of the Elements of Music, to which is added a Variety of Vocal Exercises and Glee for Social Gatherings, Singing Schools, and Choir Practice. By W. Williams, Organist and Director of Music at the Bodin Square Church, professor of Music in the Charlestown Female Seminary, pp. 383. Price 75 cts. Boston: Phillips, Sampson & Co. New York: Derby & Jackson.

THE HANDEL COLLECTION OF CHURCH MUSIC. To which is added a Full and complete Elementary Course, a Cantata for Singing Schools, entitled *The Storm King*, and an Abridged Arrangement of Handel's *Oratorio* of Samson. Price \$1. Boston: A. N. Johnson, publisher.

THE NEW YORK GLEE AND CHORUS BOOK. Containing a variety of Glee and Part Songs, Arranged from Operas, and a Selection of the most useful Choruses. Adapted especially to Musical Conventions and Associations, and advanced Singing-classes. By Wm. B. Bradbury. pp. 256. Price \$1. New York: published by Mason Brothers.

AT HOME AND ABROAD; or, Things and Thoughts in America and Europe. By Margaret Fuller Ossoli. Edited by her brother, Arthur B. Fuller. One vol. 12mo, pp. 478. Price, prepaid by mail, \$1 25.

This collection of the unpublished writings of the lamented Madame Ossoli are, like all her writings, earnest and original in style, full of thought, and portray, truly and vividly, the subjects and impressions which she presents. It cannot fail of attracting a large number of readers.

MEDICAL REPORT COURTEOUS.—A limb of the law in a suit for damages after a railroad accident, which confined a poor woman for several months with paralysis, said he didn't understand the learned half-splitting about the difference between paralysis of sensation and paralysis of motion! and asked a medical witness for the claimant of damages, "whether he didn't think her legs were now in as good order for walking as before the accident," and was rather sneeringly impertinent to our learned brother. The lawyer has rather a sharp name, and received this cutting reply: "Suppose, my dear sir, your tongue had been paralyzed in the same way as her legs; you might manage to get on well enough in talking your dinner with its aid, but do you think you could talk as fast as you do now?" The lawyer was satisfied.

TWO WAYS TO STEP OUT.—There are two venerable and estimable physicians in this city by the antithetical names of Paine and Bliss. A lady was so fortunate as to secure the alternate ministrations of both of our distinguished brethren, but died notwithstanding their efforts. A lady, meeting another medical gentleman of great wag-gery, inquired if he knew how she was? The venerable wag, looking as he only can look, over his gold spectacles, replied, "She's dead, madam; she's dead." "Why, Doctor, what did she die of?" "Ah! my dear madam, she was in great danger from Paine, but she died of Bliss."

Miscellany.

BALDNESS AND THE BEARD.—Still Another Reason for Wearing the Beard :

TO THE EDITORS OF THE JOURNAL.—Gentlemen: I do not know if it has been noticed before that the custom of shaving the beard has a tendency to produce baldness of the head. I have long had the idea that it does. It seems reasonable. We know that shaving causes the beard to grow far more rapidly than it naturally would; to supply this extra growth, nutriment must be taken from somewhere, and it is not likely that the hair of the head, from its proximity, and being a similar substance to the beard, is the party robbed? The English were, till very lately, the closest shavers in Christendom, and, as far as my experience goes, baldness is more common amongst them than other nations.

Washing close hats and caps is undoubtedly also a cause of baldness; and this and shaving the face, taken in conjunction, may account for most of the denuded skulls one sees.

Yours obediently,

Lebanon, Pa. EN. M. RICHARDS.

DR. KIMBALL AMONG HAWKEYES.—*Messrs. Editors*—Thinking it may "help a little" in rolling forward the great hydropathic ball, I propose to tell you in a "nut shell" something of Dr. Kimball's lectures in Mount Pleasant—his character and effect. In regard to both, it would be sufficient to say that, by request, the course was repeated. Another indication is to be had in the fact that a large quantity of water cure works were disposed of. But, to speak directly, it is manifest that, whether we consider the reputation of the Doctor or the cause he advocated, the lectures were flatteringly successful.

To the fastidious and fast-finding, no doubt, many of the assertions of the Doctor seemed wild and extravagant. Indeed, I must confess, that in some of his statements and stories he laid my credulity under rather heavy contribution; but I will not specify less, perchance, it should prove the exponent of my ignorance rather than his error. One remark, however, I will venture, which is, that there is enough in the unmagnified, *bona fide* virtue of the hydropathic principles and practice to excite the "sin of unbelief" without resort to *utiful*, or being drawn, through enthusiasm, into *exaggeration*. Success, as I take it, should be the touchstone in every important reform, and in the mental as in the material man, ailment should conform to successive stages of development. The Doctor seems to forget we are all "babes in the woods"; whose tender digestive apparatus will not tolerate very nutritious ailment. Now, whether I am right in my animus or not, it is evident that the Doctor is wholly absorbed in his work, and, if he errs at all, it is owing to his deep conviction of the superiority of the system he advocates, and a result of enthusiasm in its promotion, which, if an error, is an amiable one, and easily pardoned.

The most striking characteristic of the Doctor's lectures is, the bold, confident and defiant tone in which he defends his own and attacks the dilapidated redoubts of the enemy. He fears no foe, and asks no quarter. Dentelle-like, he plants himself against the Rock of Truth, calling upon the myrmidons of allopathy, "*Come one, come all*." But nobody comes. "Dread silence reigns around." The champions of *dogmatism* withdraw into their den of dignity, and content themselves with "making faces" and going through sundry gyrations expressive of their "inexpressible contempt." With a little aid of the imagination, you might see the dignity of forty centuries imbedded in their serene and *senescent* physiognomies. True to their barker instincts, their hands folded in quiet complaisance, are only disjoined to play upon that harp of a thousand strings. "The Spirits of *Humbung* made perfect," to whose enchanting strains their purblind patrons dance on their way through this "vale of tears" to "early happiness." When this tune falls, the exhilaration is renewed by "ringing the changes" upon "Fancie," "Innovation," "Officious intermediary," and such like epithets, in which they may well "dispute the palm" with the "hell ringers" of Swiss nationality. Now, bating all attempts at rhetorical effect, the fact is, allopaths are painfully conscious that there is "something rotten in Denmark," and having a "realizing sense of their awful condition, avoid the light, lest it should disclose their pretence to the public profecies.

In striking contrast to this was the course of Dr. Kimball. He courted slight, challenged discussion, and bantered refutation. Not content with simply annulling the hydropathic treatment of the sick, he developed the practices by which the well might avoid disease, instructing the people at large in the laws of life. His lectures on anatomy evinced a thorough knowledge of that science; his strictures on tobacco-chewing, coffee drinking, &c., were highly amusing, as was evidenced by repeated applause. In western phrase, he was "aum" on swine, and it was really hard to tell which fared the worst—that grunting quarded, tobacco-chewers, or hunkers. But I must close, or you will think western "nuts" are tremendous.

I would say, closing, that the Doctor's lectures here have done much good. "May his shadow never grow less," but may he long live to advocate the Right.

Yours, &c.,

Mount Pleasant, Iowa. PEREDINE FILL-POKER.

MEDICAL DELINQUENTS.—The *Veterinary Journal* says that a Maine editor asserts that "some of his patrons would make good wheel horses, for they hold back so well."

[Why shouldn't they, when filthy physic is thrust under their noses in every number? Water cure subscribers are good leaders, and "go-a-head" as naturally as the drug takers "hold back." This is the reason, probably, that we have more co-workers and subscribers for the WATER CURE JOURNAL than there are to all the allopathic medical journals put together in the United States.

A BAD SPELL.—A man wrote Dr. Francis the following note:—

"Dear Doctor—I caught cold yesterday, and have got a little horse. Please write what I shall do for them."

The following was the answer:—

"Dear P.—For the cold, take a bath, night and morning, instead of supper or breakfast. For the little horse, buy a saddle and bridle, and ride him the first time we have fair weather."

TESTS OF CHARACTER.—If you wish to know a man's character, don't observe his voluntary so much as his involuntary, or unpremeditated acts. Observe the tones of his voice, rather than the meaning of his words. Observe how he laughs and what he laughs at. If he gives out a broad laugh at some coarse joke, and meets the most refined and delicate wit with a stupid stare, you have his character revealed at once. It is utterly impossible for any degree of sagacity or caution, to conceal the prominent and distinguishing traits and features of the external character from a discerning eye. We speak not now of internal motives or ends, but simply of those things which appertain to the outward or moral life, and give a man his social place and position.

SELF DEFENCE.—Henry Ward Beecher thus discourses in regard to the right of employing physical force in self-defence:—

"The right to use physical force we regard as a very important one. They who deny it in the case of personal self-defence and of defensive war, cannot consistently stop there. They must deny it to the police force in our cities; to the civil force under our government. They must refuse all sanctions to law, all penalties, all coercions, and leave conduct to be limited or restrained only by moral considerations. The thief comes to steal, if reasoning will not change his purpose, you must not put him out of the house; you must not hold his hand; you must not even run away with your treasure, for that is meeting him not by moral restraint, but by physical defeat.

"There are those who hold a half-way ground; who believe that physical force may be used, but deny that it can ever be rightfully carried so far as to take away human life. But we think that they are men who stand on half a principle and half an expedient. They go with a principle till it comes to a practical difficulty, and then they abandon it for a merely empirical judgment. Either we may or we may not employ force in self-defence. If we may employ it at all, then we may employ it in degree and in continuance, up to the point of efficiency.

"We do not see how it may be right to use a little, but wrong to use a great deal of force, where self-defence is the end, and where the feelings are not malignant, but simply a calm conscientiousness standing for right."

"In the present condition of the world, we should regard

the spread of peace principles, in that sense in which they deny the right of self-defence, as a premium bid upon rascality and tyranny. It is the devil's doctrine, and it would inure to the benefit of Satan and of his minions throughout the world."

MEN often do most when they think they are doing least, and least when they think they are doing most.

CRACKED WHEAT.—HOMINY, SAMF, OATMEAL, Etc.—The question "What shall we eat?" has been decided. "The staff of life," as every body knows, is BREAD—not pork—and the best bread is made of wheat, rye, corn, oats, barley, and other grain. Wheat, in the Middle, Western, and Northern States and provinces, is more extensively used for bread than any other kind of grain; and, all things considered, it is every way the best. But it should be properly prepared—not ground to a powder, then boiled. It should be cracked or crushed, and then baked, boiled, or cooked to the taste. Better adopt the rude mode of the real Native Americans—the INDIANS—and pound in a mortar the grain we eat, than have it spoiled by the millers. Superfine flour should never be eaten, especially by invalids.

WHEAT FLOUR.—Of nutriment peculiarly favorable for the growth of the muscular system, in every 1,000 pounds of wheat there are about 25 pounds. In every 1,000 lbs. of flour only about 20 lbs. and in every 1,000 lbs. of bran about 60 lbs. The bolted flour will not go near so far as the unbolted. If, in a given time, eight persons will consume 40 lbs. of fine flour, or the usual product, one bushel of wheat, then it would take a considerable longer time for them to consume that flour with the addition of several pounds of coarser material. This saving, from the use of unbolted flour, would be greater than just in proportion to the increase in weight of the unbolted above the bolted article, for the former contains the most nutriment. Four bushels of wheat would go farther in the unbolted state than five bushels bolted, besides being vastly more healthful for human food.

QUESTIONS.—What are the essential properties of matter?

Which are the primary colors?

What are the uses in nature, of the elasticity of matter?

What are the materials of gun powder.

Which lived earliest, Charlemagne or Alfred the Great?

Who was Emperor of Rome at the time of our Savior's Crucifixion?

PROBLEMS.—With three generations to the century, and each generation averaging as many as the present population of the earth, [1,000 millions] which of the United States would most nearly afford standing room to all who have lived on the earth, allowing a square yard to each person?

If three times three were just eleven,

What then would be the half of seven?

EVERY day in the week is, by different nations, devoted to the public celebration of Divine Service. Sunday by the Christian, Monday by the Greeks, Tuesday by the Persians, Wednesday by the Assyrians, Thursday by the Egyptians, Friday by the Turks, and Saturday by the Jews.

The rich man lives happily, so long as he uses his riches temporarily; and the poor man who patiently endures his wants, is rich enough.

He that is not content in any state, will be content in no state; for the fault is not in the thing, but in the mind.

If you have as many diseases in your body as a bill of morality contains, this one receipt of temperance will cure them all.

Let your prayers be as frequent as your wants, and your thanksgivings as your blessings.

A good conscience seats the mind on a rich throne of lasting quiet, but horror waits upon a guilty soul.

Young men when they are once dazed in pleasure and vanity, will scarcely take any other color.

When men will not be reasoned out of vanity, they must be ridiculed out of it.

AN INCISED WOUND.—B. S. M., Troy, Me., says that he has been confined to the house most of the time for over nine years, and the knowledge gained by reading the Journal, has been the means of saving his life. He also re-

lates the case of his brother who cut his left foot severely while chopping, the ax passing down through the foot, splitting it open lengthwise from toe to ankle, between the first and second metatarsal bones; making a wound four and a half inches long on the upper, and four inches on the under side of the foot.

Dr. Alexander, of Unity, dressed the wound by tying four arteries, and taking three stitches on the top and two on the bottom of the foot, and putting on bands of adhesive plaster. My mother and sister tended it by frequently washing and keeping it wet all the time with strips of linen laid on it wet with water at the temperature most agreeable to the foot.

Although there was nothing but water used on it, he did not experience any severe pain, and it healed up perfectly in four weeks, and in eight weeks he was able to go about his labor without a crutch."

ALLOPATHIC PHYSICIAN AT A WATER CURE.—We extract the following from a communication received from Mrs. D. A. Pease, M.D., of the Cincinnati Water Cure:—

"Among the converts to Water Cure are some of our most noble, and, hitherto considered, best physicians. We have one at this time in the cure who has practised for thirty years, and for the last eighteen has suffered and gone through great fatigue whilst laboring under disease. Nothing but his energy and determination of purpose kept him up, and it was truly worthy of being engaged in a better cause than dealing out drugs to the sick. But at length nature gave out, and he sunk under its accumulated wrongs, and for weeks was not expected to live. A noble mind like his could not lie down and die because his own all potent drugs had failed to act friendly toward him. He besought his friends to take him to a Water Cure, and after much importuning, they consented, not, however, until they had watched by his pillow several weeks with the expectation of seeing him breathe his last. With much fear and anxiety they at length brought him here; but previous to his leaving home his neighbors and friends came to bid him a final farewell. He had not been in the Cure two weeks before he could sit up and walk in the halls unassisted, and was one more added to our numerous converts, by feeling the power and efficacy of water treatment—one that I trust may be an able expounder of the merits of the system."

A SKETCH BY M. F. L.—From the earliest days of my remembrance until twenty years had passed, did I witness the deferred hopes and intolerable sufferings of my father. Nature endowed him with a strong constitution and unusual perseverance, and being early seized with acute rheumatism, many of the most noted doctors were consulted, and a rigid and extreme application of their various prescriptions made. So the contest between poisonous drugs, this painful disease, and straggling nature, was long and tedious, and the result natural; for, as *crippled* nature yielded, disease took "fast hold." About eight years before his death, having been unable to walk a step or undress himself for ten years, he gave the vegetable reformed practice a thorough trial, which gave him great relief, placing him on his crutches for about one year. This remedy then seemed to fail, and getting some idea of hydropathy, he applied water without measure in its different modes of application, perhaps to an extreme. He adopted strict rules of diet; laid aside tea and coffee, and with them one dreaded scourge which had hitherto followed him, "the sick headache." He ate the plainest of food, and took his meals but twice a day. This, together with water treatment, greatly soothed his sufferings and was his constant refuge in restlessness or pain during the last few years of his life. He died of typhoid fever, inflammation of the lungs, and dry mortification in his feet, aged 65 years. He often said, "Had I understood the laws of life and health in my youth, I might have preserved my health, avoided years of suffering, and saved hundreds of dollars which were worse than thrown away." My mother died of dropsy, also a victim of drug treatment, in some of its most horrible forms. As I inherited salt-rheum and its train of evils from my mother, while under her care, I was treated (according to the custom of the time) with douches and blisters. But, since I have acted by myself (being prejudiced against drugs by the sad lessons over before me), my greatest relief has been from careful diet, bathing, exercise in the open air, or using the inhaling tube. Within the last year we have read the Water Cure Journal and rejoiced in its light. Being confirmed in our opinion that indulging in gluttony, intemperance, and improprieties in dress, are

general and prevailing causes of disease; and that resorting to drugs to alleviate pains thus produced, only adds to the evil, and is both inconsistent and sinful.

WATER CURE.

A BUBBLE FROM A SUBMERGED PATIENT.

BY JOHN HOOKER.

"*Naspiria a profundis.*"

Once, when the world for years had been Sick with the fell disease of sin,
All swollen with unsightly tumors,
And broken out with ugly humors,
The Lord, the first great Hydropath,
Cured the whole world with one great bath.
A mighty *douche* from heaven he sent,
The sea a mighty "plunge bath" lent,
And Earth "the treatment" underwent.

Some who have heard of Noah's ark.
Say he was cured by *taking bark*;
And thinking Water Cure a sham,
He used his bark for curing Ham;
And that his folks with all their duds,
Rode high and dry above the floods
And never touched the foaming sands.
But soothers always do exist,
And when they on their doubts insist,
The best way is—to show your fist.
The real fact is, though they snub,
They took a half-bath in a floating tub.

This art by Deity invented,
Is for the use of all intended.
Simple the *modus operandi*,
No need henceforth that any man die.
The remedy for ills this mundane,
Is found at last in the pure fountain.
That "*like cures like*," the principle,
How simple, and how beautiful!
For is your head oppressed with pain?
The cure is *water on the brain*;
Or do sharp pains assail your breast?
The cure is—*water on the chest*;
Have you a cold from damp sheets caught?
A *dripping sheet* is straightway brought;
Or cold from falling in a river?
Strait in the "plunge bath" you must shiver;
Or has a blow half broke your back?
The *douche* must give another thwack.

It's "water, water, every where,"
And quarts to drink if you can bear;
Tis well that we are made of clay,
For common dust would wash away!
And then the pack, what words can show
The aspect of that mummy row,
As down the ranks the attendant goes,
To scare a fly or blow a nose,
No tar or'er lay so snug in bank,
Or in his narrow cell a monk,
As these folks *pack* the human trunk.

That great machine, the human mill;
Is henceforth turned by mountain rill;
The main spring of the human clock,
The spring that gushes from the rock;
Old Adam's every son and daughter
Will now forever go by *water*.
Then let the threatening Allopath
Brandish in rage his sword of lath;
We'll duck him in our coldest bath;
And we will dance around our spring,
And in its water roses fling,
And with harmonious voice its glories sing.

N. W. Fairview, Todd Co., Ky., thus speaks emphatically of the value of the Journal:—"I can say with emphasis, that the reading of the Water Cure Journal and other works on Hydropathy, has been the means of my enjoying much better health and saving me much trouble and useless expense."

W. A. GLOVER, Ingersoll, C. W., sends three dollars for our publications, and thus speaks of the Water Cure Journal:—"I cannot do without the Water Cure Journal, I am so convinced of the truth of its teachings, and the fallacy of drugs, that I have not taken a particle of medicine for over two years, although I have frequently been ailing, caused, no doubt, by the frequent use of drugs before my eyes were opened by reading the Journal."

DR. ALLOPATH LIVES SPARINGLY.—McCarmel, Franklin County, Ia.—The curative principles you advocate are very popular here, so much so that Dr. Allopathy have to live very sparingly, and, in order to live even thus, they have *waterised* wonderfully. Still, they are water quacks, and not very safe unless well watched. A thoroughly well qualified water cure physician would, I think, find here an excellent field for his operations.

J. A. A.

A TREASURE SAVED.—Charlotte Centre, N.Y.—From A. W. W.—A gentleman in this vicinity has just had the good fortune to save an interesting little daughter from death by the timely application of water, recommended by a lady who called in to see her, the physician [one of the eclectic school] having given it as his opinion, when first called to see her, that she could not live. So the work goes on. You may depend upon it that if this subscriber obtains the light from the reading of the JOURNAL that others have, he will not put it under a bushel.

A MIRACULOUS CURE.—Bryant'sville, Garrard County, Ky.—E. M. J. is requested by Mrs. J. to renew his subscription to the JOURNAL, and, in doing so, says, "My wife has been taking the WATER CURE JOURNAL for a number of years, but has not seen a copy since January, and has felt its absence severely. She is her own doctor, and a whole-souled hydropathist. She had been sick for seven years, and given up by the allopathist, when I took her to a water cure, after which she commenced to improve, and is still continuing to do so. The JOURNAL and other hydropathic works have been our family doctor for years, and will hold that office until death." We are your warm friends.

PILLS vs. WATER.—St. Charles, Kane Co., Ill.—Hygienic principles are steadily and rapidly gaining ground in this vicinity. Many who two years ago went to an allopathic physician, when in distress, with all the confidence that a devout Christian would seek his God, now turn in disgust from the loathsome pill-vender to seek relief in the blessed remedy prepared by Nature's God for the benefit of his creatures.

O. K.

GOOD HUMOR.—Keep in good humor. It is not great calamities that embitter existence; it is the petty vexations, the small jealousies, the little disappointments, the minor miseries, that make the heart heavy and the temper sour. Don't let them. Anger is a pure waste of vitality; it is always foolish, and always disgraceful, except in some very rare cases, when it is kindled by seeing wrong done to another; and even that noble rage seldom mends the matter. Keep in good humor!

No man does his best except when he is cheerful. A light heart makes nimble hands, and keeps the mind free and alert. No misfortune is so great as one that sours the temper. Until cheerfulness is lost, nothing is lost. Keep in good humor!

The company of a good humored man is a perpetual feast; he is welcomed everywhere—eye glitten at his approach, and difficulties vanish in his presence. Franklin's indomitable good humor did as much for his country in the old Congress as Adam's fire or Jefferson's wisdom: he clothed wisdom with smiles, and softened contentious minds into acquiescence. Keep in good humor!

A good conscience, a sound stomach, a clean skin, are the elements of good humor. Get them, and keep them, and be sure to keep in good humor!

A RIGHT EDUCATION is not merely the reading of many books, but the ability of making knowledge useful to ourselves and others. It is not simply to acquire influence over our fellow-creatures, but to make that influence subservient to moral excellence and piety.

Advertisements.

A limited space of this Journal

will be given to Advertisements, on the following terms:

For one page, one month, . . . \$10 00
For two columns, one month, . . . 25 00
For half a column, one month, . . . 13 00
For a card of four lines, or less, one month, . . . 1 00

Payment in advance, for transient advertisements, or for a single insertion, at the rates above named.

Copies of this Journal are kept on file at all the principal Hotels in New York City, Boston, Philadelphia, and on the SEABOARD.

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

VERGES' ELECTRO-CHEMICAL BATHS.

—Prof. M. Verges, the discoverer of the process for extracting metals from the human body, is at 710 Broadway. The efficacy of the Electro-Chemical Baths, in extracting from the human system all urticular substances, either taken as poisons, or absorbed, while exercising the professions of painters, glaziers, looking-glass painters, etc., as well as a long list of other occupations.

Prof. Verges' experience warrants him in affirming and promising that the Electro-Chemical Baths permanently cure all those afflicted with Rheumatism (Inflammatory or Chronic), Paralysis, Neuralgia, Contracted Muscles, and the various forms of Sympathetic affections caused by the presence of miasmata in the system. The results are simple in its management, and almost instantaneous in its effect; differing from all other medical operations, it is simply strengthening Nature in her efficacy, by an agent at once potent and kindred in character, and thus enables her to expel the morbid causes of disturbance, and to reform the normal condition of health.

The Professor will give his personal attention to those who may require his services at 710 Broadway. His fee is moderate, and he is a most competent physician.

He is here to learn the medical profession and the public, that he has made arrangements which will enable him to give the baths at the houses of those patients who are unable to visit him.

Several new methods have been devised, and applied with the greatest success, in the treatment of the complications of the bath by incompetent or unskillful persons. The results are simple in its management, and almost instantaneous in its effect; differing from all other medical operations, it is simply strengthening Nature in her efficacy, by an agent at once potent and kindred in character, and thus enables her to expel the morbid causes of disturbance, and to reform the normal condition of health.

Special Department for ladies.

Verger's Baths for sale at 710 Broadway. Feb

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTE.

215 Light Street, New York. R. T. TRALL, M.D., Proprietor.

During the past season this institution has been again enlarged, and various improvements made for the benefit and comfort of its inmates.

The Electro-Chemical Baths have been introduced, a GRANARIUM has been arranged, and the Yarrow and Doucass Baths, lately on the Eastern plan, have been added. Calisthenic exercises, with music and dancing, are among the numerous appliances of the establishment.

Dr. Trall has secured the most eminent female and female physicians, which will enable him to give the most successful treatment of all diseases.

Special Instructions will be given in the Electro-Chemical Bathing, and every kind of apparatus provided. Feb

MERIDEN MOUNTAIN HOUSE.

This place, delightfully situated midway between Hartford and New Haven, five hours by rail, far from New York City, will be or is to be a suitable party who will be or is to be a Water-Cure and Hygienic Institute. The grounds comprise fifty acres of meadow land, groves, walks, roads, orchards, &c. Address R. T. TRALL, New York. Feb

DR. VAIL'S GRANITE STATE WATER-CURE.

FRANKLIN, N. H.—Patients wishing elegant accommodations, as snits of parlors, parlors with bedrooms attached, suitable for families or elegant single apartments for individuals will find them at the Granite State Water-Cure, now located in a beautiful and healthful section of the State, a few miles from the sea, and a few miles from the city, and is well adapted to the purpose of a perfect cure. Feb

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CLEVELAND WATER-CURE ESTABLISHMENT.

—The above establishment is now commencing its eighth season. It being the oldest establishment in the West, the proprietors feel that it should still maintain its reputation of being the best.

Great improvements have been made to it since the last season, in the Water-Cure, and the proprietors, for variety, comfort and convenience, are believed to be unequalled by any establishment in the Union.

The great success which has hitherto attended this Institution, and the liberal patronage which it has received, have induced the proprietors to make a new effort to advance the happiness and welfare of all those who may place themselves under its charge. The board of proprietors, and the proprietors, are believed to be unequalled by any establishment in the Union.

The proprietors have again secured the invaluable services of Miss C. A. Greene, who takes especial charge of the Water-Cure, and whose experience enables her peculiarly qualified to discharge its duties. Feb

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Northampton, Mass., possesses great attractions in the charming beauty of its scenery, and in the loveliness of its extended landscape. Feb

GLEN HAVEN.

This Water Cure is conducted expressly with a view to restore to health those of either sex who are *sick*. It is not a fashionable Watering place, and has nothing in or about it calculated to draw people of fashion who are *not sick*. It is not conducted so that such persons would be attracted to it. But to those who want health, and who are sick and pine daily because they have it not, Glen Haven is the place. No spot for beauty, salubrity and purity of water, in the whole land, equals it. And those who *confess* it, *know* it. And the thousands who have been restored to health by its use, use, or *lack* of vigor, and would like to have good health, we submit Glen Haven to their closest and most rigid scrutiny. We do not care *how* our patients are, nor that diseases they are cured of, what sex they may be, nor *how long* they have been sick; if curable by any means, they can be cured at the Glen. We give no medicine. We live plainly. We subject our sick ones to no foolish and uncalled for expenditures of money or strength. We do not trouble ourselves about public opinion, neither feeling it necessary to advertise, numbering from 75 to 150, and aside from the helpers and Physicians, all *sick*, and congenial from all parts of the land, we are a happy, joyous, contraneous, patient, enduring people, constantly sending some of our number home, cured, and taking sick ones in their stead. We are united, earnest, all work one way; each helping all, and all helping each and making the most of our blessings and the least of our tribulations, knowing that our tribulation worketh patience, and patience experience, and experience hope, and hope growth new life and health. One thing more you ought to know, *that* the persons who are cured at Glen Haven, do *not get sick after going away*. Dr. Jackson does not believe in persons in health becoming sick. Now, if you would like to make trial for your health, with such a company of invalids, write for a circular, which will be sent you free, postage excepted, as if you like the terms, and if you do, *come*. You will find warm welcome, skillful treatment, and, with God's blessing—health, long years, and green old age.

FACTS.—We have them prepared by our Physicians on specific Diseases, and shall, on application, be happy to transmit them to all such as enclose a postage-stamp for each written. These written are on *Spermatorrhoea*, Dyspepsia, Scrofula, Female Diseases, and Drops for Women.

ROUTE.—From East or West, come on N. Y. Central Railroad to Syracuse, thence by Syracuse and Binghamton Railroad to Homer, then to Glen Haven by ferry. Or, from West, come on New York and Erie Railroad to Binghamton, thence on Syracuse and Binghamton Railroad to Homer, and so on to the Glen by ferry.

POST-Office Address.—Glen Haven, Cayuga Co., N. Y. J. C. JACKSON, M. D., or to HARRIS T. AUSTIN, M. D.

WATER-CURE FOR SALE.—The very best Spring and Location for a Water-Cure in southern Ohio, is offered for sale. The spring is pure, soft water, unexampled in quantity and quality, and is situated on the Ohio River, about 10 miles from the mouth of the Ohio, on the banks of the St. Louis Railroad, nine miles west of Glen Haven, and is of easy access by rail, car, or stage. For particulars address PETER ZINK, Dohi P. O., Hamilton Co., Ohio.

HARROP'S HOTEL, HOMER, N. Y.

This Hotel is situated in the centre of the village opposite the Hotel de la Cour. Persons visiting that popular Water Cure establishment, will find it convenient to stay at this Hotel, as it is only a few minutes' ride from Glen Haven. An omnibus will be sent daily to convey passengers to and from the depot, free of charge.

THOMAS HARROP, Proprietor.

PALMER and HALL (Successors to Daniel Davis, Jr.) have removed their establishment to 158 Washington Street, Boston, Mass., where may be constantly found all kinds of electrical and electro-magnetic Apparatus, and materials for Telegraphic Lines, Platinum, Gold and Silver, Galvanic Batteries, Improved Voltaic and Iron Wire, and apparatus for the various medical appliances of Electricity and Galvanism.

Also, an Improved Battery for the **ELECTRO-CHEMICAL BATHS**, warranted to be the best and cheapest Battery in use for that purpose.

All orders, either by mail or personal, promptly attended to.

The following works are published by **PALMER & HALL:**
Davis's Medical Magnetism, Price 50 cts. Third edition.
Chung's Medical Electricity, Price 50 cts. Second edition.
The Book of the Telegraph, Price 25 cts.

PALMER & HALL, Electrochemists,
No. 158 Washington St., Boston, Mass.

BATHING FOR ELECTRO-CHEMICAL TREATMENT. DR. G. H. TAYLOR, 630 6th Ave. N. Y., makes the apparatus and gives the very much simplified instruction, whereby the effectiveness is proportionally increased. April 11.

STILL FURTHER PROOFS OF THE POWER OF DR. S. B. SMITH'S ELECTRO-CHEMICAL BATH.

Dr. SMITH, a Miss Abner was afflicted with paralysis of the arm and leg, and was subject to intense headache from a large, one-foot-thick rheumatism. After the application of the bath, the return of the head-ache, I have never found it there since. It was cured in three days, and the patient is now as healthy as the Electro-Chemical Bath.

SMITH, Water-Cure, Providence, R. I.
Price of the Bathing Machine, permanent Bath, \$40.
S. B. SMITH, 71 Canal St., New York.
S. B. Smith continues to manufacture my Direct Current Bathing Machine, price \$2.

GEO. A. PRINCE & CO.'S IMPROVED MELODEONS.

The oldest Establishment in the United States—employing two hundred men, and finishing eight hundred instruments per week. The quality of our instruments is such that they are sold in all parts of the world, and are now in use.

Our latest improvement consists of the

PATENT DIVIDED SWELL,

and all our Melodeons—after will be furnished with this new and improved extra Casside. Persons desiring of no rights or other work to use this will; and will be supplied by purchasing instrument of our manufacture.

We have in a large number of letters from the best judges in the United States, and from the following terms of the excellence of our Melodeons, which we also give in an application.

LIST OF PATENTS.
4-voice Melodeon, portable, — \$45
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Miscellany.

WOMAN'S NATURE.—I should not say, from my experience of my own sex, that a woman's nature is flexible and impossible, though her feelings are. I know very few instances of a very inferior man ruling the mind of a superior woman; whereas I know twenty-fifty of a very inferior woman ruling a superior man. If he love her, the chances are, that she will in the end weaken and demoralize him. If a superior woman marry a vulgar or inferior man, he makes her miserable, but he seldom governs her mind, or vulgarizes her nature; and if there be love on his side, the chances are that in the end she will elevate and refine him.

TRUE AND FALSE PLEASURE.—"All pleasure," says John Foster, "must be bought at the expense of pain. The difference between false pleasure and true is just this: for the true, the price is paid before you enjoy it; for the false, afterwards."

THE SHEPHERD IN THE SHOWER-BATH.—I have never yet had courage to pin the string. In I gang, and shut the door on myself—and tak' hand o' the string very gently, for the least rug'll bring down the squash like the Falls o' the Clyde; and I look up to the machine, a' pierced wi' so many water-holes, and then I shunt my een and my mouth like grim death, and then I let gae the string, and, gruin' a' the time, try to whistle; and then I agree to allow myself a respite till I count fifty; and neist begin to argue wi' my ain conscience, that the promise I had made to myself to whummie the splash-cask was only between it and me, and that the warid will ken naething about the matter if I come out again *re infecta*; and, feneally, I step out as cautiously as a thief frae a closet, and set myself down in the arm-chair, beside the towel warming at the fire, and tak' up the Magazine, and permes, perhaps, een o' the "Notes Ambrosianus," till I'm like to spilt me' lanchin at my ain wit, forgotten as the door's no locked, and what a figure I wd' present to ony o' the servant-lasses that micht happen to come in looking for naething, or to some collegian or contributor, come out frae Embro' during the vacance to see the Ettrick Shepherd.

Dr. BRESY was a severe, but not an ill-natured man. It is related of him and one of his scholars, that during the Doctor's absence from his study, the boy found some plums in it; and being moved by lickerishness, began to eat some. First, however, he waggishly cried out, "I publish the banns of matrimony between my mouth and these plums; if any here present know just cause or impediment why they should not be united, you are to declare it, or hereafter hold your peace." But the Doctor had overheard the proclamation, and said nothing till the next morning, when, causing the boy to be "brought up" and disposed for punishment, he grasped the well-known instrument, and said, "I publish the banns of matrimony between this rod and this boy; if any of you know just cause or impediment why they should not be united, you are to declare it." The boy himself called out, "I forbid the banns!" "For what cause?" "Because," said the boy, "the parties are not agreed!" The Doctor enjoyed the validity of the objection, and the ceremony was not performed.

FIGURATIVE LANGUAGE.—The 24thake may be perfectly cured, without pain, by the French specific.—*Mercury.*

We wonder if the specific is hard 2 take—if not, we will try it 4thwith.—*Er.*

It cured, it will be a 1der indeed.—*Trans.*
Olderly, gentlemen, 'tis a sora subject.—*Ledger.*
Yes, and requirin' 4thto be near.—*American Cour.*
This is carryin' the matter quite as far as 90quetto will bear.—*Moll.*

W3 for us, neighbor; it has th100 out of a cloudless 7 be4 now.—*En.*

We wish it had knocked the k9 species out of existence in passing.—*Age.*

You are far too cruel, and should be more b9.—*Amer. Courtier.*

Those who are so 4-2n8 as to do the above, will find each paragraph to contain a slight 11 of humor.—*N. Y. Globe.*

54 for shame, gentlemen—54 shame!—*Littell's Living Age.*

So say we; this sort of thing, 0 to be stopped.

EXCEPTS.—What can a bow—though faultless as to the cane—if it be stringless, effect?

Half the failures in life arise from pulling in one's horse as he is leaping.

Purity is the feminine, Truth the masculine, of Honor. The most mischievous liars are those who keep on the verge of truth.

The wisdom of the ancients, as to the government of life, was no more than certain precepts what to do, and what not; and men were much better in that simplicity; for, as they came to be more learned, they grew less careful of being good.

THE HOME OF TASTE.—How easy to be neat! to be clean! How easy to arrange the rooms with the most graceful propriety! How easy it is to invest our houses with the truest elegance! Elegance resides not with the upholsterer or the draper; it is not in the mosaics, the carpeting, the rosewood, the mahogany, the candelabra, or the marble ornaments; it exists in the spirit presiding over the chambers of the dwelling. Contentment must always be most graceful; it sheds serenity over the scene of its abode; it transforms a waste into a garden. The home lighted by these intimations of a nobler and brighter life may be wanting in much the disconcerted desire; but to its inhabitants it will be a palace, far outvying the oriental in brilliancy and glory.

PHYSICAL EFFECT OF SINGING.—The Germans are seldom affected with consumption; nor have I known, says Dr. Rnsh, but one instance of spitting blood among them. This, I believe, is in part occasioned by the strength their lungs acquired by exercise in vocal music, which constitutes an essential part of their education. The music-master of our academy has furnished me with an observation still more in favor of this opinion. He informed me that he had known several instances of persons who were disposed to consumption who were restored to health by exercise of their lungs in singing.

HOW TO BE A MAN.—When Carlyle was asked by a young friend to point out what course of reading he thought best to make him a man, he replied in his usual characteristic manner: "It is not by books chiefly, that a man becomes in all points a man. Study to do whatever thing in your actual situation, then and now, you find either expressly or tacitly laid down to your charge—that is, stand to your post; stand in it like a true soldier. Silently devour the many chagrins of it—all situations have many—and see you aim not to quit it without doing all that is your duty."

POPULAR LIES.—Rev. E. H. Chapin, in his lecture before the Mercantile Library Association, upon "Practical Life," hit off one of the popular vices of society—lying—in a very effective manner, as appears from a report in the *Traveler*, from which we copy a couple of paragraphs:

"Lies of action are blood relation to lies of speech, and moral lies constitute a small share of the falsehoods in the world. There are lies of custom, and lies of fashion; lies of padding, and lies of whalebone; lies of the first water in diamonds of paste, and unblushing blushes of lies to which a shower would give quite a different complexion; the politician's lies, who, like a circus rider, strides two horses at once; the coquette's lies, like a professor of legendein, keeps six plates dancing at a time; lies sandwiched between bargains; lies in ivory behind republican coaches, in all the pomp of gold band and buttons; lies of red tape and sealing wax; lies from the cannon's mouth; lies in the name of glorious principles that might make dead heroes clatter in their graves; Makalkoffs of lies, standing upon sacred dust, and lifting their audacious phantasies in the light of eternal Heaven!"

GOLD FISH.—The Portsmouth Journal says these beautiful specimens of the finny tribe may be rapidly increased with very little trouble. A fresh water pond—no consequence whether made from springs or from rain, in which no destructive fish have a home—is all that is needed

for their residence and rapid increase. The coldest weather of winter, even though the ice confine them does them no injury. In a pond on the Portsmouth City Farm, some of these fish were put a few years ago. From these tens of thousands have been taken, and may be seen not only in numerous globes in our own city, but also in many distasteful places in New England. These fish command a high price in some places, and might be made a source of much profit to those who would devote a little attention to raising them.

DURING the time since the Worcester Lunatic Hospital has been in operation, (23 years,) thirty-nine of its patients were made so by disappointed ambition. "Ambition should be made of sterner stuff."

Who'd mount where Fame's stormy tempest blows,
Should steep his nature ere he goes;
Then, though he fail to gain her crown,
His own won't crack in tumbling down!

One half of the ugliness is caused by want of ventilation. The less oxygen in a room, the more dark becomes our blood, and the darker our blood becomes, the more we take to irritation and ill nature. The only reason that printers are more crabbed than other folks, is because they allow a big coal stove to rob them of their share of oxygen.

"Have you read my last speech," said a prosy orator the other day to a friend. "No," replied the person addressed, with a shrug, "I wish to goodness I had."

ROMPING.—Never punish a girl for being a romp, but thank heaven who has given her health to be one. It is better than a distorted spine or huckle cheek. Little girls ought to be great romps—better than paying doctor's bills for them. Where is the gymnasium which should be attached to every school? That's coming too, like other improvements.

HOW TO KNOW A FOOL.—A fool, says the Arab proverb, may be known by six things: anger without cause, speech without profit, change without motive, inquiry without object, putting trust in a stranger, and not knowing his friends from his foes.

A TAX ON BEARDS.—A bill has been presented to the Legislature of Tennessee, levying a tax of five dollars upon every gentleman who wears a moustache, and a fine of five dollars upon bachelors over thirty years of age, for the purpose of raising money to increase the School Fund. This will prove to be rather a close shave!

SIMPLICITY and genuine unaffectedness are of greater value than beauty. The latter will captivate, but not retain, while the former will make a deeper impression each day.

CURING ONE'S SELF.—Mrs. L. B. Scrayville, Pa., says she has been her own doctor, has the *Encyclopaedia* and many other books on the practice of Water-Cure; was given over by the faculty two years ago, but now is able to take care of her family, walk two or three miles, spin and weave, and do an ordinary day's work for a woman in health. Has taken the *JOURNAL* two years, and will as long as she can.

VALUE OF THE JOURNALS.—H. M. C., Greenville, Montclair county, Mich., sends a list of subscribers, and says, "There is a great deal of intermittent and typhoid fever scattered throughout this part of the State. I have cured two cases among my personal friends, by knowledge gained by perusal of the *WATER-CURE* for a year and a half, and one term at school of a slight study of physiology. I would not do without your *JOURNALS* for five times their subscription price."

MODEL OBITUARY.—Died of *Medical Quackery*, at his father's residence, in Franklin County, Mississippi, on the 25th of October, Silas W. Smith, aged ten years.

How much better it is to give the actual cause of death in these cases of homicide and suicide, for premature deaths are generally such, to the hackneyed expression of ascribing them to the hand of a mysterious Providence. The responsibility is more likely to be placed where it belongs.—*N. Y. Teacher.*