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Contents.

	PAGE.
Why Shouldst thou Die before thy Time,	97
The Physician that Is and the one that Is to Be,	100
Dentistry—Children's Teeth, their Regulation and Care,	101
Worms—Last Causes and Origin,	102
Science of Healing,	103
Reports of Practice,	104
Vegetarian Travelling,	104
Miasmatic Fevers and their Treatment,	105
Female Education,	106
Necessities of a Young Man,	106
The Downfall of Cities and a Life in the Country,	108
Hydropathy—Extract from a Lecture by W. F. Lewis, M.D.,	107
How to Vote—A Clergyman's Testimony, Benefits of the Water	108
Cure, &c.,	109
Business Notices,	109
Topics of the Month,	109
The Discussion,	111
To Correspondents,	113
Suggestions to Women who are interested in the Dress Reform,	114
New Venturing Hat,	115
Home Practice,	115
Advertisements,	116
Miscellany,	120

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"WHY SHOULDST THOU DIE BEFORE THY TIME?"

BY J. C. JACKSON, M. D.

THE noblest creature that God ever made and placed on the Earth, is a human being—a simple man. Not a rich man, nor a poor man; not a handsome man, nor a homely; not a white man nor a black, a bond nor a freeman, nor an Irishman nor an American; but a *man*: a creature simply human. God fashioned him so; that high authority declares him to be fearfully and wonderfully made: so full of dignity and glory as to be worthy of incarnating the Divine, so extraordinary in his endowments as to be *redeemed* at uncounted cost; and of such capability as not unfrequently to do that which for ever takes his name from obscurity and makes it like its wearer, immortal.

To a creature of this mold, and wearing this sort of constitution, one would naturally think that *Life* would be valued at high rate—that he would guard it as one would a great treasure, and would use it only for legitimate purposes. Yet what a useless, rapid, purposeless life most persons live. They work hard, toil, sweat, grow old while young in years, and die, having accomplished nothing. For he can scarcely be said to accomplish anything, whose work perishes with the occasion that called it forth. Real, actual accomplishment weaves into its web the threads of the Imperishable. Essentially somewhat of the Undying and the Everlasting belong to it. Where these are wanting the work is a sham, however it may appear. Few men do things which last. They create, and their handiwork is visible ages after they are dead. But the many only beget and give birth to offspring, whether of brain or body, to have them *die*. Poor creatures! how departure from the Divine law has tamed them and shorn them of their glory. How it has taken the image of their Maker from their faces, and left in its place horrible disfigurement. How it has dimmed their eyes, quenching the bright flash which they should wear. How it has bowed their backs till their carriage is like that of a felon or slave. How it has rooted out of their hearts all, or well nigh all, noble impulse, and planted low desire or passion in its

place. How it has transformed them. A Lion shut up in a cage and made a show daily, looks as much like the King of the Lybian desert as the men of our present civilization do like the *Man of God's making*.

Taking the *Human* as it shows itself, for a type of THE DIVINE, it is a wonder to me that a more extended abjuration of allegiance to the Creator does not take place. For what is there in man at large, either in his personal or social aspects, which should awaken the enthusiasm, the love, or the fealty of his nature toward the maker of him? With rare exceptions, he presents himself in every phase as a creature of low, grovelling appetites, and swelling, surging passions. The spirit that is in him is a bond-slave to the matter which it inherits. His higher faculties are subordinated to his propensities, his habits are the master of his principles, and his convictions are made to yield to his desires. His aims are low, his gratifications lower, his successes over which he boasts and swaggers are sheer fictions, and his achievements practical defeats. His history is in his epitaph, and Time gnaws this till it is defaced, and then all knowledge of him perishes, even in the neighborhood where he was born, reared, labored and died. Not a man or woman in ten thousand does a *good* deed of sufficient magnitude to carry their names into the third generation. It takes a notoriously wicked *wretch* to be long-lived. His doings are wrought out on successive generations.

Now from all this degradation and defilement, this low tone of existence, this mere animal hyperbation, this bestial life, is there no deliverance? Are no means of redemption at hand? Out of this Tartarus, this Hell upon Earth, is there no way? Is there no process by which man's bird's claws can again become nails, and his eagle's feathers soft and silken hair? "Certainly there is," says one. "Assuredly there is," says another. "Most manifestly there is," says a third. "I know there is," says a fourth. Very well, good friends, where is your highway, and what your process? If you can do anything to break the spell that binds your fellows incontinently to the service of evil, speak! What is your remedy? No 1 says, *the triumph of Philosophy will insure man's redemption*. Why does not Philosophy triumph, then? Philosophy

has had a fair field from the days of the pyramids. No. 2 says, *Science will do it*. Why does it not accomplish its mission? No. 3 says, *The Gospel will do it*. The Gospel has had 19 centuries to make its mark. No. 4 says, *The Church holds the keys*. Why, in God's name, then, does it not unlock the prison doors and let its fettered slaves into the sun-light? I do not mean to undervalue the dignity of Philosophy, the worth of Science, the benevolence of the Gospel, nor the power of the Church. They are mighty forces, yet they make but little headway against man's downward tendencies. Their results are as thin to those of a man with giant strength beating the air. Their ill-success is not for lack of opportunity. Philosophy has penetrated into the very centre of every civilized nation. It has mastered their language and brought to its feet their great men. It has shaped their politics, tempered their poetry, toned their literature, and modified their religion. Science has found her way from the professor's chair in a university to the child's stool in a log school house. She has done wonderful deeds among men. The artist owes her much, the artisan his all. The commonwealth is in her debt beyond its power to pay. The Gospel is on every shelf in every house, in every school, in every court of justice, and in every pulpit. Children learn to read it as soon as they spell. Men swear by its solemnities, and pray under its sanctions. The Church works officially and unofficially. It organizes plans, adopts projects, makes efforts. It pleads, criticizes, entreats, rebukes, excommunicates; and yet, in spite of all its expended strength, with the aid of all the others, men live like brutes and die like sheep with the murrain in their midst. Now this is not more humiliating than it is singular. Because, it is easily perceived that it takes much more labor, more sweat of brain and body to *die than to live*. What God makes He intends *man to live*. The works of His hands are the emanations of His mind. In Him is no death at all. Life is the result of the Divine activity; and just as far as He gives life, He surrounds it with all the guarantees and securities which it is possible for Him to bestow. Is it for a moment to be supposed that it is easier to *die than to live*? Why, life is MAN'S birth-right. It is his evidence of descent, the proof of his legitimacy. It demonstrates his origin, and gives him his title-deed to a home on earth and in heaven. God is the father of all living. In Him we live and move and have our being. It is easy to live and hard to die, yet millions think the reverse is true. Were one-half the effort put forth *staying* in the world that is put forth to *get out of it*, death would be seen so seldom as not to be unwelcome. He should never be cut and carved as a grinning skeleton, awaking horrible associations of grief and gloom, and grave science, and dumb forgetfulness. He should be illustrated as a robed angel come from the presence of the great king to bid only the aged of earth to take on their translation; to summon them to a higher and a nobler life, where sublimer scenes should await their sight, and more arduous responsibilities should satisfy their longings. Death should not be seen in any home where the young are. They should not have glimpses of his face, nor feel his breath on their cheek. What has *he* to do with *them*? God made them to live. Length of days should be in their right hands, and in their left hands, riches and honor. All this succumbing to death, this allowing him to run riot through households, and townships, and cities, like a mailed conqueror taking our fairest captive at his will, is a sin and a shame. It is a sin to be sick; it is shameful to die in the way in which it is so popular to term *providential*. If a man dies at the age of 100 years, his death is said to come by "*the course of nature*," and is considered most eminently it comes in the way of God's own *providing*. But if a man dies at his blooming, it is termed dying in the *providence* of God; whereas, without the least atom of doubt, his death comes in the face of all God's *provi-*

sions. As far as the creator could, and he is true to the laws of the material life, he *should* see him to live to a good old age; till he *should* see his children's children playing at his knee. He *provides* for his body, by making its natural wants few and easy of satisfaction. The earth, the sky, and the sea, are his assistants. The air, the light, heat and water are his. What abundant provision for the *life* of the body. And, therefore, for the better part of him the divine spirit will look to that, so it is not struggled with. Not a man passes over a single soul in which the All-Merciful does not visit it and pledge to it anew his life on the simple condition that its owner shall care for it aright.

No man living honors and believes in God's providence more than myself. He who does not let a sparrow fall without His notice, I warrant me, looks vigilantly after His children. And such are his longings for them that he vehemently protests against their laying their deaths to his account. "Have I any pleasure at all in the death of the wicked, but that he should turn from his wicked ways and live?" saith the Lord. Is it not due to him, and to our self-respect, that if we are so foolish as to "die before our time," we take the responsibility, and not, under an affectation of piety and with an odor of sanctity, ascribe the results of our own wickedness to a mysterious movement of the divine wisdom? It seems to me so; and that nothing is more legitimately calculated to check this terrible slide-show toward the *unknown* world, than to hold human beings responsible for an ill-timed voyage. Make men and women feel that if they murder themselves they are as guilty as though they murdered others; that if they play the fool, the great commonwealth of universal intelligence, with God at its head, is intrusted to bring them to justice. Educate them to understand that no sin goes unpunished, no fault uncorrected, and no crime unvisited by a just retribution, and something has been done toward a better condition of things. Now, I am not satisfied with this fruitless labor, this wasteful expenditure of the moral forces which God has detailed to earth for human redemption. I am not discouraged, nor in despair; but I am saddened to see bold blows struck into vacuity. A wrong application of power is no application. The weak and the strong are alike when devoid of *position*. Position is power. Position determines strength. Two men are equally valueless in lifting by main strength at a rock which neither can lift, though one be much stronger than the other. But give the fulcrum and the lever, and immediately their value is determined by their strength. So, in the application of moral power. How individual man, or men in masses, shall be moved, depends quite as much on the *nature of the application*, as on the *nature of the force used*; and I contend that scientific men, philosophers, statesmen, ministers, reformers of all grades, and christian men and women in combination as the *church*, make their onslaught on disease, vice, death and the devil, with *no skill*. They are poor managers, wretched tacticians, and have, as yet, studied the elements of human nature to poor purpose. They may speculate arm-pit deep in philosophical abstractions; they may wax themselves in with the formulas of science; they may heap up prayers for the world's conversion mountain high; they may build churches in every valley in the land, and send missionaries till they stand sentinels on every square acre ever pressed by human foot; they may pass statutes, build prisons, erect galleys, establish schools, and his *infernal* majesty will laugh their labor to scorn till they change the direction of their force.

The fault in our attempts to work out for society a higher and a better freedom, and for individual man a higher sum of happiness and greater growth in goodness, consists in *overlooking* entirely the body as one half of a human being, and by far the most important half. For a human being is not a soul or a spirit; but a soul

or spirit in connection with, or united to, a physical organization. When the soul is disembodied it is not very philosophical, nor scientific, nor biblical, nor orthodox, to call it human. The human of a man is the earthy of the man. It is his physical. Now, as a resident of earth, that part of him by which he becomes cognizant of earthly things, through which he alone can establish earthly relations, with whose approval and consent he alone can have earthly obligations imposed, or responsibilities rest, on him, is as of much import, it seems to me, and far more so, while earthly existence shall continue, as that part of him which, separated from the body, without delay goes elsewhere.

I have no wish to go beyond the strictest line of fair argument in this article, and so I simply say, that give to the *soul* of man all the dignity you please, sublimate it to the highest ethereal essence, clothe it with glory as with a garment, your estimate cannot exceed my respect for it. Nevertheless, it is undeniably true, that while occupying a material form and having to do with material things, it is inevitably subject to the laws of matter. Every recorded fact, the world over, proves this. The deity makes himself visible to *human* consciousness in this way only. Christ, it is said, was God manifest in the *flesh*. Angels always are reported as apparent in human form. Ghosts, as they are said to have appeared, always show themselves in bodily shape. Your soul, my soul, each and every soul, make themselves apprehensible through material organs. Does your soul speak to my soul, or, to use the common phrase, do you speak to me, you use organs which are material. You touch, you taste, you smell, you see and hear through and by and with material organs only. Your powers, your faculties, your thoughts, your ideas, your emotions, all find expression only through your bodily organs; and what is of the intensest interest is, that *just such condition as the bodily organs are in, will be the expression which the soul will show*. Born with imperfect vocal organs, your soul is dumb. Born blind, what can your soul tell of colors? Born with a lame leg, your soul would walk lame for life. Orators grow eloquent on the themes of civilization, the arts, the sciences, human progress and enlightenment, and it is well; but it would be better if, occasionally, they honored God by complimenting his divine skill in fashioning the human body to which society owes in so great degree its high estate. For, with all the worth of the soul as an essence of itself, it would have wrought a poor result by means of an organization in which the *five senses* had no play. Need I illustrate further? If a man has a deranged body his mind is deranged—a sick body, his mind is sick—a feeble body, his mind is feeble. Does his body faint, his mind is faint. If his nervous system irritates, he is irritable. Is his body drunk, he is drunk. Does his body suffer, he groans. Is his body thirsty, he is athirst. Or, in other words, what his body, he is. Not only does the quality or condition of the physical organization, but the *very form* of it, determine *character*. A man is not a woman, nor a woman a man. A horse is not a sheep, nor a mule a buffalo. And no falacy, or folly, or lunacy into which persons or society may fall can make these parties interchangeable representatives.

Two things are needful to overcome the evils which commit such havoc among human beings. 1. It must be found where or in what part of a man they lodge; where they *burrow*. The general opinion that their home is in the *soul* only, or, to express the same idea in other terms, in the mind, the heart, the spirit, the moral sense only. I deny it; both from the fact of man's life, and the constitution of his higher nature, as well as from the philosophy and the philosophy of the bible. The theory upon which the world seems to have settled as true, and in the light of which governments, the church, and philanthropists have proceeded in their efforts, is as absurd a piece of nonsense as ever was broached. Man's

depravity generally is in his *body*. It dwells there, and if his spirit is also depraved, it has taken it up from sympathy. Look at the vices of society. How large a proportion are the result of ill or weakly directed *physical* energy. The murders, the burglaries, the arsons, the assaults, the licentiousness, the ignorance, the pauperism, the breaking-up of families, the quarrelling, the bickerings, the cheating, the gross selfishness, the ill-success in business, the loafish life, the irreverence for law, the contempt of religion, the want of patriotism, and the want of which may all be guilty, may all, without exception, be ascribed to the ardent spirits, the tea, the coffee, the opium, and the tobacco which they daily or habitually use. Or, if to fether these infernal poisons with this catalogue of crime and vice is too severe, one can add the *drugs which doctors give*, and the patent medicines which they do not give, the pork, the beef, the butter, the lard, the pepper, the salt, the sugar, and the spices daily thrown into the stomach with haste, with no regularity, and in utter disregard of the laws of digestion or assimilation, thus forcing the body to take on such states as to subject the mind to perverted and often times crazy action. What makes a mau in delirium tremens, see devils, snakes, and all monstrous things? What makes a woman in childbirth fever kill her own offspring? What makes our suicides uniformly to come from the ranks of nervous dyspeptics? What makes a crazy man, if he is a maniac, always have the keenest dislike to those he loved best when sane? Go a little farther. What makes woman in this country so characterless? As a great fact, she has no such possession of herself as the better class of men have. Her objects in life generally can be covered by a hand's breadth: her plans are narrow, her purposes hardly wisdom, and her actions which stir the blood of man to fever heat, are only tea-table talk with her. What is the matter with her? She has a soul! The matter is, that she has no well-organized and trained body for her soul to use. The very material of which her tissue is made is inferior in quality. Her blood is not *alive* like man's. Her brain is much less magnetic than his. Her muscles are soft and flabby, and inefficient. Her nerves are sensitive to external impressions; and her will, by reason of its inhabital use of her physical powers, finds itself incompetent to their management. All her bodily habits tend to bodily deterioration, and so to mental and spiritual enfeeblement. Would you give woman character? would you elevate her, add higher tone to her life, and make her something worth? the first and main thing, is to *improve her physical nature*. She must be brought under the law of freedom—the only law under which a moral agent can thrive; and she does not need so much freedom from spiritual as from bodily bondage. To sum up what human beings want, is *training, bodily training*. Not intellectual culture only; not spiritual criticism only. It is the fashion with philosophers, statesmen, and ministers, to provide for the mind and the heart, to give to human beings knowledge, and religion, and let bodily organization *come up* as it may. Now, this is not the divine order, and so as a practical fact it comes to naught. "Train up a child in the way he should go, and when he is old he will not depart from it." The *training* is the guarantee of character. Train his body and you may be sure you can educate his intellect and consecrate his heart. Neglect to train his body, and you are not sure of either of the others in any case; while in some cases you are sure of not doing either.

When it is remembered that the sensational and the sensual are much stronger in most persons than their spiritual and ideal, it surprises me that public men, of all professions, should be constantly urging the consideration of *principles* on them, rather than seeking to *correct their habits*. Most men are virtuous from habit, and not from any fealty they feel toward the abstractly

TRUE. Change their conditions and you have changed their characters. Threaten your clergyman with the loss of his salary if he continues to utter his radicalism, and his views change with the next moon. (I only speak in general terms, for I know noble exceptions.) Tell your politician that the Maine law is unconstitutional, and *prove it* by giving him a glimpse of private life, and he wonders he did not see it so always. These men *want principle*, but it is of no use to offer it to them. They have eyes, but they see not; ears, but they hear not; and they do not understand. Their higher natures are in complete subjugation to their appetites, and *their souls have descended into their bellies*. Thus it is in a greater or lesser degree with the vast majority of the race. The animal is in the ascendant, and carries things with a high hand. Now, preaching of a *judgment to come* to such, is like fiddling to one born deaf. What care they for a judgment to come, while they have the gratifications of *to-day*? Having no sentiment of *love* for the good, the true, and the pure, they have no fear of the evil, the false, and the corrupt; for these emotions always antagonize each other. How then can threats of prisons and of punishment frighten them, when visions of love and joy unpeakable fail to allure? Such persons need *restraint* (and in ninety-nine cases of a hundred) in the way of bodily indulgence. One or ten, or a dozen, or more unsexed, physical habits are dragging them to ruin. To a few, enough of self-possession may remain to enable them to see which way they are going, yet not enough by any means to amount to self-control: for nothing is more observable to the physician than the fact that a man's judgment and his bodily habits are at war; and that generally, if left unaided in the strife, the judgment is overborne. For what is this, but as it were, *the soul calls* for an opinion one may hope to change; a false statement to correct; a false judgment to remedy; a false faith to replace with a better. False notions, false ideas, false estimates, false principles, false positions, are seen to give way daily before righteousness, goodness, and truth. But false habits, how they cling. Your sceptic may become a christian, your envious man charitable, your sour and gloomy a genial life all meek; but you rum drinker, your tobacco chever, your tea and coffee drinker, your drug taker, your beer swiller, your pork and beef and grease eater, your man that subjects himself through his appetites daily to the law of prey till he snuffs up blood for food as the wild ass of the desert snuffs up the east wind, your lewd, lecherous man, whose whole existence centres in impure desire. O, heaven! what struggles these must go through if they are to be free. "I will be like being dispossessed of devils. A few may be saved; but the millions are doomed. No gospel, no government, no church, no school of philosophy can redeem them. They are lost. Am I wrong? Nay, verily, I am right. Where one drunkard is saved, a thousand die like fools. Where one tobacco chever or smoker, or snuff taker, or opium eater abandons the habit, tens of thousands proclaim either their *inability* or their unwillingness to do so. Where one woman gives up tea, or one student his coffee, thousands yearly increase their indulgence to the day of death. Where one pork and beef and spice eater gives up being *caribourous*, and becomes simply human, thousands eat till their very souls become slaves to their desire for flesh. And this appears in all ranks and classes of men and women and children. Your doctor, your lawyer, your statesman, your poet, your man of genius, and your man of letters; your minister of christ and your church deacon, your bishop and your layman, all, with only exceptional cases, are in greater or less degree the *victims* of their bodily appetites. To them, HEALTH, perfect, uninterrupted, joyous health, is a stranger, a myth. Of her they have heard, but she has only visited them in dreams. To them, life on earth is an unending and a weary of care and drudgery. For them, home is a spot

not clustered thick with joy, happiness, and rich contentments; on the contrary, it is a place from which labor and anxiety are never absent; where sickness dwells a larger share of the time; where struggle against tears is constant, or toil to meet unassisted desire is ever present. No sunshine falls across their threshold that is not attuded by a dark shadow; no gleam of hope, and peace, and blessed content flits across their household altar but it is immediately followed by doubt, distrust, or despair. Is it wonderful that the divine *beatitudes* never encircle them? that molville they work their way through the earth, and the way derived of all knowledge from the way to heaven down heaven to earth? To me the old Circcean fable has a mournful moral. Daily do I see men transforming themselves and being transformed into swine. Out of them the God-like gradually fades, like the shimmer on the sky of a setting sun, and in its place the *beauty* is developed horribly.

Now, readers of the WATER-CURE JOURNAL, what sort of position, in your judgment, should I, as a physician, hold in the Water-Cure Reform? Should I seek simply to *cure* persons of their dyspepsy, liver complaint, rheumatism, blindness, consumption, scrofula, general debility, or special weakness, and then let them pass into the world ignorant, uneducated, untrained, and untaught, only to be renewed? Never! Such it not my mission. It is with God's help to cure the sick who come to me, so that *they* shall be cured in themselves not only, but in all their generations. To break up forever between them and their posterity connection with disease. To set in motion through them such redeemable influences as shall draw down the blessing of heaven in the shape of healthy bodies, vigorous minds, and pure hearts to their latest descendants, and thus help to create, and train, and educate men and women, with whom the spirit of eternal wisdom may find it easy to hold intercourse. My mission is not to *make money*, but to cure the sick, and to impress on them, and you, and all over whom I may have an influence, the folly, the shame, and the crime of being sick, so that they and you shall be as mortified at being sick as at having committed a theft. To make them and you feel that whatever your professions of religion or your stantever in the church, you can grow in *grace* only as you grow in health; that sickness is practical selfishness, and that it surely and unmistakably shuts out those divine visitations which our Father is so ready to give, and we so much need. My mission is, as far as I am able, to put persons in possession of their bodies, so that their bodies shall render a reasonable service; so that the professions they seek, the pursuits they follow, the work they do, the responsibilities they assume, shall all be accomplished. My mission is to inspire sick and well with a regard for *nature*, to induce them to confide in and rely on Her within the circle where she is authoritative, to instill the feeling that she can cure them by use of the same means, *wisely* applied, which she uses to keep human beings in health. It is to awaken all persons an *intense disgust* for medicines of all kinds; to caution them against *slap-trays* and catch-pennies by which the *unknown* and the *unknowing* are led to ruin. It is to create an enthusiasm for a simple, refined, highly cultured and sincere life, so pure and free from stain that a perpetual blessing shall go with it; so well-balanced a life that the whole manhood shall be in *harmony*, and so at *rest*. It is to train and teach my guests and others, as far as I can, to subdue appetite, curb passion, change habit, confirm principles, and quicken into activity those elements of goodness which now move so sluggishly in the human soul, and thus give to them health of body, energy of character, faith in God, and *love for man*. Do you tell me I am a fanatic and am after Sir Thomas More's *Utopia*? I reply: I am a simple physician, and am trying to realize the *Utopia of the Gospel*; to bring man into conditions alone worthy of him.

THE PHYSICIAN THAT IS AND THE ONE THAT IS TO BE.

BY G. H. TAYLOR, M. D.

It is not difficult of demonstration that the dealer in nauseous drugs the "doctor" of the present day, is not the true physician. That he is so in a popular sense arises from a public misapprehension of all that is involved in the science and art of health. The real physician is perhaps yet an ideal personage. The one who claims the professional sobriquet, is defective alike in his ideas of principles and his modes of practice. He ignores the existence of physiology, except when physiology is compelled, under his direction, to subside into pathology. *Disease* is his especial study, the sole object of his medical efforts; health, a subsidiary consideration. Instead of being furnished with a knowledge of the harmonious relations that pervade nature, constituting laws from which it is impossible to swerve, he goes forth furnished with—a pill bag. With its mystical contents, he proposes by some professional legerdemain, to perform the impossible task of counteracting these laws. Perhaps innocently because ignorantly, he constitutes himself, by his professional deeds, an abettor of vice, and perhaps of crime, by professing to show how to escape, by a medical penance, from the consequences. He virtually proposes inducements to the weak-minded, for the violation of the laws of their being. The human race is thus led unwittingly on to a physiological deterioration and a destruction of all their highest interests.

The absurdity and even the wickedness of such a practice of the medical art is sufficiently apparent to all who will bestow the least thought upon the subject. The function of the minister of health is of a higher order than is usually conceived. The endeavor to restore a wrecked organism, which must necessarily yield more or less imperfect results, is the least of his efforts, though he finds much advantage flowing from a considerate use of means directed to this end. The scattered and wasted products of an abused vitality can scarce be recalled. The remaining fragments are only to be husbanded with the more care, and guided with the more caution to a better condition.

The value of life is estimated by its proper uses. To seek out, know, and teach these, is a high duty that can devolve on no other than the physician. His specific object then, is to seek the maintenance, for the longest period of the most perfect condition of functional activity, by means of a proper use of all that contributes to this end. And it is beautifully accordant with the economy and simplicity that nature everywhere observes, that the very same knowledge that would secure this, is just that which is required, and the only kind demanded, to guide us through the exigencies of sickness.

These partial views of physiology and of the medical art of which we complain, as being the foundation of a suicidal practice, pertain to no particular class, but are shared by the whole community; or rather have their origin in the community, and the doctors constitute the reflex re-

presentation of them. He is often installed in his craft by the decree of public opinion. They are hereupon constituted parties of a business intercourse. The function of one is to do, and the other, to suffer. Like a repairer of old garments, or a fabricator of new, the doctor is held in readiness for any accidental "job." One patron has dilapidated nerves requiring to be made more *taut*, another, a jaded stomach to be toned, another rebellious bowels to chastise, another, a clogged liver to open, all expecting to be set in due order by the mysterious trade, at the cost only of a few wry faces, and mutinous quails. Both parties are meantime equally innocent of making the least inquiry as to *why* the stomach is disordered, or the nerves shattered, or the bowels costive, or the liver gorged. The consideration is never suggested that these phenomena of disease are *no accidents*, but only the various developments of law displayed in the vital territory, and what inevitably must take place, and ought to be expected under the circumstances provided. No law of nature is broken—physically considered—the materials, and the forces that employ them, preserve their due integrity in the vital as in every other relation. Yet those laws that only are consistent with the perfection of organic function have been outraged, and the consequence, though the expression of as just a law as any in the universe, is yet incompatible with the order that rules in the physiological system. Bankrupt in vitality, the sufferer would shield his shame and perhaps crime, by charging it where it least belongs; thus, by ignoring their cause, his sufferings are perpetuated without limit.

That the physician of the present, at least indirectly festers this state of things, is too palpable to be disavowed. He understands well his duty to himself in serving his customers. He feeds on their folly. The innate love men everywhere have for being cajoled, would seem to develop, by a sort of inductive process, a counterpart in his character; and so he who makes the strongest promises, no matter for the basis, stands the surer chance of patronage, while the philosophical inquirer for the resources of an abused and halting vitality, being constitutionally chary of cheap and valueless promises, is neglected, and even shunned.

The true physician has a higher calling than that of the hucksterer of nauseous merchandise. He is not a retailer of health, either good or bad; but he is an instructor in its principles. His appeals are not to the principle of fear, or the weakness of his patient, but to his intelligence. He initiates his patron into the mysteries of his inmost self, and exhibits, duly, all the mutual dependencies, and ever recurring necessities of its wonderful machinery. He unfolds the high purposes of the vital principle in the human organism, and shows their dependence on *material* as well spiritual conditions, and that these in him as in the lowest and least molecule must be inflexible, and that it is from the relations of matter, that ever invest it with qualities through all its permutations, that pleasure or pain arise, according as the conditions are rendered suitable for either. It is thus seen that every transposition of molecules within the organism, is

an act that remains unrecalled forever, and that the ill consequences that may thus accrue, can possibly be corrected in part by a more suitable transposition of the successive molecules, but by such means only, medicine can only pervert the process in various degrees.

The physician thus becomes the cultivator of science. The mostirefrangible principles are the basis of his methods; the undress of nature serves as his model and the guide which he follows. Appearances are multiform language of truth, inviting his investigation. He often adopts empirical procedures, both out of compliment to the bias of his patron, and, to express the limit of present scientific acquirement, but such expedients are reorganized in their true light, and regarded as prophecies of a nobler future.

The true physician fills an office second to no other in importance in all that concerns human weal. His vocation, rightly pursued, develops all those unselfish qualities that confirm the nobleness of man. He is present to sustain the faltering in the most trying scenes of human infirmity, and he is often made the repository of secrets that the prospect of immediate death only, is capable of opening. He hears the plaint of folly, and he extends broadly the mantle of human charity, over the frailties inseparable from an elementary state of existence. He is the first to welcome the dawn of being, and is indispensable to smooth the brow of the departing.

The most despairing will catch a bright ray from the radiance of his countenance, and the faltering, a reassurance; while a cloud of doubt flickering thereon, will dispel a false and ungrounded hope, and prepare the weary sufferer for a termination of his pain, it is hoped with a welcome. A frown, is an angel of goodness eloquent in dissuaves from practices that contemplate only present-sensuous enjoyments. Untold consequences are involved in the choice of love; what more competent judgment to determine its propriety than that of the physician. When we consider that physical capacity is co-relative with intellectual possibility, we shall see that the physician has under his direction elements of rare concern, requiring in him, for a proper discharge of duty, knowledge, capacity, conscience, and benevolence to the highest extent.

Shall we witness a living realization of the character of whom we speak—is it a pleasing myth, a fairy creation? And is it only necessary to dethrone the false, in order that the true shall arise?

The spirit of an age or people is individualized in living personal representatives. A man out of his age and place is a prophet, and is only revealed. The priests of divinity, humanity, or philosophy are invested with conceptions and powers derived from the community in which and by which they exist. No idea or principle will be tolerated or can survive without such general nurture. When the medical conception is calomel and jalap, a suitable functionary thus derived, simply prescribes the dose and receives the pay, and thus fulfils the delight of the community, while the numbers who, with more facts of physiology, infer a better hygiene, will delegate the exercise of the healing art to suitable men and women.

A more ample diffusion of intelligence on the topics that relate to life, is the most pressing need of the times. The aspiration, flowing from the heart of the great people, is caught and reflected in the halls of learning, and the idea of a true life and its true exponent, the true physician, is progressing toward a realization. The old medical fortress left undefended must crumble. New minds, unfettered by prejudice, are encouraged by a progressive community, to assist in restoring the medical art to a basis of philosophy and common sense, when all can participate in the benefits it affords.

The differences between our two objects of comparison are radical. The one contemplates the causes, the other the effects; the one instructs, the other dogmatizes; the one appeals to the intelligence, the other to credulity; elevation, progression, and happiness are effected through the agency of one; deterioration, and misery through the other; the one embodies the elements of perpetuity, the other of destruction.

DENTISTRY.

CHILDREN'S TEETH, THEIR REGULATION AND CARE.

BY J. W. CLOWES.

This general subject has so many points of interest, that we are ever at a loss which to select, for the time being, as the topic of paramount importance. To our mind's eye, at this moment, *children's teeth, their regulation and care*, assumes a prominence above all others. There is a *vastness* in the thought that, upon the preservation of the young child's teeth, depends the *quality, the regularity, the permanence* of the adult set. If the foundations of a house have anything to do with its staunchness and durability, then in an equal degree does the superstructure of the second set depend upon the foundational existence and quality of the first. There is a time, by appointment, for all things, and not the least in consequence is that for the shedding of deciduous teeth. They have their time to fall, and if allowed to bide it, all goes well; if not, then are the foundation walls, of the fairest structures in the physical economy early sapped, and topple untimely to their fall. As we write, myriads of young mouths pass in review before us; but an untimely aspect pervades them all! Some little ones of summers scarce twice three, exhibit dentures so ruinous and defaced, such sickening exhalations in the breath, such pale and lifeless countenances, that we marvel why parental eyes have not a time to watch their children's health, and happiness. We wonder greatly that these buds of promise can thus grow up, beneath parental gaze,—with such a poor expansion, and they not see the deadly influences that enfold their hopes! *None of the first set of teeth should be lost previous to the seventh year.* About that period, the child should lose the eight front teeth, upper and lower. This is *their* time to fall. Thus, in succession, and at appointed times, the *centrals, laterals, molars and canines* of the temporary, should fall from their positions, and be replaced by the *centrals, laterals, bicuspids and canines* of the permanent dentures. This process

of transition or replacement continues, at intervals, through nearly the whole of the second septenniad, and as regards the constitution and general health, both of the teeth and child, is a most critical period of human existence, second only to that of *first dentition*: the latter having a direct and single influence on the *infant* child; while the former, being a vast bundle of influences, present and remote, affects the physical good or ill of a *whole life*. Children now-a-days lose their *first teeth* too soon. How? And what is the result of this losing? The *great* destructive of teeth is decay. The *great* causes of decay are *acids*. Acids are applied directly, as *medicines and confections*; but their more general, and most destructive applications are in *food and drink*, not in solids and fluids as *sustenance*, but in their *misdeposits among and upon the teeth*. Verily it is a fact, patent to the observing, that children's mouths, in these times, are not the inclosures merely of the various apparatus, belonging to and composing *nature's grist mill*; but are likewise the *larders* in which our infant population store up quantities of food, all most sufficient, in the aggregate, to satisfy the appetites of a *legion of poodles*! Let us take a survey of one of these *portable larders*, and inventory portions of its contents. The proprietor of this larder, is the child of wealth, fashion, intelligence, and *refinement*! It is only a *specimen number* of an edition of seven, belonging to the same family, the parental heads not included. *Their* conditions may be best arrived at by solving the domestic problem, "If such are the children, what *may* the parents be?" Let us proceed. Before us we suppose we see (what very naturally we should suppose in reference to a human mouth), two rows of teeth, circumstance, and place however lead us to think so. The necessity for such implements convinces us, almost, that *we* do see teeth in the opened mouth before us. But we err in this, we have not yet seen teeth. *They are more than veiled beneath a covering, impenetrable to mortal gaze. This covering appals the sight and breeds a sense of loathing!* Bread, the supporter, meat, the invigorator, water the slaker, appear now in the guise of *destructors*. Oh! who can tell the ingredients, that with these stiffs of life combine, and in the combination form a *seething mass, a chemical amalgam*, beneath which *bone and enamel dissolve away. The chief component of the teeth is lime.* Now let meat, bread potatoes, cabbage, vinegar, peanuts, candy, etc., (the *usual*, and *undisturbed* occupants of the mouths of juvenile generations)—let them seethe and effervesce, and boil, and bubble, in chemical affinity, *around these lumps of lime called teeth*, and they must of necessity pass away in utter dissolution! Pursue we now the further investigation of what a specimen mouth contains. As yet we have been gazing, only, at the *covering*. Let it be removed, that we may behold whether it has indeed concealed a feast! Shovel and hoe, hatchet and drill,—we must needs ply them briskly and with power, that the *crust of concealment* may be broken up. By perseverance and energy we shall attain success. The covering, the crust, the veil impenetrable gives way, and the teeth are delivered from a *raff*, whose semb-

lance is found *only* in human mouths! Malarias arise from the bosoms of stagnant pools! Factors exale when the rays of a noonday sun shine full upon oily heaps! But the two combined, scarce equal the *pent up foulness generated upon, among, and within some children's teeth!* Thus much for *cause*. Let us look beneath all this, and scan effect. On removing this raff of pestilence, the teeth (or what remains of them) stand bare a striking exhibition of decay, waste, crumbling, and desolation! What was, and what should still be unbroken rows of incisors and masticators are reduced to shells and skeletons of teeth, having no *cutting edges, no grinding surfaces*, and utterly worthless for the purposes of their creation. Worse than all—they are not only *rotten bones and shells of bones*, but they are *dead bones!* And dead bones, in the mouths of young or old persons, are abominations wholly beyond the capacity of the English language to define, and sufficiently execrate. *Dead bones, when occupying a living part are ever in connection with suppuration, ulcers, and purulent discharges!* We declare this fact, *not new for the first time.* We have been (as the readers of this journal know), declaring it for years; until a solemn conviction has fastened upon us that we must declare it, to the end that the generations among whom we live may be delivered from the bondage of a great physical corruption! In what has preceded, direct reference is made only to the mouth and its contents; but we come now to consider the serious consequences growing out of its diseased conditions. One consequence is *inability* (through lack of masticating means), to *properly prepare the food for its entrance into the stomach.* This vital organ thus becomes overtaxed, and a long train of evils spring up, in the body, of which dyspepsia may justly be denominated the leader. *Fetid breath* is a consequence of this condition which, all who admit the existence of lungs, will allow cannot greatly enhance a child's health and well-being. The child who inhales such an atmosphere, breathes pestilence and poison. *From exposed nerves in the hollows of decayed teeth*, flow consequences to children, seldom realised by their parents. What an intricate and beautiful arrangement is the nervous system! What capacities it has for joy or sorrow! In tune or out of tune—strung or unstrung, it is still the "harp of a thousand strings." Sweet smiles, joyous laughter and light hearts are a consequence that flows from a very different source than *bare nerves!* *From these, tears and groans and pains arise, and mar continually the peace of a young life!* A most pregnant consequence of the disease, and untimely loss of the *first teeth*, is the *inferior quality of the second set.* The adult teeth cannot be good if the *deciduous ones* leave their places before the appointed time. In order that the permanent set may be strong and healthful, two conditions must be avoided—*contagion and crowding.* If the *first teeth* are allowed to rot above or alongside the *second ones*, the latter by contact will become diseased. If a part of the first teeth are absent, too soon, from the maxillary arches, those adjoining, in the rear of the vacant spaces, will approach those in front, and a *contraction of space* will be the result. Inasmuch as it is within this

space that the second teeth are to come they will, perforce, be crowded together. *Crowding produces lateral fractures in the enamel, and through fractures disease finds a ready entrance to the teeth.* Another evil arising from the loss of children's teeth is *deformity of feature and impediment of speech.* Parents can hardly be desirous that their offspring shall attain to the facial expression of the wild boar, neither can they admire the voice that receives its tones from lingual contacts with internal protrusions! Need we say more? The teeth, of the present generation of children, are a reproach to the age in which we live. What can be done for them? What must be done, that they may abide and accomplish their appropriate mission? *Parents listen!* It is a melancholy reflection that your children's mouths are the receptacles of filth, the vestibules of disease, the gates of death! *But they were made to be clean places, the avenues to health, the penetralia of life!* What say you? Shall your lack of care still reproach you? Shall the conscious cry unclean, unclean, still be heard, and you make no effort to hush or appease it? Shall the generations to whom you have given birth, flit briefly, like pale spectres in your sight, and then utterly fall before the breath of internal pestilence! God forbid! *The art of teeth cleansing should be taught as a specialty.* Mothers and nurses ought to look to this matter in the mouths of infants. But the child, youth, and adult, should have special instruction in classes. Who ever learned to read, dance or sing well without a teacher? Parents listen! In the birth of children two qualities of the mind are brought into action,—*joy in the possession, and hope for their health and happiness through life.* Blessed in the having be not unmindful of your duties in the keeping. They are the gifts, to you, of the good God. Every muscle and nerve, every drop of blood in their miniature bodies are precious parts of the wonderful, and admirable whole. *Behold the little teeth that struggle into light!* One after another they come! You look at them—you speak of them—you rejoice in them. By-and-by the work is complete, and the tiny rows of dental pearls are elaborately set in their appropriate places. How beautiful the sight! How wonderful the arrangement! *How much of sweetness they add to the face of the child!* Will you let that sweetness be lost amid crumbling ruins? Will you look passively on and see decay to its desecrating work? *What harmonies they lend to the childish voice!* Words the dearest, notes the sweetest, music the most touching, to parental ears, fall from these well strung harps? Oh do not let them get unstrung! Strive that the cracked tones of a broken instrument, may not fall upon your ears! *What mental blessedness they impart to the young child's being!* Perfect—sound—clean. They are the polished pillars among which youthful joys play “hide and go seek” and run riot in “frolic and fun!” Oh let not this fun be spoiled, this hilarity cease! Let not the polish of the pillars grow dim, their soundness decay, their uprightness topple! Let not the touch of the elements invade the sacristy of the nerves, and destroy their hallowed equilibrium! *What cornucopias of physical beautitudes they are!* Where they are health glows in the

cheeks, the eye has a vital brightness, motion has elasticity, and every sense feasts upon enjoyment! But where they are *not*, a sickly hue o'erclouds the face, listlessness and dejection bedim the eye, lassitude palsies motion and every sense smarts under the inflictions of disease! *Parents, finally, we say, listen!* This is a world of beauty, symmetry, and order. You have your parts to perform in the preservation of its harmonies. Your children are the foundational existences, upon which must rise the superstructural being of all coming generations! Will you let so vast a fabric rise upon perishing bases? Will you give no heed to the quicksands that lie beneath or to the floods that shall surely come to sweep it away? Learn rather, of the laws of life. Comprehend the value of your children's teeth—their indispensable uses in the development and continuance of their physical frames and wisely found upon a rock.

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WORMS.

THEIR CAUSES AND ORIGIN. (A THESIS BY A GRADUATE OF THE NEW YORK HYDRO-PATHIC SCHOOL.)

BY DIXON L. DAVIS, M. D. CROSS ANCHOR, S. C.

The false philosophy on which the allopathic system of drug-medication is based, has given rise to vague assertions and divers theories of the nature and cause of disease. Why it is, that worms exist in the human body, is a problem that the most learned of the medical world have never been able to solve. Dr. Beach on the origin of worms says: “Worms may proceed from various causes; but they are seldom found except in weak and relaxed stomachs, where the digestion is bad,” etc. Instead of showing the cause he speaks of the effect, and thus it is with all writers of the old school, not having a clear and distinct idea of their subject, they have blended cause and effect, or mistook Pathology for Etiology, and left the reader worse confounded than had he not read at all. These are distinct departments of medicine in one point of view and necessarily connected in another; Pathology is dependent on Etiology for its existence, but Etiology is independent and distinct from Pathology; not necessarily connected but often cited as evidential. If this radical distinction were impressed on the minds of all medical men, we might confidently hope that ere a distant day, false dogmas and drug-poisoning would slumber in the arms of death. Most authors attribute the origin of worms in the human body to eating green fruits, apples, and other products of vegetable origin, and prescribe as a remedy total abstinence from all fruits, and eat freely of pork, beefsteak, and other articles of the animal kingdom: hence we see this doctrine practiced by most parents who will not allow their children to eat fruits of any kind, but satisfy their wants with candies, sweetsmeats and other trash which gratify their perverted appetites for the moment.

The principle I wish to present is deduced from well known facts, which, once proved, will stand as a simple truth to be perceived by all. I will show how worms are produced out of as in

the human body, and make it plain to every mind, that the production in both cases is the same.

Reflecting on this subject the question has often presented itself to my mind: Is there a germ or cause for the development, and production of worms beyond man's comprehension? I knew he was capable of tracing things back to the very threshold of infinity; that facts were ever simple when developed into truths, and investigation since, has taught me, that the germ or cause from which worms spring is one of those truths. I will endeavor to prove that hairs are the germs from which all worms are developed. I clearly demonstrated this by taking living hairs, or those possessed of the vital principle, from the heads of different individuals, and submerged them in putrescent or decomposing fluids: they gradually began to swell, and from the third to the tenth day I could perceive change and gradually vital manifestations; ultimately a living worm was produced from each hair. This is not new to the bath-man and others engaged in similar occupations to whom ocular demonstrations are daily presented. The success of their production depends entirely on the putrescent state of material in which the hair is embodied, and they generate most rapidly in those conditions where the putrescent material is most intricately mixed. Some have failed in experimenting to produce worms from the fact of not getting the exact condition in material requisite for their development; and like the seed sown in poor soil, swells one day only to shrink back to its original size the next, for want of that nourishment necessary for its further subsistence.

My position is corroborated by, and is the only way we can account for, the vast number of worms always present in back-yards, around slop-tubs and localities where dead animals have decomposed and other excrementitious matter containing hair has been deposited. Thus we have endeavored to show how worms originate out of the human body; we will now direct your attention within and see that in both cases their production is the same. In the healthy stomach no worms are found, nor can they exist; but the prostrated or exhausted stomach is their habitation. In a healthy state of the digestive system, we experience pleasure and harmony from its operation as in all of nature's beautiful arrangements; at the proper time food is taken, digestion begins and is completed; the stomach rests and appropriates to itself that which is necessary for further action as nature demands. Its function being greater than any other portion of the digestive apparatus, is more liable to disease: it is never at rest so long as there is anything natural or foreign within its domain, and thus we see the impossibility of substances to collect within it, provided it has free access to battle against them, and is not disturbed by the introduction of food or something else to counteract or interrupt its present action. Therefore we see if hairs or other substances, foreign to the stomach be introduced, they are immediately destroyed by the action of the gastric juice or the vital properties. But let us look in the opposite direction! We find those persons who take their breakfast, luncheon, dinner, tea and supper daily

for months, become dull and stupid, and manifest a disturbance of the digestive organs, which shows a surplus in that direction, the consequence is that vitality is expended in its removal. Now, if this constant surplus is continued, exhaustion and debility must inevitably follow—and this we know to be the case of those persons in whom worms are found—their digestive apparatus is exhausted from an over supply; the secretions are changed to an abnormal condition; the stomach becomes distended from the quantity of matter within it; and the gastric juice can act on the external surface only. As food is constantly introduced it is first acted upon, and the internal contents of the stomach remain passive for days and even weeks; it thus becomes putrid or ovum, so to speak, inclosed within its sack, only wanting impregnation for the development of worms which demand is supplied by the accidental introduction of hairs into the stomach, which mix with this putrescent matter and thus we generate worms in, by the same process as out of the human body, and upon the same principles.

Let me ask the cause of the disgusting manifestation produced by our sense of taste when a hair is introduced into the mouth? Is it not the recognition of an enemy by the mind through that sense, whereupon agents are immediately employed to expell it! Some may say this is peculiar to its construction; this I deny! Why peculiar to its construction? There is no such manifestation when fine threads or corn silks are introduced! These are similar in their structure to the hair, but that enemy is not present; that warning is not essential; that sentinel is not disturbed by a deadly foe; hence the garrison is not roused to action. My attention was first directed to this fact by observing the habits of those persons in whom worms existed. In no class are they more prevalent and universal than in southern negro children, and from them I was first led to investigate. They were fed from three to five times a day with large quantities of milk and bread; their bowels kept distended by large meals from day to day, and in a few months they became wormy. The milk on which they were fed was never strained, and no attention was given to its cleanliness. The hairs which escaped from the cow, while obtaining the food, remained and was eaten with it; and I was first led to believe that worms originated, and demonstrations since have proved that my observation was true.

Hence the well cultivated garden is free from grass and noxious weeds, but the neglected one is in the opposite condition. The same is true of the digestive apparatus; if attended and regulated by the laws of Hygiene, we expect to find it in a beautiful and pleasant condition; but neglected what may we expect? Nought more than from the neglected garden. This is also true of the whole vital machinery of man; then this earthly house of ours, far superior to any ever constructed by the hands of mortal man, should be looked after with all due caution to its growth, development and preservation.

Pride is as loud a beggar as want, and a great deal more sassy.

Pride breakfasted with plenty, dined with poverty, and supped with infamy.

What is worth doing at all, is worth doing well.

SCIENCE OF HEALING.

THERE is but very little known of the true science of healing. Drugs are looked upon as necessary. If this be the case, why were they not allotted a separate apartment in thy Individuality? Why not desire them as food and drink? Why not be tortured to death unless in health thou hast them?

True knowledge will sweep drugs into the earth whence they came. They are necessary unto the harmony of creation, else had they never been created; yet being created does not impose upon man the duty to eat or drink them instead of wholesome food.

Man, if a Physician visits thee, ask him to tell thee what the life is he would save. If he know not, tell him to depart, and put thyself in God's hands.

A good sympathizing nurse is man's best physician.

The doctor may drug and drench, but *in* so doing can never cure. There is no affinity between life and death; they are opposites, and unto opposites are constantly striving to return.

If mankind were fully sensible that change of disease is no cure, the number of those called physicians would instantly diminish.

A temporary excitement may bring relief to the animal feelings for a season, but a strained exertion bringeth in its very nature a consequent depression.

At the point where visibility and invisibility to the outer senses unite, the healing art hath always stopped. Leaving all the inner beauties of man unnoticed, because invisible to senses intended to be exclusively outward, the art hath become a practical and disagreeable occupation.

Thousands upon thousands study medicine, and having learned that which their masters know, and perhaps have known for ages, commence their game of life or death with a Diploma in one hand, "Medicine" in the other, and in the head all the various bones, muscles, nerves, and diseases man is heir to imaged promiscuously!

Thus equipped they are ready for action.

A Patient enters, serves his complaint. A wise look, sonorous cough, rubbing of hands, and slowly taking down of the bottle, would lead one uninitiated into the belief that he was acting more from habit than from a precise knowledge of what he was doing.

Something must be done; the man is in pain and must be relieved; and he is determined the physician's drug, and not his own natural powers, shall do it.

The complacent Physician doses him by rule, and he departs in anticipation of being cured ere long. Could he hear nature's voice perhaps she would say, "I could have cured you sooner and easier without having had poison added to that which I must remove."

If the dose or disease be too large, perhaps the patient dies; but in either case "the physician hath done all 'medicine' could do," and all is well! Yet if a man get well, "it is almost a miraculous cure;" and surely it is if he hath not used his "medicine" all away as soon as the physician left him!

Surely God created man for higher and holier purposes.

Why endow him with such exalted powers of conception, if he be but a mere tool unto the caprice of his ignorant and selfish animal nature?

Why give the high and pure spiritual communion with one another, and above all gifts the communion with his Maker, if he be but an animal whose end is in earthly dust?

Oh, Physician! thou canst not deceive Supreme Wisdom; and if thou canst deceive man, and on earth reap the reward of thy deception, thou wilt in a future life reap also thy just dues.
—Healing of the Nations.

REPORTS OF PRACTICE.

BY S. S. CLEMENT, M.D.

I SEND you reports of a few cases—"hard cases" they were too, and calculated to bring out all the available powers of the mind of a young practitioner, the more so because the patients knew but little of Water Cure, and were liable to be influenced by prejudiced opposers, and because of the suspense of the inhabitants, and the reports daily circulating that the cold water doctor was killing Mr. —, &c., but thanks to the Water Cure, the patients got bravely over the disease *without* "taking anything," each feeling himself "a boy again."

This is the beauty of the system; it renews, renovates, and perfectly restores the unbalanced organism; takes out the *aches* and *pains*, and stitches and rheumatic affections; cleanses, better than anything else, the stomach and bowels; removes torpidity, and gives a healthy action to the liver; increases capillary circulation, &c.; in short, regenerates all the organs, and gives them a vigorous functional action. This is just what all my patients have "complained of" after they have "got up." Ask them how they are? "*First rate*," is their answer, "I feel young and hearty." Ask them what they think of the Water Cure now, and the answer invariably is, "*It is just the thing*; away with your pills and powders; give me the *Water Cure* and *good health*." And these answers are not given in a slow, listless, chicken-hearted tone, but in a bold, open, fearless manner, as though they felt it and meant it.

Such arguments are living epistles, "known and read of all men;" they stand out in blazing characters, and cannot be "gainsayed nor resisted." But to the cases, and that which I will report

First; was one (Mr. E. B.) of typhoid fever, where the system had become exhausted from overwork and stimulation, and more fuel being added to the fire by his falling into the hands of a heroic drug-vender; who, finding his "liver torpid and bowels inactive," commenced his *experiments* by dosing largely of the "Sampson of their Materia Medica," calomel, (and very few in this part of the country know little else but calomel, and opium, the *Magnum Dei Domini*, the Great Gift of God; neither do they stop for grains or pennyweights, but scoop it up by the spoonful,) of which, in this case, he gave him mammoth doses, enough to stop the wind of

a horse; and, indeed, it came near stopping the poor victim's earthly career; one or two "more of the same sort" would have laid him "neath the cold, cold ground." When I was called, he had become very much prostrated, mouth and tongue sore; œsophagus, stomach and bowels throughout their whole length inflamed, and apparently a good deal congested, with very strong tendency to hemorrhage of the bowels, which, in allopathic diseases, is considered a fatal symptom, many having died of it in typhoid conditions, in the western practice; and the wise M. D.'s wondering why their medicines do not arrest it. It is not always true "that the hair of the same dog will cure the bite!" Poisons produce the condition, but poisons will not cure it!" In the treatment, I used the pack and tepid bathing to reduce the general fever and eliminate the system of its *Materia Morbi*, cool enemata and sitting baths to soothe and heal the inflamed bowels, and overcome the hemorrhagic tendency. By careful nursing, he got out in a tolerably good condition; for he was very low, and not of the strictest habits; but as soon as he was from under my charge, he returned to his gross habits of diet, and to his filthy tobacco; and I will not be responsible for his health now, but he may thank the Water Cure for his privilege of breathing, in the body, for a few months or years longer.

Case 2d. Mr. L. —, a complicated one, troubled long with chronic ailments, the effects of drugging, pork eating, and tobacco chewing. Some time ago he was carried through a two years course of medication for "liver complaint," and came out with what they were striving for, though unintentionally, a chronic inflammation of the *liver* and *spleen*, which was more or less troublesome on the accession of a cold, or from exhaustion. When I was called, I ascertained that he had been in the habit of taking a *blue pill*, occasionally, at night, "to work off the system," and a dose of oil the next morning to work off the pill; this he had done on the present occasion. I found him with much external heat, severe pain in the head, stricture across the upper part of the chest, with great weight and soreness, causing difficulty of breathing; pulse at 85 per minute, full and strong; very hard, dry cough, and severe; extremely fetid breath, indicating great putrescence of the system. The pulse continued at 85, varying but little during his whole sickness. The treatment commenced by a pack and much rubbing over the chest, followed by the sitting and foot baths, cold to the head, &c., and in a couple of days nearly all the symptoms of pneumonia were gone; still there remained some oppression across the chest; but just then another class of symptoms presented themselves; severe pain in the sides and across the pit of the stomach in the region of the *liver*, *spleen*, and *diaphragm*, denoting chronic inflammation of those organs; he was very sensitive to the touch, which, however slight, would produce a spasmodic action of the diaphragm, the great respiring muscle, producing a catching, hurried, and laborious breathing and coughing. There had, no doubt, slight adhesions taken place; for when, on the application of the hot fomentation, and the parts were softening, he had

spasms or fits in which the whole surface became purple and the extremities cold, from which he recovered in a few seconds, but which very much alarmed the friends and elicited many ungenerous remarks from the enemies of the Water Cure. But what with the fomentations and cool applications alternating, these symptoms were overcome; then he settled down into a kind of billious remittent fever, which lasted some three weeks; but with the strictest attention to all his little wants, and the most careful nursing, he came out with a perfect "bill of health," and never since childhood, had he felt so young and sprightly as now. Allow me here to remark that no appliances which I could make did so much real good, and felt so grateful to him, as my gentle rubbing—passive exercise. Many an hour have I spent rubbing that man, first with the wet, then with the dry hand, and many grateful thanks has he given me for it; and now his testimony goes in favor of Water Cure; he is thoroughly converted from allopathy, that "kingdom of darkness," and rejoices in the "true light which lighteneth every man" that cometh within the sphere of its influence. He has many friends among the drug practitioners, but they care to say little to him of the Water Cure; he is a living witness to our benefit, but to their exceeding discomfort.

Case 3d. Mr. Y. —, typhoid fever, from mere exhaustion; a low, atonic condition, in which good nursing has more to do than all the water appliances we can possibly make. In fact, the danger lies in too much, in such cases; they cannot be forced, or injury will be done, but must "hide their own time;" nature must have time to rally her forces. When called, found but little external fever; slight symptoms of pneumonia, from a severe cold taken recently during exposure to wet; bowels very inactive for a long time, no movement for the last five days; pulse 102 per minute; temperament of the Nervo Biliious, rather excitable, and our therapeutic appliances were governed accordingly; they consisted mainly of tepid spongings, tepid sits, and warm foot baths, copious enemata, &c. After a few days he was taken with severe hemorrhage from the bowels; I was called at 10 P. M., immediately resorted to cold enemata to the abdomen, and hot foot baths; worked charmingly; before morning the hemorrhage was most effectually stopped, and the patient doing well. A few days of the most perfect quiet, was strictly enjoined, both of body and of mind, and nothing more was heard of the hemorrhage. He remained in about the same condition for some time, pulse at 120 all the time; but when nature had expelled the morbid matters from the system, he began "to build up" on a good foundation, and continued improving, and in a few weeks went to work, growing stronger and stronger all the time. He, like the last case, felt perfectly regenerated physically, and now is prepared for a higher state of development morally and intellectually as well; being freed from the gross materials and putrescent matters, which before had clogged the action of the system, and beclouded and mystified every effort of the brain. I would beg leave to state, in this connection, that this man was more intelligent on physiology

and the laws of life and health, than the great majority of men, even the otherwise educated. He had read "Combe," and many of Fowler's works, so that he at once understood the philosophy of our treatment, and manfully refused all advice from others, who proposed little "nick-nacks" to comfort him; but he said, "Away with it, miserable comforters are ye all;" and trusted *alone* to the recuperative efforts of nature; and they did their work well. I must beg pardon for again reiterating that the beauty of our system over all others is, that those treated by it always come out *free* from chronic ailments, (properly drug diseases,) and speak loudly in praise of that system which gives one *life and health*, instead of *disease* and a lingering *ache*.

If these cases are of any interest to the cause, use them, and at another time I will give cases of intermittent fever, croup, mumps, dysentery, acute inflammation of the liver, pneumonia, &c., which have come under my notice since I have been in the West.—*Mt. Pleasant, Iowa.*

VEGETARIAN TRAVELLING.

BY W. A. ALCOTT, M. D.

In the heart of New England resides a worthy minister of the Gospel, who, without any knowledge on the subject from books until quite recently, became a thorough going vegetarian several years ago, and is now rejoicing in emancipation from the flesh pots.

He was, in early life, a wanderer both on land and sea. In Feb., 1847, he deserted, as it would seem, from a whaling vessel while in the port of Callao, in Peru; and, after arriving at Valparaiso, in Chili, was there taken sick. When he recovered, the ship in which he came to that city had left, and as no opportunity presented for procuring a passage to the United States, he was induced to try the overland route to Talchiana, where homeward bound vessels were almost always to be found.

He set out on his long journey in Jan. 1848, with only three dollars and a half in his pocket, and with a single companion. The distance, as he affirms, is about 600 miles; but the books do not represent the distance as quite so great. However, he is a man of truth to the utmost, as far as he knows; and we will let him tell his own story—written at my request, but not for the public eye.

"We purchased eight French rolls—about equal to the same number of small sized biscuits—upon which we lived twenty-four hours, and found them sufficient to satisfy our appetites and to afford the necessary quantity of nutriment. After an experiment of about three days, we found that we could not afford to spend more than one real (twelve and a half cents) per day, and thenceforward indulged in few luxuries, such as peas, peaches, cheese, all of which were productions of the country.

"For twenty-four consecutive days we travelled, subsisting almost entirely on bread and peas. We ate flesh three or four times, but always very sparingly; not, however, from principle, but necessity. We forded from seventy-five to one hundred streams of water, most of which, though at

that season low, were extremely rapid, and the water very cold. We slept in a bed but twice. Our usual couch was the 'ground;' but sometimes a pile of unthreshed wheat, or straw. It was a wild, romantic cruise. Often did we lie down to sleep at noon, when the thermometer would have shown at least 115° in the shade, with the gently sloping table land, upon which we travelled more than two weeks, stretching away to the south as far as the eye could reach, with the lofty Andes capped with the snows of ages piled up against the sky upon its eastern border, close at hand.

"But vegetarianism is my theme, and my pen must not run wild. You will please observe that this very decisive experiment of mine goes to show that though 'wine maketh glad,' for a few moments, 'the heart of man,' it is 'bread that strengthens his heart,' and braces his sinews for the toilsome journey, and fruit that refreshes the weary traveller beneath the burning sun. I was at first apprehensive that sleeping on the damp ground would cause a relapse of the ague and fever; but I felt no symptoms of it. I bathed my feet several times a day in cold water, and took an occasional swim. I suffered much from blistered feet and swelled joints; but my strength gradually and steadily increased to our journey's end; when I felt able to accomplish the same journey again in a much shorter term, and with perfect ease.

"I witnessed one remarkable phenomena in connection with fasting and fruit eating, during this journey, which you can probably explain. For about three days, in one instance, we could not get enough to eat. After fasting about twenty-four hours, my companion ate freely of pears, which produced the same effect as wine or spirit drinking often does upon an empty stomach. He was intoxicated; he sang and danced, while I was so faint and tired that I could scarcely walk. He was eighteen years of age, of a sanguine temperament; I was about twenty-four.

"From my own experience and observation, without regard to the arguments of vegetarian writers, it is my deliberate opinion that the best diet for man, in any climate, is whatever fruits and farinacea are most abundant and best adapted to the soil and climate. In the tropics, where fruits are the chief productions of the soil, his diet should consist mainly of those fruits."

We are told by Dr. Bell, of Philadelphia, in some of his writings, that in a forced march of 600 miles, in one of the more northern South American Provinces—for I have forgotten which—the army subsisted entirely on parched grain, with the single exception of chewing a leaf from time to time; from which, however, it was not supposed they derived any nourishment. This would seem to confirm the statements of our traveller. But the world is full of confirmations of his statements. My main object, at present, is to give the fact, without note or comment.

POSTAGE.—On the JOURNAL is 6 cents a year—payable in any part of the States at the post office where delivered, but on those sent to Canada prepayment is demanded. Canadian subscribers please note this and remit accordingly.

Miasmatic Fevers and Their Treatment.

BY SOLOMON FRIESE, M.D.

The symptoms of fever are so well known where they prevail that it is hardly necessary to mention them here. I will, however, say that the leading premonitory symptoms are headache, aching of the limbs, bad taste in the month, furred tongue, and generally constipations of the bowels.

The first thing to be done when these feelings are experienced, is to stop eating, and take about two wet sheet packs, of an hour each, a day, and wear a wet bandage around the bowels the rest of the time. After the fever has fairly set in, which is usually accompanied or preceded by a chill, and the characteristics of bilious remittent, or intermittent are manifested, they must be treated accordingly, but the same general principles of treatment will be applicable to each.

If there is a foul stomach and a disposition to vomit, drink freely of warm water to assist the vomiting. If the bowels are constipated, give copious tepid water injections to move them. If there is fever, whether it be continued, as in Bilious and Remittent, or periodical, as in Intermittent, the object must be to reduce it. For this purpose, fill a half-bath, or common wash-tub, about two thirds full of water, 80 or 90 degrees temperature, get the patient into it, and pour water of the same temperature over the head and body, till the fever is well subdued, and the pulse reduced to its natural standard, or nearly so. Colder water will accomplish it quicker, but I think not so well, in most cases. Frequently there is chilliness at the time of the fever. In such cases, I consider water of 90 degrees, cold enough. If the cooling process is continued too long, a fit of rigors may be brought on. This must be guarded against, and you will not be so likely to do it with tepid, as with cold water. There need generally be no fear of this, as long as the pulse is above 80, when the patient is composed, even if there is chilliness present. The cold wet sheet, changed as often as it becomes warm, will accomplish the same object as the other baths, and may be better in some respects, but it is more troublesome to use them. As often as the fever arises, it should be reduced, if it is three or a dozen times a day. After cooling, as above recommended, the extremities will often become cold; in such cases, warm applications may be made to them, or they may be rubbed with the hands of an attendant. At any time when the feet are cold and the head hot, this should be attended to, and cold cloths applied to the head.

Wet sheet packs are generally proper at any time, and should be taken as much as twice a day, whether the fever is continued or intermittent, but I do not recommend a cold sheet at the time of the chill. At this time, I have used a full warm bath with advantage, and greatly mitigated the suffering, but a tepid bath with active rubbing is preferable. A wet bandage should be worn around the bowels most of the time. Local compresses, hot or cold, as is most agreeable, may be used for local pains.

There may be other applications in each par-

ticular case that would be found useful, but the plan I have given will generally be sufficient, and when not, the judgment of the practitioner must supply what is wanting, as I cannot, in one short article, give full prescriptions for every case. Do not neglect to keep the sick room well ventilated, and have the clothes frequently changed. Let no food be eaten for several days, and very little until the fever is broken up, let it continue long as it may: and a rigid diet should be kept up for several weeks after recovery, or relapse may be brought on. No grease or animal food should be used.

By following out this plan vigorously and perseveringly, without turning aside to listen to any number of benevolent individuals, who will be volunteering their advice, and recommending a hundred remedies, you will seldom fail to restore your patient to health. Occasionally, death may, and very probably will occur, under this, as well as other modes of treatment, though I have never known of such an occurrence. But the proportion of deaths cannot be near so great as under drug treatment, and there will also be less suffering and no poisonous drugs in the system, to engender future disease and life long pains in the victim, to be brought forth anew in his or her posterity.

Those who wish further information on the subject of treating fevers, will find some excellent recommendations in Dr. Trall's Encyclopaedia, which I would advise every one to procure.

In many places where these fevers abound, there are no Water Cure physicians, and for the benefit of those who abhor drug poisons, and will treat themselves rather than employ a physician who gives them, this article is prepared. I make no apology for the unscientific style in which it is written.

I should have stated that there should be no discouragement if health is not restored in a day or two. Often a week will be sufficient, sometimes less, generally it will take more. But should it take two or three weeks, it will be far better than to stop it with calomel, and arsenic, and quinine, or either of them, to appear again in a week or two, or six months, or a year; and thus lay the foundation for a life of future disease and suffering.

The treatment should be kept up for some time after disease is arrested, or it may return, particularly when the patient is exposed to the causes that produced it. But as the water treatment is a purifying process, instead of a corrupting one, only good can result by its continuance, so long as there is danger of recurrence of the disease.

INCOMPATIBLES AND POISONS.—A very convenient and useful Chart of Incompatibles and Poisons, embracing the chemical theory of the former, and the antidotes, tests, &c., appropriate to the latter, has been compiled by Dr. J. W. Hoyt. It enables one to see at a single glance, the most important medicinal and chemical poisons, with the most prominent effects on the human organism, and also the proper antidote. It shows, moreover, at one view, the general danger and absolute uncertainty, as far as results are concerned, of bringing together, within the human system, a variety of chemical incompatibilities, as is the case in the popular system of drug medication. We commend the publication as a map of general information which all persons might derive benefit from possessing.

FEMALE EDUCATION.*

OUR young women want a more vigorous, practical, and useful Education, one that shall develop strength, character, and resolution; one that shall give growth to the mind, power to the will, and efficiency to the life; one that shall enable any woman to be independent, true to herself, to entertain and maintain her own opinions, to get her own living, to mark out her own course in life, to count one in any position she may choose to occupy, to be all that may belong to a free, independent, accountable, intelligent creature. They want to be educated so they will know their own powers, understand their own duties, and comprehend the value of life too well to waste it on trifles. They want to be able to know the world in which they move, to take an active part in all life's duties, to converse intelligently upon all ordinary subjects, and make a useful figure in the circles in which they move.

Woman's powers are eminently practical. She has a strong judgment, a rich store of practical good sense, an ample fund of tact, skill, shrewdness, inventiveness, and management. Women are the best managers in the world so far as they have had experience and a field of action. Not one whit behind are they in every department of life to which they have had access.

Now if our girls were reared to the practical duties of life, trained to some great and good end, taught to live for something, have some grand and noble purpose in life, and live to that purpose, how much richer in all that embellishes life and magnifies humanity would be our world!

Our boys have something to live for. Each one says, "I'll be this or that; I'll do so and so when I'm a man. The world must know that I live. I must hew out my way, make me a mark, tell a story that my fellows shall hear." And so each one educates himself into its purpose. But how is it with our girls? What do they live for? What do they expect to be and do when they are women? They have powers equal to the boys—can play as well, run as fast, learn as readily, manage as skillfully, perceive as quickly, are as dutiful, useful, and efficient. Why should the boys grow up with a great and good purpose before them, while the girls grow up for nothing? See what a woman has to do, and what mighty springs of action and influence she holds in her hands. She sits on a throne of power at the very fountain of life. She is goddess of all the springs and little rivulets of humanity. She makes men and trains them. As mother, wife, and friend she wields a triune sceptre of vast power. She rears the twigs that grow into the oaks of the world. She may bend them at her will. If woman were rightly educated, who could tell what a race of men would grow up to people the coming ages? How can the woman-mind, undeveloped, untrained, uninspired with great aims, grand and brave resolutions and actions, impress the minds of the generation to come with strength, power, activity, intellectual and moral vigor? It cannot. Oh, it is a burning shame that our women are not educated to a

greater vigor of body and mind! They should be strong in will, thought, action, love, resolution, they should be stout-hearted, high-souled, brave-purposed, yet always womanly. If the world were mine, and I could educate but one sex, it should be the girls. I could make a greater and better world of the next generation by educating the girls of this. It is not half so important that our legislators be wise, as that our mothers be so. It is not half so important that our men be brave, as that our women be so. Strengthen the woman-heart, and you strengthen the world. Give me a nation of noble women, and I will give you a noble nation. Cultivate the woman-mind if you would cultivate the race.

NECESSITIES OF A YOUNG MAN.

BY HON. HORACE MANN.

[From a letter to a young law student.]

As you are an entire stranger to me, and have given me no information in regard to your age, or to the circumstances of your early life, and only mention that you propose to be a lawyer, I cannot give my remarks so pointed an application as I otherwise might. I must therefore, speak more generally, and point out, in their order, some of a young man's necessities. First, you will need health. An earnest student is prone to ruin his health. Hope cheats him with the belief that, if he can study now without cessation, he will always be able to do so. Because he does not see the end of his strength, he foolishly concludes there is no end. A spendthrift of health is one of the most reprehensible of spendthrifts. I am certain I could have performed twice the labor, both better, and with greater ease to myself, had I known as much of the laws of health and life at twenty-one as I do now. In college I was taught all about the motions of the planets as carefully as though they would have been getting off the track if I had not known how to trace their orbits, but about my own organization, and the conditions indispensable to the healthful functions of my own body, I was left in profound ignorance. Nothing could be more preposterous. I ought to have begun at home and to have taken the stars when it came to their turn. The consequence was, I broke down at the beginning of my second college year and have never had a well day since.

Whatever labor I have since been able to do, I have done it all on credit instead of capital—a most ruinous way, either in regard to health or money. For the last twenty-five years, so far as regards health, I have been put, from day to day, on my good behaviour; and, during the whole of this period, as an Irishman would say, "if I had lived as other folks do for a month, I should have died in a fortnight." Health has a great deal to do with what the world calls talent. Take a lawyer's life through, and health is, at least, equal to fifty per cent. more brain. Endurance, cheerfulness, wit, eloquence, attain a force and splendor with health, which they can never approach without it. It often happens that the credit awarded to the intellect belongs to the di-

gestion, though I do not believe that genius and guppies are convertible terms, yet the former can never rise to its loftiest height unaided by the latter.

Again, a wise man with a great enterprise before him, first looks round for suitable instruments wherewith to execute it; and he thinks it all-important to command these instruments before he begins his labor. Health is an indispensable instrument for the best qualities and the highest finish of all works.

Think of the immense advantages you would have in a suit in court, if after a week or a fortnight's laborious investigation of facts, you could come in for the closing argument on the last day, fresh and elastic with only so much more of momentum and fervor for the velocity and the glow you had acquired, while your untwitted opponent had little more vitality than a bag of sand. How long will our teachers and trainers of youths suffer for boxers and trainers to be wiser in their generation than themselves?

Have you ever studied human physiology? If not, get such a work as Johnson's, Sylvester Graham's, or Carpenter's, and "read, mark, learn, and inwardly digest" it, and then obey it religiously. I say religiously, for health comes within the domain of conscience and religion. The materials being given, a man is as responsible for his health as for his character. He determines what the former shall be not less than the latter. Extraordinaries excepted, a man should be ashamed of being in ill-health as he should be of getting drunk. But I cannot dwell longer on this topic. Get health, if you have it not, keep it, if you have it.

THE DOWN-FALL OF CITIES AND A LIFE IN THE COUNTRY.

OUR Artistic Friend, J. C. PEASE, who has long been a city resident, but who now rejoices in a home among the mountains, communicates the following to the *Berkshire Courier*. We quote enough to show how heartily the writer dislikes cities, and his reasons. We advise all who can, to seek homes in the country, and those who must stay in cities, to be as clean, temperate, circumspect and consistent, as possible. But read Mr. Pease's doleful predictions:—

How long must it be before men will find out that the scourges that desolate great cities, are punishments for violated laws—the laws of health—the laws of life? 'Tis not crowd together by thousands, in close streets and dirty alleys—shut from the light and air of heaven, without endangering disease—and such diseases as must convince the dweller in Broadway or St. Charles street, that he has a "brother" somewhere, whose life, are if not well-fare, he must feel for in the very marrow of his bones! Diseases are not natural, but artificial; and the miasma that now spreads despair and death through our over-populated cities, is but the horrible incense that daily ascends from the altar of inhuman where man sacrifices his brother man—and then cries "am I my brother's keeper?"

Every farmer knows that if he sows his seed too thick, he will get plenty of fodder or rowan, but no grain; and an ingenious writer has calculated the exact number of square inches a man requires to live in. He demonstrates that sleeve-ships and overgrown cities are considerably deficient in "air and ventilation" and as ultimate results of civilization, they are decided failures. "Great cities," says Jefferson, "are great stores on the body politic," and where do we find the vices and crimes of a perverted social state to fester

* From *Atlas and Aids* for girls and young women, published by Fowler & Wells, 269 Broadway. Price 57 cents.

and riot as in these great sinks of iniquity? They are moral meltrons that suck in and engulf all that comes within their giddy influence. But for the country, and the fresh life drawn from its mountain homes, they would soon cease to exist. Cities in their turn re-spread upon the country—the vice, the rivalries, the fashions, overflow and spread themselves over the fair face of rural life; the diseases and crimes engendered in these hot-beds of iniquity flow back upon the free soil of the country, until the very face of nature is changed—and man forgets that he has another—almost forgotten—that he has a God!

The poet has said "God made the country and man made the town?" and the fat of fate is written on all man's works—they shall not stand! Babylon! Nineveh! Jerusalem! blotted from the face of the earth! Athens! Rome! as if they had never been! New York, Philadelphia, Charleston, New Orleans, your doom is as certain as theirs. The elements are against you; Nature is at war with you. The pestilence that walketh at noon day shall make desolate your high places.

Of course, no one can deny the *uses*—the apparent necessity of cities, to our present "civilization," so called; the concentration of mind; the unity of purpose; the intensity of effort growing from the man's sharp conflict with his fellow-man; and if a state of warfare is the *natural* condition of man; and if a state of warfare can be devised. The rise and fall of Empires is to be traced to the eternal round of events; and growth and decay must "wait on all below." But over-grown cities are *not* necessary even to our present civilization—certainly not to the coming Christianity which shall recognize that all mankind are brothers, and live up to that idea. So long as man is the *fraying animal* he now contrives to be; so long as he lends all his energies to *scraping* commodities with all the world, and producing nothing himself; so long as stock-jobbing and banking and brokering, shall be deemed "the chief end of man," just so long will these "great sores on the body politic" grow and multiply, till the whole is one great lazar house, to be swept from the earth as Sodom and Gomorrah were before. But they are not necessary, and when man finds that like the Siamese brothers, he can gain nothing by swapping jack-knives with himself, that his boasted foreign commerce is but a banging contrivance to circumvent himself; that the zone he lives in can produce all that zone requires for health, or happiness, or rational pleasure—then will cities dwindle to the insignificant *trading marts* they ought to become; the energy and activity *can* be new produced through their story arteries, will be returned to the mountain sources from whence they were drawn; the arts and sciences that have found an unnatural home amid the crash and jar of rival bargainings, will diffuse their mild rays over the green earth they have deserted, the hearty and refinement that waited on concentrated intellectual life, will once more flow in the channels of a healthy and hopeful social state—and the whole "earth shall bud and blossom as the rose." The tradesman, the attorney, no longer crushed and flattened by brick walls or a fierce competition, may come out of the din and craft of the street, and be a man again. The farmer, no longer left to battle single handed and alone with a reluctant soil, will welcome the rich stores of mind and muscle that shall irrigate his half-fallow fields; Earth shall once more become a garden, with its new tree of life, into which our New Adam, no longer disreputable, may enter and dwell; every man "may sit under his own vine and fig tree!" A painless death awaits an obedient man, who shall fade from the earth as unconsciously as the flowers that blossom on his tomb, and the perfect dream of poet and prophet be more than realized on a perfect Earth.

We, who are compelled to stay in cities, almost envy the contented countryman, and yet, how few, in city or country, are really contented? Country people, the younger portion, especially, seek situations in cities, while city people *think* they would greatly prefer the country. Both may be improved by a change. We may stay in the city for a time, but should have a Home in the country.

HYDROPATHY.

EXTRACT FROM A LECTURE BY W. F. LAURIE, M.D.

What is that dignified by the name of medical science? A series of ever varying conjectures, misnamed systems, each of which has, for a time, held almost universal sway, and then passed into oblivion. So numerous have been the changes in the opinions of the medical world, that it has been impossible for any two members of the healing art to agree even in the principles of treatment. These things ought not to be if the present system is as true as it pretends it is.

We proceed to notice the principles of the Hydropathic treatment, the means employed in it, and the objections which have been made against it.

Life consists of different movements taking place in an organized body. It is not a principle in itself, but a succession of effects resulting from the operation of the vital principle on the organs of the body, the most important of which are the heart, the blood vessels, and the nerves. It is by the mutual influence of blood upon nervous matter, and nervous matter upon blood, that life is kept up. If either of these be changed from its normal or natural condition, derangement or disease ensues, this disease being variously named according to its situation and degree. Disease, then, as regards its nature, is the same every where, unless caused by chemical or mechanical injury. The bearing of these remarks upon our method of treating disease is obvious.

The doctor with his drugs and the Hydropathist with his water treatment have the same end professedly in view; and aim to achieve it guided by the same general principles. The physician, with his medicines variously named tonics, stimulants, sedatives, purgatives, and so on, seeks to augment, directly or indirectly, temporarily or permanently, the vital power, by acting on the secretory or excretory organs, and thus purifying the blood; and this is all that the Hydropathist wishes to achieve. He who employs drugs, often finds that his efforts are baffled by the substance not agreeing with the constitution of the patient, or not acting as he wishes; but water, as a remedy, when applied with judgment, agrees with all, and can do no harm if it do no good, and it contains nothing in itself inherently noxious, whilst drugs are many of them most virulent poisons.

The remedial means resorted to under Hydropathic treatment are the *wet sheet*, effecting all that is necessary for the cure of colds, coughs, diseases of the skin, bilious complaints, and the greater number of fevers, however named. The *dripping sheet*, thrown over the patient, whilst he is standing, like a cloak, is of eminent service in cases of debility. The *sudorific* or *sweating blanket* causes a most copious perspiration; and followed as it is by the application of cold water, it is not productive of that weakness which would otherwise ensue, whilst the process of nutrition is not in the least interfered with. The *heating bandage* does all that can be accomplished by the usual modes of fomentation, and in half the time. The *cooling bandages* are suited to all cases of internal and external inflammation, whether seated in the chest or abdomen. The *plunge bath* is a most

powerful tonic and general stimulant; it is followed by exercise in the open air and water drinking. The *half or shallow bath* is a most powerful assistant to the wet sheet; in febrile and inflammatory affections, cooling the body and predisposing the skin to perspiration. The *sitting or sitz bath* is highly useful in drawing the blood from the head and chest, whilst it acts beneficially on all the organs of the pelvis and abdomen. The *douche bath* which consists of a column of water falling from a height of twelve or fourteen feet, received on different parts of the body, rouses up the energies of the entire system, and is very beneficial in chronic diseases of long standing.

A most important adjunct to these various baths is *water drinking*. Before the time of Priessnitz, it hardly entered into the mind of man to convert an every day aliment into an almost universal medicine; it has, however, effected wonders, and, unaided, restored numbers. To accomplish this, it must be taken in much larger quantities than when used merely to allay thirst. *Friction* is another means employed to stimulate the skin, promote the circulation, and invigorate the frame.

Enough has already been advanced to prove that this system is something more than a delusion. It has, at all events, stood a lengthened and searching trial for more than thirty years; and if Hydropathy did nothing else than abolish that grand curse of humanity blood-letting, which has slain its thousands, I would gladly stand forward to its aid. Until the discovery of the all-sufficient power of water in inflammatory diseases, physicians knew no other effective means of controlling vital action, when in excess, than bleeding; but now, when it has not only ascertained but proved its power in numberless instances, why not give it a fair trial?

The objections which are made to our treatment deserve a passing notice. The gravest of these with some is its *simplicity*. Can water, air, and exercise, cure disease? That they can has been repeatedly shewn. They are fully equal to accomplish all that medical men profess to do by means of drugs. But, then, *does it not produce Dropsy?* Those who take ardent spirits freely—those who take medicines which habitually stimulate the kidneys—those who are largely bled, and those who suffer excessive purgation, are liable to dropsy, we know; but hydropathic treatment effectually alters those conditions of the system in which dropsy alone can manifest itself. A third objection is that the tone of the stomach is thereby destroyed; than which nothing can be more futile, since almost the first effect of the application of water is an amazing increase of the appetite. Individuals that have been miserable dyspeptics for years become quite careless of what is placed before them, devouring everything with the keenest relish, from the driest crust to the most savory dish that can be prepared. But, then, *it thins the blood*. How comes it, then, that parts flabby and soft before are found to become firm and compact, the dull eye clear, and the faded cheek ruddy? We retort the charge, and say, that by the confession of their own authors, *Mercury, the carbonates of Soda, Ammonia, and Potassa with Sal Valatile* all used as

The beauty of the rainbow vanishes in the storm; the meteor's flash is but a moment; the glittering gem of heaven will one day go out; the sun himself be extinguished; but the star of hope shines beautiful forever.

medicines, have the property, among others, of thinning the blood. *Bleeding* is also particularly effective in this way. *Does Hydropathy produce Rheumatism?* If so, all that has been said on the subject is false; for in no one work published on the subject is there a dissentient voice with regard to its beneficial influence in disease. Its effects are almost miraculous.

In conclusion, I am often asked what diseases are curable by Hydropathy? I answer, *all kinds of disease, but not all degrees of it, and, consequently, not all patients.* He who is curable to-day is so, perhaps, at the end of the year, perhaps no longer so to-morrow.

Home Voices.

A CLERGYMAN'S TESTIMONY.—We clip the following from the *St. Louis Republican*:

"Abl talking of Water-Cures again. How vividly it brings to mind the incidents of a session held at a charming, secluded spot about four and a half miles from Utica, N. Y.—just the place for an invalid—away from the usual bustle of the city, and the business words that enter not into the lexicon of every-day life at G. It is endeared to me by a thousand grateful memories, and by a knowledge of the immeasurable amount of that life-giving principle called Health which I accumulated while there."

"When I first made my appearance at the 'Cure,' I was a mere shadow, wanting both spirit and flesh to make up the comfortable mortal. And that I live (under God) is entirely owing to the use of the most judicious prescriptions for the application of God's truly matchless salivary water, prompted by a knowledge of and adapted to my particular constitution; and no one understands the human constitution better, or can arrive at a correct conclusion with regard to the presence and nature of disease sooner than the eminent physician who presides at the institution—Dr. Holland—seconded by the gentlest, tenderest, most unwearied attendance of those well skilled in the art of administering to the wants of the invalid; indeed the nurses at G. are unsurpassed in excellence. During many years of pain and suffering I never found the perfection of nursing only at this Water-Cure, and, I have tried many, I wish I could manifest to you, my readers, how day by day my weakness gave place to strength, and how my grateful heart sent up its prayer of thanksgiving to the 'Giver of every good and perfect gift,' for sending me to the infinite mass of water to be discovered for the relief and cure of human ills—and that I had been led to this particular institution where the human system and the proper adaptation of water to it were well understood. But pray be guided by my experience, ye weary, ye worn wanderers on life's pilgrimage, prostrate in health, broken in spirit—and seek, ere it is too late, this health-giving, soul-invigorating retreat; feeling assured that there your infirmities of body will slide from you, as did poor Christian's load of sins, and you will feel equally relieved of an insupportable burden, which will leave you prepared to go forth again into life's battle, renewed in body and strengthened in spirit, to fight manfully with its cares, toils and perplexities.—A. FERRIS TO THE EDITOR.

BENEFITS OF THE WATER-CURE.—J. N. B., Lisbon, Iowa, reports the following cases: "Case First.—My second son, five years old, one year ago was taken with a very severe nervous fever, which was treated by Miller's treatment in the *Encyclopedia*, except I gave him heavy injections; in two days was up, playing."

"Second.—A female, twenty-five years old; taken with bilious diarrhoea or bloody flux. At the commencement had two allopathic physicians. Powders and pills were given her for ten days and nights; grew worse all the time. She said she must die. Had by this time inflammation of the stomach, bowels and kidneys, with a high fever, and suffering the most excruciating pain. Said she could not die, any how, but if I liked to try the Water-Cure system, I might; gave her a half-bath, cold applications to the head and abdomen, with large injections of tepid water, three times; then gave cold injections after every period of defecation; gave several half-baths; attended her two days and nights. In ten days she was up to work, and has had better health than for five years before."

"Third.—A girl, twelve years old; attacked very severely with cholera morbus, of the bilious character. Did not see her for four hours after she was taken; found her vomiting, and bumped very badly; administered cold and saline weak."

"The second day she was taken to the school."

"Fourth.—A boy, fourteen years old; taken very suddenly with typhus fever; bathed him when the fever was on th

increase; gave tepid injections. In five days he was going about his work."

M. G., Canton, Bradford Co., Pa., gives the following testimony:

"I have read the Journal, and its effects upon myself and family have been truly beneficial; and also upon our neighborhood. With no other knowledge of Water-Cure than that obtained by one year's reading of the journal, I have been able to perform some remarkable cures, chiefly by the application of the sponge and sitz-bath, and the pack. Success to the system."

THE HAVEN DISCOVERED! GOOD-BYE TO DRUGS.—Maecung, Pa.: I. M. M. G. thus relates his personal experience:

"Some eight or nine years ago, through *drugs* and *ignorance of the laws of life*, my father, a very fond parent, was lowered into an *untimely* grave. Had the Water-Cure Journal then been a visitor of our family, might not my father now be living, and I have a home? Surely many of its subscribers can testify that they have been saved from an early grave by its light. Six months ago, I found myself afflicted with a *head* of sinners, suffering the just and inevitable penalty of transgression; while in another apartment lay the corpse of my dear mother—a sad victim of *alopathy* and patent medicine. When I considered the treatment, the condition of my system in consequence of former indulgence, the quantity and nature of the drugs administered, I can not but wonder why I too was not killed. But I did once more get on my legs; yet I soon had the mortification to find that my *prevalence might* have stopped here.

"Several numbers of the Water-Cure Journal, about this time fell into my hands, beside several very instructive little works published by Messrs. Fowler and Wells, entitled 'Introduction to the Water-Cure' and 'Principles of Hydropathy.' My *sinners*, suffering the just and inevitable penalty of transgression, while in another apartment lurked at the 'supernatural' by these missiles, and, for awhile, the subject completely engrossed my mind. But I was not long in coming to a conclusion: I threw away phials, pill-boxes and powders, and reformed. Since then, oysters, tobacco, snuff, etc., and I are 'quits'—because I, too, have become one of those 'crazy' Water folks. Instead of continuing to force those detestible little 'white' and 'brown powders' into any *gizzard* several times a day, I commenced using baths, air, exercise, etc.; and in place of those 'tea' beef-soups, etc., I 'walked' into such fare as roasted apples, and drank *water*. Last Spring I was pale, down-hearted, weak, very poor, with a full breath and poor digestion, and I used tobacco, coffee, fat, etc. Now, with a gain in flesh of over thirty-five pounds, my color, spirits, strength, etc., show that hygeia has blessed me most bountifully because I am a water hydropathist."

H., California, relates the following: "One of the greatest achievements of the Water-Cure with which I have ever acquiesced was the case of Mr. David Anderson, now of this place, but formerly of Louisville, Ky. While in Kentucky, and many years ago, when the Water Cure was but just coming into notice, Mr. A., by a severe strain, ruptured what proved to be one of the lower intestines; medical aid proved of no avail; he suffered and lingered for a long time, until Nature made an outlet near the anus, when matter and excrement were voided through five openings. In this situation he was supposed to be as well as he could ever expect to be; but while thus lingering, he was once more across some notice of the Water-Cure, and as a drowning man catches a straw, he embraced it, with but little hope, however, of being cured. He purchased some practical work, and commenced upon his own case, and, to the astonishment of all, he began to improve, and finally got well; indeed, better than he had ever before been, for he says he was dosed and drugged in his raising till he failed to arrive at full manhood. The water process seems to have removed the drugs of druggery so completely as to leave him a perfect man, hearty, fresh and stout, and declares, that though he suffered so much, it has proved advantageous to him, by making him acquainted with a process by which he has ever since preserved his own health, and has raised quite a family also, without any drugging whatever."

Business.

OUR JUNE NUMBER OF THE WATER-CURE JOURNAL will be issued early in May, and the July number early in June. ADVERTISERS, desiring for these numbers, should reach the Publishers by the 10th, of the month preceding that in which they are expected to appear. Contributors will confer a special favor, by sending in their "copy" early. Advertisements for a particular number, frequently come to hand some days after the Journal has been sent to press.

BEAVER DAM.—Our friend Ingraham Gould, Nurseryman, has sent us a fine large map of Beaver Dam, Dodge Co., Wis. This place, from its central location, promises to become a very important point.—Connected as it is, by several of the leading Railways with Chicago, Milwaukee, and other cities. The makers of the map, deserve credit for their enterprise and good taste.

FORT WAYNE IND.—L. W. N. says this is an excellent place for a Water-Cure Establishment. Who will erect it? There are many warm "friends of the cause," in that vicinity.

LAKE SIDE WATER CURE AT MADISON, WIS.—During our recent visit to the Capital of the State, we accepted the invitation of a kind friend, and spent the day with him at the New Hydropathic Institute on the south side of Lake Monona. One could almost wish to be an invalid, that he might have an excuse to enjoy the privileges which this establishment affords, and we are prepared to recognize it as the Sick Man's Paradise. The advantages of fresh air, fine scenery, sailing on the beautiful Lake, riding through romantic groves on horseback or in carriages, and otherwise exercising in the open air, must have a tendency to cheer the drooping spirits of the invalid, and by that mysterious process which the mind exercises over the physical system may aid materially in promoting the action so necessary to a healthy state of the functions, all of these advantages with many others can be had at this institution.—*Manitowoc Tribune.*

The capacity, of this new cure, which cost \$40,000, is said to be accommodations for 100, to 120 patients. The resident Physician is Dr. C. A. HALL, from Hartford, Ct.

With all the surrounding advantages, set forth in the advertisement, we think the people of Wisconsin, have good cause to be thankful, for an institution so capacious, so pleasantly situated, and under the direction of so competent a Physician.

LAKE VIEW WATER CURE.—Near Chicago Illinois. This is a new establishment, situated about five miles north of Chicago, on Lake Michigan, connected with the town, by a plank road. The house which cost \$30,000, is furnished in the best style, with accommodations for one hundred patients. We quote the following from their circular:

"Invalids seeking relief from diseases in the applications of water, have much to induce them to visit this place, as the location is one of great beauty, while the city and vicinity presents to the eye one of the finest prospects the country affords."

"The medical department is filled by JAMES E. GROSS, M. D., whose practice in Hydropathy for the last five years has been sufficiently extensive to justify the hope that he may be favored with the confidence of those who may commit themselves to his care."

CHICAGO, is already the most important city west of New York, and, we believe some of her ambitious citizens, claim that she will soon surpass our great metropolis! The deep, rich soil of that State, her numerous Railways, and her "go-ahead" people, will, we have no doubt make the most of their time and opportunities, we wish they were not in so "great a hurry"—out there.

Further particulars, may be found in our advertising department.

Instead of "patent pills," and other drugs, we advise the Chicagoans, to try the Lake View Water Cure, for a season.

OUR GLEN HAVEN FRIENDS, are making arrangements, on a large scale, for a great REFORM DANCE Celebration, to come off early in June. Full particulars are given in another place. We hope to be able to give our readers a full account of the "doings" of the multitude who will assemble on that occasion.

The Month.

NEW YORK, MAY, 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.

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

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

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

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

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

REGISTER all letters containing remittances.

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

TOPICS OF THE MONTH.

BY R. T. TRALL, M. D.

A PANEGYRUM.—One of the best institutions of this age is the proposed panegyrium. The idea originated, or at least was first published, in Buchanan's Journal of Man. The term implies a hall or place where persons old, young and middle-aged, many meet occasionally and regularly for social recreation, and intellectual improvement. We should also perhaps, add moral improvement, for we can hardly conceive it possible for social gatherings properly regulated, and intellectual exercises judiciously managed, to be otherwise than moral in their influences.

Every village needs its panegyrium, and every city ought to have several, and especially ought they to be regarded as indispensable appendages to Water-Cure Institutions. And just so soon as the masses of the people learn the great lessons that it is easier to keep health than to regain it; cheaper to prevent crime than to punish it; better to acquire knowledge than to suffer from ignorance; and happier to be in peace and comity with our neighbors than in envious competition, just so soon will we have panegyriums in the place of jails, penitentiaries, grogshops, theatres, gambling hells, horse-racings, general trainings, and, shall we say it ladies, tea parties!

For want of nothing but a knowledge of the proper way, and proper opportunities, our risen generation is not half developed, either in body or mind, and the rising are coming up, like the marred and scarred sapling, whose after years will evince, in the distortion of the mental organs and the disproportion of the bodily structures, the injurious treatment of the early years, and the sad defects of social training.

In many places there is too much mental excitement; in others too little; in some too great a degree and monotony of merely religious exercises, in others not enough; in some places eating parties and tea-table scandal are all the amusements the females can find; while the males can only relieve the tedium of dull hours, by resorting to the tavern or saloon, and talking politics and puffing cigars.

All these evils could be corrected and the general mind of society directed into the channels of usefulness, and developed as though we were to live for eternity and not for a day, by a well regulated plan of social and mental entertainment, which should associate the people together frequently in friendly greetings, innocent amusements, and instructive lectures, debates, &c. And all that is wanting to give practicality to the scheme is, a few men in each place who are willing to devote a little of their spare time and some of their surplus wealth, to the good of all mankind in general and their own friends and neighbors in particular.

COMMENCEMENT OF THE HYDROPATHIC SCHOOL.—The concluding exercises of the Fourth Term of the New York Hydropathic Medical School, took place on the evening of the 10th ult. The preceding evening was occupied in the reading of the following theses by the students: "Disease," by Jas. Brent, Canada West; "Mental Hygiene," by H. N. Herrick, Iowa; "The Religious Element as related to the full development of the Race," by Mrs. A. C. Edgerton, Illinois; "Disease a Friend," by F. M. Hubbard, Illinois; "Woman and her Mission," by Miss E. M. Hurd, New Jersey; "The Duties of a Physician," by G. W. Arnold, New York; "The Education of Woman," by A. J. Compton, Ohio; "The Lungs," by Miss Susan S. Wood, Maryland; "Worms, Their Causes and Origin," by D. L. Davis, South Carolina; "Exercise as a Remedial Agent," by C. N. Shepard, New York; "Relations of Chemistry to Hygiene," by W. B. Kerney, Ohio; "Parental Physiology," by J. B. Walbridge, Wisconsin; "Education of Offspring," by Mrs. F. E. S. Walbridge, Wisconsin; "A Water Cure Hospital," by C. R. Blackall, New York; "Philosophy of Sleep," by W. T. Kays, New Jersey.

The essays were generally of a high order of merit, and all evinced careful study and earnest purposes. Some of them were excellent, not only in matter and spirit but in manner of delivery.

On "Commencement" evening, addresses were made by Professors Trall, Taylor, Briggs, L. N. Fowler, Mrs. L. F. Fowler, Dr. Adams, of Brooklyn; Rev. Mr. Van Vleck, of Michigan; and Mr. Snyder, late of Central America; which were well received. A valedictory to the class was read by Mr. Blackall and warmly applauded. Several selected theses were also read, which elicited unbounded admiration on the part of the audience.

The following persons received the Diploma of the Institution:

S. S. Brigg,
Mrs. S. S. Brigg,
James Brent,
H. N. Herrick,
Emeline M. Hurd,
David L. Davis,

Union Grove, Illinois,
do do.
Bowmansville, Canada West,
Dubuque, Ia.
Brooklyu, N. Y.
Cross Anchor, S. C.

Wm. T. Kays,
Susan S. Wood,
C. R. Blackall,
T. W. Arnold,
Mrs. A. C. Edgerton,
Wm. B. Kerney,
C. H. Shepard,
A. J. Compton,
Mrs. Rachel H. Harris,
John B. Walbridge,
Mrs. F. E. S. Walbridge,
F. M. Hubbard,
David Baker,
Mrs. Helen McAndrews,
Stansbury, N. J.
New Market, M. D.
New York City,
Murray, N. Y.
Galesbury, Ill.
Brookfield, O.
Ogdenburg, N. Y.
Mt. Healthy, O.
Paweshok, Io.
Baraboo, Wis.
do
Elgin, Ill.
Glover, Vt.
Pillsbury, Mich.

The following testimonial is submitted as the spontaneous and unsolicited expression of the class on the conclusion of the Lecture Term:

NEW YORK, 15 Light-St. April 9, 1856.

TO DR. TRALL:

Dear Sir.—At a meeting of the Class, held this day, Mrs. A. C. Edgerton having been called to the Chair, and Dr. C. Chase appointed Secretary, the following preamble and resolutions were passed unanimously:

Whereas, the Fourth Term of the New York Hydropathic and Physiological School is about to close, we feel that we ought in justice to ourselves, our Professors, and the public, to express our sentiments in relation to the facilities it offers for the acquisition of a medical education, and for mental and moral improvement, therefore

Resolved, That we recognize in this school one of the demands of the age, and earnestly desire its prosperity, believing it affords superior opportunities for obtaining such knowledge as is requisite to qualify persons for true Physicians and Health Reform Teachers, and that we cordially recommend it to all who desire such education.

That we approve the course of our Professors in teaching us *Laws and Principles* as well as the details of practice, as we believe the latter to be of little advantage without the former.

That we not only respect our Professors for their scientific attainments and devotion to the cause of medical reform, but that we feel truly grateful for the interest they have manifested for our advancement and future welfare.

That the Secretary be requested to present a copy of the above to each of our Teachers, and to the Publishers of the Water-Cure Journal, Life Illustrated, and Tribune for publication.

A. EDGERTON, President. G. W. ARNOLD, } Committee.
C. C. CHASE, Secretary. SARAH KINNON, }

The Lectures of the Summer Term will commence the first or second week in May. We have secured the services of Dr. P. H. Hays who will lecture once or twice a day during the whole term. Dr. Taylor will also lecture occasionally, and a new and important feature in our school will be regular lessons and exercises in bodily position, and in the cultivation of the voice, for the purpose of promoting the health of the medical class, as well as to improve them in public speaking. These exercises will be under the direction of Dr. H. F. Briggs, whose admirable teachings and illustrations have been of incalculable advantage to many of our students, especially to some of those who have taken the field as public lecturers.

OUR PIONEER LECTURERS.—We have received the following account of Dr. Kimball's recent lecturing tour. Our readers we are sure, will rejoice with us, in the continued success which attends his efforts.

DR. R. T. TRALL:

Dear Sir.—In compliance with your request to keep you and your readers posted in regard to my doings and future intentions, I shall give you a brief abstract of my last lecturing tour, in the southern portion of this State.—Contrary to my expectations and the fears of my friends, this proved the most successful trip I have made.—In every place I visited I found the people, as a general thing, strenuously opposed to *drugging*, and anxious to become more intimately acquainted with the Hygienic method of treating disease.

My first lectures were delivered at Richmond, a place of some 800 inhabitants. In all of my lecturing I have never been in a place yet of the size where there was so much interest manifested as at R. The people are of the right stamp, *investigating, thinking, and progressive*.—A good Water Cure Physician would be well received there, and do well. There is an excellent country surrounding the place.

My next course was delivered at Washington, county seat of Washington Co. I found there many zealous and enthusiastic friends of the cause, and much interest manifested generally—had a good audience, and snipped a large number of books and Journals.

My third course was delivered at Brighton, in the same county. Found here a large number of warm friends, and much interest manifested by many who had been *drugged until it's had become an intolerable burden*. I explained to them the better way, and had the satisfaction of seeing them *converted*, and [as the D. D.'s usually say] of hearing their past experience, and *future determinations*, before I left. I love to hear the young *Converts to Hydropathy* expatiate on the *beauti* and *superiority of Hygienic medication* over the destructive nature and tendency of *drugging*. It does my soul good and stimulates me to renewed activity in the glorious cause of *physical regeneration*. I shaped my course next to Fairfield, county seat of Jeff Co. It is a large and thriving place. I met, at first, with considerable opposition, not from the doctors, but from a certain class who consider, that every effort for ameliorating the condition of man, outside of their particular method of acting, is *infidel*, anti-Christian, opposed to the Bible &c.—I finally succeeded, however, in getting a good hearing, by the efforts of a few reformatory persons in the place. The people got so much interested that they extended an invitation for me to visit them again early in May. To show some interest was excited—A Minister wrote me a few days since, saying, "that there were unmistakable signs of the good effects of my lectures there; and also, of the books and Journals I circulated." He says again, "I am satisfied that my wife's exertions have very materially diminished the sale of Tea and Coffee."

At Mt. Pleasant I met with a very cordial reception, and lectured the first evening to a very large audience. The interest at first manifested increased daily, and at the close of my lectures, I was requested to repeat them again before the students of the Methodist College and Prof. Home's Institute. There was considerable interest excited by the opposition of an Eclectic Physician. I could not divide the reason of his opposition, unless it was to acquire *notoriety*, for he agreed with me *privately*, in all of my positions, save the necessity, at times, of a *little innocent drugging*. He informed the audience that he differed very materially from me on one point, and that was, the unphysiological nature of pork as an article of diet. He even invited the audience to attend at a designated place and hear a disquisition on the necessity of using pork as an article of diet.

He differed very materially, in habit, from me on another point. The propriety or necessity of a well educated physician being an *incretorial tobacco chewer of which he was one*.

The people were very anxious to have a thorough Water-Cure physician. They have now got one in the person of our esteemed friend and co-laborer Dr. S. S. Clement, formerly of this place and a graduate of our New York Hydropathic School. He is thorough and can be relied upon as a genuine Water-Cure practitioner. We heartily commend him to all who may need his services.

My last place of lecturing was at the old Quaker town, Salem. I had a good attendance and found that the Quakers were as reformatory in medicine as they had been in their habits of living. I found many warm-hearted and zealous advocates of the cause.

I shall devote, in the future, my whole time and attention to lecturing. I find the more I explore the country the *louder the call for Health Reform Lecturers and Teachers*. The harvest is truly abundant, but, as yet, the laborers are *very few*. I shall make three tours during the Spring and Summer, and I want the friends, in those places I propose to visit, to be agitating the matter and preparing the public mind for a favorable reception.—I shall make a northern tour passing through Vinton, Waterloo, Cedar-Falls, Jamesville and Waverly. I shall also make a western tour, passing through Marengo, Toledo, Marshall, Marietta, Newton and Grinnell.

I shall then make a southern tour, passing through Crawfordville, Columbus City, Wapella, Toombsboro, and perhaps spend a few weeks lecturing in several towns situated on the Des Moines river. If there are other friends on the proposed route, who would like to have me tarry and lecture to them, and will inform me, I will make my arrangements to accommodate them.

I would be glad to hear from the friends of the cause either in this state, Illinois or Wisconsin, in regard to the

expediency of a course of lectures in the places in which they reside.

We have also had a visit from the pioneer female lecturer of our school, Miss A. S. Cogswell, M. D. She has met with that success which must ever attend all reformers whose whole soul is in the work, and who have thoroughly qualified themselves for doing it. She has every where been well received, and has received congratulations, encouragement, and a hearty god-speed, from the ladies of every place in which she has lectured. We are permitted to publish the following as samples:

PERRY, N. Y. Feb. 21, 1856.

Having attended the course of lectures given in our village by Miss A. S. Cogswell, we take pleasure in recommending the intelligence and Christian interest manifested therein.

Miss C. has made no little sacrifice of time and of the refined feelings of our nature, to qualify herself for teaching the highly useful science and art of preserving health, having good beside the medical professors of the day, and the gentlemen of her own medical class, over the dissected forms of our sex, examining with microscopic minuteness their every fibre. How many of us have moral courage sufficient for this?

Shall we not then cheerfully give our names to encourage our young sister in her truly useful and much needed mission to mothers and daughters?

MISS H. A. HIGGINS,

" H. N. PAGE,

" A. D. SMITH,

MRS. D. MITCHEL.

H. K. DOTDEAR,

J. D. TERREL,

NANCY ALBERTY.

WARSAW, Feb. 5, 1856.

To whom it may concern: This may certify that I cheerfully and heartily recommend Miss A. S. Cogswell, to the favorable notice of the female part of the community, as an able and efficient lecturer on the subject of Physiology and Hygiene. Her lectures have been so highly appreciated by the ladies of Warsaw, that they contemplate giving her an invitation to return and repeat them again next week hence, that thus many more may be benefited by her valuable instruction. I will also add that Miss Cogswell lectured before my class, to their great edification, and I have no doubt she would favor the classes of other teachers with similar gratuitous instructions. Believing that she is engaged in an enterprise highly useful, I would bespeak for her a favorable public regard.

NORMAN F. WRIGHT,

Principal of Warsaw Academy.

DANVILLE, April 4, 1856.

MY DEAR MISS COGSWELL—I feel very unwilling that I should leave her without some testimonial of regard. The honorable, self-denying, and conscientious spirit manifested in all your lectures, has taught us to look on your mission as a high and holy one. Although you may not see all the fruits of your labors of love, the truths you teach will effect a lodgment in some hearts and lead them more or less, to correct their errors.

The purity and beauty of the language employed in your lectures, is such that none, even the most fastidious can take offence. And the high and noble sentiments which so evidently emanate from a warm and Christian heart, cannot fail to win the respect of all.

Life is real, life is earnest,

And the grave is not its goal.

And go on my sister, rejoicing that you are called to a work so ennobling, and be assured that you have the prayers of many sympathizing hearts.

Your friend,

LUCY B. FERRINE.

THE CURE OF CANCERS.—We can at length report the complete success of the plan we have lately introduced for the cure of this formidable malady. Mrs. Baxter, of Bellville, Ill., whose case was reported as under treatment two months ago, has returned to her home and friends relieved of a very bad cancer of the breast, which threatened, a few months since, to bring her to

one of the most horrible of deaths. As this patient was somewhat advanced in years, being over fifty, and had suffered much from bad living, and worse drugging, her recovery was necessarily slow. A majority of such cases could be cured in one half, and many in one quarter of the time. We are now prepared to treat any cases of cancer that may present, provided the constitution is not utterly ruined, and if the disease has not already involved organs so extensively as to be incurable by any means whatever.

VEGETARIAN MEETING.—The annual meeting of the American Vegetarian Society, whose anniversary was announced in our last Journal, to take place in this city during the present month, is postponed until September, on account of the absence of several of our most distinguished friends, and also for the purpose of enabling our good sisters in this reform, to "get up" a floral and frugivorous festival on the occasion. Due notice will be given hereafter of the time and place.

CORRECTION.—Our careless pen, or more careless proof-reader, made us say, in the April Water-Cure Journal, a number of things which we did not mean. For example, "hydropathy" was several times printed in place of the word we wrote, *hygeopathy*. A number of other typographical errors will be noticed by the careful reader, but they do not so materially affect the sense.

PREMIUM CRACKERS.—We commend the following to whom it may concern:

R. T. TRALL, M. D.

Dear Dr.:—Having noticed the kindly reception of everybody's difficulties, by you, in reading the Water-Cure Journal, I am decided on making a suggestion to you, springing out of certain difficulties of my own, on heartily adopting Hydropathy (treatment, cookery, &c.) without qualification.

We were very much troubled to obtain, and, for a long time, still more to make a light, palatable, and inviting Graham Cracker. We have experimented infinitely, and succeeded tolerably; [with of course a small margin of the infinite still to spare, by way of improvement.] I find too, members are practising and living Hygienically, have experienced all our difficulties, without all our success. Hoping to improve ourselves, in this department, [and willing to impart our experience, of course]—It has occurred to me that the proprietors of the Water-Cure Journal might very much benefit innumerable readers, without great expense to themselves, by something like the following scheme:

Let them propose a premium [or graded premiums] to the best home-made wheat meal crackers. Certain conditions might be suggested. Only subscribers to the Journal to compete. Three specimens, of different bakings to be submitted to the Committee: to be respectively, three weeks, two weeks, and one week old, [or the latter fresh]. To be mixed with water, instead of milk [inasmuch as good milk is inaccessible to thousands of hydropaths]. The exact recipe [on honor] every ingredient, in quality and minute quantity; and the whole process even to the slightest manipulation,—to be intelligibly written out, at the disposal of the Journal. At least three crackers, of each of the three bakings to be sent on. The day of inspection to be published a month beforehand. A disinterested Committee, [outside of competitors] to be named. Etc., &c., &c.

Now for the premium and the benefits. 1st. A handsomely bound Encyclopedia [Dr. Trall's] or any other work of like value, would be quite a sufficient Inducement. 2d. It would cost them nothing. Crackers enough would come in to pay for it. 3d. Interest in the particular subject of Crackers, and general one of Hydropathic Cookery, and, indeed of Hydropathy, would be awakened or renewed. 4th. Some subscribers would doubtless be gained. 5th. Thousands of invalids, who now eat *cow-feed* got up by bakers; or something but little better, or not a little worse, got together by ignorant cooks, might have a wholesome bite of real food.

6th. And *maximum*, and climateric: Your humble servant would be possessed of the choicest receipts in the land [and perhaps of a premium.]

Yours, W. W. PAGE.

As we have already a way of making Graham Crackers, and also bread which we consider *absolutely perfect*, we hereby offer a premium of an Encyclopædia, Cook Book, Water-Cure Library, and the three Journals—Water-Cure, Pirenological and Life Illustrated, for one year, to any person or persons who will send us a receipt with samples for a better way. So send on your specimens.

THE DISCUSSION.

DR. CURTIS TO DR. TRALL.

MY GOOD FRIEND DR. TRALL: I AM certainly willing to oblige you, to the utmost of my ability. I am contented to agree with you in your first ¶, that, since you absolutely refuse to publish my articles, entitled, "Medicines act on the body," "Drugs act medicinally," "Food and medicines," "A short work with Dr. Trall," &c. your readers will never know what I am driving at.

2. Please publish those articles and let your readers see whether "they are of the least relevancy, as relates to the question between us." With pleasure, I will here "re-state the points" which I think you have "dodged or omitted;" and, if you will take *your* side of the matter, and confine all you have to say to those points, I pledge myself to follow you so closely, that your readers, if you publish it, shall be at no loss to "know what I am driving at."

3. Whatever I have said of the action of lobelia, is of no use to your readers, for they have not seen it. Not understanding it yourself, you have not been able to convey my meaning to them. You insist on my having said that lobelia produces emesis, cramps, spasms, &c., which I never said. You say that "my side of the question is left in a very unfortunate predicament." The extracts from letters from your readers, published in our present number, show that others think differently. It is hardly polite to ask me to "select one of my statements that I will abide by," when you know that I abide by all.

4. You have asked me questions which I fully answered in the articles that you have "omitted." I will now answer your questions—"are not medicines remedial agents?" Answer. Certainly, that is the meaning of the word, and, "if I give a medicine," say an astringent, "I intend, by it," to astringe a too much relaxed fibre, which it will do, whether the body be living or dead. But, as I am a doctor and not a tanner, I do not practice on the dead for this purpose, except, perhaps, when I use antiseptics to preserve morbid parts, for my anatomical museum, or the use of the Professor or the student of anatomy. Is there any "crochet" in all this?

5. Your 6th paragraph [page 57.] exactly suits yourself, who, instead of giving my articles to your readers, simply state that they are not, and then give "your judgment" that they "are not of the least relevancy," &c. But it does not apply to me, who have published every line that you have written, and just as you wrote it, before I made a single comment on it; so that, if my readers did not understand me, they could easily look to you to see what "you were driving at." Some of the questions have saucily suggested that you are driving after old John G. Chapman, instead of "coming square up to the question," whether "medicines act on the body," or not. If my readers cannot understand me, either they or you are blameworthy, for they see you exactly as you are. But if your readers cannot understand me, it is because you stand between me and them, giving them just such views of me as you please, and no other. "Is it possible that you dare not let them see my articles?"

6. I inferred your meaning that medicines possess neither a remedial, chemical, nor mechanical power to act, from your statement in your "Last *Epistle*," that "all matter is inert," that life alone produces motion. Was not my inference legitimate?—absolutely unavoidable?

7. But I will take up the glove you have thrown down. "Remedial agents," say you, "do not act on the living system." To this I reply—all agents must act on something. If they do not *relieve disease*, they cannot be called remedial. If medicines do not act remedially on the body

there is no such thing as a *medicine*, for that is the meaning of the word. This you may call a "crochet or quaver," or whatever you please, I call it a just criticism on your language. I now take up the argument, based, as all arguments that prove anything must be, on facts and experience.

Disease is a bad condition of living tissue, say a lax state of the mucous membrane. Tannin, an experiment proves, will astringe it. This is a remedial action. Disease may be a contracted condition of living fibre, as in spasm, cramp, lockjaw, &c.; I have said, because I have so often proved it, that lobelia will relax contracted fibre; and you sustain me by your *experience* which you bring against me, after telling me that experience cannot settle our question! You say, [¶ 13] "it seemed to sting and burn; it set me to drooling like a mercurial." "I felt, down in the epigastric region, as though deep and extensive preparations were going on, for a demonstration of some sort, and, just as the abdominal muscles seemed to be drawing into knots and the jaws to be falling apart, I let go—spit the 'rend out'"

Doctor, this is a sort of "coming square up to the question." I like it; and now let me ask, how did lobelia, if it did not act to loosen, set you to drooling, and make your jaws fall apart? Were you doing that before you took the medicine? If you had taken some "choke cherries," and tannin, instead of lobelia, would they have set you to drooling, or "impresed" you to let down the infra maxilla? and, if not, to what will you attribute this loosening influence, but the specific action of lobelia on your system? and would not an agent which produced these effects on your healthy system, be most excellent to let loose a "dry mouth" in typhoid fever, or let down a jaw in tetanus, or "let go" a spasm in cholera, a tie-doloreux in the face, a stricture of the urethra, or an crethism of the brain, or any tissue? I thought so, and have tried it a thousand times for these purposes, and have never known it to fail. But you say you "spit the rend out," and then add [¶ 15] that "its effects, nausea and retching, continued for an hour,"—[what do you mean by the effects of something that is not present and does not act,—"whose only property is inertia?"] My good friend, I think your logic is rather lame. Could the same simple inanimate agent produce both nausea and retching—the one a relaxation and the other a contraction of the fibre? If not, then, either lobelia must possess one component part that nauseates, and another that stimulates to reaction, [which is quite probable, as "plants are compound medicines, prepared by the hands of God for the benefit of man,"—Prof. Sam'l L. Mitchell] or else lobelia produced the loosening of the salivary vessels and the "falling apart" of the jaws, while the vital force, thus estranged, that, if this "remedial action" should continue when not needed, there was danger of your running away on the drooling current, and plunging over the precipice of the pendent lower maxilla, thus turning yourself wrong side outwards, commenced the conservative operation of gathering up the fibres and restoring equilibrium; and the "continuance of this action and reaction, must have been due to either the retention of some of the 'rend' and the play of the vital force against it, or to the disposition of the organs to continue those pleasant and useful tracks after the 'rend' had excited them, had made his bow and departed.] In this experiment, Doctor, you *proved*, "what I have all along contended for" and "been driving at"—"that lobelia acted on your system, and your system on lobelia," which is as true as that the earth attracts the sun and the sun attracts the earth. You talk to me about medicines not acting, but "impressing" the system to act. You call them agents, and speak of their effects, yet you deny that they act, of course that they produce any effects; and, in your "Last *Epistle*," you say: "The only properties of inanimate matter is inertia." Of course they are no agents at all! I will not say, in your decided language to me, "this is simply absurd," or "sheer nonsense." I will only say that its sense and logic are past my comprehension.

You would identify, [¶ 18.] the effects of lobelia with those of tobacco. I cannot wonder at this, as, in ¶ 12, you say, "the two plants are species or varieties of the same genus, or family." This will be new to botanists in general, as well as your friend A. C. Please inform my friends Toney & Gray of this discovery, that they may correct their error. I am now a little inclined to believe that the "rend" you took, which caused the "drooling" and the "falling apart" of the jaws; was only a variety of that same genus, *nicotiana*, and, if so, I shall most cordially unite with you in calling it a *poison*, and shall congratulate you

that you were wise enough to spit it out before it got a good hold of you; for I have no doubt that, had you swallowed a half-ounce of the bruised seeds of tobacco, as I have more than once done of the seeds of lobelia, I should have been spared any more of the castigations of your castile pen. When you prove that the effects of lobelia and those of tobacco are similar, I pledge myself to show that both are either poison or innocent. But to return to your paragraphs—

8. If you "quote from some of my omitted articles," please to give them as they are; and not treat me so negligently as you say I do you,—"garbling," "transposing," "mis-astraining," "misrepresenting," &c. Copy them entire, as they are, and you may say what you please of them.

9. "You claim that experience has nothing to do with the settlement of our question," and, in the same ¶, say, "my experience satisfies me that if [lobelia] is always the contrary,"—that is, not hygienic. And in your 15th ¶ you "seem" to think that you have wholly demolished my arguments by your *experience*.

10. Allopathic doctors have pronounced opium a deadly poison, as they have proved, full often, by experience. But they say, "poisons are the best remedies for disease," I believe their first testimony, because I have seen it demonstrated, I reject their second, because, 1st, I have seen other remedies succeed where that had failed; 2d, I know that opium does not change its character to correspond with the changes of the human body from health to disease; 3d, because they cannot safely continue to give it till it has entirely restored; and, 4thly, because there is, in the human system, a living power to which the restoration in the cured cases, is more rationally attributable.

11. I do not "oppose my opinion" to that of the allopathic faculty. They agree with me that "opium is a treacherous palliative," that "irretrievably ruins innumerable infants," that it is "deceptive as the serpent of Eden, and, too often, equally fatal." See my criticisms, page 30-2.

12. See comments on ¶s 7 and 8. If you would refrain from asserting what you do not know, you would save me much labor, and counsel me just charge of "an atrocious assumption." You say:—"Every body except certain Theopositonians, believe lobelia to be poison." Dr. Waterhouse said, no. Dr. Tully, who says he used it 27 years, declares that it is not poison; and I have on my subscription list, hundreds of once eminent Allopathic doctors that would testify the same on oath. Moreover, it is difficult now to find an allopathic doctor, of any note for intelligence and honesty, who will swear that it is a poison. They say, "its action is too violent [they dare not even say dangerous] to be entrusted to unskillful hands," that is, say, but their own. Does even Dr. Trall dare assert that a pint bowl full of the strongest infusion will kill *any* body. I have seen that quantity used with no ill effect whatever. Will Dr. T. excuse me if I prefer my experience to his dictum? his mere "I tell you?" I mean no offence, but when I have taken his fatal dose and not been killed, I cannot help believing that such doses are not always fatal.

13. I did not so define a poison. Why will you so pertinaciously misrepresent me? and then fight my own windmills. Is it because you cannot refute till you perish?

You here say, "I call a poison anything and every convertible into structures." In another place you say that the Hydro-carbide oils, starch, sugar, &c., are not convertible into structures. They are only burned to produce animal heat. Are these substances poison? Air is not convertible into structures, is air poison? If air, sweet oil, starch, sugar, &c., are not poison, then your definition is *incorrect*,—"let lobelia and cayenne, calomel and opium, ginger and cold water fall when they may." If your definition is correct, all these substances, and many articles that you often take for food, "are absolutely poisons." ¶ You say,—"that is poison which the stomach rejects." You deny to the stomach reject the best food, and you even give your "pure hygienic water," till the stomach rejects it! Aro food and water poisons? But you say, these "impress" the stomach to throw off its morbid contents or conditions. Just so I say of lobelia, and "my experience" in the use of both "satisfies me" that lobelia is the better medicine.

Suppose I should "hang this [your] definition over my desk, in glaring capitals," I must "dodge it," when I think or write, or it will lead me into the same "burdittish, contrivous, and falsehoods" into which it has already led my good and esteemed brother Trall (such as I have just now exposed), and then I should not be able, as you, to help *him* out. This would be a cause of deep grief to my most kindly sympathizing heart, for nothing is more painful to me

when I see a friend in trouble, than to be unable to relieve him.

14. I do not know how tobacco would act on me, having never tried it. It is in any form whatever, but I have taken a great quantity of lobelia, and at many times. It produced none of the symptoms you name, relaxation. The others being wholly "incompatible" with lobelia, are produced wherever they occur: by the vital force; but, as they occur when you give warm water, as well as when I take lobelia, or you give tobacco, they cannot determine the character of the "drugs." They only show the power of the vital force which produces them, in every instance, and the degree of resistance to its action on them, or the causes of disease, or the diseased states, one, two or all together.

15. 16. 17. 18. 19. I am generally willing to admit experience, rightly construed as evidence; but, as you say, ("12") "Lobelia and tobacco are two varieties or species of one genus or family," and, therefore, infer that both must be poisonous, I find you so "ignorant of that wherof you affirm," as to be incapable of *experimenting intelligibly*.

In the first place they do not belong to the same genus or even natural order. In the next place, if they did, it would no more prove their medicinal qualities identical, than the fact that potatoes, tomatoes, egg plant, bitter-sweet, and deadly night-shade, which belong to the same genus, *solanum*, all possess the same properties. You eat Nos. 1, 2, and 8, and call them good food; "original Thomsonians" use No. 4 for disease, and call it a good medicine; Allopathists use No. 5, and call it "a good medicine in skilful hands," because it is "a powerful narcotic." But these conclusions being only the demonstrations of experience, are nothing worth. Dr. Trall. His science gives them all the same properties: they being only varieties of the same genus, must all be either condemned as poisons, or admitted as "hygienics."

Now, my much esteemed friend Dr. Trall, "In my judgment," you have conceded all I have contended for in this discussion—that lobelia relaxes animal fibre, stimulates to "drooling," "flying apart," &c. In your "Topics for March," you say, "Salt does harden our tissues a little harder than alcohol does." You admit that "lobelia stimulated your epigastric regions" in the "making of extensive preparations for a demonstration of some sort," &c. Now, if a person inhales poisons, miasm of sufficient quantity and intensity, a fever is the result. If a person swallows large quantities of ginger, cayenne, or smaller quantities of brandy or phosphorus, a fever is the result also. Is not the fever in one case the actions of the living system—the remedial effort to get rid of the miasm, and in the other case to get rid of the poisons, stimulants, or medicines? Is the miasm or the brandy, the disease, or is the remedial effect the disease? Clearly the latter.

The miasm, brandy, etc., are causes of disease, but not disease itself. Their presence occasions the action which we call disease, and the evidences or manifestations of that action constitute the symptoms of disease. Again, a large dose of tartar emetic, epsom salts, mandrake, blue flag, colocynth, castor oil, &c. induces violent vomiting and purging, a condition of things analogous to cholera morbus. Is the disease here the poison in the system, or the action which exerts it? Is the drug itself cholera morbus, or is the vomiting and purging cholera morbus? You say "lobelia relaxes contracted fibre," so does tartar emetic, "even unto death." But, as *contractility* is the vital property of muscular tissue, instead of the property of lobelia or tartar emetic, its greater or less tension depends on its own action entirely.

And so of your tannin. Bring this in contact with the living, and the vessels act to pour over their water of combination to defend themselves, and thus become corrugated or astringed; and if your dose is continued long enough, all the fluid matter of the tissues will be imparted in self defence, and then you will become a *lanner* instead of a doctor, and the tissue will be dead, because it will have struggled until its vitality was exhausted.

You think you have "made a point" in the matter of my experience with lobelia, because after chewing it, "I felt the jaws falling apart," &c., and you ask, as though on your high heels of triumph, "How did lobelia, if it did not act to loosen, set you to drooling, and make your jaws fall apart?"

This is a kind of "Katy-did" argument; why, sir, lobelia didn't "Lobelia acts to loosen" This is like acting to diminish action. If my jaws fall apart from a looseness, or

spasmodically close from a tightness, it is, in either case, because the muscles act. A little attention to the "origin, insertion, and use" of the various muscles around about the articulation of the maxillary bone, will enable you to explain to your medical class all the motions of the lower jaw, without getting a new motive power in lobelia, or in anything foreign to the organism.

But the "choke cherries," there is a choker. Instead of causing the jaw to fall, they would "pucker up" the mouth, of course, and I have already shown how, in the case of tannin.

Your phrases "let loose," "let down," "let go," seem to me to imply passivity, not action, or there is no truth in grammar. If I should "let you best me in this discussion [which is not a suppositive case, however,] I should not thereby act on you, but suffer an action from you. Letting loose, or letting a thing alone, ever so severely, is, I take it, very considerably different from acting on it.

You seem puzzled to know what I mean by the effect of a drug continuing when it is not present. I will explain.

The effects of a drug are the actions of the system concerned in its expulsion. For example, you may take a pill of turpentine, and the bowels will cast it out by violent purging; and the motion of the bowels, the action of the living tissue, not the turpentine, may be continued long after all the turpentine is expelled; just as a fighting man will sometimes keep up the motions of defence or of offensive action, after the enemy has decamped.

You think the experience of my jaws favors your side of the argument, and proves that the lobelia and my system mutually attracted each other as do the sun and earth. Must I tell you again that there is and can be no affinity between living matter and that which is not convertible into itself? It is the peculiarity of living matter to use and appropriate to itself the elements of food, and resist and reject everything else, whereas, inanimate matters merely combine or separate chemically.

You keep reiterating that, in denying that medicines act, I deny that they produce any effect. I have never said nor intimated anything of the sort, but have several times taken especial pains to tell you what I meant by effects and what I meant by actions; and as I have in this article made the same explanation again, I must beg of you to take me as I say on this point hereafter.

You refer to the statements of allopathists nothing that lobelia is not poisonous, as they explain that nothing is poisonous not even arsenic, when indicated by some disease and given in medicinal doses. But their distinction, as you know, is entirely technical. I call all medicinal drugs poison; yet I do not assert that all the lobelia one could swallow would actually kill. I have seen persons so relaxed from the effects [not action] of lobelia that they could scarcely move an eyelid or a finger, and yet be comparatively comfortable a few hours after; and I have seen a person equally relaxed from a first cigar, and from a single pinch of tobacco snuff, and be about as usual an hour or two after. This however, only proves that some poisons are much less dangerous than others.

As I do not believe a word in Liebig's theory of "Respiratory Food" I need not reply to your remarks on that subject. I am of opinion that air is used in the replenishment of the tissues, and that its elements are in a state to be properly convertible into tissue, and hence come within my definition of food, and the same is true of water. Whatever is used or usable in the formation of structure, is food, whatever it is not, is poison. The stomach may reject good bread under certain circumstances, when it would tolerate or "keep down" a dose of calomel. But this does not make that food poison, nor calomel food; it only shows an abnormal state of affairs.

Water would be ejected if abnormal in quantity or temperature. But water is nevertheless *per se*, a food. There may be a false relation of a normal thing, as well as natural relation of an abnormal one. Both are *injurious* though only one is *poisonous*.

In conclusion, I fear your proposed attempt, to ascertain by experience what drugs act beneficially, and what act injuriously on the body, will end, as all such investigations have thus far done, in extending the disagreements and multiplying sects among medical men, and in multiplying diseases and increasing their mortality.

E. T. TRALL.

ORLINO.—The proprietor of a bone-mill advertisement, that those sending their own bones to be ground, will be attended to with punctuality and despatch.

To Correspondents.

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

STRICTURE.—Camden. "Can a Stricture be removed by cold water appliances alone, and how? Please answer without designating the nature of the complaint. The surgeon has been under Allopathic treatment, and employed the bougie, which irritated the Urethra. There is also inflammation of the neck of the Urethra and difficulty in retaining the urine. What is the hygienic cure?"
Fomentations at first to relieve irritation and inflammation, and then the dilating bougies. The instruments should be so small at first as to occasion but little inconvenience. We do not advise through the JOURNAL without designating the disorder, as our object is to benefit the public as well as the patient. Those who want private advice must send a private fee.

DYSPEPSIA AND DRUGS.—N. B. Walker, Pa. As your case is very complicated you had better go to a Water Cure establishment for a few weeks.

TUMOR OF THE UTERUS.—J. B. C., Charleston, Md. The case you describe is probably a polypus, and is a proper subject for surgical treatment. Send her to a good surgeon who will not give drug medicines.

FOOD FOR THE YOUNG.—J. S. Greencastle, Pa. "What is the best food for those who are young and not yet done growing? How is the flour bread for such? and, What are some of the worst effects of pork upon the same?"
The best food is unbolted and unbleached bread, fruits, potatoes, &c. Fine flour is bad. Some of the worst effects of pork, are, the fithness and disease, bad humors, foul blood, scrofula, scurvy, coarse organization, &c. which it occasions in those who eat it.

WATER CURES AND CALOMEL.—T. J. K., Parkersburg, Ga. "Is there Water-Cure Institution South of Virginia at which a man could get thorough treatment, or do you know of one anywhere that a poor man could pay for with his own labor? What is your advice to one who is departing from the residence of Calomel in the system? Could Dr. Smith's Magnetic Battery or machine be used by any other than the inventor or the aid of a Physician? What is the price of them and how long will they last?"

We know of no Water-Cures South of Virginia, except those advertised in this Journal. It is very difficult for invalids to work their way while under treatment. Smith's Battery could be worked by any person who will study well the accompanying directions. Price \$35. They will last many years.

TOMATOES.—A. E., Massachusetts. "Will Dr. Trall be kind enough to answer the following:

In your Hydropathic Cook-book you speak of Tomatoes [properly prepared] as "an excellent sauce for Hydropathic tables."

1. Can Tomatoes, properly prepared, be freely used, say, 1-2 pint or more of the sauce, once or twice a day?
2. Is it should they be used sparingly, rather as condiments?
3. Are they medicinal, or food, or both? [Perhaps the latter question is superfluous.]

4. A. B., 60 years of age, of full habit, has Shaking Palsy in right hand, is tolerably well otherwise, and keeps about his farming business.

5. Can the directions in your Encyclopaedia, pp. 247, 248, be followed safely at home in connection with manual labor?

6. Would a wet compress on retiring at night be of much service, or should it be applied only when it can be frequently renewed?

7. Is frequent syringing of the ears in cases of nervous deafness, or most other kinds of deafness, a safe and advisable operation, in connection with other hydropathic treatment?"

Tomatoes may be used freely as food, not as medicine. The treatment recommended in the Encyclopaedia may be followed, and the patient attend to his business, provided a due regard is had to "general rules." Syringing the ear is not of much account in nervous deafness.

STAMMERING.—L. S., Cincinnati, O. We can cure such cases, by vocal exercises and mechanical instruments, but we must have the patient in hand a few days.

CRAMP AND TETTERS.—N. W. Fairview, Ky. "What is the cause of Cramp in the feet and legs? the best way to cure it?"

"What is the best treatment for Tetters or Ringworm?"
Cramp is caused by obstruction of some kind, and all the

above ailments are remediable by a daily bath, and plain, simple food.

PREDISPOSITION TO DISEASE.—P. P. L. Linden, Wis., wants to know what to do to remove the predisposition to Colds and Croup in a young child, to which we reply: attend to the health of the child in all respects. There are no "spots" in the system. The case of disorders mentioned must be treated according to the circumstances, which you say nothing about.

LARGE BRAIN.—U. N. M., Bedford, Ia. "Please answer in your Notes and Queries, whether it is probable or even possible, for the brain to grow too fast for the cranium? For instance, in a case of hard study for six months, where six or eight hours are allotted to study, three to exercise, and five to sleep, what causes that feeling of compression?"

"I do not think it congenial, for there is no hereditary, nor acquired tendency to such; neither subject to it under normal mental excitement. General health very good; appetite strong, and digestion perfect."

The difficulty is not because the brain grows too fast for the cranium, but because the body does not grow fast enough for both brain and cranium.

UGLY SKINS AND COLD VEGETABLES.—I. N., York, Pa. "Will Dr. Trall please answer the following questions?"

"Why is it that so many persons who are well and strong, have coarse skins, while most all delicate, sickly people have pretty complexions?"

"Are cold vegetables, potatoes, turnips, parsnips, beans, &c. unwholesome food, when they appear to agree perfectly with any one?"

"Will not some one write for the WATER CURE JOURNAL, an article on obtaining and retaining a healthy, fine-grained complexion? It seems to be quite necessary just for the sake of appearing healthy."

People differ as to what is "pretty." We have never yet seen a sickly person whose complexion was, to our taste, pretty. Efficiency is not beauty, nor is vigor and strength "coarse-grained." It may be, however, that persons of strong organization may live on gross food, and have very fair and so present, externally, a coarse appearance, whereas, feeble persons would have the outside fair, while the grossness would be manifested in disease of the internal organs. The vegetables, under the circumstances you name, are all right. We are writing continually on the subject of giving every body health and beauty.

CORPULENCY.—N. H., Columbus, Wis. "What course of treatment is proper for a lady to pursue, who is apparently corpulent, and suffers considerably from heat, in summer, and is also subject to dropsical swellings of the lower limbs during hot weather?"

"Last summer she was afflicted with a weakness of one of her ankles, which is not entirely well yet. She is about fifty-five years of age, and lives on a common 'mixed diet.'"

Eat less, adopt an unmixt diet, exercise more, and bathe every day.

FLATULENT DYSPEPSIA.—T. H., Portville, Ia.

"My wife, aged 30, of slender constitution and sallow complexion, has starting fits, during the night, with great agitation; complains of suffocation, flatulency, numbness of limbs, chills, &c. Her stomach is very weak."

Her liver is diseased and her bowels have long been constipated. Give her warm fomentations to the abdomen, a tepid sponge bath daily, enemas to move the bowels, and a plain vegetable and fruit diet.

CHEMICAL PROPERTIES OF CIDER.—W. D. E., Cleveland, O.

"Have you any good work on the chemical properties of cider, or can you tell where such a work can be found?"

We know of no such work. The "Alcoholic Controversy" will give you the Chemistry and Physiology of the alcoholic part of Cider.

MISURINATION.—S. A. B., South Edmeston, N.Y.

"What is whiteness in urine once or twice during the day a sign of weakness of the kidneys, back, prostatic gland, or all of these conditions? What is the remedy aside from proper diet and a cold shower-bath once a day?"

It may depend on either or all of the above conditions, or a torpid liver, or a bad diet, or a very obstructed skin. The hip-baths cool or tepid, and the wet girdle, will probably be useful.

PIMPLES AROUND THE MOUTH.—G. T. L. B.

"I have been troubled for some time with pimples around the mouth, could you inform me of the means of cure?"

"Certainly we can; live healthfully, and especially eat the

proper quantity of proper food. Probably there is something wrong in your eating or drinking ways.

SALT RHEUM.—A. B., Black River, O. Several kinds of skin diseases are popularly termed Salt Rheum. The remedial plan is found in bathing, tepid or cool, sufficiently for cleanliness, and the addition of a diet of plain, simple food, not excessive in quantity. Many of the worst "rheums" and cutaneous eruptions, "canker" mouths, &c. originate from salcratus, stale grease or "shortenings," the excessive use of salt, vinegar, &c.

TARRED ROPE AND TOBACCO.—"Will Dr. Trall answer the following: Is tarred rope a good substitute for tobacco?"

No, it is bad in every sense. It is a dirty substitute for a filthy habit. Chew nothing except victuals, and then only at proper meal times. Do you suppose chewing to be the natural state of the human countenance? What an egregious mistake.

SCROFULA AND APOTHECARY STUFF.—M. E. H., Caroline, N. Y. All that can be done to rid your system of drugs and "humors," is found in physiological living, viz. plain wholesome food, a daily bath, and appropriate exercise.

CUTANEOUS RASH.—S. E. S., Orland, Ill. The disease you describe is the effect of drugs or poisons of some kind. If you keep the child healthy as it grows up, the constitution will probably cleanse itself of the virus or cause.

TOBACCO.—L. S., of Troy, N. C., writes us his valuable experience in water treatment, and concludes: "I can tell you any person how to quit the use of tobacco or liquor. Just let them dive into cold water every morning the whole year round and they will surely overcome the bad habit."

So they will, provided they do not take any of the tobacco for "the year round." But such tobacco topics as we sometimes have to manage, require as much watching for a few days as ordinary madmen.

MENSTRUATION WHILE NURSING.—H. N. S., Bradford, Mass. "Is there any danger from a nursing woman menstruating so profusely as to injure either herself or child?"

Certainly there is. Treat the case as when occurring under any other circumstances. Take moderately cool hip-baths, use plain simple food, and attend in all respects to the general health.

EPILEPSY.—G. C. B., Attleboro' Falls, Mass.

"My daughter, twelve years of age, has been troubled with epilepsy for eight years. The spells or fits succeeded the whooping cough, which she had very bad at four years of age."

You say nothing about her diet. Probably all the medication she needs, in addition to a daily bath, is a plain vegetable diet. Let unbleached and unbolted bread and good apples be the leading articles.

DYSPEPTIC ATTACKS.—M. J. W., Nashua. Your ailments are traceable to a diseased condition of the liver, and are curable by a daily morning bath, an afternoon hip-bath, ten minutes, temperature 70° to 75°, the wet girdle two or three hours each day, plain vegetable and fruit organic food with the avoidance of all condiments, and plenty of exercise in the open air.

FOOD FOR AN INFANT.—A. C. B. "Will you please tell us through the JOURNAL, whether 'cracked wheat' is sufficient for an infant deriving its principle food from the breast, or should there be variety in the food?"

So long as the child nurses freely, cracked wheat is amply sufficient as additional food; and very little of that may be necessary. No harm, however, would some should a little variety be used, as potato, corn meal, and good fruit, provided, the sum total of quantity was duly regulated.

HYDROPHOBIA.—J. S. Beaulah, Ia. "What is the best cure for hydrophobia? Is there such a thing as a mad stone that will cure it?"

The "mad stone" is a superstitious fantasy. Hot and cold baths alternately, or the prolonged tepid half bath or dripping sheet, are the best measures.

BATHING FOR FARMERS.—E. C., Cedar Rapids,

Iowa "What is the hygienic difference between morning and evening baths? 2d. Would a morning bath be necessary to farmers and others whose work is so dusty; and repetition so profuse as to make an evening wash necessary and even refreshing? 3d. Is from five to six o'clock early enough for the evening meal when a bath is taken before going to bed, say at nine?"

The bath is always best when the body is most refreshed, and the circulation most perfectly balanced, and this is usually in the morning. Such farmers as you mention would find it advantageous to bathe both morning and evening. Last question, yes.

DYSPEPSIA AND NERVOUS DEBILITY.—M. J. D., Janesville, Wis. "What course of treatment and diet should be pursued for a case of long standing dyspepsia and nervous debility, attended with acidity, heart-burn, low spirits, nursing some months, (this being weeks old); diet of Graham bread, rye mush, and Boston crackers with no meat. Preceded by vigorous youth; chills and fever at St. Louis in 1851. Colic, vomiting, podophiline, leopandin, and other 'cures' with cellular dropsy of the abdomen. Dropsy cured by six months in Vt. Last three years in this State. Some water treatment, but on the borders of starvation a great part of the time."

The plan of treatment is all comprised in the phrase, correct living. You should eat rather dry food,—parched corn is an excellent diet,—and use unadvised bread.

HYDROPATHIC INSTITUTE.—A. S. L., South Boston. The Summer Term commences May 1st. The lectures will commence within a few days thereafter, probably by the second week. For the more practical subjects the summer term is as good as the winter, and probably better.

REFRIGERATION IN CANCERS.—J. M., Buffalo, N. Y. "What special object have you in view in freezing a cancer several times before you apply caustic to remove it? Does the freezing render the other application less painful?"

The object is to render, so to speak, the vitality of the diseased mass, and, at the same time, develop the circulation of the adjacent healthy structure so as to get a complete separation between the diseased and the healthy tissue. Then the living structure casts off the dead, by a process we call sloughing, and, if the body is properly purified, the next time, the sore really heals. This method is far less painful than any other known.

THE DISCUSSION.—*The Green Bay Advocate* says: "THE WATER-CURE JOURNAL for March has come. We wish Dr. TRALL would drop Dr. CURTIS, and without any more ado explain to the entire satisfaction of our [that is, the people's] long standing prejudices against the theory how the body acts upon drugs and medicines instead of vice versa. We have waded through the greater part of Dr. CURTIS' articles, and we must confess we never before got so much a tangled thicket of argument that amounted to nothing at all. We like to see the mist of error clearing up, and showing a better, purer, more sensible way of curing the many 'ills flesh is heir to,' and better still, how to prevent those ills."

How in the name of "nature," Mr. *Green Bay Advocate* can we overcome the people's "long standing prejudices, except by showing them that 'tangled thicket' is the medical science of the world is made up of? The people must first be aware to what and where these "mist of error" are, before they will appreciate or understand the clearing up. We have been trying for many years to drag some medical man into a discussion, so that we could let the people see where the difficult points and false positions in the popular notions of medical science were, and as Dr. CURTIS is the only one who has held out long, we propose to let him represent the fog, while we will try to present the science. If you call Dr. CURTIS' arguments misty, you can say the same or worse of nearly all the medical literature which the world and the profession recognize as true. If his arguments amount to nothing, the arguments and doctrines of the standard authors, as Payne, Watson, Eberle, Good, Duglison, Pereira, &c., amount to less than nothing. Have patience and keep thinking.

DEEP SNOWS.—G. W. B., Seipville. "Please tell me whether, in deep snows, or where the ground has been long covered with snow, the air becomes impure by not being in direct contact with the earth, thereby causing epidemics?"

We coincide with Thomson, that, in the season of deep snows, the earth "drinks in abundant vegetable soil," and does not in any way tend to the production of sickness.

TEA, COFFEE, AND NEURALGIA.—A. C., Port Thomas. "When a person has been accustomed from child-

hood to tea, coffee, and animal diet, should he abstain from using them instantaneously and totally? Is cold bathing beneficial to persons afflicted with neuralgia?"

1. Yes. 2. It depends on the circumstances of the case whether the bathing should be cold, tepid, warm, or hot, or all.

CRAMPS.—A. J. D., Baltimore, Md. "What is the cold water cure for cramps in the stomach?"
Warm water and hot fomentations.

MINERAL POISONS.—A. S., Graceham, Md. You cannot understand the subject of removing minerals and other effluvia matters, by means of electricity, well, without a teacher. You can, however, operate the ordinary machines by the aid of written or printed directions. The batteries most in use cost \$50 to \$60.

DIABETES.—S. N., Ottumwa, Ia. "Please inform me what will cure a boy 15 years of age, under medium size, who complains of a pain occasionally in the stomach, and every three or four weeks has a great discharge of urine, with emaciation and voracious appetite?"

The boy requires a more thorough management than he will be apt to get at home. A strict diet, exercise according to strength, and all possible ways of restoring action and circulation to the skin are requisite. Besides look well to his personal habits and see if there is nothing unphysiological or ruinous requiring correction.

NURSING.—S. J. M., Pawtucket, R. I. All our questions in relation to nursing infants are answered and explained in the *Hydropathic Encyclopædia*. The milk is the younger the child, the more frequently it may take the breast; and healthy children who have healthy mothers may nurse as often as inclined.

HYGEOPATHY.—C. M., Albany. "Do you intend to substitute the term hygeopathy for hydroopathy, to designate the Water-Cure system? If so, why?"

We do so intend, unless some one very soon suggests a still better name. Reason—*Hydro* does not, cannot, or will not understand what our system is so long as we attempt to indicate it by a misnomer. It is no more *hydro*, than it is *air*, or *hep*, or *foot*, or *exercise*, or *natur*, or *water*, all these are parts of a hygienic system well expressed by the term *hygeopathy*.

CONSTIPATION.—E. S. B., Bristol, Conn. "I am very dyspeptic and have long been troubled with constipation. I've tried a shower bath and wet gristle, but thought they injured me. What is the appropriate remedy?"

The water-treatment in your case is physiological diet and proper exercise.

HIP BATHS AND ENEMAS.—E. R., Hilon, N. Y. "Please inform me through the WATER-CURE JOURNAL whether injections of tepid or cold water could be taken daily for a considerable length of time (say two or three months, if necessary) without injury to the system? Also, please inform me if tubs of the most approved pattern, for Sitz baths, are kept for sale in the city; if so, the price, and whether made of wood or metal?"

We have never known any injury to result from the prolonged employment of water injections, and we have known them continued many months. In some cases one and two years. We prefer the hip-bath tub, with straight or moderately inclined backs. The prices in this city are \$4 to \$450.

DIFFICULT BREATHING.—J. C., Chichester, Mass. "I have been troubled for two years with a tightness across the chest, stomach, feet, a sense of fullness after eating, have no pain in the chest, but feel a tightness sometimes about the heart. I eat very little meat, use Graham bread, eat eggs at breakfast. You will please inform me in the WATER-CURE JOURNAL what my disease is, and how to treat it."

Your disease is a chronic enlargement of the liver. Let your diet be principally unleavened, coarse bread, and good fruit, and take a daily tepid bath, and one or two hip-baths at 70° to 80°. The wet gristle may be worn one half of each day with advantage. Avoid milk and eggs.

COLD WATER POETRY.—Ida of "the West" has sent a few stanzas under this caption. An example goes—
"Give me cold water clear and pure,
For cold, and heat, and thirst a cure;
Fresh from the fount of Western springs,
To never prove a luxury to kings."

There Ida, that will do. Water poetry is usually insipid

enough, but cold water.—It freezes the very corpuscles of our heart's blood to think of it. When next you feel the refrigerating inspiration of the chilling muse, Ida, give us an idea of hygeopathy in general, instead of cold water in particular, something like this:—

Give me good water, soft and pure,
Fresh air, and food of simplest kind,
With work for play to make secure,
Due exercise for all the mind.

SPERMATORRHEA.—N. A., A young man who seems to be suffering many things from many physicians, asks our opinion of the value of such medicines as phosphorus, selenium, &c. in the above complaint. As we do not believe that poisoning the system with drugs will remove chronic weakness, nor overcome the effects of bad habits, we can only advise the young man to "cease to do evil, and learn to do well."

HEAVY BREAD.—Farmer's Wife, Berkshire. "We take the WATER-CURE JOURNAL, and highly regard its teachings, which we try to follow in practice. But we cannot make the unbaked bread which it recommends, unless we use yeast, or acids, or alkalies, without its being heavy, and heavy bread we are taught to consider unwholesome. How is this?"

If unbaked flour or meal is wet with milk-warm water and thoroughly kneaded into a soft dough, then rolled into thin, small cakes and baked in any convenient way, it will be light enough for all health purposes. Bread may be too light as well as too heavy. All bakers bread is too light.

CHEWING GUMS.—J. B., Napoleon, O. "Is the chewing of all kinds of chewing gum injurious to a person's teeth or health?"

Yes.

Dress Reform.

SUGGESTIONS TO WOMEN WHO ARE INTERESTED IN THE DRESS REFORM.

BY C. A. JOY.

MANY persons who have adopted, or wish to adopt the Reform Dress, desire to know particularly the best modes of making it—the most approved materials, &c.

It is by no means to be supposed that we have made the dress which it should be, as a tasteful and appropriate costume. The change grew out of the necessity, and no model was at hand—therefore each earnest woman has judged for herself what modifications were required, and thus gradually has a change for the better gone on. It is still open to objections that are more easily raised than remedied, and we gladly welcome all improvements.

I give the results of our thought and experience at Glen Haven.

The under-clothing should cover the limbs; as one great fault in the dress of women is insufficient protection of the extremities. A waist should be worn similar to a waist lining to a dress, and by this the pants—and skirts if any are worn—should be supported, so that the weight may be borne by the shoulders. The pants, if for cold weather, should be lined and wadded. In this way the necessity for skirts is entirely avoided by some, and very light ones only are used by others. The skirts should be very short if worn at all, but we feel it desirable to dispose with them as far as possible, and recommend lining, and even wadding the dress skirt, as a substitute.

The dress we prefer should fall just below the knee. The width may be something less than for long skirts—Double skirts are worn—the first being the usual length, the second about half the length of the first. The waist and sleeves may please the fancy of the wearer, but we consider bodices, love-necks, and flowing sleeves, altogether inconsistent with the reform we advocate. A plain or full sleeve, according to the material, seems to us most sensible. For some figures full waists with yokes; for others basque waists are becoming, and where the latter are not appropriate, let the waist be nearly straight. Of course we have no whalebones. It seems useless to say aught against a dress that will compress the vital organs, for it is supposed that all who think of this reform with any sincerity, have already learned that any thing that prevents a full and free inflation of the lungs is injurious.

Respecting the size of the pants there are different tastes varying from six to nine inches width at the bottom. We recommend a medium size, not more than eight inches. They may be cut straight or gaiter—the former is generally preferred.

Dresses may be made of almost any material used for long dresses, although there are some fabrics much better adapted than others to our use, and some unsuitable for long dresses are appropriate for our costume. Of these the best is ladies' cloth or broadcloth. This we have proved the best and most suitable material for cold weather, and where it is within the means of the wearer, and her duties allow her to dress itself, we recommend it. The first cost is more than that of most dress fabrics, but when we consider its durability, and our plan of having a lesser number and variety of dresses than under the old system, we believe that it will be an economical expenditure. Merinos, DeLaines, and all worsted goods are appropriate, and may be made warm and comfortable (if the season require it) by lining and wadding. Silks also are suitable and pretty.

All plain colors, or small plaids and stripes are more becoming than many colored and large patterned goods.

Socks, mantles, caps, &c. are more becoming than shawls, and allow a free use of the arms when walking. The large heavy shawls so generally worn, are very objectionable, because they imprison the arms and contract the chest. They should only be worn for warmth while riding.

Warmly wadded sacks, nearly the length of the dress, are very well for outside garments, but the most becoming and convenient article, is a coat with waist and sleeves loose enough to put on easily, and a full skirt. A circular cape, a little deeper than the waist, gives additional warmth and flash, and this if made separate from the coat, may be worn without it. Broadcloth or merino are suitable materials for these coats. If made of the latter they should be lined and wadded.

Straw and silk hats are appropriate for summer—beaver, plush or velvet for winter. Caps are pretty for some persons.

The feet should be dressed so as to show a decided improvement on the present custom. Boots are quite as proper for women as for men, and the very delicate shoes worn so commonly by women, should be exchanged for those more substantial and healthful. Woolen socks, knit of coarse yarn, ribbed, and as long as hose, are very comfortable for riding, or walking in the snow.

It is difficult at present to find either hats or shoes suitable to our needs, and these articles we cannot manufacture ourselves. We trust, however, that as the demand increases, the supply will be forthcoming.

The movers in the Dress Reform, desire that women should exercise their skill and judgment in improving our costume, and making it, as far as possible, more convenient and healthful. It is, however, very desirable that we keep steadily in view, our determination to clothe ourselves in a manner not "incompatible with good health, refined taste, simplicity, economy, and beauty." Let no desire to conform to fashions avert us from this point. We cannot have the approval of the fashionable world while we shorten our skirts, let us conform in whatever else we may—therefore, having done that, we can well afford to be consistent throughout, and thus secure the approval of conscience, and the reward of obedience to physical laws.—Obedience to God's physical laws ensures health, and thereby places us in favorable conditions for obedience to all His requirements.

Glen Haven, Cayuga Co., N. Y.

NEW VENTILATING HAT.

We are pleased to know that an enterprising firm in this city, Messrs. SELLERS & Co., have made an effort to improve the "Stove-pipe Hat," by introducing into its structure, a means of perfect ventilation. It is equally applicable to other styles of hats, caps, &c.

The common hat when placed on the head is nearly airtight, leaving no place for the free discharge of the perspiration arising from the head and the foul air generated within the hat. The continued action of the sun's rays upon the hat produces very great heat within, and thereby produces headache, and such a fever in the head as to injure the hair and promote baldness.

In this improvement the beauty of the Hat is fully re-

tained, with the privilege of having it to ventilate or not, at the pleasure of the wearer. When the Hat is designed to ventilate, it is only necessary to loosen the screws inside,



[Open.] Dress Hat. [Closed.]

raise the crown portion, and tighten the screws again, when a current of air immediately enters the openings distributed over the head, giving to the wearer that coolness so desirable in hot weather, and also carries off the perspiration.



[Closed.] Straw Hat. [Open.]

That this improvement in ventilating the hat will give greater coolness to the head, there is no doubt, and that individuals may be seen every day with holes cut in their Hats and Caps, attempting to obtain this desired result, is proof positive that this improvement has long been wanted.



[Open.] Cloth Caps. [Closed.]

In this Hat, the current of air can be graduated at pleasure, by making the opening large or small. When open for ventilation it at once presents a genteel and ornamental appearance; when closed, it is precisely the same as those worn every day, and it is impossible for the keenest eye to detect where the opening is.

This is really an ingenious contrivance. The body of the hat is cut in two parts, and these connected again by slides so that the upper portion can be raised from the lower and held in that position by three or four small screws on the inside, which are turned by the thumb and fingers. Thus a free opening for ventilation is made. It can be closed in a moment, when it appears like an ordinary hat. The idea is a good one, and must serve the cause of health and comfort, and perhaps the purse of the inventors, whose announcement may be found in our advertising department.

HOME PRACTICE.

SCALDING.—A few days since, our little boy, thirteen months old, tumbled upon him a basin of scalding water, which had accidentally been left in his reach. The first dash took the skin off in spots upon his face and neck, and it peeled off in large flakes upon his breast and arms when we took off his clothes. He was almost entirely flayed from his eyebrows to the pit of his stomach. The little fellow's screams were agonizing to hear. There were several present at the time, and among the rest, an Allopathic Doctor, and, of course, there was a perfect babel of recommendations of this, that, and the other thing to take out the fire, etc. I preferred doing it my own way, however, and horrified them by getting a pail of water from the well and applying it to his burns as fast as the cloths became warm. In less than an hour he was asleep and apparently suffered no more, except from the natural tenderness of raw sores. Another Doctor predicted that we would *kill him* by keeping wet cloths on him so much, but we persisted in doing that and nothing else. In five days he was running about the house again, and in ten days scarcely a vestige of his burns remained. Some were astonished that he got well so quickly, but thanks to the light of the Water Cure, he had no poisonous salves or filthy oils to make a bad matter worse. The only thing done was to put on the fire, or subdue the inflammation, and then keep the sores free from all impurities and let nature do the healing.

P. P. L. Lima, Wis.

To the Editors of the Water Cure Journal:—

Messrs. Fowler & Wells: Supposing that any fact calculated to benefit the mechanic, would be acceptable to you, I do not hesitate to inform you in relation to a discovery of mine, made several years since, and which I have repeated frequently, and can touch for as perfectly successful. In plating articles by the Electrotype process, you are aware that the articles to be plated are placed in a sort of wire basket, which is immersed in a solution composed of nitrate of silver, cyanide of potassium, bicarbonate of soda, or some other substances equally injurious. You are probably also acquainted with the fact that the operator frequently suffers very much from taking the articles from the bath, his hands becoming impregnated with the poison, causing them to inflame very much, burst open and discharge an acrid humor, which exoriates the parts with which it comes in contact. The basket is attached to the negative pole of the battery, and consequently its contents, and your hands also, while in contact with the articles contained in the basket, become affected Electro negative, and consequently the poison in its tissues. To prevent this disease, plasters are in the habit of anointing their hands with a pomade made for the purpose, or using an india rubber glove. The first of these quickly imparts a low quality of the bath, and another somewhat inconveniently to the workman. The plan adopted by myself is this: If at the same instant the operator introduces his hand into the solution, he grasps an iron stirrup connected with the positive pole of the battery, the current will proceed from himself, and consequently his tissues will not absorb any of the poison. The stirrup must be surrounded with a linen saturated with salt water. Long experience having made me familiar with this operation, I will cheerfully impart any information that may be required on this subject. Yours respectfully, M. JERESSE.

A LETTER FROM STOCKTON, MINNESOTA TERRITORY.—Messrs. Editors: As many persons are now turning their attention to this portion of the country it may not be uninteresting to the readers of the Journal to know something respecting the standing of the Hydropathic treatment among us. To be brief, it is in its first rate reputation, especially in this vicinity. No region of country is better adapted to it than this, and none where Water Cure establishments are more needed. I am living in one of those fertile valleys lying on the west side of the Mississippi river, through which runs a beautiful trout brook, formed by the finest and largest springs that I ever saw. On both sides of the valley rises bluffs to the height of three hundred feet, forming the most picturesque scenery imaginable. At a point where three of these valleys unite to form the main one, is a village already started on one of the most beautiful sites I ever saw. Here is a choice spot for a Water Cure establishment, and it would pay well. It is only an hour's drive from the Mississippi, and Wisconsin, which is the Milwaukee of Southern Minnesota. It is rapidly growing into a large city, and with the other points on the river, will be sure to furnish all the patients such an establishment could accommodate. There is a great deal of fever ague and dysentery in the Summer season along the river, and persons then invariably come out into the valley to recruit. I have now lived here one year, and I have not seen a sick person in the valley, except such as came here unwell. We are very anxious to have such an establishment started here this Spring; and if any of your readers desire to start one, here is a first rate opening. Property for the purpose can be had at a nominal price, and a livelier spot to reside in, was never turned out from the hand of our bountiful Creator.

Any person wishing further information respecting it, can obtain it by addressing W. C. DODGE, M. D., Stockton, Winona County, M. T.

I am trying to get up a club for the Journal. Please send me specimens of that and Life Illustrated.

THE PITTSBURG WATER CURE ESTABLISHMENT, located at Haysville, on the Ohio and Pennsylvania Railroad, and under charge of the Messrs. FRASER, is a well conducted and successful institution of the kind. The patients generally express themselves gratified and satisfied, and many of them are enthusiastic in their praise, and admiration. The situation is pleasant, and who will we have no hesitation in recommending it. —Pittsburg Hydropathy to the victor. —Gazette.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms: For a full page, one month, \$15 00 For one column, one month, 8 00 For a half column, one month, 4 00 For a card of four lines, one month, 1 00 Payment in Advance. Copy notices must be received at least 15 days before the issue. Copies of this JOURNAL are kept on file at all the principal Hotels in New York City, Boston, Philadelphia, and on the SEABOARD.

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.

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTION, 15 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, and GYMNASTIC EXERCISES, and the VAPOR and DOUCHE BATHS, partly on the Russian plan, and partly on the French plan, with music and dancing, as among the remedial appliances of the establishment.

MERIDEN MENSTRUAL HOUSE.—This place, delightfully situated midway between Hartford and New Haven, five hours by railroad from New York City, will be later leased to any suitable party who will keep it as a Water-Cure and Hygienic Institute. The grounds comprise fifty acres of meadow land, groves, walks, gardens, orchards, &c. Address R. T. TRALL, New York, N. Y.

WORCESTER HYDROPATHIC INSTITUTION, on Arch and Fountain sts., Worcester, Mass. The proprietors of this institution aim to make it a comfortable home for invalids at all seasons. The location is elevated, healthy, and easy access from all parts of the city. The medical department is conducted by Dr. S. ROGERS, and has never been limited to the exclusive treatment of those cases which seemed to require their treatment.

On-door practice attended to. Office hours 2 to 4 P. M.

MR. PETERS WATER-CURE, Birmingham, Broome County, New York.—We treat all curable diseases successfully, and have made the following diseases our special study:

Female Constitutional weakness and aches, and bleeding and in coming those diseases peculiar to females, has given us considerable success, and is especially valuable to all ladies who are suffering from the same (even though you have not succeeded in your former attempts for the restoration of your health), to make one more trial and give us a call. We can cure Rheumatism, Gout, and all other ailments in addition to Hydropathic Treatment, Inhalation of Medicaments, and the use of various forms of electricity, which we brand our most anxious expectations. And we hold out a ray of hope to the unfortunate invalid, that our method of treatment has succeeded in checking that direful scourge of humanity, Consumption. CATARRHUS VESICAE, GONORRHOEA, and "NON-SPECIFIC" DYSURIA, and all other affections of the male and female urinary organs, (scantiness, pain, and disordered flow of urine). From \$5 to \$15 per week (payable here), according to room and attention required. A declaration will be made from the regular price which the patient remains a long time. Dr. P.'s can be had without charge of extra.

H. M. RANNEY, Proprietor. O. V. THAYER, M.D., Resident Physician. H. H. THAYER, Physicician, Oct. st. MEDICINE, CHEMISTRY, and ELECTRICITY. WATER-CURE, and all other ailments, will be treated. Institution is open for the reception of the afflicted. For particulars, apply to A. SCHICK & TAIT, Meriden, Conn.

DR. TAYLOR'S WATER CURE, 630 BROAD AVENUE, Corner 35th Street, New York.

Invalids of all classes will find at our Institution a most desirable resort. Persons also who have just recovered from illness lead them to the city, and who at the same time desire to acquire a capital of health, will here find strong attractions. Being in the immediate vicinity of the new Central Park, upon the highest ground on the island, and reaching through the wide open park streets the air laden with health from both sea and land, it furnishes, in conjunction with its superior hygiene appointments, advantages that are truly rare. The most feeble are treated in a style adapted to their peculiar needs, and all receive a desirable discipline and instruction.

The ELECTRO-CHEMICAL BATH, now demonstrated in a large number of cases to be peculiarly efficacious in scrofulous, liver, eruptive, malarious, and many other diseases, is applied, and in a style of perfect safety, and adapted to the varied forms of different eruptions. Terms, \$5 upon admission, and from \$5 to \$15 per week, according to accommodations.

G. H. TAYLOR, M.D. The above Establishment is now commencing its NINTH season. It has been in successful operation for the past eight years; has TREAZED OVER THREE HUNDRED PATIENTS, who have returned to their former state in the Union, it is now the OLDEST ESTABLISHMENT in AMERICA, having been under the charge of one Physician longer than any other institution of the kind. He cheerfully intends, as his Establishment was the first PROVEN for the cure of all the above-named diseases, to what it has done, PRE-EMINENTLY THE WATER-CURE of ALL these various diseases.

ELECTRO-CHEMICAL BATH, extracting mercury, iodine, lead, and other poisons, and presenting them in a METALLIC or OXYDIZED form to the system. Many diseases can be cured with the assistance of this agent, which it is possible to cure in any other way. Many cases of Palsy, Epilepsy, Rheumatism, Eczema, Neuritis, Ulcers, &c., are cured entirely by these foreign poisons, while in many other diseases the presence of these poisons aggravates very seriously, always retards, and in some cases, totally prevents a cure until they can be eradicated from the system.

The Proprietors associated with him Dr. J. J. JONES, a graduate of the Homoeopathic College of Syracuse and Surgeon, Philadelphia; and a Practitioner of Water Cure for the last five years; and Dr. S. COLEMAN A. GOSWELL, a graduate of the Cleveland Medical College and a Practitioner of Water Cure for the last six years.

The large number who have had in the treatment of diseases peculiar to female, and the marked success which has attended our efforts, induce us to believe that you will be here treated with the most judicious and judicious care unaccompanied by noise. T. S. SEELYE, M. D., Proprietor. ELMIRA WATER-CURE.—This Institution continues to receive a large patronage. Dr. S. O. and Mrs. R. B. GLEASON have the entire control and management of the Cure.

WATER-CURE FOR SALE.—The very Best Spring and Location for a Water-Cure in southern Ohio, is offered for sale cheap. The spring is of pure, soft water, unexampled in quantity and locality for medicinal purposes, and is a fine view of the Ohio River, adds the Bell Station, and the Louisville Railroad, one mile of excellent land, and is of easy access by supplies. Can be made up as a place of resort for the afflicted. For particulars, address PETER ZUIN, Delhi, P. O., Hamilton co., Ohio. Aug 29th.

DR. BEDORTH'S WATER-CURE ESTABLISHMENT is at Saratoga Springs. Aug

DR. SHEW'S WATER-CURE ESTABLISHMENT FOR SALE.—The well-known and commodious house of the late Dr. Joel Shew, situated in Oyster Bay, L. I., is now offered for sale.

It contains thirty rooms, with large dining-room, good parlors and conveniences for a family of more than fifty persons. There are also acres of the best garden land, part of which is covered with choice fruit-trees. Also a fine barn, with stables for a number of horses. There is an inexhaustible supply of the purest water, of such quality that it had great influence in determining Dr. Shew to select the place for his permanent residence.

The town of Oyster Bay is unsurpassed in the purity of the air and beauty of the scenery, with advantages of coasting nearly all that can render a situation desirable for a Water-Cure. It is now entirely furnished and in operation, and will be sold with or without the furniture, and possession given immediately. The greater part of the purchase money may remain on mortgage.

The house is also well adapted for a hotel or family boarding-house. For terms apply to MRS. DR. JOEL SHEW, Water-Cure, Oyster Bay, L. I. Information may also be had of FLETCHER AND WELLS, 301 Broadway, and Dr. O. H. Wellington, No. 17 Twelfth street, near Broadway, N. Y. Nov if

PITTSBURGH WATER-CURE.—This institution is situated on the Ohio River, at P. & O. P. K. R. at Layville Station, ten miles west of the city.

The above Establishment is now commencing its NINTH season. It has been in successful operation for the past eight years; has TREAZED OVER THREE HUNDRED PATIENTS, who have returned to their former state in the Union, it is now the OLDEST ESTABLISHMENT in AMERICA, having been under the charge of one Physician longer than any other institution of the kind. He cheerfully intends, as his Establishment was the first PROVEN for the cure of all the above-named diseases, to what it has done, PRE-EMINENTLY THE WATER-CURE of ALL these various diseases.

S. F. FREASE, M. D. H. FREASE, M. D. MRS. C. F. M. FREASE, M. D. Apr

CANTON WATER-CURE AND MEDICAL INSTITUTE, at Canton, Ill., is now in successful operation. Terms, \$15 to \$100 per week. Feb. if Proprietor.

ATHOL WATER-CURE.—Full printed particulars sent free to all who address GEO. FIELD, M. D., Athol, Mass. Feb. if

KENOSHA WATER-CURE, at Kenosha, Wisconsin. A. T. SEELEY, M.D., Proprietor. Feb. if

JAMESTOWN WATER-CURE, at Jamestown, Chetacoque Co., N. Y. For particulars see the April Number of the Water-Cure Journal. Address: DR. FARBER & MIXER, June 6th

NEW GHAFFENBURG WATER-CURE.—For full printed particulars, address R. HOLLAND, M.D., New Grafton, N. Y. Feb. if

DR. ADAMS WATER-CURE PHYSICIAN, receives patients and boarders at his real residence, 141 Amity Street, Brooklyn, between Henry and Clinton sts. Feb. if

THE GALESBURG WATER-CURE will open the 10th of March. DR. J. B. GULLY, Physician. T. JENNINGS, Proprietor. Feb. if

LEBANON SPRINGS, N. Y., WATER-CURE ESTABLISHMENT, is for sale or to let. Feb. if Address DAVID CAMPBELL.

FRANKLIN WATER-CURE, near Winchester, Fran. Koh, Tennessee.—Disease of the lungs and intestines, &c., cured. For particulars, address Dr. J. PARKS. Feb. if

HIGHLAND HOME WATER-CURE, at Fitchburg Landing, N. Y., is again open for the reception of invalids, under the charge of W. M. WAT. M. D., Resident Physician. A. T. TRALL, Consulting Physician. Apr. if

PENNSYLVANIA WATER-CURE FOR SALE.—This well-known Establishment, including grounds, and furniture, is for sale on private terms, and includes, under the charge of Dr. J. H. BEAVER CO., Pa., or of J. B. CAMPBELL, M.D., Saratoga, N. Y. Feb. if



R. L. DELISSER, AUCTIONEER.

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PRINT PUBLISHERS, MANUFACTURERS OF PORTRAIT AND PICTURE FRAMES. Gilt, Venerated and Framed Mouldings supplied to the Trade at low prices, Engravings, Business Cards, &c. framed to order on the most reasonable terms. Orders by mail or express promptly attended to.

EQUESTRIAN STATUE OF GEN. JACKSON AT WASHINGTON, D.C. A beautiful Steel Engraving of this aquatinted work of art just published, as at prepped in any address on receipt of 25c. GEO. HOWARD & CO., 225 Fulton St., N. Y. May 11

BRIDGEWATER PAINT,

For Wood, Brick, and Iron Buildings, Steam and Canal Boats, Railroad Cars, &c. &c. Or, for all kinds of Work above and under water. Perfectly Spark and Cinder Proof on Roofs of Houses, Decks of Steamers, Railroad and other Bridges.

We have examined this Paint chemically, and pronounce it to be one of those pigments that form a chemical unity with Linseed Oil; that is, the oil and the pigment unite and form a durable compound. This is not the case with many paints now in use; hence their short duration, when exposed to moisture, light and heat.

For example, paints manufactured from metallic basis (the direct oxide of copper excepted) are not durable, because they mix mechanically without. But all mineral paints constructed chemically as the Bridgewater pigment, are permanent, because there is an affinity between them and the oil in which they are mixed.

The durability of a paint, therefore, depends upon the nature and nicety of its parts in being so related to each other, that they have an affinity in themselves, and of being negative to the oil in which they are mixed.

The analysis of the BRIDGEWATER PAINT is proof of such a condition; then as we have said before, it is a paint to be depended upon for its durability.

These facts are based upon experiment and practical experience, not of a few days only, but upon the experience of hard study and hard labor for the past thirty-six years.

Lastly, the universal satisfaction given by the BRIDGEWATER PAINT, to those who use it is good proof of what we have herein stated. Respectfully submitted, (Signed) QUARTERMAN & SON, Painters and Chemists, 114 John Street, New York

The paint is put up in 1/2 lb barrels of 200 and 400 pounds. For sale at the Company's Depot, No. 90 Water Street, New York.

UNDER-GARMENTS,

AND

GENTLEMEN'S FURNISHING GOODS.

AN EXTENSIVE and Superior Variety of the Above Goods at the Lowest Prices for which they can be purchased in this Country, will be found at the well known Importing and Manufacturing Establishment of

UNION ADAMS,

No. 591 Broadway, (opposite the Metropolitan Hotel,) NEW YORK.



DR. MATTSON'S PATENT ELASTIC INJECTING INSTRUMENT.

This Syringe is just entering the market, and is receiving the unqualified approbation of the public. It is in the form of a pump, but is without a piston. It requires but one hand to work it; may be used without an assistant, and is admirably adapted to all the purposes of a male and female syringe. It is also extremely light and portable, and may easily be carried in a lady's or gentleman's pocket. The accompanying figure explains how the instrument is held when in use. The elastic receiver, represented as being held in the hand, is first compressed and then permitted to expand; a vacuum is thus formed, and the receiver immediately fills with fluid. In this manner the individual may pump or inject any amount of fluid. Dr. J. V. C. Smith, Mayor of Boston, and senior editor of the Boston Medical and Surgical Journal, speaks of the Elastic Syringe, says: "One of the peculiarities is, that there is no piston, and hence it is always in order. Nothing," he adds, "could be more simple or admirable." Price \$5.

Sent by mail, prepaid in any distance within 5,000 miles, \$2.50.

FOWLER AND WELLS, 338 Broadway, N. Y.

THIS DAY IS PUBLISHED, ONE THOUSAND AND ONE THINGS WORTH KNOWING. A Book for everybody, disclosing valuable information; receipts and instructions in useful and domestic art. 1 vol. 12mo. cloth 50 cents. For sale by all booksellers. H. STEPHENS Publisher, No. 45 Nassau Street, New York. Copies sent by mail on receipt of price. Apr 6

FOWLER AND WELLS' PATENT AGENCY DEPARTMENT.

We have established, in connection with our already extensive business, a department for transacting all kinds of business pertaining to PATENTS, or PATENTED INVENTIONS, either in the UNITED STATES or FOREIGN COUNTRIES.

Advice in cases of Re-issues, Extensions of patents, conflicting claims, and other applications will be freely given, in answer to letters stating the circumstances of the case.

Those transacting their business with this Office are notified that it will be conducted with care and promptness, upon the most liberal terms.

Inventors who wish to know if their Inventions are patentable, should enclose a stamp to prepay the answer.

Models for this Office should be forwarded by Express or other safe conveyance, carefully directed to FOWLER AND WELLS, 338 Broadway, New York, to whom all communications should be addressed. Letters and freight must be prepaid, in order to ensure attention.

MADAME OSSOLI'S New Volume AT HOME AND ABROAD: or, Things and Thoughts in America and Europe. By MARGARET FULLER OSSOLI, Author of "Woman in the Nineteenth Century." 40 Pages on Literature and Art; 400 Ac. Edited by the Rev. ARTHUR B. FULLER. 1 vol. 12mo. pp. 578. Price \$1.25 (prepaid by mail, to address FOWLER & WELLS, 338 Broadway, New York.)

A. G. BADGER, 181 Broadway, N. Y., the most thoroughly practical Flute Maker in this country, has lately published a second edition of his "ILLUSTRATED HISTORY OF THE FLUTE." Any one, by reading this little work, can make himself familiar with the peculiarities in the construction of this hitherto imperfect, but now most perfect and beautiful of musical instruments. Price 12 1/2 cents. Sent free of postage to any part of the U. S. Address as above. Jan 6

NURSERY AND HOSPITAL SHEETING. 4-4, 5-4, and 6-4 White India Rubber Sheetings, manufactured expressly for nursery and hospital use, for sale by

J. HODGMAN, New York India Rubber Warehouse, 27 Madison Lane and 39 Nassau St. Apr 2

Hudson River Railroad. - From April 21, 1856, the trains will leave Chambers a rest on as follows: - Express, A. M., 9:15; mail, 9 A. M.; through way train 12 M.; evening, 7 P. M.; for Poughkeepsie, 7 A. M. and 1 P. M.; for Hudson, 8 P. M.; for Poughkeepsie, 7 A. M. and 1 P. M.; for the Poughkeepsie, Sing Sing and Poughkeepsie trains stop at the way stations. Passengers taken at Chambers, Canal, City Center and Third Street stations. For New York leave Troy at 3:55, and 10:45 A. M. and at 4 P. M. and 10:30 P. M. For Albany at 11:45 A. M. and 5:15 P. M. M. L. SKYER, Jr., Sup't.

Matrimony.

ADVERTISEMENTS In this department will be inserted at our usual rate, twenty-five cents a line. Persons sending letters, desiring a reply, will please enclose a stamped envelope, properly directed to their address.

CORRECTION - Our types made a mistake in the advertisement of Beretz No. 2, in our Apr 11 number. His age should have been THIRTY five instead of forty-six, as we had it.

No. 138. - Lydia, N. S. has as yet failed to acquiesce in the object of his publication. On any postmark, or on any communication, we will form an acquaintance, and obtain his name and address as before - S. N. Y.

No. 216. - Is a Farmer, 24 years of age, 5 feet 10 inches in height, weight 160 lbs., of sound constitution, black hair and eyes, considered good looking, possessor of a good body, and is a thorough Englishman in his views on the necessary question, is a resident here of his country, a friend to justice and equality, will be pleased to exchange miniature with any lady good looking, amiable, possessed of good natural sense and good character, physically sound, and under the age of 23 years.

No. 217. - Am a Farmer, age less than thirty, my moral and asexual brain large - am looking for a companion. She must be honest, robust, and a regularist.

No. 218. - Is there a dark-eyed, dark haired country girl in the nation, that would like to open a confidential correspondence with W??

No. 219. - A round featured, well formed, fair constituted young man, 24 years of age, with dark hair and eyes, and a thoroughly respectable, energetic business, with a good moral character and correct habits, solicits acquaintance with some intelligent, respectable, and agreeable lady of respectable and correct habits. Price 12 1/2 cents. Sent by mail on receipt of price. Apr 6

Miscellany:

"SECRESY CARRIED TOO FAR.—The Count de U—, Prime Minister to the King of Sardinia, affected mystery so much in all his transactions, both public and private, happening to hurt both his legs very severely, he employed a surgeon for each limb, while each was kept ignorant that the other was employed. The treatment, therefore, adopted by the medical men, and the nature of the drugs they administered, being quite inconsistent and contradictory, the consequences proved fatal to the minister.—*Erchinger*

Had the count been a Hydropath, and used nothing but Nature's catholicon—pure water, there would have been nothing inconsistent or contradictory in the treatment, and he might have had a different surgeon for every limb, without injurious effects. Some may doubt the truth of the statement, upon the grounds that it is scarcely supposable that a man could be so foolish—but to us he seemed but a little more so than those who will use drugs at all; for under the best practitioners their effects are always uncertain and injurious. There is nothing like Hydropathy for a sure cure.

RULES FOR DETECTION OF COUNTERFEIT BILLS.—

1. Examine the general countenance of the note. The genuine have a bold and neat appearance; the fakes, if any, have a life-like expression. Counterfeits have almost invariably a rough, unfinished appearance. The paper, generally, is thin and pale, and of a very inferior quality. The faces have a wild, goggle, or inanimate expression.

2. Examine the vignette or picture at the top of the note; see if the sky or background looks clear and transparent, or soft and even, and not scratchy.

3. Examine well the formation of the human and animal figures; see if they are natural and well-proportioned, and if they have a life-like expression, &c.

4. See if the drapery or dress fits well, looks natural and easy, and shows the folds distinctly.

5. Examine the medallion ruling, heads and circular ornaments around the figures, &c. See if they are regular, smooth and uniform, not scratchy.

6. Examine the principal lines of letters in the name of the Bank, and the engraver's names; see if they are all upright, perfectly true and even; or, if sloping, if there is uniformity and regularity.

7. Examine carefully the shade or parallel ruling on the face or outside of the letters, &c.; see if it is clear and distinct. The fine parallel lines in the genuine are of equal size, smooth and even. Counterfeits look as if done by the hand, with a file.

8. Observe the round hand-writing engraved on the bill, which should be black, equal in size and distance, of an uniform slope, and smooth. This, in the genuine note, is invariably round close. Counterfeits rarely, if ever, do this well.—*Scanlon's Bank Note List.*

A PENSION.—Mrs. Sarah Stafford, of Trenton, recently received pension money to the amount of eleven thousand dollars—arrear due her grandfather, who was an officer in the U. S. service. She can now afford to subscribe for the *Water-Cure Journal*, get up a club, and help to disseminate the truth, as it is in *Hy-drop-a-why*. Yes, in deed.

THEY ARE COMING.—We make the following extract from a letter recently received from an allopathic physician of the "regular and legitimate" school:

"I have about concluded to 'throw physics to the dogs' and become a Hydropathist. My reason was convinced long since, and my conscience has had the spurs on for months. I can't hold out much longer. Must *cede*, and abate, as soon as possible. W. C. L."

EARLY RISING.—I was always an early riser. Happy the man who is! Every morning day comes to him with a vigorous love, full of bloom, and purity and freshness. The youth of nature is contagious, like the gladness of a happy child. I doubt if any man can be called "old," so long as he is an early riser and an early walker. And, O youth, take my word for it—youth in dressing gown and slippers, drawing over breakfast at noon, is a very decrepit, ghastly image of that youth which sees the sun blush over the mountains, and the dew sparkle upon blossoming hedgerows.—*Blackwood*.

MY EXPERIENCE.

BY CYRUS THOMAS.

ONCE on a sultry summer day,

I wandered by a sylvan stream;
Though nature all around was gay,
Careless to me the world did seem.The breeze that fanned my fevered brow,
Brought me no pleasure—no relief;
For I had long been ill, and now,
Despair had tak'n the place of grief.How dark the future seemed to me,
The world seemed veiled in midnight gloom;
Alas! what comfort can there be,
Where life has lost its living bloom?Just then a sound came on the air,
And thus the solemn stillness broke;
I looked—and lo! a maiden fair,
Rose from the stream, and thus she spoke:—"My name is HYGEIA, I dwell
Enshrined within these waters blue,
I come your anguish to dispel,
And teach the way of life to you."Plunge in this stream and you will find
A balm for sickness' withering blight;
'Twill soothe the body and the mind,
And give you spirits free and light."The maiden ceased to speak, and while
Her words of hope my spirits cheered,
She with a bright and joyous smile,
Plunged in the stream and disappeared.I stood but for a moment there,
Then leaped into the water bright;
And then rose wildly on the air,
My song of rapturous delight:—"Hail! O sea pure, thou sparkling gem!
From sickness thou hast set me free;
Henceforth thou art my diadem,
Forever will I cherish thee."The countless streams that glide along,
Designed to bless and save mankind;
Stream murmuring in fairy song,
'Vigor and health in you you'll find.'"Then hail to Hydropathy's sway!
Hail to our streams and fountains' pure!
Hail to the dawn of that bright day,
When all shall love the WATER CURE!"

Braadon, Vt.

THE INFLUENCE OF BOOKS.

"Words are things; and a small drop of ink,
Falling like dew upon a thought, produces
That which will make thousands perceive millions,
Think."

So said Byron, and a solemn thought is embodied in the impressive lines. If every author would seriously consider it in all its force, the world would be immeasurably benefited.

The pen has been justly styled the arch-enchanter's wand, and it is of the highest importance that its potent influence should be given in favor of pure and lofty principles.

There is a strong craving in the public mind for books; and to meet this demand, the press teems with literary productions, as widely diverse in their character, as the persons who will peruse them. Books of poetry, fiction, history, science, biography and travel, are multiplying with astonishing rapidity.

In the lordly hall of the rich and the humble abode of the lowly; in the railroad car, the steamer; the white-winged vessel that floats over distant seas—myriad are reading.

Who can estimate the influence that is exercised over them by the works in which, they are so much interested? Who can form an adequate idea of the good results that might be effected, if authors would realize their responsibility! Could we realize the influence attending the perusal of every book, we should be a thousand fold more cautious in the selection of our reading matter. We do not always find error openly expressed, amid the glorious imagery which genius creates—amid pleasant thoughts, and veins of sweet and soothing paths, it hurls like poison in the golden

cup of some rare and fragrant flower. O, let us be careful what we write, and what we read; let us seek for those works which inculcate pure and elevating principles, and we shall reap our own "exceeding great reward."

AVERAGE OF LIFE AMONG THE FRIENDS. It is stated in the *Friend's Intelligence*, the organ of the Quakers, that from statistics recently published in England, while the average duration of human life is estimated at thirty-three years, that among the Friends is an average of fifty-one years. Eighteen years thus added to the average of human life is a fact too remarkable not to challenge medical attention, and lead us to a close investigation of the laws of life.

RHYME AND REASON.

Some patent medical merchant gets off the following, incorporating his "Remedies," which we omit, substituting "bath" for pill-box, etc., etc.:

We violate Dame Nature's potent laws,
Get sick, and wonder what has been the cause;
From birth to burial, both brain and blood
Are stimulated by our filthy food.
At every meal against ourselves we sin,
By the swift wind we pitch our vitals in;
Here's a modern bath freshly spread,
With half-baked pies and things, and smoking bread,
Here viands of the most incongruous meet:
Sour pickles, and preserves—as bad, though sweet.
Oh! could these condiments but speak, they'd say,
"We're forbidden fruit, so keep your hands away."
We spice our food to please our dainty tongues—
The air is not admitted to our lungs;
Until past midnight we our vigils keep;
And then on beds of eider-down we sleep.
Our throats are tunnels where the doctors spill
Their nasty nostrums, and we drink to kill.
Open your mouth, they say, and shut your eyes,
And he who swallows, shakes his head and dies.
We think that health, like truth, must surely dwell
In the pure depths of the pellucid well.
One gives you doses so minutely small,
You might take office, doctor, dose and all.
One shakes you with his bright magnetic wires;
Another steams you over blazing fires.
One gives you mercury, until you hgin
To lose your gladders, and you cheerily give in.
Give drugs to dogs, and take their bark,
Like doctor's stuff, 'twill wake you in the dark.
We've nobler themes for rhyme and song, to day,
When from the world Pandora flies away;
That wondrous bath she wondrously left behind
Was filled with wondrous drops of cure mankind:
Consumption, cold, eadvarious, and thin;
Rheumatic pains and sores, outside and in;
And all the ills that human life inherits,
Flies from that bath like flocks of evil spirits.
But at the bottom of that bath was found—
Hope—a cordial fall of cures profound.
[We have thus turned the words of a "pill poet" to a useful purpose. Let him try again.]

TWO BIRDS WITH ONE STONE.—An allopathic physician, who resides in the southern part of New York City, visiting a patient at the extreme north, was asked by a sick man if he did not find it very inconvenient to come to such a distance. "Not at all," replied the doctor, "for having another patient in the next street, I can kill two birds with one stone." "Then you are too good a shot for me," replied the invalid, and Bohus got his walking stick.

REFINEMENT and delicacy of feeling, are as essential to health and vigor of mind, as cleanliness and temperance are to health of body. I should as soon expect to see a clear florid countenance, and a vigorous frame, in one who should habitually wallow in the filth and debauchery, or breathe the pestilence of the chamber-house, as a manly development of intellectual power, where the heart was made the coarse abode of vulgarity.

"The noblest art of all the fine arts," says Sir James Mackintosh, "is the art of forming a vigorous, healthy and beautiful body and mind. It is a work of unwearied care, which must be constantly retouched through every period of life. But the toil becomes every day more pleasant, and the success more sure.