

THE WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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Contents.

Duties of Physicians.	132
In and Out; or, Things for Persons to Think of.	132
Water-Cure for Horses.	134
The Electro-Chemical Treatment.	135
Experience of an Editor on the Efficacy of the Water-Cure.	135
Pure Air and Ventilation.	137
Science and Humanity.	137
Public Opinion and Medical Reform.	139
The Hair and Teeth.	139
Physiology.	139
Young Italy.	131
HOMES VOICES.	133
Topics of the Month.	133
The Discussion.	134
To Correspondents.	135
Miscellany.	137
Business Notices.	137
LITERARY NOTICES.	137
Advertisements.	140
A New Volume.	144
A New Family Hand Mill.	144
Wine at the Lord's Supper.	144
Water-Cure Journal Prospectus for Vol. XXII.	144

DOCTOR KITREDGE AT MADISON, WISCONSIN.

The subscriber respectfully informs his friends and the public generally, that having become convinced that he has at last found the *fullest extent* for carrying out his idea of the Water-Cure to the *fullest extent*, has consented to take the management of the beautiful and commodious establishment, known as the LAKE SIDE WATER-CURE, at Madison, Wisconsin, where he wishes everybody to address him after this date, and where the benefits of his long experience and his very best efforts may at all times be had.
E. A. KITREDGE, M.D.,
Formerly of Boston.

ERRATA—In the article on Dress Reform, in our May number, the words "love-necks" should have been "low necks." The error was typographical.

PLEASANT AND PROFITABLE EMPLOYMENT for Young Men and Women too in every county, to sell our NEAT, CHEAP and QUICK-SELLING BOOKS. For particulars address FOWLER AND WELLS, No. 808 Broadway, New York.

LACONICS.—An atheist is but a mad, ridiculous derider of piety; but a hypocrite makes a sober jest of God and religion; he finds it easier to be upon his knees than to rise to a good action; like an impudent debtor, who goes every day to talk familiarly to his creditor, without ever paying what he owes.—*Pope*.
Ho who receives a good turn should never forget it; he who does so should never remember it.—*Charron*.

DUTIES OF PHYSICIANS. A THESIS BY ONE OF THE GRADUATES OF THE N. Y. HYDROPATHIC SCHOOL.

BY G. W. ARNOLD, M. D.

FELLOW STUDENTS:—A Physician should be emphatically a teacher. What the world most needs at the present time, is knowledge upon a subject of the deepest interest to mankind, and respecting which the grossest ignorance prevails. A science as yet untaught, and ranking far above all others in importance, it is the privilege and duty of the true physician to unfold.

Familiar with almost every science external to himself, conversant with the natural laws which govern the universe of matter around him, man gropes in ignorance with respect to the laws which govern his own being.

But the physician, he who shuns from his view external nature, and leaves to others the exploration of her surrounding beauties, for her more sublime and interesting manifestations within himself!—What has hitherto been his position? He has studied nature only to abuse her! he has found that of all the manifestations of her power and glory none equal that displayed in the living organism; and though acknowledging her conservative efforts everywhere else, he denies them here, and instead of aiding her he seeks to oppose and destroy. His study has ever been to correct abuses of nature, not by annihilation of causes, but of nature herself. He has given to disease an entity, and considering it an enemy in the citadel of life, in his blind efforts to destroy the enemy, he destroys the citadel.

He endeavors to remove disease by destroying the power of nature to perceive it. His efforts have ever been to *relieve* from the penalty of transgressed law; but to teach how to *prevent* transgression and thereby *avoid* the penalty, has been furthest from his predilection.

But if the physician has done wrong, he has been upheld in his wrong-doing by the ignorant confidence and blind credulity of the people.

Ignorant of the physiology and laws of their being, they trample upon and transgress them, and being overtaken with the penalty, they cast themselves into the hands of the Physician with the ignorant confidence in his power to absolve them from physical sins, as that possessed

by the recipient of absolution from moral sin, in the man of the cloak and cowl.

A correct knowledge of the physiology of our being, and the laws that govern life and health, is the great want of the age. For is it more needed among the unlearned and ignorant in general, than among those who, well informed in other departments of knowledge, have left unlearned the part most important, and as a consequence have lived but half their days? I knew a young man, with a fair start in life. He decided upon the study of law, which he went to a great city to pursue.

Ambition! he had read that midnight toil and close application—most potent words for evil—were the road to fame, and he spared neither.

He became learned in civil law, but a dunce in physiological.

A knowledge of the former might bring fame to his name and wealth to his pocket; ignorance of the latter, brought pain and anguish to his soul, and death to his body.

He returned to his native place, entered his home and cast upon the table the coveted parchment, which proved to be his death-warrant: "There," said he, "seven long years have I toiled to obtain that paper, and now I have come home to die!"

And he died!—died the victim of transgressed laws, and his epitaph might be written, "Died of ignorance—knew something of law, but nothing of living."

Read in his fate that of thousands, who grasping after knowledge, trample upon the laws of life and health, because ignorant of their existence or of the importance of observing them, and when death overtakes them as the penalty of their transgression, the inscrutable ways of Providence are past finding out and cannot be controlled.

And herein is the world in darkness, which the light of Christianity or the march of civilization had failed to dispel.

And when we add to this the almost universal belief in a specific virtue in medicine to absolve from physiological sin, to set aside the penalty of violated law, we can truly say that darkness indeed surrounds us—there is no light.

In view of this, what should be the duty of the true physician, the one who, though ready to

relieve misery, is anxious to do everything in his power to prevent it?

He should promulgate the doctrine of living aright.

He should urge upon mankind the study of himself, and the importance of understanding his own organization, and his relation to external nature.

Urge him to study and ascertain the natural laws according to which his physical and mental health, his intellectual and moral power, are uniformly promoted and secured. And that his physical organization is made up of distinct systems, each system being appointed to perform different functions in the economy of physical life. That between each system and all the others, fixed relations are established, and between each and all of them, external nature: so that the natural endurance of physical life and health results from and accompanies the harmonious action of the whole; while pain, disease, and premature death, are the unavoidable consequences of their deranged and disproportionate action.

And that upon him also is conferred mental faculties, which are calculated if cultivated, to enable him to observe, comprehend, and act in harmony with the fixed laws which govern the organic system of his physical constitution, and that it is in the careful study of the sublime structure, beautiful functions, unchanging laws, and harmonious action of his vital organism, that he alone can ascertain how to act in conformity with nature's laws, and thus secure to himself an amount of health and happiness which is only to be obtained by understanding and observing them.

But what has the physician hitherto done to advance the work of physical enlightenment? What has he done to instruct the people, or to urge upon them the necessity of instruction in the important matter of their physical well-being?

Comparatively nothing. His practice depends upon, and is a consequent of their ignorance, and to that ignorance does he pander for gold! Said an allopathic practitioner not long since—"I give medicine nine cases in ten, when careful dieting and observance of the laws of health is all that is necessary to restore;" "but," said he, "when called to patients, if I give them no medicine they think I do nothing for them, and I shall thus lose my practice." Said a professor of the pretended reform school, speaking of water—"I sometimes think that I can fulfil every indication by its use. But we must not simplify too much, lest we destroy our business too soon."

Fellow Students! the world needs physicians that can withstand every temptation to wrong doing! Physicians to whose consciousness of right, everything of a pecuniary nature must give way. Physicians who will teach people how to live to avoid sickness and disease instead of poisoning to relieve them.

It is a sufficient comment upon the system of our profession, that our success depends upon the enlightenment of the people, for by understanding the laws of life and health, and that disease or its causes are the transgression of those laws, they will seek a restoration by natural means, and will seek the aid only of the physi-

cian who, recognizing the ever conservative of forces of nature, would aid instead of combating her.

Then let us go forth with bold hearts and ready hands in the work of instruction. Let us impress the important truth, that he who teaches how to keep whole the golden bowl, is far more deserving than he who mends it when broken, for with the faithful performance of the former the latter is not needed.

And if the time shall ever come when every man shall be his own physician, or want none, when sickness, disease, and premature death shall be banished from the land; then will the thought that he has been instrumental in bringing about that glorious time, amply repay the true physician for all his toil.

IN AND OUT;

OR THINGS FOR PERSONS TO THINK OF.

BY J. C. JACKSON, M.D.

WHAT is the real object of the Water-Cure movement? What constitutes its *soul*, or *Life*? To humanity what does it signify? How much meaning has it? what is the truth that underlies it—the *idea* that it seeks to bring to birth? Is it to furnish a few persons with facilities to make themselves rich in a few years, so that thenceforth they shall be so far above want, *as to be above exertion*? Is it to give new direction to the morbid indulgences of the dissipated, the debauched, the sick? Is it to transfer, if possible to places called "Water-Cures," the patronage of those who hitherto have frequented watering-places, and where they can waste their little remaining stock of vitality at cheaper rates? Is it to *congregate* the sick, and in the name of *science*, and under pretence of Health, give medicine—*nasty, filthy, poisonous* medicine to them; as Dickens says Mother Squeers did the scholars at Do-the-boys Hall, when she fed them sulphur and molasses twice a week, *to keep their blood in order*? Is it to play an auxiliary part to the terrible system of *medication*, which in this country has without doubt become its overshadowing *curse*? Nay verily! neither these nor kindred aims are legitimate to it. They are all foreign to it—are interlopers to it—false illustrations of it—and with them it has no fellowship. Its aims are converse to such, and they are as noble and sublime as they are singular? They all centre in *one idea*, the best born, the truest, the divinest, that has come to human consciousness in nineteen centuries—an *idea*, which once fairly conceived and appropriated, does more for a person than any other, which having reference to his physical existence, he could be made to understand an idea whose indirect influence for good on the welfare of man, as a creature of higher life than that of a mere animal, cannot be readily measured. And what is this *wonderful*—*aye!* it may well be called wonderful—truth, which the Water-Cure is struggling and is destined to give birth to? This truth of truths—that is well worthy of another and fresh Incarnation. It is—that it is not *necessary* for human beings to be *sick*—and if sick, it is not *necessary* to take medicine to recover health. Now,

taking this as a postulate, elaborate it in detail through society, till you come to a practical conclusion, and what would be the result. Think of a town, village, or city, with 500, 5000, 10,000, 50,000 persons, from an infant a span long, to the man who has spanned both ends of a century, (and whose eye is not dim, nor his natural force abated,) and not a sick one among them! would or would not such a state of society as compared with the present, rise to the dignity of a revolution? Would such a Reform as this state of a people's life should indicate, be worth anything? Could any *Truth* that should produce such result be *over-estimated*? To do this very thing is the intent and aim, the design and object of the Water-Cure Movement, and not to subserve the petty interests of half a score, or half a hundred, or half a thousand *Doctors*. One might as well have tried to limit the inestimable blessings of Christ's Mission to the Jews, as to seek to make a glorious Revolution like this to inure to private welfare simply. The persons who do thus, have not penetrated its designs, do not know the strength of the truth which is in motion, and will find, as all *keepers of the truth* have in all ages, that so far from molding and modelling Revolutions to their liking—they have been unconsciously the agents by which it has wrought its victories. They suppose themselves to be the *drivers* with the reins in their hands, whereas—*poor deluded creatures!*—they are looped to the chariot of redemption, and are made to *draw*, THE ALMIGHTY HOLDING THE REINS.

I shall not on this occasion argue the point that *sickness* is not essential to human nature. That it exists, I know too well; that many sick will never be well, and will *die* I know, that thousands and millions will be sick, and *die* from sickness who are now *not* sick, I have no doubt; but what of all this? It militates nothing against my premise, that sickness is not *necessary* to human beings; that health is the natural condition and sickness always an unnatural condition; that strict and uninterrupted obedience to the laws which are ordained to govern man, would insure freedom from sickness, and that when sick, a return to their authority and implicit submission to their claims is the true way, the safe way, and the best way to recover health. Nor shall I argue *abstractly* the truth of the averment, that medicinal administration is not *useful* to the sick. I have plenty of arguments, and quite satisfactory to myself, in reserve, going to show that the greatest *Quacks* in the land, are your regular Drug-Doctors, that next in order are those who, having flaked off from the old school, under the heat of public opinion, have kept the falsehood of that school, and are seeking to apply it under a new form. And then come various grades of Empirics, who propose to "tinker up broken-down bodies," by means of which nature knows nothing—and the doctors know less. What I propose to do *now* is, to let the readers of the Journal see, what a simple thing it is to get well, *after one knows how*. Columbus asked the Spanish Grandees with whom he was dining, to make an eye stand on end. They tried and failed. He tried and succeeded; and such was the simplicity of the process, that

they exclaimed, "Oh! Ah! anybody could do that." "True, gentlemen, it is easy doing almost any thing after one knows how," he replied. The fault with *the people and the doctors* is, that they do not know *how* to cure the sick, and for the very good and valid reason, that they do not know how to *keep persons from becoming sick*. A man who is well, and does not know how to keep well, when sick cannot have the faintest idea or notion how to get well, and so he must send for a doctor, who knows no more than to give him such stuff as administered to a well man, would make him as sick as his patient already is. The whole thing is of a piece with the course of a neighbor of mine, who finding a man sitting on a grassy knoll *half-drunk* from having swallowed a gill of brandy, gave him another half gill to make him *sober*, and thus tumbled him *dead-drunk* into the gutter. There is no disease—no matter what it is—that will not give way, if not *in-curable*—by the use of such means as properly applied would have kept the person from having it. The *art-preservative*, and the *art-curative*, are one and indivisible, using always the same means in the light of modified circumstances such as the healthful and the ill in health show.

Listen and judge for yourselves.

CASE No. 6.

A lady called to see me in November, about her father—a gentleman 69 years old. She said he was rapidly failing, and the doctors thought his life about *spun*. She detailed his symptoms as follows: Stupidity of mind, disposition to lie in bed all the time, pain in the frontal region all the while, discomfort at the stomach, extreme chilliness on the surface, very costive, palpitating heart, and poor in flesh, and *very feeble*; had tried everything, but to no purpose. Kept growing worse. Neighbors did not think it very wonderful that he should be so. He had been a very hard worker, and was getting old, almost three score and ten—twas time to die. In these days if one shows a disposition to live over *seventy* years, many persons talk as if they thought it was flying in the face of the Creator. I told his daughter to bring her father to me, and this 1st day of May he is lively and vigorous as one could wish, walks 6, 8, 9 miles a day, goes up the mountain like an untired mule, lives on the simplest food, and is abundant in flesh; wouldn't pay a quarter of one per cent. to insure his life for 10 years. Laughs at the drug doctors, curses drugs, sleeps like a child, and is happy as a lark.

CASE No. 7.

is that of a lady 27 years of age, unmarried; was under my care and Doctor Austin's for a year. Came from the East, had tried all the "*celebrated*" doctors, and was not benefited—was desperate. Had "congestion of brain," had "*dyspepsia*," had "liver complaint," had "affection of the heart," had "convulsions which were alarming," had "great and almost unendurable special and local weakness," had, in fine, so many diseases and disorders—*so pronounced* by her doctors, that it looked to her as though could she *die*, she would gladly. She was thin in flesh, very flabby and feeble in muscle, and *so nervous* that

she could hardly contain herself. After having concluded my examination, she asked, "Can I be cured?" "Yes, you can." "Are you in earnest?" "Certainly." "But our Doctors say I cannot." "Never mind what your Rhode Island doctors say." "How long will it take me?" "Till you get well." She smiled. "My dear lady," said I, "I cannot tell how long time it will require, and as I never indulge my patients in *guessing* for them, you must excuse me. You can get well, only take time. She stayed as I have said a year, was very robust, could walk half a dozen or more miles as a pastime, and was the admiration of all when she left. On reaching her home, though she had written her friends to look for great changes in her personal appearance, yet she took them by surprise. "What?" asked they, "has this most wonderful change been wrought without *medicine*?" "Certainly; and what has been done for me, is doing for others in the same way daily. Not a particle of medicine has passed my lips since I left you, nor will any pass them while I have reason. I know a more excellent way."

They thought I must be a *wizard* to cure the sick *without poisoning* them. Dear, good, ignorant, deluded souls, they do not know that it takes a wizard and something more to poison persons and not *kill* them.

There is scarcely a day passes that strangers, either new patients or onlookers, do not express astonishment at the recitals which patients some time resident at the Glen give of their condition previous and present. They cannot comprehend it. They doubt the correctness of the statement. They do not hesitate to insinuate that I give medicine in some *slimy* way. Perhaps put it in their food, or in some occult manner administer it. To do what is *apparently* done by me in their opinion is to *do nothing*; and for the sick to recover from illness of years, illness which has "defied the *skillfullest*," by such appliances as they have undergone, challenges their credulity unwarrantably, and some of them grow superstitious. Now the wonder to *me*, and the feeling is mingled with sadness, is that *such should wonder*. Why should it be thought incredible that God's laws should be pregnant with *His vitality*? Why should scepticism exist in regard to a matter about which *faith* is not needfully called in to exercise? The mystery does not lie in the thing *done*: It exists in the incapability of the witnesses to understand Nature's processes. Never was anything in Nature solved, but all that had puzzled the student or investigator in regard to it disappeared, and in place thereof a simplicity and beauty arose which delighted all who understood it. When the law of gravitation was discovered, how many mysteries it dispelled. With what additional interest Human Eyes looked into Heaven overhead. Sun, Moon, and Stars shaped themselves into form, and the Solar system unfolded itself.

"The mighty things of Earth are simple things.
For they all put on God's likeness:
He, Himself, is simple, because He is all-wise,
And never clothes Himself in tawdry ornament,
Nor makes a great parade—
His mightiest Efforts are the stillest, and the Voice
That speaks life into being, is as soft and quiet
As are the breathings of a sleeping babe.
He speaks and it is done, He commands and it stands fast."

The discovery of the Circulation of the Blood, how it changed medical practice. It simplified it very much. The discovery that Medicine is useless, and worse than useless, in treating any form of disease, how it is changing and will continue to change the whole practice. It is estimated that the circulation of the Water-Cure literature during the year 1855, diminished the sale of medicinal drugs over one million of dollars. By-and-by it will diminish the sale of alcoholic drinks as much or more. Of tea and coffee as much or more; of tobacco, also, as much or more; of butcher's meat proportionably; of spices in the same ratio; of gross and heavy greases and oils in the same way; and then— "What next?" It will diminish the number of *drug* doctors, of graves, and of funeral sermons. My dear sceptic, you wait two years and see. The bills of mortality will show a decrease. More children between one and five years of age will be alive, more girls between fifteen and eighteen, more young men between eighteen and thirty. Orphan asylums will be less thickly populated, *then will be boys again found on the village green engaged in sport and athletic exercises, instead of being seated in saloons, smoking cigars*. The fashion of rushing through life, like Mameluke cavalry at the squares of French soldiery, will give way to simpler, less selfish, and more commendable manner of doing up the business of life; and over society a softer and more genial atmosphere will settle down. I know all this, and much in addition *might come soon*, were what can be done to be done. I know it *must* come sooner or later, for Christianity will win us to simpler habits, to gentler forms of life, to better methods of working to good uses our strength, will waken within us a truer faith, a stronger resolution, holier instincts, more permanent and enduring courage, will model our civilization after its own pattern, will shape our social life more closely after the Divine ideal, will gain some grand advantages on death; or Retributive *Justice* will lash us with scorpions to our doom. It is not possible for the American people to improve in their conception, appreciation, and use of the *True*, the Beautiful, and the good, at large, as they do, to *grow* into a love for whatever is simple and free as they are daily growing, and remain as blind as at present in relation to the true and just means for the preservation and restoration of Health. On this subject they so much need the truth, are beginning to desire to know it so earnestly, that before long they will insist on it. When the time shall come that Drug-medication shall be put on trial before the people, its fate will not be doubtful, it will cease to exist.

Friends of the truth, lovers of Health, men and women who earnestly desire to live to a good old age, and have your neighbors enjoy the same blessing, I conjure you by all that is pure and good to give no man your confidence who is a Physician, and begs the privilege of drugging you. Forswear forever the whole system. It is an abomination, Heaven's frown rests on it, like a thunder clap on a mountain's brow. Better, a thousand times better, do nothing than to have such work done as Doctors generally do. Trust to Nature. She is merciful and kind, Doctors are

crnel. They bleed, and blister, and purge, and puke, till one thinks of the Spanish Inquisition and its horrible tortures every time one comes in sight. I know what I am talking about, for I shall carry their marks to my grave. I shall die twenty years sooner than I should have done had I never taken into my stomach one of their prescriptions, and I solemnly affirm that I am called daily to listen to details of suffering from their victims, sufferings arising entirely from their poisonous administrations—which make my blood boil, and which have made me the open, resolute, and sworn foe of their system of practice. I will hold no truce with it, make no treaty with it, and will drag to the day-light its shaggy, hideous front, clotted with the gore, and matted with the tears of its slain, till it shall be despised and contemned by all right-minded men and women, *for* and I will be heard. Turn away from it, have nothing to do with it, but studiously, faithfully, earnestly seek to know the better way. Read the Water-Cure Journal, purchase Water-Cure Books, eat simple, very simple food, cultivate simple habits, wear healthful dress, sleep plentifully and regularly, bear a good conscience and a quiet spirit, and let the peace which passeth all understanding dwell in you richly, and you will not be afraid to die, and when one is not afraid of dying he is in good condition to triumph over dying

WATER-CURE FOR HORSES.

The following account may, perhaps, interest some of your readers, and possibly give them a profitable hint for the use of "Water-Cure," in a different line from the ordinary one; and if but a single person is induced to change the usual treatment of our noble helper, the horse, I shall be more than repaid for my trouble. I write it more readily, as old practitioners of Water-Cure assent most fully to its propriety, though they never seem to have thought of the subject before as applied to this purpose.

A fine and powerful young draught-horse, owned by a person on Long Island, was lent to a young man to attend a party one night, ten miles off. He was of course over-driven, the usual fate of borrowed horses, and left standing uncovered in the wintry air for half a night. The result was a very severe cold, for which he was drugged, bled, &c., without effect; the disease increased; changed its character as he was more and more tampered with, until it finally became a confirmed case of that worst of all diseases, "compound staggers." When the paroxysms came on, they were frightful, and he would rush off like the wind, blindly and madly, even if a load was behind him that it would take a team to draw, under ordinary circumstances. He was drugged, and drugged, and finally bled, until he literally staggered with weakness, from mere loss of blood. At another time, he dashed at, and broke through the side of a barn, and was finally given up as beyond the reach of the art of the neighborhood.

Having tried water in slight cases, with much success, with a full knowledge of the above facts I bought the horse, to try the Water-Cure on him.

He reached the city safely, and I had him placed in a cart; but the moment he attempted to draw and bear on the bit, he foamed at the mouth, and reeled like a drunken man; (a veterinary surgeon advised me to "knock him in the head,") when on the point of falling, a pail of cold water thrown on his head, revived him for the moment. He was then placed in a light wagon, and I drove him. At the end of half a mile he stopped, tossed his head as if he was dizzy, and began reeling. I immediately held a piece of ice, that I had with me, for the purpose, on his brain, and had an hostler, from a neighboring stable, throw a pail of water over him; when he started, came to his senses as it were, and opened his eyes as if awakening from a dream. I took him back, and after trying several other experiments to ascertain his real state, began the treatment.

Each morning, the croton was played on him for ten or fifteen minutes, on all parts except the stomach and brain. In the middle of the day he was thoroughly washed with soap and water, and at high tide, when the animal was cool, he was ridden into the river, and allowed to stand half body deep for fifteen minutes; and whenever the boy went to the stable, he sponged the animal's head; feed during the time grass and carrots. Watching the effect from day to day, on the ninth I had him placed in the cart with a load, and driven to the boat a mile off; the earman reported he drew very well a short distance, then stopped, tossed his head, and foamed at the mouth, a watery drizzling foam. On unchecking him, he behaved a little better, reached the boat, was driven back as fast as possible, taken out of harness quite warm, and six pails of water dashed over him. His skin all this time was dry and hard, indicating impaired functions of the vessels everywhere, and particularly those of the stomach and bowels. In addition to the foam at his mouth, his breathing was difficult and loud, his breath hot. The next day he was put to work again, and oats added to his feed; otherwise, same treatment; that is, the croton douche, the river bath—and every time he was taken out of the harness warm, four or five pails of water were thrown over him, and he was stabled wet, without sheet or blanket, but where no draught of air could come on him. The dizziness, foaming, &c., slightly, but perceptibly, decreased from time to time, and at the end of three weeks I had him placed in a light wagon, on a hot day, with the mercury at about 90° in the shade, and drove him out of town, eleven miles without stopping. He reached his journey's end, hot and with the blood bounding through his veins, but his skin remained hard and harsh, and simply damp; it seemed impossible to do what I was endeavoring to do, namely, to sweat him; he was unharmed at once, and six pails of water thrown over him, soon after he was turned into grass where he rolled and eat, and had a "good time" generally. At the end of two hours I drove him back, had him drenched as before, and stabled him. The next morning he was absolutely covered, neck, head, body, and legs, with small swellings like mosquito bites. This, evidently a "crisis," I hailed as a first step toward a fundamental cure, but most of them disappeared that day, and all in forty-eight hours. The

work and treatment continued regularly, and the dizziness almost disappeared, but he foamed at the mouth, hanging his head, and going heavily, but very kindly and willingly to his work. At the end of another week I drove him fifty-three miles in a day, with some drenching at each half of the trip, and the next morning, swellings large and small, came out on different parts of his body, and remained several days. His feed latterly, as the carrot season was over, had been grass and oats. The skin had now become soft, and he sweated easily; the foam and heaviness gradually disappeared, and the horse was well, one of the kindest, trustest beasts that ever lived, and though at work, in the rain and in the sunshine, in the heat and in the cold, he has never had the slightest symptom of his malady since, (now nearly a year.) I tried several experiments on him with "packing," "compresses," &c., but as they seemed to have no perceptible effect, it is needless to describe them.

The cure occupied eight days, in which the horse was entirely idle, and the half hour or so daily that it took to bathe him in the river, for about two months; and so a fine horse was saved, that to all appearances has yet fifteen years of work in him.

"Horsemen," whose god is a lancet, and whose ministering spirits are aloes, nitre, digitalis, opium, &c., &c., would probably accord to this sketch a smile of incredulity or contempt. I do not speak to them; but persons familiar with the processes of Water-Cure in human pathology, and their results, if they have horses, may, possibly, be induced by it to experiment upon them, in case of sickness.

The treatment I pursued, even by these persons, would probably be set down as *severe*, though their objection I imagine, would be confined to *bathing an animal or human being when heated*. I will explain. In the first place a horse never reaches that state of physico-moral prostration that human beings often do, with their pampered and perverted appetites, passions, &c., thus preserving the *vitality of the muscle* (so to speak) better up to the moment of his death, than human beings. In the next place, no man has strength enough to run, walk, or ride himself into a heat, but has vitality enough to react from the effect of first washing the face and wrists, and then the whole body with a *wet towel*, and with a decided benefit to himself, in freer breathing, slower pulse, and quicker recovery from the fatigue; this rule, as water-cure people know, is without exception. Now to a horse, with his thick skin and hair surface, a few pails of water dashed on him when heated, is no more, if as powerful in its effects, than the simple wet towel on the human body; of course, the day should be warm, or at least the stable, as well as the horse, and he should stand without a draught of air on him. I have done this for years, both on valuable horses and workers, and always with the same beneficial result, besides leaving them less liable to take cold at other times; and I defy any horseman to bring an instance to the contrary, where these simple rules have been attended to. This can be done with perfect impunity to horses in such a heated state, that giving them half a pail of water would founder or per-

haps kill them, with its direct action on the fat and delicate membranes of the lining of the stomach. This treatment acts on the horse somewhat as "packing" does on the human system, the heat and sweating softens and prepares the skin, somewhat similar to a pack, and the shock of cold water drives the blood in for a moment; it reacts immediately, and comes to the surface in greater force, the tendency being at the same time to bring with it from the more vital parts to the skin, what impurities may be lurking in the system.

All horses should have with their grain, grass, apples, carrots, or turnips, according to the season; few persons are aware of the effect that this has in keeping their blood pure, and themselves free from many diseases engendered by the eating of dried food from year's end to year's end; indeed, if this treatment were followed, and common humanity used with regard to their stabling and the burdens imposed on them, I doubt if much employment would be left for the veterinary professors. That has certainly been my experience, for since I fed and bathed horses in this way, I have never had one sick a day, that I bought sound, or an unsound one after he was once cured. Of course nothing of this will apply to organic diseases, where a change of structure has taken place.

Many will say "this disease will return in hot weather, he is neither safe nor sound after once having the staggers;" truly I do not see how or why. He has been driven hard in the hot sun, purposely to bring it out if possible, and without effect; he showed each step of his recovery clearly, and by well-defined facts; not the miserable and temporary relief obtained from bleeding and drugs, but the soft skin, natural sweating, the light white foam at the mouth, instead of the drivelling liquid, the elastic tread, the bright clear eye, &c., and above all, the "crisis," when the disease was drawn to the surface, and scattered to the winds. The trouble may return, but I think he will have to be missed and the disease recreated first.

Let those who have horses, and are not too hopelessly wedded to the fleam and drugs, if they see any symptom of staggers, megrims, apoplexy, preunitis, &c., any indications that blood is making its way morbidly to the head, and oppressing the brain, giving the drooping head, the dull eye, giddiness, and half unconsciousness—let them, I say, take him, if not warm, to the nearest water, and let him stand in it, half body deep, and they will see how much more quickly than with bleeding he will as it were awaken, brighten up, and be himself again, and they will hardly need advice to do it a second time. If persevered in, with green food added to the grain, the weak parts will be strengthened to hold their own blood, the circulation will be equalized, and staggers, preunitis, and all their company of evil spirits be cast out, before they have had time to take form and substance, or be annihilated if already there.

To assert that this case exhausts the subject, would be foolish; on the contrary, it is but offered as a hint to those who have a more scientific knowledge of the animal, and the leisure and inclination to experiment further on the subject,

in the hope that they will do so, and give their experience to the public. F. C.

THE ELECTRO-CHEMICAL TREATMENT—CASES.

BY G. H. TAYLOR, M.D.

The utility of any medical practice is popularly acknowledged to be shown in its results. The propriety of such practice is, however, but very imperfectly exhibited by this test, because the varying capacity that inheres in the vital system, and upon which the whole result depends, is never taken into the estimate. All kinds of treatment have, by this very mode of reasoning, been proved to be of the highest account. The properties of medicine and the properties of life are confounded. The *seeming* are not distinguished from the realities. The apparent and superficial occupy, in the public estimation, the place of the true and demonstrable; and hence, medical men contend about the value of valueless nostrums, and the public join in the unprofitable wrangle.

The new procedure of *electrolyzing* the sick affords no exception to the usual mode of reaching popular favor. Subjects of the operation are shown marvellous plates, purporting to be covered with a mineral wealth exhumed from stratifications within the body, and the sick public hasten to have the wonder performed in their own persons. And thus, as is often the case, in pursuing a hygienic recommendation, men do that which is for their health, while supposing they are performing a kind of medical penance.

By this time the cases of relief and cure by the Electro-Chemical treatment are numerous, and its utility cannot be gainsayed. But the minute particulars of its mode of affecting the body, are as difficult of investigation as are those that pertain to the complex subject of physiology, while the general principles upon which the process is founded are so plain as scarcely to admit of question. A wide field is, however, opened for some aspiring chemist, to satisfy public and professional curiosity in regard to many points connected with its effects. While the quality of the juices of the body is presumed to be changed, by reason of the changed assimilation and digestion that succeeds, as well as by analogy, it would be an interesting inquiry to find how this is indicated in the excretions, as it doubtless is.

The rationale of the treatment was developed, to some extent, in the February number of this Journal. Subsequent experience has corroborated the view then taken, the main points of which will be here re-stated.

When the wires connected with a strong battery are brought into connection with the extremities of the body, the latter serve to complete the circuit, and the body is pervaded by the electrical force. It is difficult to say what precise element or elements that enter into its composition, serve in forming the electrical connection; analogy, however, leads us to believe that the saline portion of the fluids or juices, affords the easiest road for the electricity to appropriate. If so, then their qualities must be changed according to the laws of electrolysis, or

the conduction of electricity by fluid—that is, the atoms of the conducting compound are separated, and proceed in the direction of either pole; this new condition of matter gives rise to new chemical aptitudes, which are consummated in new unions, but now with other matters—non-vital, organic waste materials, over which neither electricity nor vitality have any but indirect control.

But any fluid, and especially the body, offers a *resistance* to the electrical influence. So great is this that the force is quite interrupted, unless a strong battery be used, and even then there is much decrease of the electrical power. If the distance between the metallic conductors be shortened, as by applying them to parts of the body nearer each other than the hands and feet, the effect is increased; hence this mode of application becomes very useful when a local benefit is specially desired, and in weakly subjects who can bear but a slight amount of electricity.

When, however, the body is submerged in a conducting fluid, the whole mass, body and fluid, becomes a part of the conducting circuit, and the electricity produces a much greater effect; for although the body and fluid are much worse conductors than the copper wires, yet the much greater quantity of substance thus afforded, in part compensates for their poorer conducting quality. There is less resistance in this case and more electricity is present, for electrical effects are a ratio between the exciting cause and resistance afforded in the different parts of the conducting circuit. The whole becomes electrolyzed, at least such portions of the whole as offer the easiest facility for the passage of the force. Some persons have asserted that the electricity, in the case of the bath, pervades only the surface of the fluid, and that, consequently, the body is affected only in that part in relation to the surface of the water. No one has entertained this idea that has a tolerable knowledge of the principles of the science, or who has ever either applied or taken an Electro-Chemical Bath. The radiant force is felt with great intensity in that portion of the body under the pole, while it is in contact with the water, though removed to the greatest distance. All Electro-Metallurgic operations confirm the principle that the whole mass of fluid is electrolyzed. Without doubt, those who do not understand the proper mode of preparing the bath, may sometimes find an irritation of the skin at the surface of the water, for here are conjoined the greatest number of elements to determine chemical action. This is illustrated by a simple experiment. Place a rod of zinc in a cup containing an acid solution of mercury, a portion of the rod being above the fluid. No apparent action ensues while the zinc is silently dissolved at its whole surface, and the mercury at the same time withdrawn by it from the solution, effecting an amalgamation. Not till this is completely effected does effervescence commence; but now the zinc is dissolved at the *junction of the air and the acid solution*, and is soon eaten off. But this is only chemical action.

In electrolyzing the body, it has a positive relation to the conducting material that the bath contains, hence the electro-negative elements of

the bath will proceed in its direction, while an equivalent proportion of the opposite element passes in the direction of the negative. Thus oxygen, iodine, chlorine, &c., have been introduced within the body in perceptible quantities, while alkaline substances, and metals, if present by their salts, may pass in the direction of the negative and be received into the water of the bath.

To convey iodine, chlorine, &c., into the body by any means, for medical purposes, is totally opposed to my ideas of good practice, especially since oxygen, an element so highly superior, is perfectly hygienic. Its ordinary physiological use by respiration, is abundantly competent to maintain the healthy condition; in disease, Water-Cure secures its increased appropriation while Electro-Chemistry, by affording it in a nascent, active state, is able to overcome maladies that are reached with the utmost difficulty by any other method.

Much depends on the power and uniform action of the battery. Some weakly females cannot bear a very powerful application, but its intensity can easily be modified by the judicious operator. A rude test of its power may readily be had by noticing the rapidity with which it is capable of decomposing water. For ordinary purposes, the mixed gases produced by its action, ought to displace a half ounce of water, in each minute of time.

But without reference to any scientific demonstration, the public will anxiously inquire for specimens of cure effected by this agent—notwithstanding the liability to deception that this kind of evidence involves. I design hereafter to report some cases for the benefit of such inquirers. With the hygienic practitioner cases of treatment by the purely Electro-Chemical method, are rare, as it is usually made auxiliary to the other hygienic measures. Besides, transient patrons are soon lost sight of, or they counteract the benefit received by a repetition of the causes of illness.

CASE 1. Malaria and Orchitis. This gentleman, belonging to this city, about 42 years of age, and of good constitution, had been severely afflicted for several months with ague and fever, was reduced much in flesh, and presented the appearance usual with those long afflicted with this disease. He was barely able to drag himself about. He was also afflicted with the chronic orchitis,—the afflicted gland being quadrupled in size, hard to the feel, and of a highly congested appearance. This was of ten years' standing, and had been pronounced by the Philadelphia surgeons a permanent affection. It had lately much increased and was painful. He was electrolyzed in the full bath *once only*, and pursued his ordinary course of hygiene. He was lost sight of for several weeks, and when accidentally met, reported that he recovered his health rapidly from the bath, and his appearance confirmed his statements with regard to his positive good health. He has lately informed me that his swollen gland was perfectly restored in *ten days*, and had remained so ever since.

CASE 2. Scrofula. This was a married lady from Massachusetts, about 23 years of age. Her family were disposed to consumption, several of its

members having died of that disease. She had had a hard cough, sore throat, and severe dyspeptic symptoms, and was altogether in a weakly way. She had also a suspicious enlargement of the left breast, hard and nodulated to the feel, and the lymphatic glands, under the arm of the same side, were swollen and lumpy. She had also a sharp, lancinating pain in the breast. She was subjected to appropriate diet and water treatment, and also to electricity, once or twice a week, at first in the full bath, afterwards locally, by the positive pole, while the negative was connected with the feet. In the course of seven or eight weeks the breast was reduced to its natural condition, the cough nearly left, and she improved much in flesh and vigor. She sometime after wrote me that she continued to improve in general health, while the breast afforded no symptom of disease whatever.

CASE 3. Liver Affection. A man of about 30 years of age had followed painting, which seemed to have something to do with his illness. His case was an undoubted liver affection. Had been sick for eighteen months. When he came to me he was much emaciated, was nervous with a peculiar anxious expression of the countenance, bad digestion and constipation, a weighty feeling with pain and very great tenderness under the short ribs of the right side, occupying the whole of that side. The walls of the trunk, over the affected part, were even pressed out conspicuously, and he had to be handled with care, on account of the tenderness. He took no treatment until he was electrolyzed, and in a few hours after very much of the symptoms had abated. He took appropriate diet and light, tonic applications of water, and a second application of electricity, and in two weeks called himself well, having gained in strength and flesh rapidly. He continued on for a short time longer to confirm his health, without, however, repeating the electricity, and was soon in possession of good health. This is a case of most remarkable effects from very little treatment. I have many cases of peculiar interest in diseases of the liver, and of the general system, to report hereafter.

EXPERIENCE OF AN EDITOR ON THE EFFICACY OF THE WATER-CURE.

From the Highland Ohio Weekly News.

Most of our readers have probably heard or read something about "Water-Cure," but few, perhaps, have given the subject sufficient attention to form a definite opinion, and fewer still have ever made a PRACTICAL TRIAL of the treatment. Several years since, from reading the "WATER-CURE JOURNAL," and other publications devoted to the advocacy of the system, we had formed a favorable opinion of it, which has been strengthened and confirmed by our personal experience of its good effects, in at least one class of diseases. We allude to that most insidious and fatal malady, which yearly destroys more of the human race than any other single disease—Consumption of the Lungs.

It is our decided opinion that many lives might be saved, which would otherwise be lost, if a knowledge of the curative power of water were more generally diffused among the community. It has occurred to us, therefore, that it might be

of some benefit to such of our readers as have never become acquainted with the principles of the water treatment, to give a few short articles on the subject, which may at least induce them to investigate it more closely, by reading some of the numerous works in which the system is fully explained.

While we do not wish to be understood as subscribing without reserve to the whole creed of those who advocate the water-cure, yet we do say, that we know it to be good in Consumption, and have a strong faith in its efficacy in many other diseases, such as fevers of all kinds, diseases of the nervous system, dyspepsia, and chronic diseases generally. Practitioners of water-cure may go to extremes, as all reformers are apt to do, and claim more for their favorite system than it really deserves. We do not doubt that there may be diseases which the system will not reach; but even if it is true that it will not do all they claim for it, it is no reason for denying its efficacy altogether. The more sensible course would be to put its claims to the test of experience: "prove all things, hold fast that which is good." It is upon this foundation that our faith in the treatment is based. The circumstances of our case are briefly as follows:

In the winter of 1831-2, we took a severe cold in riding from this place (Hillsboro') to Cincinnati, in a "mud wagon," one of those primitive travelling conveyances now happily driven out of good society by the railway car. Subsequent neglect and exposure increased the cold, until finally it obtained such a secure lodgment in the lungs, that it resisted all ordinary means of expulsion. By the middle of the following summer we had every symptom of Consumption in its worst form. Strength and appetite were gone, we coughed almost incessantly, raising a great quantity of corrupt matter, and experienced a most distressing and smothering sensation of oppression at the chest, together with a dull and heavy pain about the heart. The slightest exertion produced excessive exhaustion and perspiration, and night-sweats were of regular occurrence. We tried all the usual remedies, including Cod Liver Oil, but kept getting worse. At length, as we were just upon the point of taking to our bed, (from which we firmly believe we should never have arisen had we continued the drug treatment,) we resolved to try the efficacy of water, as a last resort. We had two or three works on Water-Cure, among them Dr. Shew's "Water-Cure Manual." These we read, and under their guidance at once abandoned all medicine and commenced a rigorous course of water treatment. For several months we took four baths a day—one on rising in the morning, two more before dinner, and one on going to bed. With the bathing we also changed our diet, eating no greasy, rich or stimulating food, and drinking no tea or coffee. Every morning after bathing we walked or rode before breakfast, as far as we could without too much fatigue. Under this treatment our recovery was very rapid. In less than two weeks there was an evident improvement in all the symptoms of the disease—and our strength and appetite began to return. Hope revived, we persevered, and by the following spring, though not entirely well, we were so

far recovered as to be comfortable, and feel certain of an ultimate cure. We now enjoy good health, and have no cough, though in consequence of neglecting to bathe regularly for some time past, we are still more liable to take cold than we were before our lungs were affected.

Such is a brief history of our personal experience, and believing that under Divine Providence our recovery is due to water treatment, we shall never cease to be thankful to Precisnitz, its great discoverer, for making known to the world so valuable and simple a remedy for the most terrible of the "ills that flesh is heir to." In another number we will give some details in regard to the various processes of the treatment, and the theory of water-cure.

PURE AIR AND VENTILATION.*

This topic takes the lead of all others in importance and difficulty. The fact that the Greeks lived most of the year out-doors, and that in their houses they never breathed any but pure air, gave them an advantage in developing the beauty, strength, and health of their children, which it would be difficult to secure with our climate and habits. And the steady and equable climate of the old countries, which has led their inhabitants to out-door life, and thus to acquire vigorous constitutions, gives them also a great advantage over us.

But then our difficulties *can* be met and overcome.

Every man who is a householder should be sure that every member of his family breathes pure air, not only all day but all night, by this simple arrangement: In every room of his house let at least one window be let down at the top two inches, and one door have an opening of two inches over the top. Let this be done in such a way that no person can alter it. For if ventilators are fixed so that they can be closed, they will be, in the majority of cases, by the ignorant, or timid, or falsely economical.

A house thus arranged will require more fuel to warm it, but the additional expense of this will not be a tenth part of that which would result from the loss of labor and health consequent on the debility and disease always resulting, more or less, from the habitual inhalation of impure air.

In a house thus arranged, stoves—though less healthful than open fires—would still be far less injurious than they now are.

And here one common prejudice against "night-air," resulting solely from ignorance, must be met.

It has been shown that every pair of lungs vitiates a hoghead of air every hour, by withdrawing from it one half its oxygen, and replacing it with the same quantity of carbonic acid. Now, at night, the inmates of a house must either breathe pure air, that constantly flows in from without and thus drives out the impure air within, or they must keep on breathing over and over again the confined air of the house, that every hour grows more and more poisonous and debilitating.

The popular objections to night-air are, that it is cold, or damp, or loaded with unhealthy miasmata. But if a person has bed-clothing enough to keep warm, the colder the air the better every way. And if the air is damp, so as to render the atmosphere of the room damp also, still no harm is done, *provided the body is kept warm*. Remember that the most delicate patients in health establishments sleep for hours with wet sheets packed around them, without the least evil or danger. A damp night-air never can harm the most delicate person if every part of the body is covered so as to be duly warm. As to the effect of damp air taken into the lungs well-educated people know that there is no time when there is more water held suspended in the atmosphere than in a hot day. When the air becomes cold this dampness becomes sensible to the eye and feeling, but there is really not so much water inhaled into the lungs in breathing a cold, damp air, as in breathing a warm and apparently dry atmosphere.

No reason, then, exists for excluding the night-air from the lungs when cold and damp; but more clothing is required, and more care to avoid a draft on any exposed part of the body. Of course, where lungs are diseased, any extremes in temperature must be avoided.

As to unhealthy miasmata in the night-air, nothing can be worse than the exhalations of decaying bodies, as sent forth from the lungs and skin of sleepers. It is precisely the same evil as is found in proximity to grave-yards and decaying carrion. The effluvium from the lungs and skin is precisely the same as that from carrion, only more diluted by the atmosphere. Those who have entered the pent-up sleeping rooms of persons who do not wash their skins or breathe a pure air, very well understand the close resemblance.

In the summer season, while vegetation is in life, it is true that the leaves of all trees and plants are *respiring*; giving out oxygen and taking in carbonic acid by day, and then at night throwing out carbonic acid and taking in oxygen. But this respiration of vegetable nature outside of our dwellings, and all the effluvia of decaying vegetation at any period of the year, are never so effective in destroying the healthfulness of the air around our dwellings, as the lungs of the inhabitants within them.

Let it also be considered that the air we do breathe—unless the house is air-tight, which no house can be—must be night-air, more or less mixed with the portion which has been breathed over and over again through the day and evening. So that every body *does* breathe night-air, or what is worse.

These things are presented in order to remove that baleful prejudice and fear that so many ignorant persons indulge toward their best friends, *air and water*.

To return: let every person who has charge of a family make some *sure* arrangement thus to secure to every person in their house an abundance of pure air for their lungs and skin both by day and night, and the grand cause that, above all others, is gradually deteriorating the vigor, health, and beauty of the American people, will disappear.

Add to this, appropriate care that all the school-rooms in the land have the same arrangement made to provide pure air for the pupils. Keep the tops of the windows down both in winter and summer, and pay for the increase of fuel instead of the doctor and grave-digger. In every community where there are colleges and seminaries, as well as the public schools, there ought to be inspectors appointed, the same as other civil officers, to go around and see whether any parent or teacher is poisoning the rising generation with impure air. Oh, how many families, and schools, and boarding establishments, have come within my circuit in which this evil, even to this hour, is perpetuated!

No parents, no guardians of the young, should ever retire to rest till fully assured that every one under their care is furnished with the full supply of pure air for the night. And all employers, in all kinds of business, should be taught that they are committing a great sin against the life and welfare of those they employ, if they force them to labor in impure air. Every minister of the gospel should, in the first place, take care that his own spiritual concerns, and those of his hearers, are not checked and interrupted by brains stupefied by bad air; and next, he should teach his people their obligations in this matter, both to themselves and to all under their care. The physician, too, is especially bound to use all his influence in a community in the same direction.

SCIENCE AND HUMANITY.

BY F. G. PETERSON, M. D.

So universal have been the violations of the laws of life and health by the people; and so long continued has been the pernicious practice of physicians in stuffing persons with poisons when sick; and so omnipresent is human sufferings, imbecility, death, and destruction as the consequence, that perfect health is not even traditionally existing on the earth. The human family have ever been prone to break Heaven's laws, from the earliest period after Beelzebub's interview with mother Eve in the garden. The consequence of this has been a gradual physical degeneration of both body and intellect; and should these transgressions continue many more generations in future, the race will ultimately be extinguished from off the face of the earth. What a thought! for beings created in God's image, to annihilate the race through appetite and indulgence, and by the use of poisons, too, with the absurd belief that they possess the power of atoning for guilty and hellish actions. These are awful, solemn, and momentous thoughts, which should possess the minds of the whole human family.

The human race must be redeemed—rescued—or it will be lost, lost forever! The "eleventh hour" has already come with it, and no prospect dawns from that class of persons in whose hands its physical good has been entrusted. The physicians of all drug-schools have had long and ample opportunities for demonstrating their efficiency in driving away diseases from the land, and restoring peace, harmony, happiness, health and longevity to the human family in their

* From Miss Beecher's Letters to the people on Health and Happiness—price, prepaid, 62 cents.

stead; but alas! with all their boasted science and learning of many centuries, and with their yearly and daily contributions of new and concentrated medicines, diseases, bodily corruptions, and premature deaths are still increasing. Why all this? There is always a relation between cause and effect. If the race grows weaker every succeeding generation, is there not a cause for it? If the physician is more learned in the laws of life and health, and has greater experience in the practice of his art, and more potent medicines for the cure of disease now than formerly, ought not the race to be more secure from the ravages of disease than formerly? If the physician and his medicines are good things, ought not good ultimately to follow them? Yet in the precise ratio that the profession grows older, and its practitioners more learned, the race grows worse, and that too, according to the admissions of some of its most learned, experienced, and eminent practitioners. That the race grows more weakly and puny, and diseases more prevalent as the practitioners of the profession grow more numerous, and medicines more concentrated, is evidence sufficient to my mind, that the whole drug system is wrong, and devilishly destructive to humanity. It is impossible for a good cause to produce a bad effect.

I dislike to speak hard of any person of any profession; but it does seem that a great many physicians have been selfish, perverse, and inexorably foolish, altogether beyond finding out; to the very last remaining sceptical; wilfully ignorant as long as possibly consistent with keeping on the popular current of the breeze, and then ultimately adopting self-condemned detestable medicines, theories and notions, as their own darling and favorite children.

It is, indeed, strange enough, and overwhelmingly astonishing, that the would-be keepers of the public health have always opposed, and treated with unnameably-mean contempt, every new and valuable (?) discovery in medicine. Instance Harvey, the discoverer of the circulation of the blood. Was he not condemned by them, persecuted and exiled from his country, and passed his life a vagabond upon the earth? Harvey's name is immortal, whilst his opposers and persecutors have died into the nothingness of forgetfulness; and the man who would now dare to intimate that the blood does not circulate as proposed by Harvey, would be pronounced a fool, and destitute of brains, and that, too, by the doctors of the very school that condemned him. So much for drug science, and persecution in the profession.

The professors of drug science have oft and many times condemned and persecuted those persons who chanced to discover drug medicines. Many of their now recognized valuable remedies were discovered accidentally by some old hunter or Indian, who was condemned by the profession, and abused with every mean epithet that could be mustered up to make him and his medicine look ridiculously absurd and foolish; but ere long we find those very persecutors adopting these medicines as very valuable, and not by any means to be dispensed with, remedial agents. The Jesuits too, received their professional daub

for the discovery of Peruvian bark. Notwithstanding the medical profession ridiculed, and treated its discoverers with low contempt, yet there is not now any medicine nearer the physician's heart than Peruvian bark; for where is one of them to be found who pretends to treat a case of chills and fever without it?

After tracing back the pedigree of the perverseness of the *Drugo-Scientists* in their inhumanitarian principles, we are not at all thunderstruck that they should oppose with vehemence, and compound gravity, the Hygienic, or Hygio-Cureopathic mode of treating disease, when it strikes at the very mind-sill of all their absurdities, mystified bombastics, and invulnerable (?) fortresses; and seeks to unshroud to the world their bellish Pariceleian quackery. Before the days of Freissnitz, the Faculty, as a general thing, would seldom allow their patients a drink of cold water; and twenty-five years ago, physicians let their patients lie and literally burn up for the want of it. Even at the present day, there are some persons who would, rather than take water-treatment, "die ten thousand deaths, sobbing, and roasting, and panting like a lizzard on a hot log, in a hot summer's day, crying *water! water! water!!! Oh! water! water! water!!!* but I am afraid to touch thee (!!) for I am so peculiarly situated! But—thanks—oh! comforts, most comfortable source of congratulation! when I get through with this roasting spell, and free from all danger of the ennobling, scientific, medical roasting process, maybe I can taste a little out of the crystal fountain which is so pleasant in a state of health, and so much craved, though feared, when I am burning up."

The many who are still opposed to Hygio-Cureopathy, are so just about as intelligently as the man who carried his corn to the mill in one end of his bag, with a stone in the other, to balance it; or the man who carried his water melons balanced by a similar weight.

So long and universal has the drug system been practiced, and its doctrines propagated, that any system contrary, or different from it, is looked upon with suspicion; and is most certain to receive every effort from those in high places to crush it in the bud, and that almost always, too, before they take the trouble to investigate its claims, so prone are men to condemn, in their selfish conceit, without evidence or jury.

Oh! when will the time come when physicians, one and all, shall study the laws of life and health impartially, and teach the people the same, that the race may yet be redeemed and restored to its once physical beauty and holiness? and for this end and aim, may all true Reformers and philanthropists labor and pray, and may the ministers of the Gospel too, throw off those "sins which so easily beset them"—Tea, Coffee, Alcohol, Tobacco, and Drug poisons; and everything in the shape of filthiness—and come forth and labor for the physical salvation of the race. Teaching them to worship God in their physical frames, as an accompaniment, if not a prerequisite to worshipping Him in their spirits; and then may the sweet sounds of the Gospel, and its appalling alarms, not be turned into empty sounds in the ears of men.

PUBLIC OPINION AND MEDICAL REFORM.

BY D. W.

THAT public opinion ever has been the most potent power on earth, will not be doubted by any person acquainted with the history of the past, and familiar with the present. Indeed, it ever has been the test of right and wrong, while expediency has paid it due homage.

Who does not know that public opinion is the guarantee of success, or the sure defeat of all measures, civil, political, and religious? While it elevates man to distinction, and encircles him with laurels of fame, it sinks him to the lowest depths of obscurity, and pours vials of repugnant wrath upon his devoted head. And who does not know that all reforms and new truths must be introduced into the world through public opinion; and yet, what reforms and new truths, though ever so beneficial and practical, that ever received the approval of public opinion, when first promulgated, did not have to fight against the combined forces of ignorance, superstition, and bigotry?

Public opinion is useful and necessary, for when correct it tends to the development of the noble and good in man, but when corrupted, we can consider with profit the influence it exerts upon man's progress, and the power with which it rules his destiny. Its corrupted influence has existed in every age, ridiculing every new discovery, and sacrificing many noble minds as martyrs to truth. Look to the past, and behold the thousands and tens of thousands of innocent victims that have been sacrificed upon the altar of public opinion, besides the greatest and best men in all ages. What but public opinion ravished the earth with the "holy wars"?—that drenched France and Spain in human gore?—that kindled the fires of Smithfield?—erected the rack, dungeon, and Inquisition?—that poured out anathemas upon every reformer who dared to question the opinions of the Fathers, or encroach upon the customs and usages of the past? What power but this corrupted the intellect of Greece and Rome, until they relapsed into heathenish darkness, worshipping gods without number? True, these eras have passed away, but public opinion, with all its influences, still lives!

At the present day, its corrupted power is the greatest stumbling block in the way of advancing mankind in knowledge and goodness, with which the progressive has to contend. Not only does it tolerate the chicanery of politics, and the demon false pride, which makes man a worshipper of his external self, but it sanctions many other evils which are ranking deep into the core of human happiness.

One of the greatest of these evils is the present system of drug medication. That system which originated in the dark ages, and for three thousand years has been lulled in the arms of public opinion, as a mysterious panacea for all the aches and pains flesh is heir to. Hence the opposition the hydropathic medical reformer has to contend with. Instead of philosophical theories founded on the cause, rationale, and cure of diseases (as the violated laws of life and health), he

meets the great array of talent, medicating the effects of some mysterious cause, while public opinion justifies the time-honored custom. Then, as medical reformers, what is our duty? Plainly, it is the correcting of public opinion, which is to be done by exposing the errors and fallacies of drug medication, and the expounding of the laws of life and health as brought to light by nature and reason.

To correct public opinion, it must be done by individual opinion, for individuals compose the public. Every medical reformer should go to work with the resolution that public opinion shall be no guide to action; but the love for truth and right shall guide public opinion to action. He should float with the popular current so long as it is right, but when he knows it is wrong he should bolt, and advocate the truth, though the world is against him. A reformer must be a hero! There can be more true heroism displayed in contending for principles of right, than upon the blood-stained field of battle, when the laurels of victory are the object. The struggles of the supporters of truth in all ages proves this fact.

Then ye who cast in your lot as a medical reformer, must not expect your days to be all sunshine, for vitiated public opinion will meet you on every hand. Its antiquated form will look down upon you with its jealous eye, ever ready to ruin your success, or discourage your every hope. How often do we see it ridiculing our remedial agents, because so simple? How often do they question our audacity for daring to presume anything different from the wisdom of three thousand years, and presuming to know the cause of "premature and mysterious" death? This by no means should be discouraging, for, with agitation for our armor, and truth for our bulwark, such assumptions as arguments will soon die away.

In the last half of this nineteenth century, no person's "ipse dixit" satisfies the investigating community. A person must show his colors. The time is drawing near when a man must come out before the world, able to give a rationale, or the *why* and *wherefore*, of his profession or calling, or meet the disapprobation of this investigating age. This prospect of the times may cheer on the Hydropathic practitioners, for it is the hope of the ultimate triumph of hydropathy over all other systems of medicine, for its advocates are willing and ready to say to the followers of any other system, Brother, let us reason together. Let us come before the people, and demonstrate our principles and theories, that they may judge for themselves. With this foundation for support of hydropathy, we predict its triumph, and a great revolution in man's present condition.

The community at large calls for this revolution. On every hand do we behold disease struggling with man's noble nature, and planting seeds of unhappiness in the home circle. Never before in any age were M.D.'s as numerous, and medical wisdom in such high repute, as at the present day; and never before was man's frail nature groaning under the penalties of his transgressions to such an extent as at the present day. What is the cause of all this? Reader, investi-

gate the laws of life and health as brought to light by hydropathy, and the cause is plain.

For the last few years much has been done in enlightening and changing public opinion on this subject, but much remains to be done. The WATER-CURE JOURNAL, and other publications, are waking up the laboring, thinking community, who are the first to embrace the truths of this reform; and, in fact, ever have been first to sustain every great reform which has tended to man's progress and development. From their honest souls the spirit of American liberty had its birth, and from the same source this reform had its birth; and through them it is to grow, until it is a blessing to every home. From every direction they are calling for physicians to come to their aid. To meet this want physicians must be had.

The Hydropathic Medical College is endeavoring to meet this growing want, and I trust in the future it will; but it wants more volunteers in this cause. The numbers of our medical class are not few, but we have seats to spare. The gratuitous wisdom of our professors can instruct a hundred as well as fifty. Then we say to you, who wish to cast your lot as a good Samaritan, come and join us. To you, sisters, who know your own sex as no one else can, have you a desire to see them set free from the chains of diseases which all over the length and breadth of our land is crushing her noble womanhood? If so, come and join your noble sisters, who are already with us. Fear not the scorn of public opinion, for public opinion can be changed, but truth never.

THE HAIR AND TEETH.

BY DR. LEWIS.

We make the following extracts, from a lecture recently delivered, and published in the *Oshawa, C. W., Vindicator*. That print says:

Pursuant to arrangements this distinguished teacher in the Health Reform delivered a Lecture in the Christian Chapel, to a large and intelligent audience. Having been lecturing "almost every evening for the past nine hundred days," his vocal organs were almost worn out, and his voice could but indistinctly be heard in remote portions of the house. The Doctor is, however, notwithstanding the weakness of his "trumpeting apparatus," a fine specimen of robust and almost perfect health. He commenced by remarking that a gentleman in the house, who was troubled with a bare head, had requested him to say something on the subject of baldness. He would first speak of the causes and means of prevention of baldness,—for he thought that the most proper place to commence to discuss the physical relations of men, was at the top of the head.

Baldness was, he remarked, in most cases, caused by the wearing improper coverings upon the head, in the shape of air-tight hats and caps. To prove this he need only refer to the fact that the hair never falls off the head below where the hat presses its sides; and also, that ladies never have what may be called bald heads! It is true that hair sometimes falls from the crown of a lady's head caused by nervous headache or indulging in strong tea, coffee, etc.; but the real

bare white scalp, over the whole top-head, is never noticeable upon the female sex. (Laughter.) The hair, like all other living and growing substances, needs light, and pure air. The silkhats, and fur and glazed caps so generally worn in this country, were calculated to produce baldness from their thickness and air-tight construction. Heavy wadded caps were sometimes put on at rising in the morning, and worn, almost without intermission, until bed-time, and the practice repeated day after day, and week after week. Glazed caps he must condemn as especially injurious in this respect. Not only are they totally impervious to air, but they are so thin, and their surface so smooth, that the sun's rays act powerfully upon the head in summer, and an early loss of the hair is the almost inevitable result.

The lecturer here exhibited a silk hat, which was so constructed as to admit of the ready egress of the heated and impure air, and the ingress of a healthy atmosphere—keeping the head cool and comfortable during moderate weather, and at all times affording a healthy ventilation. Holding the hat in front of the candle, the audience could perceive the crown perforated with a large number of small holes—suggesting to the mind the idea of a *cullender* bottom. He had worn this hat, or this sort of hat, for eleven years past, and found it a most comfortable and excellent conservator of the best interests of his head. He had heard only one objection made to this hat, and that was, that it would let the rain through. Well, if it would admit a few drops of water, most of summer hats are open to the same objection. But this was not the case. If you straighten out the silk, previous to perforating the hat, and then brush it down again smoothly, there will still be sufficient communication between the air inside and that on the outside, and yet no water can find its way through.

Baldness also receives much assistance from the improper and unhealthy modes of living into which the people of this fast age, especially, have fallen. And not the least among the multitude of bad practices, was that of bedaubing the hair with grease, oil, and various perfumed mixtures. To treat the hair to an application of simple goose grease—and if it was not so before, it certainly was *simple goose grease* after the application—is alone an unnatural and injurious process, but when to that you add spirits of hartshorn, rosemary, bergamot, alcohol, spirits of camphor, and other drugs, it is no wonder the hair withers and decays. Such daubings should not be practiced, and nothing but a false taste, and ignorance of the laws of our being, sanctions it. "A word to the wise is sufficient." If, instead of this, the less pharisaical fashion which he had always practiced, were to come in vogue, of washing the whole head every morning in cool water, a vast change for the better would be noticed upon the heads of future generations as well as those of our own. He found it a most beneficial and agreeable custom in his own case, and would not be deprived of the luxury for any slight consideration.

But, he continued, perhaps many wish to know how baldness may be cured. It cannot be cured. In his preceding remarks he had given the

causes which produce it and the means of prevention, and that was all which could be done—quack certificates to the contrary, notwithstanding. A few days since his attention was called to an advertisement of a certain "Hair Restorative," which contained a design representing a man's hand with six inches of hair growing upon the palm. This was accompanied with a note underneath to the effect that persons should be careful to wash the hands thoroughly after using this ointment. (Laughter.)

The lecturer then went on to speak of the teeth, and the want of care bestowed upon these important aids in the digestive process. It was found upon microscopic examination, that the unclean formation about the roots of the teeth, called *tartar*, was composed of insects of infinitesimal proportions, which insects derived their sustenance from the particles of food that accumulate between the teeth, in the mouths of those who neglect to clean and purify them after eating. Some persons seem to imagine that tobacco-juice is an antidote to these creatures, judging from the prevalence of the filthy practice of *chewing* that nauseous weed, in its dried state. (Laughter.) Tobacco-juice is certainly a most virulent poison to most forms of animal life, but he had known these animalculæ to be immersed in the strongest decoction of the tobacco plant, without apparently producing the least injurious effect upon them. They seemed rather to enjoy the element by which they were surrounded, and this conclusion would seem to be forced upon the scientific mind by the fact that tobacco-chewers almost invariably possess an excellent store of this *tartaric* commodity. By immersing those animalcule in a solution of Castile soap, however, it was found that they were instantly destroyed. Hence he would recommend the liberal use of this convenient and harmless preparation, applied to the teeth with a brush, at least once a day; after which the mouth should be thoroughly rinsed with pure water. He would also urge in the strongest terms, that no one should be unprovided with a good tooth-pick; and by a *good* tooth-pick he did not mean a costly one in a commercial sense, made of gold, silver, or any other metal. The best tooth-pick ever invented was made of a simple goose-quill. Get a quill, and with a knife you can construct an article for yourself; one that is pliable enough to remove particles of matter from the teeth without injuring the enamel, and one which you need not waste any valuable time hunting for, should you lose it. Make a dozen of them at a time, and then you need never be without one. A tooth-brush will not enter the interstices of the teeth and remove the matter there lodged. And here he would, illustrate the necessity for using a tooth-pick after every meal. The inside of the mouth, it is well known, is kept by the blood at a high temperature of heat—about 90 deg.—warmer than the hottest day in summer. Now, every cook knows the effect of exposing a piece of fresh meat to the rays of the sun, or of keeping it in a heated place for a day or two; the meat spoils, and putrefaction is the result. Hence the necessity of removing the portions from between our teeth, if we would prevent a *bad taste* in our mouths.

The lecturer spoke of the absurdity of drinking at meals, and the importance of the saliva to the process of digestion. Washing down the food with liquids, was substituting a new and artificial process in place of the natural one which God had constructed for the assimilation of our food, and it was fraught with the worst of consequences to health. The secretions of the salivary glands, he said, were *essential* to good digestion, and a large portion of the dyspepsia with which the people of this continent were afflicted, was attributable to the attempt to dispense with the services of this agent in the assimilation of our food. The speaker related an incident of his own practice, in which a person had cut his throat, separating the œsophagus; and to convey nourishment to his stomach he was obliged to insert a tube through an aperture, cut for the purpose, in his neck. The patient gradually declined, exhibiting all the symptoms of the worst case of indigestion and dyspepsia. No kind of food seemed to be assimilated. At length the idea occurred that the food, although already prepared in a liquid state, should be accompanied with the saliva from the mouth. Accordingly the palate was excited, the secretion collected and introduced to the stomach with his food; the consequence was, the patient began to improve at once, and no difficulty was thereafter experienced in his nutrition, until he was able again to use his faculties in their wonted power.

He then referred to the suicidal practice of tight-lacing, and living in ill-ventilated apartments. The portion of the body which Fashion endeavors to squeeze into a falsely conceived, dragon-fly idea of beauty, is the very portion which needs the greatest freedom. It is the vital part—the kitchen of the whole system—where is manufactured the sustenance, and where is cooked the rations of the whole organism. Cramp and limit the operations of this department, and you retard and diminish the amount of nourishment and vigor which would otherwise be imparted to each other portion of the body. In the case of every thriving man and woman of large physical proportions, you are sure to find, as in every institution of the kind, a *large kitchen*.

[REMARKS OF DR. CLOWES.—As regards the destructive effect of castile soap upon the animalcule of the mouth, it is all in my eye. It wont do any harm, though it will do some good, and I recommend its use. *I admit the presence of animalcule in the mouth, as well as in any other dirty place. If we are to get rid of them, we must first break up their filthy resorts, by removing the tartar, filling up rotten holes, and pulling out the old roots, but not fill them.*]

INSECT QUACKS—A COMPARISON.—Spiders are the quack doctors of the insect world. They say to silly flies, "Walk into our nice parlors only once, and you will be vastly pleased and benefited;" while quack advertisers say to stiller invalids, "Try our grand specific only once, and you will be very quickly and certainly cured."—N. E. Fowler.

[Just one box of pills, at only twenty-five cents. One bottle of bad whiskey and poor molasses, called sarsaparilla, at only one dollar a bottle, will do to begin with—and then they will keep on, until nothing is left but—bones.]

PHYSIOLOGY.

BY F. W. EVANS.

[We have been allowed to copy the following from an unpublished volume, by Mr. EVANS, an Elder in the Society of Friends or Shakers. However much our readers may differ from the writer in some particulars, they cannot but be struck with the originality of his views.]

SELF KNOWLEDGE has not hitherto obtained that place in the education of youth that its importance demands and would justly entitle it to. That which is natural is necessarily first. As the work of generation precedes that of regeneration, so should a knowledge of the body—the elements that compose it, and by which it is surrounded and sustained, be first incalculated.

Self preservation is truly the *first law of nature*, but owing to the general and profound ignorance existing among mankind, in relation to the laws which the Creator has established in the material world, and of which man is the centre, self destruction in a thousand ways has been the rule, and *self preservation* the exception.

Man is said in Scripture to be "wonderfully and fearfully made," and being of all the works of God the *chief*, should he not be the *chief object* of study? If created in the "image of God," then a knowledge of himself must be the key to a knowledge of all the works of God.

"Know then thyself, presume not God to scan—
The proper study of mankind, is man."

is the conclusion of a learned *natural man*.

Is it not a reasonable and probable supposition that the primitive, uncorrupted human being was a recipient of a true conception of the nature and quality of every earthly thing with which he was connected; and possessing by intuition a knowledge of the laws of matter? And thus the earth, the air, the water, and all plants and animals, were to him as *books* are to us in the nineteenth century?

Perfect Health is the greatest blessing that can be enjoyed upon earth, next to the Gospel, and indeed it can never be possessed exclusive of the Gospel; nor can it be induced except by perfect obedience to the laws of matter. Therefore all the lusts of the flesh and of the mind are not solely spiritual sins, but also natural sins. And they must be followed not only by compunctions of conscience, but also by their appropriate disease in the physical system. And the penalty is ever justly apportioned to the offence in both respects.

The sentence that "the wicked shall not live out half their days," is philosophically true—the natural operation of cause and effect will execute it.

All the diseases of body and mind with which man has ever been, and is yet afflicted, are but the penalty of violated laws. Not, perhaps, by the individual sufferer alone, for the sins of the parents are visited upon the children to the third and fourth generation. Neither has the cause always rested with the parents alone, but society, and even the nation, may have had a part in the responsibility. Yet when once the principle is fully established, as it *surely will be*, that evil is but the effect of causes over which man did or does possess absolute control, it will entirely

eradicate that vague and false, though prevalent impression in the minds of people generally, that afflictions spring out of the ground, and are a mysterious visitation of Providence with which our own individual conduct has nothing to do.

The primitive food of man, and that upon which he subsisted for many ages, was derived from the vegetable kingdom.

The next step downwards, we find, after the food, the *animal kingdom* is given him to range in without limit, even as the green herb was every animal existence given him to eat. And finally, in our own time, we see that he has gone still a degree further and lower down, and that he now ransacks the *mineral kingdom* for articles of food or for medicines to ease the aches and pains which his ungodly appetites has generated.

From and after the food, when by Divine permission man was left to gather food without limit or restraint from every part of animate and inanimate nature, to satisfy all the appetites which he had thus far created, no particular notice is taken of the physical habits of the human race in the Scriptures.

It was not until the time of Abraham, the father of the Jewish nation, that to Moses, one of his posterity, the Divine will was manifested in an extraordinary manner by an angel. From this exhibition we begin to learn the judgment and opinion of superior agencies, respecting the *physiological* state and condition to which mankind as a body had arrived.

Already by repeated and permanent violations of the natural laws of matter, had they generated many of the most loathsome and destructive diseases, a long and frightful catalogue of which was recorded as a way-mark for coming generations.

These are called the "diseases of the Egyptians," because the Israelites contracted, and were possessed with them while sojourning in Egypt, and subject to the laws and customs thereof.

With a powerful hand, and by the mighty stretched-out arm of Omnipotence, that portion of the Egyptian nation which descended from Abraham was separated from the remainder and placed under Divine or supernatural tuition. And the probability is, that a more sunken, ignorant, and degraded set of slaves than these, were never before attempted to be reformed. Rebellious and disorderly, swayed to and fro by impetuous and uncontrolled appetites and passions, ungrateful and revengeful, stiff-necked and impudent, possessed with powerful mental and physical organizations, in a perfect state of confusion, they may be likened to the wild buffalo, driven mad with hunger, lust and pain. None but a man supported by Divine Revelation would have thought to reform such a band, and change their mental and physical habits.

So that Israel was a bond slave in Egypt, not only to the Egyptians, but what was far worse, to their own depraved appetites and ungodly passions. And to deliver him from these latter masters was a task far more arduous to effect than to rescue him from the power of the Egyptians; for no sooner were the Israelites out of the reach,

and free from danger from their former owners, than they began to feel the demands of appetite. They hankered after the flesh pots, and the leeks, and onions, and garlies to which they had been accustomed.

And here let it be observed, that at this time the people were literally covered with wounds, and bruises, and putrefying sores, from the crown of their heads to the soles of their feet; and that they attained only to a moiety of the age of the earlier generations of mankind.

Thus Jacob says, "the days of the years of my pilgrimage are an hundred and thirty years, few and evil have the days of the years of my life been, and I have not attained unto the days of the years of the life of my fathers, in the days of their pilgrimage."

And as the Israelites were such a physically corrupt and terribly diseased body of people, the means adopted to cure them are worthy of the attention and study of all who assume the character of physicians and physiologists.

Moses, after bringing the people out of Egypt, at the waters of Marah, promised them, "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear unto his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that *healeth* thee."

This is the first allusion made to their physical infirmities. Here He, the God of the Hebrews, presents himself as the physician; and now for the medicines used, and the means taken to restore them to a state of health.

They were now at the waters of Marah, of which they could not drink because they were bitter and after they had become intolerably thirsty, the waters were rendered *sweet*, and it needs no great gift of divination to perceive that the people, even all of them, would drink in no stinted measure.

WATER, then, was the first and only medicine used by this All-Wise Doctor, and this, too, for the complicated maladies which had been generated by the vices of 600,000 slaves, and a mixed company who went up with them.

The next measure was a preventive one. A substance called manna was provided. This was sufficiently nutritious for their support, and was probably a vegetable substance something like rice or millet. And the children of Israel did eat manna forty years, until they came to a land inhabited. This was sufficient time to cure them of the diseases of the Egyptians, and to thoroughly purge their systems by the innate vital forces from every taint which they had imported from Egypt.

Never before or since did a physician have so large a number of patients, and those too placed under such favorable circumstances. They were in the midst of a large wilderness, surrounded by deserts, where no article of food, drink, or clothing could be procured, but such as he allowed them. The Red Sea between them and Egypt, where their hearts naturally turned when their appetites raged and imperiously demanded a little indulgence to assuage the pains and torments of a death by starvation. Enemies on

every side of them, and no one to pity or to comfort them whatever their sufferings might be, only with water and manna, which at times their souls perfectly loathed.

The Physician himself was entirely out of their reach, so that they were wrought up to a state of fury, madness, and desperation, by the concentrated calls, longings, and cravings of the legion of appetites which saw nothing but death staring them in the face.

If the people turned their minds to Moses, and threatened to stone him, he appeased them and turned their wrath thus, "What are we? Your murmurings are not against us, but against the Lord."

So they could not help nor avenge themselves, for "when the people did chide with Moses, and said, 'Give us water, that we may drink; y' Moses said unto them, 'Why chide you with me? wherefore do ye tempt the Lord?'"

They had but one remedy, that was, to bear the inexorable demands of their lusts as patiently as they could, and by thus feeling reconciled to their physician, look for the fruit of their sufferings in the ultimate effect to be produced. Yet out of the 600,000, there were only two who finally obtained this desirable condition in this life, so that they could be trusted to enter the promised land. If any had been permitted to enter who had not gained this point, they would have turned to their former ways of living, and have corrupted the generation born in the wilderness.

But it must not be supposed because they went not into Canaan, that they had gained nothing in the wilderness. If this had been so, their children would not have been fit conditioned either. They were rather like reformed drunkards, who, having brought up their children in sobriety, were not yet themselves to be trusted among casks of intoxicating liquors. But the greater probability is, that the better part of that generation made as much progress as was consistent for one generation to make.

YOUNG ITALY.

BY W. A. ALCOTT, M. D.

SOME of the readers of this journal may have been already introduced to a new work published in Boston, by John A. Jewett & Co., entitled "The Roman Exile," by Guglielmo Gajani. For the benefit of those who have not yet seen it, let me call attention to the following paragraph, found at page 114:

"We want to free ourselves," said he, "before attempting to deliver from slavery our native country. The man who has no control over his passions, is not free; and he who indulges his sensual appetites, will never be able to do anything generous and great. Worse, even, is he who betrays another's confidence, and destroys the peace of a hospitable roof. On this point we are very severe. If you wish to join us, you must be sober and temperate; and, above all, strictly honorable in your intercourse with the other sex. God has given to Italy the loveliest of women: to make them objects of degradation, or to elevate them to the dignity of powerful in-

struments of regeneration, depends upon our conduct."

This was the declaration of the acting president of a secret association which Gajani, at the age of about fifteen, or about twenty years ago, desired to join; whose object was the regeneration of Italy. This society as I suppose still exists, notwithstanding its numerous fiery trials, and has been generally known by the name of the "Young Italy." It is a secret association, not because it has any *mysteries* to inculcate or preserve, but simply on account of the danger to which it exposes its members, of being taken up and punished.

But I have made these remarks as introductory to a few thoughts on temperance. We see what importance the presiding officer of the "Young Italy" attached to this virtue. "He that indulges his sensual appetite," says he, "will never be able to do anything generous and great." What a noble truth! Well for the freedom of the world, that it has reached and pervaded a few hearts in Italy! It will yet save that country, and all Europe besides.

There is a great and fundamental mistake made by those whose great aim in life is to indulge their appetites. It is that the greater our efforts to gratify them, the less, other things being equal, is our enjoyment. The more we seek to bring our food to accord with our present likes and dislikes, the more rapidly our power of enjoyment recedes, till in the end almost all enjoyment ceases. There are those who, though not yet sick, never find anything which relishes. Such persons live a life of misery, because they have exhausted their power of enjoying anything; for as their idea of happiness is confined to things sensual, when they can no longer enjoy these, they can enjoy nothing at all; and many an individual, made in the image of God, rushes at once into the presence of his Maker because he has worn out his appetite. What I say here is applicable to the other appetites, as well as that for food—and particularly so to the *third*. He who would ever gain the greatest amount of sensual enjoyment in this life—were that to be life's only object—should seek to have his indulgence in strict accordance with *law*. He should have his food *right*, for example, and then let his appetite *come to it*, rather than bring the food to his appetite. There should be no asking ourselves or others what will *relish*, or what we *like*, but rather *what is right*. Inclination may pout, and stand at a distance, a little while; but she will at last yield, and it is then only that we enter the true path of enjoyment.

And here it is, moreover, according to the noble principles of the "Young Italy," that we begin to have ability or energy to do something. Most true is it, that they can never do anything generous or great, who seek to indulge their appetites as a direct object. This is not to turn appetite out of doors, nor to despise enjoyment; but to make provision for both.

Mankind, in general, have no ability or energy to do anything, because they have no true, vigorous, healthful appetite. The appetites in fashionable life, are spoiled—falsen ones. Appetite, true appetite, is the fulcrum on which our lever must be placed, if we would raise the world.

But observe that I say, *true appetite*; not *indulgent*.

Whatever may be an objection to the water-cure as a curative system, we must all admit that it has at least this advantage over all other systems, that in its efforts to restore, it does not directly or indirectly impair the appetite. It does not minister to our fallen and pervert tendencies. But it is otherwise with the old system. He whose faith rests on internal stimuli, as a means of cure, will almost inevitably regard them as a means of prevention; and hence, no doubt, the common prejudice in favor of stimulating—that is, medicated, or poisoned food and drink. They who are enslaved to coffee, plead that it helps digestion; and so of the use of other stimuli—solid or liquid. He who has eaten too many cherries, must take brandy to quicken peristaltic action and prevent a fit of sickness.

If we were to examine this subject to the bottom, we should, doubtless, find the same general foundation for the use of rum, tobacco, opium, coffee, tea, mustard, pepper, and the whole tribe of condiments, and perhaps of animal food. People will plead, for their use, an effect which is truly a medicated effect; which they doubtless have to some extent. The more real object, however, is gustatory enjoyment. It is to make the food relish better, or bring it to their appetites.

I do not mean to say that the friends of water-cure, already trained as most of them are under another system, will be metamorphosed at once. Such a result is not to be expected. But I do say that the tendency of the water-cure system, in the progress of successive generations, would be to fewer and fewer provocations to appetite.

There would, doubtless, be action and reaction. The disuse of active, irritating food and drink, would incline to the disuse of highly active medicine; and then, the disuse of such medicine on extra occasions, would tend to the disuse of medicine chests—alias castors and salt-cellar—at the daily repast. There would thus be a gradual emancipation and gradual reformation in the public health. And this general argument, so far as it goes, is in favor of hydropathy.

This concession, thus cheerfully made, is not to be construed as an adhesion on the part of the writer to the water-cure system; but only as an item of the general argument. Many things may be said pro and con, on this great subject. Suffice it to say, that so long as hydropathy in the hands of science and common sense proves as successful as allopathy, it is not for us of the old school to complain. But we do insist on committing the "ship" to none but the scientific and benevolent, if possible to have it so. We are opposed to ignorance, especially to "ignorance on stilts."

FLOWERS.—Flowers, though born of earth, we may well believe,—if anything of earthly soil grows in the higher realm—if any of its methods are continued—in any of its forms are identical there, will live on the banks of the River of Life. Flowers! that in all our gladness, in all our sorrow, are never incongruous, always appropriate. Appropriate in the church, as expressive of its purest and most social themes, and blending their sweetness with the incense of prayer. Appropriate in the joy of the marriage hour, in the loneliness of the sick room, and crowning with prophecy the forehead of the dead. They give completeness to the associations of childhood; and are appropriate

even by the side of old age, strongly as their freshness contrasts with the wrinkles and the gray hairs; for still they are suggestive—they are symbolical of the soul's perpetual youth, the inward blossoming of immortality, the amarantlike crown. In their presence we feel that when the body shall be a withered calyx, the soul shall go forth like a winged seed.

CHAPIN.

Home Voices.

WATER-CURE IN NEW HAVEN, CONN.—E. S. R. writes—"The Journals are doing a good work here, although this place is the very *Sebastopol* of Allopathy. We want a Water-Cure physician of talent and shilly among us, one who will be able to "hoe his own row," and thereby be a great benefit to the community, and at the same time "floor the Allopathists."

[You shall have him one of these days. He is now being trained for duty. The fortifications of pills and plasters shall be swept away by a flood of truth, light, and pure water. Just scatter a few hundred copies of the WATER-CURE JOURNAL among the people, and we will answer for the results.]

A MODEL FAMILY.—A. S. PRINCETON, MISS., recently sent us a communication replete with valuable information. He says:—"For the past four years we have been constant readers of the Water-Cure Journal, and could not think of doing without it, at any cost within our reach. We have not paid one dollar for doctors or medicines since we commenced perusing its valuable pages, nor have we had need to do so; while, previous to that time, we paid hundreds of dollars to physicians, and buried six of our family. The JOURNAL is emphatically "the man of our counsel." Having its ailments for the past two years we have abstained from the use of meat, tea, coffee, spices, and butter; have treated different kinds of fever and other diseases successfully; have adopted the two meals a-day system, and regularly taken a morning bath, and the result is that our family enjoys perfect health." Our worthy friend concludes by giving a vivid description of the murder (we cannot employ a more charitable term) of a healthy, rosy-checked boy, of two and a half years old, by an allopathic physician. The day previous to his death he engaged in play, but being indisposed the following morning, the doctor was sent for, who, when he perceived the child was dying, exclaimed, "Can it be possible that I have given him some medicine that is too powerful for him?" The parents firmly believe that the contents of the bin was the mercurious arsenic. So do we.

WATER vs. TOBACCO, COFFEE AND PORK.—G. H. Rochester, Minn., sends us a list of new subscribers, and gives the following personal testimony:

"I was for more than forty years a resident of Pennsylvania; up to 1848 had been ignorant of, and very disobedient to the laws of nature; had converted myself into a miserable dyspeptic by the use of tobacco, coffee, tea, spices and pork.

"Accidentally I came in contact with your valuable Journals, first the Phrenological and then the Water-Cure. I was admonished by each that I was acting wrongly, and saw that some reformation must be made immediately, if I would ever be useful to myself or my fellow-mortals. I resolved at once to abandon the use of these things; and have studiously done so ever since, and have tried much to persuade others to pursue the same course, that they might share like benefits. I was at that time a complete skeleton, having become reduced from the weight of one hundred and eighty to less than one hundred and thirty pounds, and unable to perform more than one-fifth the labor of an ordinary man. This change in living again restored me to health. Within the first twelve months my aches and pains departed, my digestive powers became perfect as in youth, and notwithstanding my age of fifty-five years, I was able to perform an unusual amount of labor, and could travel on foot forty-five miles per day."

A MISSIONARY, Beaver Dam, Wis., J. G., writes in the following strain:

"Enclosed you will find a list of subscribers to your 'glorious' Journals. I want to have them introduced into every family in the neighborhood. My object in canvassing for names is not to make money, but solely to do good."

The Month.

NEW YORK, JUNE, 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 JOURNALS.

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.

CALORIFICATION.—After an unusually long and extraordinarily severe winter, we are just entering on what threatens to be a very short and particularly warm summer. All the same, however, to such as live physiologically; and as for those who will not or cannot, they must live or die just as it happens that's all.

But we have a word of advice for all, (gratis provided you take and are trying to extend this JOURNAL,) and especially for those who are particularly exposed to summer diseases.

Don't have them! There is no more need of one class of people being sick because it is summer, than there is of another class being sick because it is winter.

It is true there are winter influenzas and summer diarrheas, as well as spring pneumonias and autumnal fevers. But they are all needless, all useless, all good for nothing, all better let alone.

Do you ask how? How let them alone? Nothing easier. Exercise your common sense and avoid the causes. Live temperately and regularly, eat moderately, breathe freely, bathe habitually, drink no liquor, chew no tobacco, swallow no drugs, indulge in no violent passions.

It is because of errors on our part in some or in all of these respects that pestilences scourge the world; and probably not a little of the "war and famine" so prevalent last year and likely to be this, had their origin in the same source.

Indeed, there is scarcely an evil or a vice in the world that may not originate from bad health; for ill-condition of body begets ill-temper of mind, and this leads to violent and rash conduct, followed by strife and contention, and eventuating often in bloodshed and death. Is

not health, then, the true basis of all reforms? If we could bring about a general state of health in society, we would need no temperance societies to restrain morbid appetites, no peace societies to prevent human beings from slaughtering each other, nor charitable associations to keep people from starving in the midst of luxury, but all would be a law unto themselves, and all would be able to provide for themselves.

REFRIGERATION.—We are glad to learn that this safe and almost painless anesthetic agent is rapidly gaining favor among surgeons. By freezing the part, more or less, according to the case, many of the minor surgical operations, such as the removal of tumors, the extraction of teeth, the destruction of morbid growths and abnormal surfaces, can be performed with almost entire immunity from suffering, and with none of the danger attending the use of chloroform.

One of our city dentists is now extracting teeth in this way, to the great delight of those who have not the fortitude to endure pain, and who fear chloroform and other narcotic anesthetics.

Nothing is easier than the application of the freezing mixture. Two parts of snow or pounded ice to one part of common table salt, makes a convenient frigorific. The ingredients may be mixed and placed in a linen rag, a piece of fine gauze, or a bladder, or in a hollow brass ball constructed so as to fit the part or surface, and held in contact a few minutes, or until the requisite degree of congelation has taken place.

The gums are so thin that they are frozen by a few moments' application, when the rotten tooth, decayed stump, offending prong, or other remnant of *odontology*, may be taken out before the gums recover their sensibility.

As many deaths have occurred in persons apparently in good health, while under the influence of chloroform, for the purpose of having a tooth extracted, we commend this plan to all who have teeth to be pulled, or who delight in dental surgery.

MUTTON VS. PORK.—The *American Agriculturist* discourses under the above head:

We mean to repeat it a thousand times, or at least till what we say has had some effect on our countrymen, that a pound of lean, tender, juicy mutton can be produced for half the cost of the same quantity of fat pork; that it is infinitely healthier food, especially in the summer season; and those who eat it become more muscular, and can do work with greater ease to themselves, than those who eat fat pork.

And we mean to repeat *ten* thousand times, if we live long enough, that a pound of lean, tender, juicy wheat or corn bread (with or without a little apple in it), can be procured at *less* than the cost of the same quantity of mutton; that it is much healthier food, in all seasons, and those who eat it have better muscles and can do more work than those who eat fat mutton. Good bread is as much superior to mutton, as mutton is to pork.

Pertinent to this subject is the following extract from the letter of a correspondent writing from Fairbault, Minnesota Territory:

"I cannot but make one observation in reference to diet. Many who have been addicted to the use of a flesh diet, have, of necessity, remained in part or wholly from its use; and they all testify to the one fact that, their *powers of*

endurance have not at all been diminished, but, on the contrary, increased. Of course they feel the loss of the stimulants afforded by it, and may, for a time, crave the filthy stuff; but like Daniel of old, they are fairer than previously, when they partook of the king's meat."

LOBELIA AND WATER EMETICS.—We have a score or more of communications on hand relating to points which have been raised by our discussion with Dr. Curtis, in all of which we would reply specifically if it were had room. We shall, however, meet all the objections from all quarters before we have done with the subject. But we make room for the following:

DR. TRALL: Dear Sir.—Your premises are that no substances act on the living tissue, but that all action is on the part of the living organism, and that all substances that cannot be assimilated into the system are inimical to it—that the action occasioned by the introduction of a *poison* (unassimilable) substance into the system is the effort of the system to expel said poison. This is admitted, but is it a necessary consequence that *any* *poison* cannot be given to have a remedial effect, *not* by the action of the medicines but by the action of the system? I do not lose sight of the fact that it is absurd to load the system with these poisons, but I wish to call to your mind this one thing: Water is given as an emetic by hydropathists, and others. The water is expelled *by the system*, which found it inimical to it—yet the water is an assimilable substance. Then why not give lobelia to "irritate" an action of the stomach? *The effect* is one and the same. And if such is the case with the stomach in vomiting, why not similar results in digestion, and in the action of the bowels, or any organ?

Suppose we answer one question by asking another. If lobelia is as good an emetic as water because the stomach will expel both, why not give tartar emetic or corrosive sublimate instead of lobelia, for these also are rejected by vomiting?

There is vast difference between inducing vomiting by the unusual quantity or temperature of an agent itself normal, or by an agent essentially poisonous. In the one the action ceases whenever the water is expelled, and no injurious consequences remain. In the other the lobelia, or tartar emetic, or corrosive sublimate, is expelled with great violence because of their physiological incompatibility, and this expulsive or defensive effort is attended with proportionate waste of vital power, and often followed by inflammation of the stomach, and sometimes, in the case of tartar emetic, by death itself.

We admit that poisons do induce remedial actions so far as "inviting" diseased action from one direction to another is concerned. The invitation, however, is like that of a rat who should get into your cellar and then invite the cat to cast or chase it out again. Rats don't do such suicidal things, nor do remedies.

We prefer water to lobelia for emetic purposes, not because the action is different, in kind, but because the effect is different.

CORRECTION.—Still another Richmond in the field. The following communication from Dr. Curtis' associate editor explains itself; the article referred to was so Curtis-ish we took it for granted that he was our knight:

CINCINNATI, April 23, 1856.

PROF. R. T. TRALL, M. D.:
Dear Sir.—The April number of the WATER-CURE JOURNAL has just reached me. In it I notice, under the head of "The Discussion," that you have copied and criticized an article which appeared in the February number of the *Physio-Medical Recorder*, in review of your little work upon the Alcohol controversy. You answer that article as if it had been written by Dr. Curtis. Permit me to call your attention to the fact that it was written by myself, as Editor of the *Recorder*, and that Dr. Curtis is not in any way responsible for the opinions here expressed, or the arguments used. All his contributions to my Journal will appear over

either his initials or his full name. The description of the remedy, *agui*, Indian turpentine, to which you make allusion, was also from the title of a Short Work with Dr. Trall's name. Your readers, you will much oblige.

Yours respectfully,
WM. H. COOK.

THE DISCUSSION.

DR. CURTIS TO DR. TRALL.

[The following was published in the *Physio-Medical Recorder*, for December, 1854, and is one of the "omitted" articles of which the reader has heard. It was there published under the title of "A Short Work with Dr. Trall's name."

In the third number of "Life Illustrated," Dr. Trall says: "Dr. Curtis says, medicines act on the body; I say they do not. No question can be more simple and direct than this."

Again, Dr. Trall says: "The important question, as you will say, is, *how* do they act; and this is the precise question I wish you to meet."

Here are two distinct propositions: Do medicines act; and, if so, *how* do they act on the human body. Dr. Trall will not deny—

1st. That every material substance has a chemical affinity for some other substance.

Thus oxygen has an affinity for metals, and combines with them to form oxides and acids; and acids have an affinity for oxides, and combine with them to form salts. Chlorine has an affinity for hydrogen; and the compound formed has an affinity for oxygen, and this compound for carbonic acid. So oxygen has an affinity for hydrogen, and this compound (water) is attracted and absorbed by alcohol.

The *how* they act on each other, is the drawing of each other together, atom to atom and element to element, and in definite proportions. Thus oxygen and potassium attract each other together, atom to atom; sulphuric acid and soda attract each other, compound element to compound element. This is the *how* they act; as may be demonstrated by chemical experiment. And, that they never cease to act in this *how* or manner, in any combination, is proved by the fact, that the superior acids will seize hold of, and decompose, the salts formed by the inferior acids whenever they have an opportunity; and the double elective affinities show that the inferior affinities are broken, not because they are annihilated, but because they are met by their superiors. They unite again as soon as they have opportunity. Now, it is known that tannin "acts" upon the animal tissue, and reduce it to leather. The *how* it acts, is the chemical attraction and neutralization of the nitrogen, so that it can no longer decompose the tissue, and also to extract the water of the composition and render it more and more astringent, as we have seen that this tannin loses nothing of its power by being applied to the living body.

Of course, when taken into the stomach or bowels, or any other animal tissue, its tendency is the same to act, chemically upon the tissue; but, because the vital force acts more powerfully upon the same tissue, the effect will be *stricter* only in a mere excitement of the tissue, or a momentary action. When the tissue is in full health, the tannin has power to contract it but little; but, when much debilitated, the tannin produces a greater effect. Thus, in health, a person may take a cup of strong astringent tea, and it will but slightly stricture the mucous membrane of his stomach or bowels; but, let him take it in a debilitated state of the tissue, as in case of salivation or diarrhea, and the effect is clearly manifest—but it is never sufficient to produce a destruction of vital action. Does the medicine change its chemical affinity or action because the tissue does its vital? Does it not *always* act on the tissue? and is not the *how* of its action to contract that tissue, to neutralize its elements or decomposition, and to preserve it from putrefaction (mortification)?

Again: alcohol absorbs the water from dead animal fibre, shrinks and hardens it and increases its cohesive attraction. It hardens the brain over the head (in a jar) does it not act to that end when the brain is in the skull of the living head? Does the presence of the living force in the brain destroy the tendency of the alcohol to condense the albumen of its tissue, any more than the presence of sulphuric acid, in sulphate of soda, annihilates the tendency of nitric acid to unite with the soda to form a nitrate? Is not the brain of the drunkard actually found to be hardened by alcohol?

On the other hand, the system of experiments which taught us that tartaric acid acts on mucous tissues, to render them more dense and check their secretions, has taught us, that "lobelia and nervaline" will produce, on them, the opposite effect, viz.: will relax their capillaries and promote their secretions; in increase more manifestly, but that they never destroy the tissue nor injure its function.

Lastly: sulphuric acid applied to the human tissue, acts on it to break its continuity. The *how* it acts is, chemically, by uniting with some parts and setting others free, thus destroying the vital continuity. Lastly, whether an astringent or relaxant is applied to living tissue, it partially, if not fully, accomplishes the object of its affinities. If those affinities are opposed, and strong enough to overcome the vital, they injure the tissue, and are called *poisons*. If they have not the power to overcome the vital affinity, in such cases, they are called *innoxious*; but, if their powers tend to aid the tissue, and to overcome its astringency, to stop diarrhoea—lobelia, nervaline, and warm water, to relax constricted fibres, open the secretants and promote the secretion—stimulate the system, and to aid all the vital tissues, and mingles to lubricate all the dry and rough sur-

faces, and render motion easy (and all this without injury to the tissue)—we call them *medicines*. If they furnish the matter on the basis of which the body is composed, as the force in which the body makes use of it, we call them *food*.

It sometimes we take into the body substances which have such an affinity for some parts of the human body as to deprive it of the power to respond to the normal efforts of the body without destroying its tissue. These we call narcotic poisons. There are some substances which, by being chemically decomposed, emit a gas that acts as a mechanical obstruction to vital action. These are called mechanical poisons, or obsoles to life.

Hence, we prove that all substances, when taken into the vital domain, act upon the tissue either chemically or mechanically; and the *how* is, precisely the same as that medicinally—for what is a medicinal action but one that restores a tissue from an abnormal to a normal state, and prepares it for the proper action of the vital force? I have now shown that "drugs" "act," and "how they act." *Q. E. D.* It now remains to separate food, medicines, and poisons—to cast away the third, and to use the first and second in their proper places and in their proper time.

Some of these "drugs," as bichloride of mercury, sulphate of zinc, tartrate of antimony, oil of croton, cantharides, &c., are able, when at rest upon the tissue, to decompose it; others, as acetate of lead, opium, &c., to arrest circulation and nervous action; and to produce lethargy and functional lesion of tissue; these, also, are "absolutely poisons." Other drugs, as the infusion of oak bark, hemlock, sunnash, ginger, catnip, cayenne, &c., though they, like the first, have power to excite the vital tissue to action, corresponding with their chemical nature or constitution, yet that constitution and affinity, as in bread, being favorable to vitality, the more or decrease the tissue nor perform its functions; but the lesser power the tissue has to arrest its functions, the more manifest is the aid they give it. Thus, when one is perfectly well, he may drink a cup of saccharine and he will feel no effect from it; but, when feverish, the caloric will warm him internally, the water will supply the want of fluids, and the sage will act as a "nerve" to loosen the tissue and allow the heat and moisture to escape and the blood to diffuse itself and equalize its distribution; and all these are "absolutely" medicines. And I think Dr. Trall will find it difficult to conceive any sensible and reflecting man that the caloric and the sage are poisonous, and the water alone is "hygienic."

As to my friend, Dr. Larson, an curious to know how the Doctor will set round this purely scientific argument. When he shall have attended to what I have already written, I will take the lawyer's privilege to give the closing argument.

DR. TRALL TO DR. CURTIS.

As the above article does not involve any principle I have not already replied to repeatedly, I shall have but little to say at this time, as it must, necessarily, be mere repetition.

There are yet three of your omitted articles, which I introduced in the recent number of the *Water-Cure Journal*, as far as room can be had, and then, I trust, we shall both come to the point, and finish up the "wordy controversy."

You seem disposed to carry your point by continual assertions. I cannot see that a given proposition is any stronger because it is repeated ten or ten thousand times in varying phrases. It is either true or false in the first presentation, and one illustration is as good as a million.

I have nothing to say exceptionally or adversely to Dr. Curtis' remarks on chemical affinities, nor as to his explanation of the *how* they act on each other. All this is irrelevant.

Nor do I deny that tannin acts on animal tissue to reduce it to leather; but I do say, as I have said before, that tannin never reduces a *living* skin to leather.

But when Dr. Curtis gets his tannin into the stomach of a living person, he finds something there besides chemical affinity, which he calls "vital force."

It is almost amusing to see what an idea Dr. Curtis, in common with the great bulk of the medical profession, has of this vital force. Dr. Curtis says of his tannin—"of course when taken into the stomach or bowels, or any other animal tissue, its tendency is the same, to act chemically on the tissue; but, because the vital force acts more powerfully upon the same tissue, the effect will be manifested only in a mere excitement of the vital force to an astringent action."

Here Dr. Curtis has placed a chemical agent on one side of the tissue, and the vital force on the other side, both having a disposition or tendency to act on the tissue, which is itself perfectly passive. But when and what is the action on the *how* of it? The tannin "binds" to act chemically, in the *real* action; but it is also bound in its *action*? It binds; but because the vital force *does* not, no tendency here but *real, actual* action on the tissue—*how* that? Why, the "effect" (where is the *action* now) is only manifested in an excitement of what? the tissue or the tannin? no, the vital

force! Why, why, my good Dr. Curtis, ain't your logic in a terrible snarl? Haven't you got your tannin acting on the vital force, instead of the tissue? You have got to a logical force something like Captain Maryatt's triangular end in which A aimed at B; B shot at C; and C fired into A, so each had an equal chance to kill or be killed.

You have your tannin "tendency"—aiming to act on the tissue, and the vital force acting on the tissue, and also on the effect of the tannin, that is acting on the astringent action.

Now, seriously, Doctor, this is perfect nonsense, not only physiologically and pathologically, but logically and metaphysically.

The simple truth (and truth is always simple) can be very plainly told.

Vital force never acts on its own living tissue; it is a property or part of the tissue, and always acts *with* it, but never *on* it. Hence there can be no triangular contest in the matter; nor any "two to one" quarrel as you intimate. The action is simple, by and between the tannin and the tissue. You might as well tell about the oxygen or carbon in the tannin and a property or component part of it, acting on the tannin or the tannin acting on its own oxygen or carbon, as to talk of tissue acting on vital force, or vital force acting on tissue, or what is still more absurd, if possible, vital force acting on an astringent action.

And now, if the action is narrowed down to tannin and tissue, the primary question is again before us. Which is it that acts? I say the tissue, you say both.

You propound again, "Is not the *how* of its action to contract that tissue?" How! *how!* the *how* doctor!

If I, standing at a respectable distance from a skitting horse, should point my finger at the animal, and be should resent the insult by kicking at me, would not the *how* of my finger cause the horse's leg to contract. Verily it would. But, don't you see the point—not of my finger, but of the argument? The kicking, the action was performed by the horse (tissue and vital force, acting together one and inseparable), and not by my finger. My finger did not act on the horse's leg.

Now, when your tannin gets into the stomach or bowels, the tissues resent it, kick at it, as it were, and contract to push it out, and the power on their feet copiously to wash it away, by means of which they become condensed, constricted, contracted, corrugated, puckered up. The same reasoning precisely applies to your alcohol, sulphuric acid, &c.

You say narcotics have such an affinity for some parts of the human body, as to deprive it of the power to respond to the normal effort of the vital force, without destroying its tissue.

This phraseology is, to my mind, all Dutch. I can't understand anything about it—of course my fault, not yours.

What is this vital force you talk so much about, as distinct from the tissue? Doctor, enlighten us. But I suspect you cannot, or at least will not tell us *what* part of the body it is that narcotics have this strange affinity for. For myself, I do not believe such a thing has an existence.

R. T. TRALL.

RESOLUTION.—There is nothing in man so potential for weal or woe as firmness of purpose. Resolution is almost omnipotent. Sheridan was at first timid and obliged to sit down in the midst of a speech. Convinced of and mortified at the cause of his failure, he said one day to a friend, "It is in me, and it shall come out." From that moment he rose and shone and triumphed in a consummate eloquence. Here was true moral courage. And it was well observed by a heathen moralist, that it is not because things are difficult that we dare not undertake them, but they appear difficult because we dare not undertake them. Be then bold in spirit. Indulge no doubts, for doubts are traitors. In the practical pursuit of our high aim, let us never lose sight of it in the slightest instance, for it is more by a disregard of small things than by open and flagrant offences that men come short of excellence. There is always a right and a wrong; and if you ever doubt, be sure you take not the wrong. Observe this rule, and every experience will be to you a means of advancement.

Whoever desires or hopes to be healthy and happy should be careful not to violate the physical and mental laws of his being.

To Correspondents.

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

A COMPLICATED MALADY.—R. G. C., Spring-water: "Please inform me, through your Journal, remedies for the following complaints: I am troubled with nervous rheumatism, in the neck. I have the following: palpitation of the heart, raising wind from my stomach, shortness of breath, a good deal of pain through my system, prolopsis of the womb, leucorrhoea, and piles. Much of my pain is in the left breast and sides. I have doctored much with allopathic physicians, and find no relief. Can you tell what my complaint is, and give the treatment?"

Your case is by no means uncommon, but its cure requires all the appliances of our system. The displacement also requires peculiar treatment; and hence you would do better at a good Water-Cure, for we fear you would not succeed satisfactorily by home-treatment.

SALT.—W. H., Columbus, Wis., inquires— "If the sentiments of the editor in writing the article on 'Salt' in the *Life Illustrated* of the 6th ult.?" To which we reply, we suppose the article referred to expressed the opinion of the writer, but as the writer was not a medical man, and "Life" is not a medical paper, said opinion cannot be regarded as in any sense official, oracular, or authoritative. Our opinions of salt have been frequently expressed in the *Water-Cure Journal*, where our correspondents are requested to look for answers to medical questions.

LADIES HAIR.—N. E. J., Hoover's Point, Ill.: "How should ladies wear their hair? Should they curl it? If so, how should those that are not naturally curly-haired wear it? I am dyspeptic; what should I do for it?"

The hair should be worn loose and flowing. The present fashion of plaiting and making the hair stand in a heap on the top of the head, is a prolific cause of nervousness and headache.—Tell us how the dyspepsia handles you, and we will tell you how to handle it.

ST. VITUS' DANCE.—T. A. A., Boston: "My daughter will be thirteen years old in a few days. She has been from home, attending school, for one year past; has enjoyed good health, and was taken suddenly with St. Vitus' Dance. She is continually in motion. What course of treatment would you advise?"

You will find some bad habit, or morbid condition, which you must correct. It may be constipation or some other obstruction.

INJURED BACK AND KNEE.—E. B. M., Battle Creek. Our opinion is, that all the drugs in the world will never cure you, and that you can get well much sooner without than with them; also, that it would be good economy for you to repair at once to a Water-Cure.

BARRENNESS.—R. G. We cannot advise in such cases as you describe, without a personal interview with one of the parties.

EARTHY MATTER, URUSSES, &c.—S. S. G.: "If you think it would be a public advantage to publish answers to the following questions in the *Water-Cure Journal*, you are requested to do so, provided you find it convenient."

"1st. In grinding corn, wheat, &c., with millstones, such as are in common use in this country, there must of necessity be more or less of the grit of the stones get into the meal or flour. Are there any proofs known that the health of people has been injured in consequence of eating such grit? 2d. If a person has millstone grit in his system, can it be extricated with the Electro-Chemical Baths? 3d. I have for several years been inclined to think that persons inoculated with kine-pox are, in some degree, partakers of the nature of the animal from which the inoculating matter was originally taken. Do you know of any fact which goes to uphold this sentiment? 4th. If I remember right, there have been cases in which persons having the hydrophobia have barked much like the dogs which bit them; is this an evidence that a small amount of 'beasty' matter introduced into the human system is capable of leaving the whole body? 5th. Do you think that a person who has quicksilver in the system would be more likely to 'catch cold' on being exposed to wet, &c., than one who would be under similar circumstances, with the exception of being free from mercury?"

We can have no doubt that some of the millstones are eaten with our food, and that is certainly injurious, although we can trace no connection with the specific disease. The Electro-Chemical Baths would facilitate the expulsion of all earthy or mineral matters. The kine-pox infection

no doubt partakes of the nature of the animal's blood and secretions, whether healthy or morbid. The "barking" of hydrophobic patients is doubtless a good deal exaggerated; but should they bark like the very mad dogs themselves, it does not prove that the patients have got the "beasty" nature of the animals, but the same disease that the beast had. Persons who have taken mercury so peculiarly liable to take cold.

DYSPEPSIA.—P. M., Montezuma, Ill.: "I have endured a great deal from pain in the head, and latterly, a burning sensation throughout the stomach and bowels. This burning has continued for several weeks, and is so great that I feel considerable uneasiness in reference to it. I have also occasionally some pain in the small of the back and region of the kidneys; great derangement of stomach. Please inform me what its disease, and your remedy."

Your disease is most clearly a very aggravated case of dyspepsia, and requires for its cure all the applications of our system. Study the whole chapter on Indigestion in the *Encyclopedia*. Bathe moderately and diet very carefully. What to eat, drink, and avoid, you will find in the book aforesaid. If you want the details of cooking, get the *Hypathic Cook Book*.

ACIDULATED WATER FOR BATHS.—E. L., Sparta, Wis.: "I wish to inquire something about the Electro-Chemical Baths vapor. Should the foot bath be acidulated—and if so, how much nitric acid to a gallon of water. I have tried the warm sitz and foot bath, applying the galvanic battery at the same time. I find it seems to work well, but I do not know how much acid to use, or whether to acidulate both sitz and foot bath, or whether vapor would be better. If you could answer through the *Journal*, you might perhaps enlighten many of your readers."

All these things depend something on the kind of disease you have, of which you say never a word.

NEURALGIA IN THE TOES.—G. D., Waupun, Wis.: "I have been troubled the last two years with pains in my toes, apparently in the bone; it leaves me a few days occasionally, and then returns again; it feels as if all the bones in my toes were broken. I have spoken to several doctors here about it, but they cannot tell me what it is; and I have looked all through the '*Water-Cure Journal*' for a remedy, but cannot find one. I have packed my feet in wet cloths (cold water) for several evenings, after work, but to no purpose. I am a painter by trade, and moderate in this respect. If you can inform me of a remedy through your '*Journal*,' I shall feel extremely obliged."

Very likely. Your system is more or less impregnated with minerals; so that the Electro-Chemical Baths would relieve you the soonest.

FOOD.—L. M., Amity, N. Y., asks a variety of questions in relation to various articles of food, for various persons in various states of health and disease, all of which are as variously answered in the *Cook Book*, to which the inquirer is respectfully referred. There are also various things worth knowing in that book, which you do ask about.

WORMS AND VERMIN.—E. C. S., Cherryfield, asks us if it is natural for the heads of children and the bodies and limbs of animals to be "infested" with vermin? Bah! no. Nature never infests anything nor anybody. Nature is naturally all right.

SALT AND INFLAMMATION.—C. E. D., Minnesota: "In conversation with a learned (or M.D.) he asserted that many of the secretions were saline, and, consequently, that salt, as an article of diet, was necessary. Your opinion as to soundness of both the premises is respectfully solicited.

"In inflammation—of a limb, for instance—is cold water or warm the proper application?" With regard to the salt, the conclusion does not follow from the premises. He might as well argue that we should eat iron with our bread and butter, because it is found in the blood; or put lime and phosphorus on our potatoes because they are found in our bones. Such gable is simply ridiculous when uttered by men who pretend to be learned.

In inflammation, apply either hot, warm, tepid, or cold water, according to the degree of heat attending it. The general rule is to apply that which is most agreeable to their sensations.

SEQULE OF MEASLES.—J. C. B., Bluff Springs, Miss.: "Please prescribe for a little boy that had the 'measle' about three years since. Had a 'rising' in his head, which broke, and has been running more or less ever since. Is now hard of hearing; possessed good hearing before he had the measles. Three of our 'regulars' have exhausted their skill in his case."

Wash him all over each morning on rising, in moderately

cold water, and give him one or two hip-baths daily, at about 80°, ten minutes each. Also keep him on a diet mainly of coarse bread and good fruit.

SLEEPING WITHOUT A PILLOW.—G. W. J., Yale College: "Please say in the *Journal*, is sleeping with the head unraised, &c., without pillow, a good and healthy practice? I have done so for three years with great 'pleasure.'"

Sleep on in peace and quiet, for the "way you have got" is perfectly healthy. Many persons are injured by too high bolsters and pillows.

PARALYSIS FROM MERCURY.—B. W. H. The Electro-Chemical Baths will probably do more towards recovery in the case you describe than anything else, and possibly effect a complete restoration. With regard to the "stiff hand" from a felon, we can only say, that in such cases the surgeon can often effect a cure by breaking up the adhesions which have formed as the result of inflammation. But he must have the patient in hand.

TEA AND COFFEE.—H. T., Dakota, Wis.: "Will you please to inform me, through the *Water-Cure Journal*, what amount of nutriment there is in a given amount of green tea, and also of coffee, when taken into the system without mixture with another article? I am of the opinion there is no nutriment at all in tea or coffee of itself, but merely a stimulant; and those that use it say that it contains nutritious qualities."

There is not a particle, nor a shadow of a particle of nutriment in either tea, coffee, rum, or tobacco.

MULTICADABRA.—"Your Subscriber" says:

"Please inform me, through the *Water-Cure Journal*—1. What is the cause of cuts and burrs leaving purple streaks? 2. And how are they cured? 3. What makes lips turn purple when in the cold but a short time, particularly in the fall and spring? 4. What is the remedy? 5. What is the cause of enlargement of the bone on the left side of the nose, and of eight or nine years' standing? 6. What is the remedy for it? 7. What is the cause of a white spot growing out of the tip of the nose? 8. It is separated from the gum, with the exception of the root or inner side of it and has been coming rising fifteen years, and is the size of a very small pea, but no particular pain with it but have had increased teeth. 9. What is the remedy? 10. What will cure acid and inflamed gums? 11. Is Mrs. S. A. Allen's World's Hair Restorative and Zythobalan poisonous? 12. Is this plant (named) what is called Life Everlasting? 13. Is it poisonous? 14. What will cure worms in the face, or something similar to them?"

We publish the above as a "frightful example" of the way we are frequently bored with senseless and ridiculous questions.

To answer these understandingly to a person who has not studied the subjects at all, would be to write a book; and as the information is already in published books, we respectfully invite our subscriber, who evidently has a thirst for knowledge, to invest a few shillings in their purchase, and a few days or weeks in their study. It will pay a hundred fold.

PROPHYLACTIC DRUGS.—N. W., Fairview, Ky.: "Will assafoetida, sulphur, or any of these strong-scented articles, prevent diseases such as are contagious? It has been taught that the above-named articles prevent itch, scurvy, gonorrhoea, &c., by wearing about the neck, &c., to my part, I have no faith in it, although the majority recommend it. I have been reading the *Water-Cure* books, and have been thinking for myself. I have never seen your opinion expressed on a subject of the above kind." "2d. There are two of our allopathic doctors sick in this place—in fact there is but one well one here. One of them was taken with a violent cold—a very bad cough, and he would not take any of his drugs; he says he will die first. It seems he has lost confidence in them. The other says he has no neuralgia, and he takes drugs. What is the best remedy?"

The preventive efficacy of rank-scented drugs, and stinkings things generally, exist only in the imagination of superstitious or ignorant persons. Neuralgia must be treated in reference to the causes and condition of the patient, on which you give us no information.

EFFECTS OF CALOMEL.—J. D., Downsville, N. Y.: "A year ago my wife was sick in inflammation, when I called in a regular doctor, who gave her a great quantity calomel; ever since then she has been very much troubled with a pain in her left side, opposite the small of the back, whenever she makes any unusual effort to reach out her hand for anything, or give her hand a twist about it; that is the part affected, but feels as if something would break or give way, with an acute pain. She has applied fire and mustard blisters, and leeches, but has got no relief from either; but since I took the *Water-Cure Journal* she

has taken a bath frequently, and does apply the wet girle frequently also, she has felt much better since; but they don't remove it. She is likewise very much troubled with an unusual quantity of saliva in her mouth whenever she catches a slight cold, or whenever the weather has a tendency to damp. Please to let me know what she had better do to get rid of these complaints, through your most excellent Journal.

Give her the *crème* wet sheet pack one or twice a week; and the tepid bip-bath daily, and a very plain, opening diet.

CHRONO-THERMALISM.—L. R., "Out West."
"Will you please answer a few questions through your Journal?"

"1st. What is 'chronothermalism'?"

"2d. Is such a medicine very injurious, or as much so as allopathy?"

"We have a medicine in this State, which I think came from your city, stamped with the above name. It almost invariably cures or breaks up the 'ague and fever,' and bilious fever. If people will take calomel, quinine, cholagogue, and every other cog, is it not preferable to the last-named drugs?"

Chrono-thermalism (*chronos*—time, and *thermos*—temperature) means time and temperature. We don't know what *remedies* the quacks may sell under that name, but the thing itself is good—admirable, and better for ague and fever than all the gogs and magogs in creation.

As in this case there is an extensive business in the sale of "Graefenberg Medicines," which, if not fraudulently named, ought to be composed entirely of *Water-Cure!*

DYSPEPSIA.—W. H. S., Hawleyville, Conn.:
"My complaint was called 'dyspepsia, attended with chronic diarrhoea,' by Drs. Shew and May, at whose Cures I was treated one month last fall, since when I have carried on the treatment at home as follows: Towel-bath in morning; sitz-bath, at 7^o, fifteen minutes, at four o'clock; wear the wet girle through the day; I live exclusively on fruit and vegetables, with a little milk; use no spices whatever; drink nothing but water; eat at precisely the same hours; and exercise great regularity in all my habits."

"Am I doing right? Have already improved very much. I wish to know how much I may exercise—work—and not injure me? I work at gardening for exercise. Does it matter how tired I become at night, providing I do not feel it the next morning?"

"When I exercise rapidly awhile, I become all gone, as it were; my nerves seem unstrung, and hands tremble. Is this what I have to do?"

"Can unleavened bread (unlike leavened) be healthy, unless light and porous? I have taken much pains to work it out, and am sure it is better than white, to get all the air into it possible, but yet it will be sold."

You are doing right. Exercise all you can without fatigue, but never so violently as to occasion agitation or trembling. Unleavened bread is not intended to be light and porous, like that which is raised or fermented. Its greater solidity is one of its best qualities, because it ensures due mastication.

DISEASED LUNGS AND LIVER.—D. B. A., "Will Dr. Trall please inform me, through the Water-Cure Journal, if it is possible for a person's lungs are diseased when they do not lose flesh?" I am troubled with shortness of breath on using any extra exertion, such as walking up hill fast, or running, also a great deal of soreness across my lungs. Belong to a consumptive family, on my father's side, and have had lung complaint, sometimes thought to be in a decline. Do not have colds more than once a year, and not always as often; but *always* have a cough. Sometimes will not cough but feel together, some times thought to be in a next day cough a great deal. Seldom raise anything; have a few times, after a very severe fit of coughing, raised something that looked like a bone, often full of holes. Whenever raised that, have been almost *killed* when it came up, and not got over the *feeling* for a great while. Am not sick; do lots of work, and take no extra care of self, except to wash every morning from head to foot in cold water, and have plenty of fresh air; but would like to know why it is that I am so troubled for breath, when air is so plenty; and why a walk, when the wind blows cold, makes my lungs so sore?"

Your lungs may be diseased, and it is certain that your liver is. No doubt its enlargement is the cause of your difficulty in breathing, and if not remedied may eventuate in consumption.

FRECKLES AND HAIR.—A. N. C., Dexter, Me.:
"Will you be kind as to inform me, through your Journal, if there is any way for removing freckles from the skin, and how it may be done?"

The best way to manage freckles is to rise early, take a bath, then a walk, provided you have *no work* as a substitute; then rest a few minutes, then take a light breakfast of unleavened bread and good apples. Castor oil is not good for the hair; nor is any oleaginous application.

RHEUMATISM AND LIVER COMPLAINT.—M. T., Northfield, Ohio.: "I have been troubled for some three

months with what I supposed to be rheumatism at first. I have now concluded the trouble is a very bad state of the liver. Symptoms: severe pain in the left hip for a few days, then abated; severe pain in the right shoulder, hardly able to sit; applied warm, followed by cold water douches, shoulder relieved. Pain returned to the hip, which is very sore and lame at present; very weak through the small of my back, hardly able to stoop over and raise up again; tightness across the chest, with some sores; difficult breathing; throat sore at one time, not troubled me of late; cough comes in in morning; have been troubled with hoarseness and roughness of the throat all winter; have taken a sitz bath twice a day, followed with a towel wash morning and evening; have worn the chest wrapper or compress nearly all the winter; have been troubled with strong appetite; have tried, but cannot adopt, the starvation diet. Please inform me, if consistent, through the Water-Cure Journal, whether I am right as to the disease, and whether I am doing the best I can, and oblige your friend."

Your general plan of management is good. But as there is an evident tendency to disease of the lungs, you should expand them as much as possible. Frequent, yet moderate calisthenic exercises, are very important.

LIFE IN THE MIDDLE, SOUTH WENTHAM: "What is the cause of nervousness and the cure?"

This depends upon "who you are," and "how long you've been so." But when the use of tobacco is acknowledged, the guilt is evident. The other symptoms are evidences of Dyspepsia. The total abjuration of tobacco is necessary before a cure can be effected of either of them. Then a healthful diet and habits would complete what was so auspiciously begun.

CONSTIPATION, &c.—W. F. H., Minnesota:
"What course of treatment would you recommend to a person who has had a constipated habit for five or six years; has been troubled with the salt rheum, more or less, from infancy; is subject to chilliness and cold extremities; pulsates to 90; age twenty-seven?"

"Are Water-Cure establishments equally beneficial in winter as in summer?"

"What ones could you recommend, where the terms are such that they would be available by those whose means are limited?"

Moderate bathing, coarse, plain food, and that mainly of unrefined bread and fruits, with proper gymnastic exercises to act on abdominal muscles and respiratory systems. "What course of treatment would you recommend to a person who has had a constipated habit for five or six years; has been troubled with the salt rheum, more or less, from infancy; is subject to chilliness and cold extremities; pulsates to 90; age twenty-seven?"

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VACCINATION.—J. D. E., Boston.—"Will the Editors of the 'Water-Cure Journal' be kind enough to give their opinion of Vaccination, through their paper, and oblige many readers in this vicinity?"

We regard it as a choice of evils. It is of itself an evil, yet may prevent a greater. To most of persons who live the ordinary way, Vaccination would be a less evil than Small-pox the natural way. But those whose habits of life are unusually healthful, we would recommend to let the small-pox come if it can and do the worst it can. We do not vaccinate our children.

THE BEST WATER-CURE.—G. M. N., Florida.—"Which is the best Water-Cure Establishment in the United States; would you recommend to me, ignorant as I am of the merits of all, and resolved to begin treatment in the Summer?"

We couldn't answer such questions if we would, and wouldn't if we could. We will answer any questions in relation to any one of them; but to sit in judgment on their comparative merits is not our province. If the inquirer will tell us what all you, we will tell you where is a good place, or where are good places to get well; but further, this dependeth saith not.

DR. BANNING'S BODY BRACE.—S. H. J., Port Deposit, Md.—"Please send me Dr. Walls' opinion of Dr. Banning's Body Brace in chronic diseases, when a person has been long afflicted with constipation, and perhaps the lungs are affected too; he has a weak back; also, what is the price, and if you could and would, send me one, &c."

We are continually asked to express our "sentiments" in relation to somebody's nostrum, Cordial, Invigorator, Depilatory, Hair Restorer, Worm Killer, "Abominable Supporter," &c., &c., to which, we reply, as always, that we repudiate all such stuff, but have no opinion to give about any individual's goods, wares, or merchandise. That matter is between the proprietor and the customer. Ask us what will be best cure such an ailment as you describe and we will try to tell you. Therein is our vocation.

CATARH AND DYSPEPSIA.—Mrs. M. J., Hartford, Conn.—"I would like to be informed through the Journal the cause and cure of a few ailments to which I am subject. I have had catarrh for ten or twelve years. (It may be hereditary, my father being similarly affected,) my eyes are weak, and the eyeballs blood-shot. I am also troubled with flatulency, scidism attended with pain, but with frequent ringing of wind. I sometimes when agitated, feel dull pain in my left side. My complexion is sallow, with dark spots on my forehead; my diet is chiefly bread, milk, butter, rice, eggs, fruit, and vegetables. I live in a warm weather, and two or three times a week in cold. Please state what means are necessary to remove the above-mentioned evils and I will be ever grateful."

Treat your case as recommended under the head of Catarrh and Liver Complaint, Encyclopaedia. You will need the Cook Book, which can be had at Fowler & Wells, 308 Broadway.

J. A. M.—The Water-Cure Library is composed of the following works, substantially bound in seven large 12mo volumes:

Introduction to the Water-Cure; System of Hydropathy; Experience in the Water-Cure; the Cholera and Bowel Diseases; Water and Vegetable Diet; The Parents' Guide; Tobacco—its Nature and Effects; Curiosities of Common Water; Water-Cure Manual; Water-Cure in every Disease, and in Pregnancy; Hydropathy for the People; Errors in the Water-Cure; Water-Cure in Consumption, &c., etc.

These works complete, in uniform binding, suitable for the library, may be had for \$6. Every family should have a copy. Address FOWLER & WELLS, 308 Broadway, N. Y.

IS SHE OUT OF HER SPHERE?—Miss Catharine Beecher recently delivered a lecture in Cincinnati to the teachers of common schools in that city. Miss Beecher is of a pure orthodox stock—was reared and trained in New England—is known to be the most conservative of the family. Is she, as a lady, out of her place?—*Fountain City Herald.*

[We think not. Miss Beecher has been a public school-teacher for many years. She has written numerous books, has been engaged in great educational enterprises; and we can see no impropriety in her lecturing to teachers or pupils. Her great experience in teaching enables her to teach most teachers. We vote for the lecture.]

Business.

THE SUEW MOVEMENT.—The proposition to erect a suitable monument in Greenwood Cemetery, to the memory of the late Dr. JOEL SUEW, meets with marked favor. His numerous friends throughout the country, will each be glad to contribute something. Responses warm and earnest begin to reach us. We quote the following from a correspondent connected with one of the most popular Water-Cure establishments in the country—an indication of a general feeling on the subject:—"I am going to get every Water-Cure sent in G—H—to give something for THE SUEW MOVEMENT, if it is not more than a sixpence. I shall send you \$20—a fifth part of \$1000—and when we fill up, by-and-by, we will send more, if possible."

[Full particulars in regard to this were given on page 73 April No. of the Water-Cure Journal. We now give—in advertisement—the plan and objects of the SUEW MOVEMENT ASSOCIATION.—EWS.]

KINESIOPATHY, OR THE SWEDISH MOVEMENT CURE.

—We are authorized to state that Dr. TA'LOV has secured for his Hydropathic establishment the services of Dr. DONOVAN, M.A., Ph. D., late of London, an experienced practitioner of Kinesiopathy, a science which has received the advocacy of many leading European Physicians, and for the application of which, as an independent therapeutic agent for the cure of a large class of diseases, establishments have been founded under Government sanction and assistance in Stockholm, Vienna, and St. Petersburg, and which cannot fail to operate as a very valuable, and we may add indispensable adjunct to the water-cure system. We can promise our readers a series of articles on Kinesiopathy in the succeeding numbers of this Journal, from the pen of Dr. DONOVAN.

A NEW MARKET.—Mr. A. L. Stimson, Express Agent, has opened a new and commodious Family Market, with fourteen stalls, in Franklin street, at the head of Varick. A general assortment of staples will be kept on hand, fresh from the country, and sold at fair prices. Mr. Stimson will receive consignments and sell on commission all sorts of produce which may be sent him. See his advertisement.

A GREAT PUMP.—Mr. West read a letter from Harvey W. Vail, Islip, L. I., stating that he is using one of Warner's Pumps by wind power, by which he fills a reservoir that supplies his farmstead with water. The advantage of the Pump is its cheapness (\$18 to \$25) and durability, and adaptability to wells of any depth. The pump is so constructed that it serves as an air-chamber. It is also free from the difficulty of freezing. Mr. West also submitted a plan of a pump of his own invention. Mr. West recommends these pumps and wind-mills to irrigate lands. He also recommended a double acting water ram of his invention that is much more effectual in throwing water, and more simple in its operations. He thinks it will throw fifty per cent. more water than the other water rams now in use. Several other gentlemen recommended this pump highly. A gentleman from Long Island said he had one in a well forty-two feet deep, with which he could throw a barrel of water a minute over a two-story house, operating it by hand.—*N. Y. Tribune.*
[Orders for this Pump may be sent to FOWLER AND WELLS, 908 Broadway, New York.]

THE FAMILY INTELLIGENCER, Savannah, Mo., gives the following appreciative recommendation of our JOURNALS:

"Physical purity, or health, must precede intellectual and moral purity. But both may and should progress together. To aid in acquiring these most desirable ends, there are many appropriate publications which we take great pleasure in furnishing those with who desire to avail themselves of such useful helps. As physical health is the basis of all human improvement, we first notice those publications devoted to the *luxus of life*, and their application in every-day life. Among these the Phrenological and Water-Cure Journals stand pre-eminent. Their value is inestimable to those who wish to live naturally and consequently healthily and happily."

Literary Notices.

MITCHELL'S NEW NATIONAL MAP. Exhibiting the United States, the British North American Provinces, the Sandwich Islands, Mexico, Central America, Cuba, and other West India Islands. Sold exclusively by Agents.

During the past thirty years Mr. Mitchell has engaged extensively in map publishing, and by producing this work has rendered an invaluable service to the community. The lettering is very clear and distinct, clearer than on any other United States map. It is executed on metallic plates in the best style of engraving. The railroads are all marked out distinctly, and a good illustration is given of the shoals in the vicinity of the West Indies. It also gives information of the explorations through the Western territories, the route of Dr. Kane, and a map of the Sandwich Islands.

The routes on the isthmuses of Panama and Tehantopee, and the projected railroad from Vera Cruz to Acapulco, across Mexico and the boundaries of the Masquito territory, Nicaragua, and Costa Rica, are all laid down with much care. The steamer routes from New Orleans and New York to Mexico, the lines projected for railways to the Pacific, the Gadsden boundary line, all the new territories, Utah, Oregon, Nebraska, Kansas, Washington, etc., are all laid out with the utmost care and precision. The population of each county in the United States, with the name of the country towns, are given also—the length of rivers, heights of mountains, etc.

We take pleasure in commending so valuable a work, and feel sure that it will be found exceedingly useful to all business men.—*Life Illustrated.*

SIGHT AND HEARING, how preserved, and how lost. By Henry J. Clark, M.D. Pp. 351, Price \$1. New York: Published by C. Scribner.

As its title imports, this is a book more especially contemplating the Hygiene, than the Pathology or Therapeutics of the organs and functions of sight and hearing. The causes and circumstances which impair the organs, induce functional and structural diseases, and prematurely waste their powers, are described with general accuracy and great minuteness.

There is, however, much valuable information scattered through the work, respecting the management of their various diseases and infirmities; whilst many injurious modes of tampering with eyes and ear instruments, applications and medicines are justly exposed and condemned. We have for a long time considered that a host of harsh pungent, caustic and irritating drugs, usually applied to some weak and inflamed eyes, was the cause of more mischief than good, and we are happy to find that Dr. Clark recommends but few of them, and those with significant precautions. The plan of the book is popular and the style quite readable.

Miscellany.

(From the Scalpel.)

LETTER FROM A PERIPLATIC IN SEARCH OF "A RIDE" AM I A REGULAR PHYSICIAN?

HERE I am in the goodly State of New Jersey, with the intention of trying my *luck* in my chosen profession, to the extent of preserving the lives of myself and my family, and of warding off that most terrible form of gastritis, which is the result of the absence of the requisite amount of food to ensure the preservation of its physiological condition.

I am told that none but those of the "Regular Profession," can by law enforce the payment of their professional fees, and I shall certainly wish to ensure that honorarium, even if I secure its honorable payment I am obliged to bring the honest objector thereto before his honor the magistrate; and hence the importance of the query, "Am I a Regular Physician?"

In support of the affirmative of this proposition, I will state my case. I am able to prove that I entered my name at the office of a "Regular Practitioner," as a student, in the autumn of 183—, although I did not present my person

there, with the intent to study these old tomes, until I had taught, the four following months, in a district school some miles from the office of my Preceptor (whilst his precepts were, I may tell you hereafter), and had so indulged myself in a holiday of six weeks' duration, to recover from the severe labor and exhaustion of my pedagogical career.

In the early days of the lovely month of May, behold me seated in the leather-cushioned arm-chair, with my feet upon the table in the centre of the office, intently looking over the pages of a new edition of the Dublin Dissector, which the doctor had considerably purchased for me, and which he put into my hand, and with a slight twinkle of his eye, but with great gravity, as he remarked, "When you have learned that, I will give you another work to study." That day was passed with great satisfaction to myself, for the Preceptor twice called me Doctor, and each time when people were present; and ere night I could repeat the words *ginglymistic, ginglymistic*, and a lot of other gingles which I forgot before morning, and which I could never make *stay* remembered, up to the present day, or of the value of their recollection have I ever been made aware.

Thus I went on with unabated industry and perseverance for four long weeks, repeating each day the lessons I had learned the day before, and forgetting each day the one I had learned two days previously. When the warm days of June arrived, I discovered that the powers of my nervous system were suffering from my close application, and that the contents of my purse would not suffice to pay my board and washing bill; so for the good of my health I went to the hayfield, and soon enjoyed the happy consciousness that I was not only earning, but receiving a dollar per day, and my board; and I could, as soon as the pain in my back and hands would allow, enjoy a slumber unbroken by the gingslings of dry bones or strangely-fashioned joints, until I was roused in the morning to resume the labors of the day. Until after the autumnal harvest had passed, I chose to continue in the fields, for, although my pride was titillated by being called "Doctor," I sadly desired to again address myself to the dry and disgusting subjects contained in the Dissector, and in the private closets of the office. But autumn came, and with it came the dry bones and the technology of the doctors, and ere I left the office of the doctor for the office of the village school-teacher, I had surely learned the meaning of a dozen long words, could tell the difference between a thigh bone and a rib, was called Doctor by one-half the people of the village, and of course considered that I had made commendable progress in my studies.

At the close of my school, I packed up my clothing, and with a dozen books from the library of my Preceptor, [which, by the way, left his "library" walls very bare,] and a "promise to pay," I went to the Medical College, obtained "the tickets of all the Faculty," and commenced "taking lectures." I know I heard every word the learned Professors uttered, and I know I sat eight mortal hours, listening first to a dissertation on "Pathology," or on "Theory and Practice," or "Surgery," or "Medical Jurisprudence," or "Obstetrics," or "Materia Medica," or some other subject I had never previously heard of, or at least had never comprehended "Chemistry" and "Botany" were not such unknown mysteries, for I had made gas by burning butter-nut meats in the bowl of a tobacco-pipe, and I knew by sight the difference between a pig-weld and a mullen; but I am sure that those eight lectures a day, for five days in the week, did not add much to my stock of positive or definite knowledge; still that was the way to become a regular doctor, and a regular doctor I determined to be.

On my return home, if I had no new ideas in my head, I had a new appearance externally, for my hair fell down my back half way to my waist, and my chin was adorned with a goatee, the growth of four months' careful culture; therefore, it was admitted by all, I was fully prepared to bleed, extract teeth, spread blister plasters, and have the charge of slight cases of sickness among the poorer classes; and even the overseer of the town's poor, so far recognized me as a member of the honorable profession, as to offer me the sum of ten dollars a year to take charge of the pauper sick. In a population of about two thousand five hundred; and as I asked two dollars to employ the whole of the week, and wealthiest physician in the place, at the same price; as he said it would seem more respectable.

Thus passed the first year of my professional career. The spring of the second year was mostly devoted to testing

from my previous labors, and to the enjoyment of the hands to my name, which it seems had then become unalterably fixed. During the summer, I labored outside of the office occasionally, but seldom within it, for I had voted study a home, and spoke loudly of the value of oral lectures, and the advantages of hospital practice, which I expected soon to enjoy. In the autumn, through the representation of a friend that I was the son of a clergyman, I obtained the tickets of one of the New York Medical Colleges, gratuitously, and the winter was passed as it usually is by medical students; and once a week I made one of the Integers of the tale of hundreds which the Professor carried with him, like the tail of a comet, when he passed through the wards of the hospital. During the first three weeks I did not get a glimpse of the patient who was the subject of the clinical remarks, but as I heard none of those remarks, I probably lost nothing; but, after a time, I was more fortunate, and in several instances I stood nearly by the bedside, and heard all that the teacher said; but as I gathered no clear idea of the past, the present, or the probable future of the case, I cannot say that I was greatly instructed by the opportunity. During the winter I saw lots of "city practice," but that practice was not of the medical profession, I also saw any amount of surgical cases, and surgical operations, many of which the students were exceedingly grateful for, as they had no doubt they were performed solely for their gratification. On my return to the old office, I felt that I had regularly progressed so far that I ought to be entrusted with the gravest cases; and the more critical the better; but when I was called upon to prescribe, although I could write a prescription, I could not distinguish between salts or soda. However, I made but few mistakes that were discovered, and when the dose was found many times too large, the error was ascribed to my zeal and desire to benefit the patient immediately.

Another season passed as the former one, and on again visiting the city, all decided I was too good a fellow to pore over the dusty books; and by dint of attending the hospital practice and the college clinics, I managed to graduate "with distinguished honor," and with such a guarantee, I had no doubt I was a regular member of the honorable profession. How I have been led to suspect myself and my teachers of error in that regard, I will narrate in my next.

Most truly yours,

M. D.

HAIRS VS. WORMS.

To the Editor of the WATER-CURE JOURNAL.—Seeing an article in your May number upon the production of worms, which iterates an ancient theory, I thought to look a little on the subject, and find in Browne's Trichologia, the following:

"Hair that has been separated from the body of the animal never acquires a distinct life. It has been supposed that a hair, laid for some time in a pool or stream of water, is transformed into a worm; but this is a popular error. It will appear to be animated; but that is owing to animalcules with which it becomes invested. There is an anecdote called the *Hair-worm* which is found in stagnant pools, and this name has probably aided in propagating this error. Such a transmigration as a hair of a mammal into a worm, which belongs to another class of animals, is unnatural, and should not obtain credence except upon positive testimony."

In the Life and Correspondence of Robert Southey, p. 226, is a letter from him to Dr. Sonthey, dated "Keswick, June 6th, 1813," in which he says:

"MY DEAR HARRY.—Do you want to make your fortune in the philosophical world? If so, you may thank Owen Lloyd for the happiest opportunity that was ever put into an aspirant's hands. You must have heard the vulgar notion, that a horse-hair, plucked out by the root and put into water, becomes alive in a few days. The boys at Bratby repeatedly told their mother it was true—that they had tried it themselves, and seen it tried. Her reply was, show it me, and I will believe it! While we were there, last week, in came Owen with two of these creatures in a bottle. Wordsworth was there; and to our utter and unutterable astonishment did the boys, to convince us that these long, thin black worms, were of their own manufacture by the old rector, lay hold of them by the middle, while they withdrew like eels, and stripping them with their nails, down each side, actually lay bare the horse-hair in the middle, which seemed to serve as the back-bone of the creature or the substratum of the living matter which had collected around it.

"Wordsworth and I should both have supposed that it was a collection of animalcules round the hair, which, however, would only be changing the nature of the wonder, if we could, in any way, have accounted for the motion upon this theory; but the motion was that of a snake. We could perceive no head, but something very like the root of the hair; and for want of glasses could distinguish no parts. The creature, or whatever else you may please to call it, is black or dark brown, and about the girth of a fiddle-string. As soon as you have read this, draw upon your horse's mane and tail for half a dozen hairs; be sure that they have roots to them; bottle them separately in water, and when they are alive and kicking, call in Gooch, and make the fact known to the philosophical world. Never in my life was I so astonished at seeing, what even in the act of seeing I could scarcely believe, and now almost doubt. If you verify the experiment, as Owen and all his brethren will swear must be the case, you will be able to throw some light upon the origin of your friend the tape-worm, and his diabolical faculty."

"No doubt you will laugh and disbelieve this, and half suspect that I am jesting. But, indeed, I have only told you the fact as it occurred; and you will at once see its whole importance in philosophy, and the use which you and Gooch may derive from it, coming forth with a series of experiments, and with such deductions as your gray-hound sight and beagle scent will soon start and pursue."

"And if the horse's hair succeeds, Sir Domine, by parallel reasoning, you know, try one of your own. R. S."

"As we hear no more of the matter it is but fair to presume the experiment did not succeed."

We occasionally hear of animals that are liable to the introduction of hairs into their stomachs from licking themselves, expelling them in the shape of compact balls, but it yet remains to be proved that hairs are changed in any of the digestive organs, into worms. C.

LETTERS FROM THE COUNTRY.—[We have received the following letter from an old correspondent in Pennsylvania, and hope to hear from him again.]

DEAR JOURNAL.—When we were both some years younger we made and continued, for a short time, a pleasant acquaintance. Semi-occasionally we spoke through your columns; but a silence has come over us, and other pursuits have ousted you. Nevertheless, we think of you often and fondly, and some of these days shall renew the connection, either with yourself or some of the family. We confess to a liking for your youngest sister, *Life Illustrated*. She is a neat and tidy maiden, lively and gossiping; yet having withal a most sober presence. Should we, perchance, prefer her, we pray that no offence may be taken.

But at the present time our business is not with her. The occasion suits more particularly our old friend the WATER-CURE JOURNAL.

We rejoice to say to you, that your principles are rapidly extending themselves. Everybody who has given the subject even casual study, has come to a favorable conclusion. In our own case we have had several cuts, scalds and bruises, more or less severe, which we treated with cold water alone. Colds, fevers, and incipient agues, as we believe, have yielded to the potent will of water; administered, mayhap, after a somewhat unscientific fashion, but yet with complete success.

We are often gratified to observe the very great difference in allopathic practice, as we have it now, and as it was even ten years ago. Then the doors were closed, the windows down, the curtains drawn, and not a breath of fresh pure air, admitted to the sick room of the languishing patient. Not a drop of water was ever permitted to cool his parched tongue, or lave his burning limbs, or bathe his brain, delirious with fever. He suffered the very torments of the damned; and the old fogey physician stood by, immovable in his wisdom, and day after day ordered the inhuman punishment to be continued. Continued it was, till death extinguished the sufferer.

Everything around the sick man was as sober and solemn as a funeral. Nothing to raise the spirits but everything to depress them. How ever anybody got well under the system is a miracle. In very many cases they did not even amuse the patient, while nature cured the disease; they actually threw obstacles in the way.

We are glad to observe, however, that although this is not reformed altogether, it is, nevertheless, somewhat reformed, and sick men have several chances of recovering aided to those of former years.

What a glorious thing is *water-cure*. Now, while I write, all nature, about this country, is taking a magnificent shower bath. It has been raining all day—one of your good old-fashioned rains; washing off the impurities which the last four or five months left on the slowly melting snow, and which it left on the earth, to send up in the warming sun unhealthily vapors. But thank God! a water-cure process is purifying the surface of the earth, rendering it fruitful, healthful, and beautiful.

Is it not a blessed thing, also, that the same process regularly applied to men and women, will have the same effect on them?

God never intended his rational or irrational creatures, his animate or inanimate creation, to use as a beverage anything else than pure water. See how the thirsty earth drinks up the refreshing rain—think you that God did not prepare for all things that which was best for them? Who shall call Him unwise, or say that his plans have failed in aught? While, therefore, He waters the earth with most refreshing showers, do you continue to spread among the people that knowledge which will enable them to make the best use of the common gifts of a beneficent Creator. &c. &c. &c.

CASE IN SURGERY.—A young man, nineteen years of age, employed in drawing clay for a pottery, while in the clay pit, in the act of taking up a shovel full of clay, was crushed beneath a mass of the overhanging bank which fell upon him from a distance of some ten feet. The bank was a hard baked clay, and the mass that fell weighed, as near as could be calculated, about two tons, breaking in two pieces as it struck the young man, thereby leaving an aperture for the admission of air, otherwise he must have suffocated ere he could have been extricated. His sufferings it would be impossible to describe. Every breath was accompanied not with a groan, but a shriek of agony most heart-rending. In this condition he was carried nearly three miles to his father's house. I was called immediately. On examining the body I found a condition of things, the like of which, I never saw before, nor wish to see again. Although the skin was not much broken, and the bones not fractured or dislocated, ligaments were torn asunder, muscles strained and separated from the fibrous tracts that bound them, and lay loose and flabby, their contractibility lost. All the viscera of the abdomen and thorax were more or less injured. The kidneys and the spine probably sustained the greatest injury, passing blood at every urinary discharge. Flexion of the legs was impossible. Such was the condition in which I found him. I hardly knew where or how to go to work. But after getting the back and limbs adjusted properly, and placing the patient in a position to work with the greatest convenience, he was enveloped in a wet sheet, kept moderately warm, and so arranged as to change, when necessary, without moving the patient any more than possible. This I found to work exceedingly well. Whenever the sheet would be removed only for an instant the pain would increase. But water thus administered, together with a free use internally, proved the best any one I have ever found, beside possessing far greater curative properties than salves or ointments. On my second visit I found him much better than I expected. Still suffering greatly, but at every change of the sheet would fall asleep. I was astonished and proud of the result. His recovery was rapid. In three weeks he was riding out, and in four weeks was able to attend to business. The usual form and concept was felt and manifested among the old fogies, who declared that we had have stolen their weapons to have effected so wonderful a cure in so short a time. But I denied the charge and asked them to produce a parallel. Yours truly,

H. E. BOWLES, M.D.

Picton, C. W., April 4, 1856.

STRANGE CONDUCT.—Dr. R. Hills, Editor of the Medical Conscience, published at Columbus, Ohio, has been appointed Superintendent of the Ohio Lunatic Asylum, located in that City. We congratulate not only the Doctor on the appointment, but the State at large, in having secured the services of a man we believe so well fitted for the situation. We learn from the Delaware Gazette, that it is the Doctor's intention to make a two months' tour among the asylums of the Eastern and Middle States before entering upon the duties of his office. It has been the custom of his predecessors to make such a tour after having been inducted into office, at the expense of the State, but he will make the trip at his own expense. That may be well

enough, when considered by the rule of rectitude; but really Doctor we fear our office holders, if they hear of it, will think you better fitted for a patient than a Superintendent. Have you an idea you will be supported in such a course? In it is an innovation of old customs, and an implication that those officers who, like S—, take the public funds for private uses, are not acting honestly? We hope you have considered the matter well, for it is not easy to combat such a host even with right on your side. Having commenced in the reform track, may we not hope you will take reason for your guide in the prosecution of your duties, rather than be governed by precedents, because they are such? Throw aside the doctrines of the Schools, and treat the unfortunate who may be placed under your care with Nature's own restorer, PURE WATER.

MESSRS. FOWLER AND WELLS.—In an article in the May number of the Water-Cure Journal, it is plainly intimated, that ladies in qualifying themselves to teach the laws of health, and to cure diseases, necessarily sacrifice a large portion of the "refined feelings of our nature." Now, gentlemen, I am unwilling that this idea, utterly false as it is, should go abroad uncontradicted. I would ask, what is a woman worth as a teacher, or as a physician, if she has in the course of previous preparation, sacrificed her natural delicacy—the refined feelings? of her sex? There is no necessity no occasion for such sacrifice. No refinement is lost, no delicacy is outraged, necessarily; unquestionably, one can see indelicacy wherever he looks for it, if it pre-exist in his own mind; but, not otherwise will he find it in the school from which his Coggswell graduated. As a Student in that school, it is due, as much to myself and the other Students now there, as it is to the Professors, and the character of the Students that have gone out from it, to have the erroneous, and to me, extremely objectionable intimation corrected. I speak deliberately in saying, that instead of losing delicacy in that School, the Student's better feelings are exalted. Instead of necessitating a sacrifice of refinement, the manner in which everything there taught is communicated, at the same that it develops and strengthens the minds of the Students, and shows them the depths of their being, directs to them a degree of refinement, of which they had previously no conception. As studies are there pursued, no occasion exists for any sacrifice of refinement. For the correctness of this assertion, I appeal to every lady, ay, and to every gentleman, too, whose privilege it has been to study in that school. In the love of Truth. A STUDENT AT 15 LAIGHT ST.

15 Laight st., New York, May 16, 1856.

A GOLDEN GARLAND FOR GRAY HAIRS.—Old age, if it be ripe and wholesome, neither accelerated by debauch nor embittered by the pangs of outraged conscience, has something holy and most lovable about it. It is the mellow autumn of a year whose work was gallantly fulfilled, whose harvest has been gathered in and garnered, and whose remaining months are rightly set aside for social ease and contemplation. Of a truth, the old man's days are days of pleasantness, and to him "the honor of a whitened head" is not an empty phrase.

How many millions of such men there are, scattered everywhere about the globe, who owe their health and happiness to the employment of those Universal Remedies, such as food, water, air, light, sleep, exercise; all these, when used *temperately*, will ensure health, strength, and long life which the Creator has made everywhere accessible!

THE DANVILLE WATER-CURE is now open, and under the direction of Dr. JAMES CAYLIN, of Pennsylvania. Dr. C. has been successfully engaged in the practice of Water-Cure for several years past, and we have good reason to believe he will prove himself an able co-worker in the great cause of human health.

THE WILL OF THE LATE DR. JOHN C. WARREN provided for the disposition of his body with an especial regard to the science which he had so long pursued and adored. The will required that the body should remain twenty-four hours, at the close of which time arsenic should be infused into the veins; at the end of the next twenty-one hours the funeral ceremonies should take place and the body be deposited beneath St. Paul's Church, and twenty-four hours thereafter was to be given for examination to the officers of the Medical College and the physicians of the Massachusetts General Hospital, to ascertain regarding cer-

tain peculiarities which were supposed to exist. After the flesh was to be taken from the bones, the bones macerated, dried and deposited in the college museum. The will, we understand, is mercifully upon the exact fulfillment of this requirement, and it has been complied with so far as time has admitted. We likewise learn that his youngest son, from strong filial regard, requested the gift of his father's heart, which he would preserve.—[Evening Gazette.

We further learn that no organic disease was found to exist in the body of the deceased. All the vital organs were in their natural condition and size.—[Boston Transcript, May 15. An example worthy of imitation. Dr. Warren will be remembered as one of the most liberal and illustrious of his profession. He leaves a reputation for more good qualities than fall to the lot of most men. He made the best possible use of all his faculties while he lived, and provided for rendering his body after death the most useful to his survivors. Dr. WARREN was a scholar, a gentleman and a Christian.

A BIG PUFF.—Our generous-hearted and whole-souled contemporary, *The Lake Zurich Banker*, gives us the following "first rate notice":

"FOWLER AND WELLS, NEW YORK.—This mail brings to our aid in the great mission of reform 'Life Illustrated,' one of the ablest Journals in the Country, and should be in the family of every man in the world. Fowler and Wells are the publishers of the Water-Cure Journal, and Etirological Journal, besides a whole library of their own writing, and the best of books by other able authors.

"We say from our own experience and observation, that Fowler and Wells have done more for human redemption than any men now living. God be praised for the blessed influence of Fowler and Wells. To them I owe my health and my life.

"Many families pay the doctor more money every year, than it would take to supply them with knowledge for a lifetime, if they contain a Fowler and Wells, which would prevent them from sickness forever."

GENEVA WATER-CURE.—A clerical correspondent of the *Buffalo Christian Advocate*, says—"In my Conference tours I have found it convenient to pause for a day or two at this delightful spot. The location combines rare advantages. It is in sight of Seneca Lake, famed for its beauty and the agreeable effect of its cooling waters upon the temperature of summer. It stands upon a pleasant eminence in the midst of charming scenery, with a nice little park in front of it, compelling all who look out of its windows to say, 'This is beautiful.' The house has been admirably fitted up, and the whole establishment is in a state of thorough repair and perfect comfort. The parlors and dining room are well ventilated and airy. The private rooms are of good size, and without extravagance, are suitably furnished and well lighted. The Bathing Rooms are supplied with abundance of pure water of all temperatures required for the scientific use of this valuable preventive and remedy. The Gymnasium is unusually large, pleasant and well provided with the fixtures and apparatus indicated by the laws of physical health. One table is well adapted to the condition of invalids under treatment, and another to boarders, for many who are in need of no remedies come here to rest, to avoid the heat, and to enjoy a beautiful and quiet retreat, with the advantages of bathing, sailing, fishing, elegant drives and scientific gymnastic exercises."

DR. A. B. SMITH is the worthy Physician who presides over the GENEVA WATER-CURE. We have good reports from others who have received treatment at this establishment.

HAIR DYES.—One of the European journals relates the case of a gentleman who became a maniac in consequence, as said, of the free use of a hair dye. We know of no efficient hair dye which does not owe its prompt relief to a solution of "nitrate of silver," which in its solid state is known by the name of "Lunar Caustic." It stains the skin black, by burning it, and will burn into the flesh if steadily applied. A hot iron will sear the skin, and render it hard, callous, inflexible, and unfit for natural purposes, preventing that free evaporation which is essential to the health of the body. If this is done by investing a man in an India Rubber garment he will die in a few weeks. Hair dyes for whiskers have become very common of late years, they have to be repeated once a month, their more immediate object is to impart a desirable color, which at once reveals the hypocrisy, and that it should so disturb the natural functions of the skin, by such frequent application, is the foundation for cutaneous diseases, and other affections, is at least to be apprehended. The employment of such chateaus is altogether incompatible with that feeling of independence and self-respect which characterizes an educated gentleman.—[*Illustrated Medical Health.*

(The best substitute for Hair Dyes, is a CULTIVATED MIND, a high, holy, and happy disposition, a countenance full of kindness, affection and sunshine, a character betokening a good purpose in life, a motive far higher than that which grows out of weak, foppish vanity. It is a low selfishness

which induces the dandy and the flirt to try to shine in "borrowed plumes." Be good, and you will "pass" without colored whiskers, in this world, and when you come to enter the other, you will have no occasion for Hair Dyes, or curling tongs.)

CUSTOMS OF THE EARLY GERMANS.—Among the thousands of the simple German race, there was but one determined and equal form of body. Their chest was wide and strong; their hair yellow, and with young children it was of a dazzling whiteness. Their skin was also white, their eyes blue, and their glance bold and piercing. Their powerful, gigantic bodies, which the Romans and Gauls could not behold without fear, displayed the strength that nature had given to this people, for, according to the testimony of some of the ancient writers, their usual height was seven feet.

From their earliest youth upward they handled their bodies by all advisable means. New-born infants were dipped in cold water, and the cold bath was continued during their whole lives as the strengthening renovator by both boys and girls, men and women. Their dress was a broad, short mantle fastened by a girdle, or the skins of wild animals, the trophies of the successful chase; in both sexes a great portion of the body was left uncovered, and the winter did not induce them to clothe themselves warmer. The children ran about almost naked, and effeminate nations, who with difficulty reared their children during the earliest infancy, wondered how those of the Germans, without cradles or swaddling bands, should grow up to the very fullest bloom of health.—[*History of Germany, by F. Kohlrausch.*

The contrast between the above and the effeminating habits of the present time, is pitiable. When will the nations learn wisdom, and find that it is only by a strict obedience to nature's laws that the greatest of earthly boons is to be enjoyed, namely, a "sound mind in a sound body"?

INTERMARRIAGE OF RELATIVES.—Extract from a letter. "The following, which is strictly true, may be mentioned as another illustration of the severe penalties attached to the intermarriage of blood relations.—Two persons, in Windsor Co., Vt., own cousins, married. As fruits of their marriage, they have now four children, all of whom are deaf and dumb!"

A SLIGHT MISTAKE.—The Oswego *Palladium* mentions that a lady called at a drugstore in that city a few days since, and called for a quantity of Tartar Emetic. The druggist thought the quantity was extraordinary, and inquired what she wanted so much. She replied that she wanted it for use. He did it up and labelled it. After she had gone, he feared she had made some mistake, and followed her to her house, and inquired what she intended to do with so large a quantity, and she replied "to raise bread." He then told her that she had made a mistake, and would have poisoned her whole family; and that she wanted Cream of Tartar. "O yes," said she, "that is it." The article was sentable, and the poor woman saved a sad affliction.

[When will sensible people learn to avoid poison drugs? when will they learn to dispense with such condiments, in their food?]

A GOOD DENTIST.—To the returned question, "Who may I depend upon, as a skillful and competent Dentist?" we repeat, Dr. J. W. CLOWES, No. 7, Eighth Avenue, New York City, is the man you are inquiring for. When we say this, we mean it all, and more too. We have had the misfortune, in common with others, alas! too many others, to require the services of professional Dentists, and may therefore speak from personal experience. Dr. CLOWES writes occasionally for this journal, and those who read may judge whether or not he understands his business. But should they try him professionally, they will find him a much better worker than writer. We publish this, not for his entertainment and amusement, but for the benefit of those who may need to have their teeth put in order, and who would not otherwise know where to go.

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

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 a full column, one month, 9 00 For half a column, one month, 5 00 For a card of four lines, or less, one month, 1 00

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

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

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

Water-Cure Establishments.

HYDROPATHIC AND HYGIENIC INSTITUTES 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 health and comfort. Calisthenic exercises, with music and dancing, are among the remedial appliances here provided. The Electro-Chemical Baths have been introduced, a GYMNASIUM has been arranged, and the YAPON and DOBNER BATHS, partly on the Russian plan, have been added. Calisthenic exercises, with music and dancing, are among the remedial appliances here provided. Dr. Trall has secured competent assistant male and female physicians, which will enable him to attend to all branches of medical practice. Full and complete instructions will be given in the Electro-Chemical Bathing, every kind of apparatus provided. Mich

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

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 of access from all parts of the city.

The medical department is conducted by Dr. S. ROGERS, and is limited to the exclusive use of water in those cases which seemed to require other treatments. Every facility is applied for the administration of the Electro-Chemical Baths. There has recently been erected a first-class Gymnasium upon the grounds belonging to this institution, which is under the charge of an experienced teacher. For terms, &c., address: F. F. ROGERS, Superintendent, O.-St. door, opposite to A. O. H. HALL, No. 2 to 4 P. M.

MR. PROSPECT WATER-CURE, Binghamton, Broome County, New York.—We treat all curable diseases successfully, and have made the following DISCUSSION OF SPECIAL STUDY: "FEMALE COMPLAINTS" and success in treating and curing those diseases peculiar to females has given us confidence; and we now cordially invite all ladies who are now suffering from the same (even though you had not succeeded in your former attempts for the sake of your health), to make one more trial and give us a call.

"DISEASES OF THE LIVER."—We are using in addition to the "Dose" of Treatment, Inhalation of Medical Vapor; and since its adoption, we have succeeded in curing many of our patients. And we would air ray of hope to the unfortunate invalid, that our method of treatment has succeeded in checking that direful source of humanity, consumption.

O. V. THAYER, M.D., Resident M. H. HANNEY, Proprietor.

MERIDEN HYDROPATHIC WATER-CURE AND COLLEGE OF HEALTH.—This Institution is open for the reception of invalids at all seasons of the year. It is fully furnished, and every arrangement is made for the comfort and enjoyment of the patient. Through our water treatment. For particulars address: H. W. THAYER & TAYLOR, Meriden, Ct. Apr

DR. VAIL'S GRANITE WATER-CURE Franklin N. H.—This institution defies all competition in the Water-Cure line, for the exceedingly moderate terms upon which it can afford the best of accommodations, and attention to the sick. It was opened expressly for the accommodation of the whole people, that the insufferable弊害 of the Water-Cure should be made understood and many a miserable and toiled sufferer made to feel that the Water-Cure was not a delusion to glory in the great truths which this new system of medicine has revealed, and that the human race, in its miserable existence, or sink into an ultimate grave. By this most simple and efficient mode, health and vigor are restored to the thousands of hundreds and thousands who are now sitting in the regions of despair, and who are daily dying. We will refer to any who desire it, to those who have been cured, and who are now the benefactors of their fellow-men. We will refer to any who are now in the enjoyment of complete, or very comfortable health.

Dr. V., with faithful assistants gives undivided attention to the wants of the sick, and gives no effort to restore every Curable Case. Female diseases receive special attention.

Patients enclosing a Stamp will receive a circular with special information desired. June.

CLEVELAND WATER-CURE ESTABLISHMENT.

The above Establishment is now commencing its SIXTH season. It has been in successful operation for the past eight years; has treated over THREE THOUSAND PATIENTS, who have returned home from many every State in the Union. It is now the

OLDEST ESTABLISHMENT IN AMERICA, having been under the charge of one Physician longer than any other Water-Cure in the world. We intend, as an Establishment was the GREAT PROMISE OF THE WATER-CURE, that it shall stand as long as it will be what it has been, PRE-EMINENTLY THE WATER-CURE. During the past year, large expenditures have been made in the purchase of new apparatus, and in improving. Special reference was had to improvements in the Bathing Department. Advantage was taken of the new suggestions by the experience of many years, and for VARIETY, COMFORT, and CONVENIENCE, the proprietor is confident his bathing facilities are unequalled by any Establishment in the Union. The Proprietor has also, during the past year, availed himself of the new discovery in science, by which the various points of internal and external circulation have been taken in a system from the use of the Water-Cure, and which has remained there for many years, can be extracted in some cases, totally prevent their return, with the assistance of the

ELECTRO-CHEMICAL BATH, extracting mercury, poisons, lead, and other poisons, and presenting them in a METALLIC or OXIDIZED form.

Many diseases can be cured with the assistance of this agent, which it is possible to cure in any other way. Many cases of Paralysis, Rheumatism, Neuralgia, Ulcers, &c., are cured entirely by these foreign poisons, which are taken either internally or externally. These poisons aggravate very seriously, always require a long course of treatment, and may be eradicated from the system.

Proprietor, in association with Min. Dr. J. W. S. SCOTT, a graduate of the Homoeopathic College of Physicians and Surgeons, Philadelphia, and a Practitioner of the Water-Cure for the past five years, and CONCORDIA A. GRAY, a graduate of the Cleveland Medical College, and a Practitioner of Water-Cure for the past six years. The large experience we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, induce us to believe that we are here treated with a success and economy of cure unsurpassed by none. Dr. T. SEELYE, M. D., Proprietor, Cleveland, 1856. May

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. Mrs. G. has been "worn out" to some extent in the cure of many of our patients, and has been nearly ready to quit. But she is now so far recovered as to be able to attend to her patients, and she is now in a position to make the above statement, as some of her friends have greatly rejoiced that her large and growing practice had permanently been in her hands, and she is now in a position to make the above statement, as some of her friends have greatly rejoiced that her large and growing practice had permanently been in her hands, and she is now in a position to make the above statement, as some of her friends have greatly rejoiced that her large and growing practice had permanently been in her hands.

PITTSBURGH WATER-CURE.—This Institution is situated on the Ohio River, and O. & P. R. R., at Hayville Station, ten miles west of the city. We only add that our location and facilities for the treatment of disease is unsurpassed by any other Water-Cure in the country. An experience of 20 years in conducting the Water-Cure, has enabled us to cure every kind of case of disease, of almost every variety, enable us to appeal with confidence to the afflicted. We will refer to any who desire it, to those who have been cured, and who are now the benefactors of their fellow-men. For particulars, address either of the Physicians, Box 11, Pittsburgh, Pa. S. FRAESE, M. D. H. FRAESE, M. D. MRS. C. P. R. FRAESE, M. D. Apr

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

GLEN HAVEN.

This Water Cure is conducted expressly with a view to restore to health those of either sex who are sick. It is not a fashionable watering place, and has nothing in its locality calculated to draw people of fashion who may wish to visit, and such persons would be at home, or contented in it. But, to those who are sick, and high and pine daily because they have it not, Glen Haven is the place. No spot for health, and purity of water, in the whole land, equals it. And those who conduct it, know it. And the thousands who have been restored to health, and to positions of usefulness, can corroborate the statement. If any man, or woman, or child, is sick or feeble, or languid, and would like to have good health, we submit Glen Haven to their closest and most rigid scrutiny. We do not care how sick you are, or how long you have been sick, and may have, of what sex they may be, nor how long they have been sick; if curable by any means, they can be cured at the Glen. We give no medicine. We live plainly. We subject our sick ones to no foolish and unequalled forms of treatment, and we do not trouble ourselves about public opinion, neither defying nor consulting public numbering from 75 to 150, and, aside from the helpers and Physicians, all sick, and congregate from all parts of the land, we are a happy, joyous, courageous, patient, enduring people, constantly sending some of our number home, cured, and taking sick ones in their stead. We are united, earnest, all work one way; each helping all, and all helping each, and using the most of our blessings and the least of our tribulations, knowing that our trifling workah patients, and patience, experience, and experience, hope and hope give us new life and health. One thing more you ought to know, that the persons who are cured at Glen Haven, do not get sick after going away. Dr. Jackson does not believe in persons in health becoming sick. Now, if you would like to make trial for your health, with such a company of invalids, write for a CIRCULAR, which will be sent you free, postage excepted, see if you like the terms, and if you do, come on. You will find warm welcome, skillful treatment, and, with God's blessing—health, long years, and green old age.

TRACTS.—We have them prepared by our Physicians on specific Diseases, and shall, on application, be happy to transmit them to all such as enclose a postage-stamp for each tract. Those who write for Tracts, are Dyspepsia, Scrophulous, Female Diseases, and Dress for Women.

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

LETTERS OF APPLICATION should be addressed either to J. C. JACKSON, M. D., or to HARRIET W. L. CHAPLIN, Proprietor.

MOUNTAIN GLEN WATER-CURE.—The most lovely scenery, the Purest Water, and easiest of access to the City of any Cure, PLAINFIELD, N. J.

One hour and three quarters ride by Central Rail Road, Pier No. 2, North River. Boarding also received for the season. References: L. W. TAYLOR, M.D., corner 18th st. and 6th Avenue, N. Y.; Dr. Trull, Fowlers and Wells.

A. UTER, M.D., Proprietor.

DR. C. C. SCHEFFERDECKER, M.D., the oldest Hydropathist in the United States of America, upon application, has opened an establishment at the corner of Pratt and Eutaw streets, in Baltimore, Md.

WATER-CURE HOME.—DR. C. R. BLACKALL, Hydropathic Physician, No. 489 Hudson street, New York City.

Accommodations for a few patients, who will receive every attention, and enjoy the comforts of a hotel home. For particulars, address as above. May—

HIGHLAND HOME WATER-CURE, at Fishkill Landing, N. Y., is again open for the reception of patients, under the charge of O. W. MAY, M. D., Resident Physician. A. T. TRALL, Consulting Physician.

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

SOUTH ORANGE WATER-CURE ESTABLISHMENT.—DR. WEBER, formerly Resident Physician of the Orange Mountain Water-Cure, will open his new Water-Cure Establishment at SOUTH ORANGE, N. J., on May 25th. June 31

LAKE VIEW WATER, near Chicago, Ill., is open for the reception of patients, Summer and Winter, under the care of Dr. JAMES E. DROWN. June 17,

PHILADELPHIA WATER-CURE, with Verges' Electro-Chemical and E. C. Vapor Baths, &c., at No. 119 North Ninth street, near Race. S. M. LANDES, M.D., Proprietor. N. Y.—Late Physicians of Epinau W. Cure, Pa.

CANTON WATER-CURE AND HYGIENIC INSTITUTION, at Canton, Ill., is now in successful operation. Terms, \$5 to \$10 per week. Address, JAMES BUSBY, M. D., Proprietor. Feb.

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

JAMESTOWN WATER-CURE, at Jamestown, Chautauque Co., N. Y. For particulars see the April Number of the Water-Cure Journal. Address: W. L. ARKER & CO., June 6

NEW GHAEBENBERG WATER-CURE.—For full, printed particulars, address W. HOLZMAN, M.D. New Grafenau, N. Y. Aug

DR. ADAMS, WATER-CURE PHYSICIAN, receives patients and boarders at his residence 141 Amity Street, Brooklyn, between Henry and Clinton Sts. Mich

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

WATER-CURE FOR FEMALES EXCLUSIVELY at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, address M. W. SHEPARD, M. D. May—

PATIENTS ARE APT TO IMAGINE that they get better treatment at a place of fashionable resort, where terms are high. But may they not be mistaken? The Athol Water-Cure is beautifully located, the water of the best quality, the treatment and attention judicious and skillful, scenery romantic and various—daily walks, bathing, brooding, bills, mountains, glass ponds, and a grand view, and the terms from \$6 to \$1 per week—a saving of nearly half of what some other resorts are accustomed to charge. June 31

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 pantries and conveniences for a family of more than fifty persons. There is nice 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 very purest water, of such quality that it had great influence in determining Dr. Shew to select the place for his permanent residence. The new Oyster Bay Water-Cure is constructed to the purity of the air and beauty of the scenery, with advantages of sea-bathing and all that can render a situation desirable for a Water-Cure. It is now entirely furnished and in operation, and will be ready to receive patients, and 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, Oyster Bay, Long Island, N. Y., is, for information may also be had of FOWLER AND WELLS, 809 Broadway, and Dr. O. H. WELLINGTON, No. 76 Twelfth street, New Broadway, N. Y. Nov 1

THE FIRST CARGO FROM JAPAN.

TO BE SOLD AT AUCTION. On Monday Morning, June 9, AND FOLLOWING DAYS

BY LEAVITT, DELISSER & Co., THE LARGE AND EXTENSIVE CARGO OF THE

Schooner "General Pierce," (Captain Barnes), SHIPPED AT THE PORT OF SIMODA, JAPAN, On the First of February.



CONSISTING OF Twenty-five Thousand Dollars WORTH OF FANCY DRESSING CASES, TOILET BOXES, CARPET TABLES, Rich and Handsome Cabinets, TRAYS, MUSIC STANDS, DRAWING TABLES, CUPS, GLOVE BOXES, CURIOSITIES, ELABORATELY CARVED, AND OTHER Fancy and Beautiful Articles, MANUFACTURED BY THE JAPANESE.

See the goods will be on exhibition next week at their spacious sale rooms, 377 & 379 Broadway, cor. of White Street.

Leavitt, Delisser & Co.

THE KANZAS REGION; FOREST, PRAIRIE, DESERT, MOUNTAIN, VALLE, AND RIVER. BY MAX GREENE. This volume contains a reliable Map of the Territory, and an original Map of the district now being settled; thermometric tables, showing the temperature, winter and summer, in different sections; statement of the relative quantities of rain; correct measurement of distances; directions as in Route and Order for the Pioneer; history of the Santa Fe trade, with statistics; synopsis of recent land treaties, and full information respecting Indian titles; some account of settlements recently made; minute descriptions of more than a hundred particular localities; and a general view of the Scenery, Climate, Wild Productions, Capabilities of Soil, and Commercial and Mineral Resources of Kansas, from the Boundary to the Rocky Mountains; interspersed with INCIDENTS OF TRAVEL, and anecdotes illustrative of the Character of the Traders and Bed Men. To which are added copies of the Organic Law, the Homestead Law, Squatter Law, and Market Place, with other details which make it a COMPLETE MANUAL FOR THE EMIGRANT, and work of reference for the student, as well as an instructive Book of Western Life. Price prepaid by mail, 25 cents. Address FOWLER AND WELLS, New York.

NURSERY AND HOSPITAL SHEETING. 4-4, 5-4, and 6-4 White India Rubber Sheeting, manufactured expressly for nursery and hospital use, for sale by P. HODGMAN, New York India Rubber Warehouse, 87 Maiden Lane and 50 Nassau st. Apr 31

MODERN FOOLS - A Scathing Satire on Mohs, Quacks, Fashions, &c. 150 sold in as many days. Price 15 cents, single; 45 per dozen. Address J. BUNTON, No. 1 - Canton Water Cure, Canton, Ill. May - 1

A. G. BADGER, 181 Broadway, N. Y., the most thoroughly practical Plute Maker in this country, has lately published a second edition of his "ILLUSTRATED HISTORY OF THE PLUTE," and one by reducing sale price work, can make largely familiar with the peculiarities and construction of the plute, but now most perfect and beautiful of nautical instruments. Price 125 cents. Sent free of postage to any part of the U. S. Address as above. Jan 21

EVERY READER WILL PLEASE TO Read this Work for All and Work which Pays. If you want Employment, send at once for Mr. SNAPE'S CIRCULAR BOOK AGENTS, our list of Books comprise the most talented Pictorial Publications; and we employ many salesmen than any other house. Address, post paid, ROBERT SPARS, Publisher, 1st William st. N. Y.

PLEASANT AND PROFITABLE EMPLOYMENT for Young Men and Women too, in every Country to sell our SEAT, CHAIR and QUEL-SELLING Book. For particulars address FOWLER and WELLS, No. 308 Broadway, New York.

ANATOMICAL CHARTS Designed for Schools, Lectures, or Private Study. We have on hand a few sets of these admirable Charts, which are acknowledged by all to be the most complete, and the best adapted to the purpose for which they are designed, of any ever furnished, for the same price, in this or any country. The set embraces six separate charts or maps, beautifully colored, 22 by 36 inches each, mounted on rollers, with substantial cloth backs. All the different parts of the system are distinctly shown; and a complete knowledge of the human frame can, by the aid of these charts, be procured in a short time. Price, for the SIX, ONLY SIX DOLLARS. They are not available, but can be sent by express to any part of the world. Address FOWLER AND WELLS, 308 Broadway, New York.

IMPORTANT ANNOUNCEMENT.—NEW SERIES OF THE UNITED STATES MAGAZINE. MORE AGENTS WANTED.—The first number of the third volume of this popular monthly, in its new form, will be issued early in JUNE for the month of JULY, and specimen copies mailed to each of our Agents in the United States. It will contain 96 pages, beautifully printed on the finest calendared paper, and from fifty to one hundred elegant original Engravings, and we believe will be, without exception, the most magnificent ILLUSTRATED SERIAL on the continent. An Agent is wanted in every county; not already supplied, for the sale of this MAGAZINE, and other publications, in an energetic person by adopting our plans for canvassing, many, in almost any county, secure a percentage that will bring him a regular income of from \$500 to \$1,500 per year. Energy and reliability are the only capital required. J. M. EMERSON, & Co., No. 15 Spence street, New York.

HUDSON RIVER RAILROAD.—From April 21, 1856, the trains will leave Chambers street station as follows:—Express, 5 A. M. and 5 P. M.; mail, 9 A. M., the up way train 11 P. M., emigrant, 7 P. M.; for Poughkeepsie, 7 A. M. and 1 P. M.; for Sing Sing, 10:30 A. M. and 4 P. M.; for Hudson, 3:30 P. M. for Poughkeepsie, 8:30 P. M. The Poughkeepsie, Sing Sing and Poughkeepsie stop at the way stations. Passengers taken at Chambers, Canal, Northrop and Third street cars. Tickets for New York leave at 3:35, 7 and 10:45 A. M. and 4:45 P. M. and Cass Albany at 1:20 and 5:10, and Wood 5:15 P. M. M. L. SYKES, Jr. Sup't.

ALL THE REQUISITES FOR PHYSIOLOGICAL, PNEUMOLOGICAL, AND HYDROPATHIC LECTURES AND PRACTITIONERS may be ordered of FOWLER & WELLS, by mail or express. PHYSIOLOGY. Oil Paintings on Rollers: Greek Slave 12 Fashionable Woman 10 Deformed Woman 10 Hercules 12 Obstetric Plates, each 12 Children in Health and Disease 12 and any other which may be wanted, at a reasonable price. A beautiful set of anatomical and physiological plates, six in number, mounted on canvas, and rollers, either plain or colored: price plain, 80; colored, 815. Also: Lambert's Anatomical Charts on rollers, colored, six in the set, price 80. Also: Cutter's ditto, ten in the set, price 812. Also: Weber's ditto, size of life, eleven in the set, price 225. Manikins, from \$325 to \$1,000 each. Skeletons—French wired—ready for use from \$35 to \$45 each.

HYDROPATHY. Dr. Trall's Encyclopedian 43 00 Dr. Shew's Family Physician 2 50 Water Cure in Chronic Diseases 1 50 Domestic Practice of Hydrophaty 1 50 Water-Cure Library, seven volumes 7 00 and other standard works. The New Pocket Syringe 3 00 Breast Pumps 1 00 Nipple Shield 0 30

PHRENOLOGY. Specimens for Societies and Private Cabinets Forty of our best specimens, size of Life. Cast from the Heads of John Quincy Adams, Aaron Burr, George Combe, Elihu Burritt, T. H. Benton, Henry Clay, Rev. Dr. Dodd, Thomas A. Emmett, Dr. Gall, Sylvester Graham, J. C. Neal, Silas Wright, Black Hawk, Osceola, &c. &c. They can be packed and sent at freight or express with safety. Price only \$25 for forty casts. Also: Fowler's Phrenology, Combe's Phrenology, Phrenological Charts, and marked Busts, Crayon Heads 81 50 to \$2 30 and Oil Color Heads 3 4 to 8

Matrimony. ADVERTISEMENTS in this department will be inserted at our usual rates, twenty-five cents a line. Persons sending letters, desiring a reply, will please enclose a stamped envelope, properly directed to their address. No. 220.—I am an emigrant to slavery, with physical and mental endowments in all things, and anti-slavery, tobacco, tea, coffee and alcohol. I am twenty-one and half years old, five feet 2 inches high, healthy and robust, have the elements of a good home; size of head 28 1/2 inches, temperament sanguine, &c. nervous, &c. domestic province of large, 6 weight proportions full, 5; humane, moral and religious sentiments firm, 6 to 7; am called good-looking black eyes, dark hair, and braunet complexion. LOBBIN. No. 221.—B. W., A widower, forty-five, dark hair and eyes, rather above the medium size, healthy, from a cool, good disposition, not bad-looking, a farmer, and industrious; wants a communication, an American lady, good size, (a little), an undomestic reputation, good education, intelligent, refined in manners, well skilled in domestic duty, good disposition, and younger than myself.

No. 222.—I am twenty-five years old, 5 feet nine inches high, weight 150 lbs., dark hair, black eyes, fair complexion, regular features, good education and morals, have a good talent for all the comforts and some of the luxuries of life, and have been educated in the Water-Cure of good morals, and temperate habits; my annual income is about \$4,000, and would like to receive a correspondence with a lady as described above. No. 223.—Want a wife with black hair, native temperance predominant, well educated and moral, have a good talent for all the comforts and some of the luxuries of life, and have been educated in the Water-Cure of good morals, and temperate habits; my annual income is about \$4,000, and would like to receive a correspondence with a lady as described above.

No. 224.—A kind-hearted bachelor, thirty-four years of age, would like to correspond with a lady not older than himself, in the hope of finding a life partner. He is a thorough temperance man, anti-slavery, anti-tobacco, and would value a female companion who is intelligent and more than well educated. Is quite a lover of rare life, and particularly engaged in agricultural pursuits. Please address, Miss P. Sperry, Walshe, N. H. No. 225.—I am thirty three years old, 5 feet high, moderately good-looking, well educated, and moral. I would like to correspond with a Christian lady, aged not more than 35, who has had fair education, a cheerful and affectionate disposition, lively habits, and a good constitution; property no object, as I am in any circumstances.

A New Volume!

THE present number closes the Twenty-First Volume of the WATER-CURE JOURNAL. It has now attained that age which legalizes its right to vote. In reviewing its childhood, its youth, and its present position, we congratulate ourselves that through all its changes its antecedents have been alike honest to the cause, useful to the people, and honorable to all. THE JOURNAL has been a MESSENGER OF LIFE to thousands. Its pages have brought "GLAD TIDINGS OF GREAT JOY" to many a perishing sufferer, and pointed him to a haven of Health. It has done good in the world, and we rejoice to add only good. It has peddled no noisome drugs, or other poisons, and it has received a more extensive support than any other Journal of Health ever published. This encourages us. It determines us to go on, to try and extend its influence still more widely. There are all around us numbers who have not yet even heard of THE WATER-CURE JOURNAL. These we are desirous to reach. Those who believe in the TRUTH and UTILITY of our mission, will help us. If the reader of this has been benefited through the agency of the JOURNAL, he may acknowledge his gratitude by inducing others to participate with him in the same benefits. Show it to your neighbors. Ask Ten, Twenty, or a Hundred to join you in a club, which shall embrace every reading member. A little of the GOOD SAMARITAN spirit will enable you to do this much, and to receive the heart-felt blessings of all whom you thus benefit. For terms, and so forth, see prospectus on last column. But, good reader, get up a club, to begin with the new volume, the next number.

CASES OF PRACTICE.—A farmer who had been blessed with a good constitution, but had been overworked through boyhood and youth; in fact, one who had been educated to think that all men lived for, was to work twenty hours out of twenty-four, and get money. He had been taught to worship mammon instead of the true God. The consequence was, he had saved a little money, but was an old man at thirty years of age. Old and stiffened with rheumatism, suffering sometimes most excruciatingly, little good did his money do him. For two years he had not been able to work. Could not rise his arms or feet to labor, but could crawl about. For nine years he had not been able to raise his left hand to his head. He had wasted much of his substance with many physicians, but was nothing bettered. In this condition he was persuaded to come to me. The treatment I gave him, in one week enabled him to use his arms and limbs quite nimbly. All his worst symptoms were removed. He remained with me two weeks, and went home quite another man. When he left he said he would return, that it was necessary for him to go home and spend a few days in quest of help to harvest his grain. But he did not return. He went home, took his cradle, entered the harvest-field to cut his own grain; a thing he said would have been impossible for him two years previous. Of course, he was not cured. But the sequel was, he bolted because I did not give him medicine, notwithstanding he made rapid improvement. He could not afford to pay for water. He still retains his improved condition.

A NEW FAMILY HAND MILL.



EVERY MAN HIS OWN MILLER.

PATENT CONICAL IRON BURR MILL.—The grinding cones of this FAMILY HAND-MILL are constructed in a new and peculiar manner. To prevent the cutters or teeth from being injured by use, it is run by means of cog-wheels, doing its work with great ease and rapidity. This mill is simple and graceful in form, indestructible in wear, and can be set to any degree of fineness, by means of the thumb-screw seen just under the small cog-wheel in the cut. We can recommend this NEW MILL as being far superior to anything else of the kind ever brought before the public. It grinds faster, more evenly, and much easier than any HAND-MILL ever before invented, and must meet with universal approval.

The price, including box and packing, is \$7, and it can be sent with perfect safety, by express, or as freight, to any place desired.

WINE AT THE LORD'S SUPPER.

They have banished wine from the fireside hearth,
From the festal hall, and the scene of mirth;
They have warred against it, in camp and field,
And its dark and terrible power revealed;
They have cast it away from the social board,
But 'tis left on the table of the Lord.

They have sung in wild and mournful songs,
Of the drunkard's woes, and the drunkard's wrongs;
They have sought to lead him from error's way,
And often for him do they weep and pray;
Yet they stand at the altar, and taste the cup,
That carries destruction in every drop.

They have told of its strange and mighty force,
Of its sin-beggetting and fiendish course;
Of sorrow's tear, and misery's groan,—
Yet the half of its mischief remains unknown,
But Oh! can the soul-polluter be
An emblem of Christian purity?

Oh! well may the Archfiend smile with pride,
When he marks the flow of the ruby tide;
Oh! well may he count the victory sure,
When the Christian will bow at the shrine impure;
For monsters, and fiends satanic swim
In the liquid, that floats round the goblet's brim.

Why should not the gushing spring be sought,
And Nature's own beverage thence be sought?
Though it bears not the purple hue of blood,
Yet the Lord Himself hath pronounced it "good."
It would strengthen thee more than the sparkling wine,
For it comes from the Fountain of Life Divine.

M. L. A.

PROSPECTUS!

The Water-Cure Journal, VOLUME TWENTY-TWO!

A NEW VOLUME OF THE WATER-CURE JOURNAL commences with the next number. We give an outline of the objects in the following brief PROSPECTUS:

HEALTH.—The great want of the age is health—the normal and harmonious action of all the elements of our being, physical, intellectual, and social. This want finds its satisfaction and its demand its supply, in a knowledge of the LAWS OF LIFE, or a true PHYSIOLOGY; the NATURE AND CAUSES OF DISEASE, or a true PATHOLOGY; the modes of PURIFICATION AND INVIGORATION, or a true SYSTEM OF MEDICAL PRACTICE. These, and kindred subjects, constituting

THE PHILOSOPHY OF HEALTH, and comprising the LAWS OF PHYSICAL, MORAL, AND INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness may be included under its sub-title of **HEALTH OF REFORMS.**

HUMAN LIFE.—Our platform is a broad one and our plan of operations comprehensive. All subjects connected with Diet, Exercise, Bathing, Cleanliness, Ventilation, Dressing, Clothing, Education, Occupations, Amusements, and Social Relations—all the elements which combine to make up that complex thing called HUMAN LIFE, will be clearly presented.

PRACTICAL INSTRUCTION.—Hydrotherapy will be fully unfolded, and so explained that all may apply it in various diseases, even those not curable by any other means. The WATER-CURE is not equalled by any other mode of treatment in those peculiar complaints common only to WOMEN. THE WATER-CURE JOURNAL will contain such advice and practical instruction as may be considered most important in all these critical yet unavoidable cases.

PRESERVATION OF HEALTH.—Without health even life is not desirable, unless a remedy can be found. It will be a part of our duty to teach the world how to preserve health, as well as cure disease.

PROLONGED LIFE.—Reforms in our individual habits, in all our modes of life, and in our social institutions, will be pointed out and explained so plain that "who runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

WATER-CURE AT HOME.—Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion, to apply it without the aid of a Physician. *Let it be borne in mind,* that the WATER-CURE JOURNAL is a thoroughly POPULAR WORK, designed for "the people," and not the organ of a Profession or Sect.

To Our Friends.

Believing the HEALTH REFORM to be the needed basis of all Reforms, and that no agency can be more efficient in promoting it than the WATER-CURE JOURNAL, we rely upon the FRIENDS OF THE CAUSE OF HUMAN ELEVATION to continue their good efforts and exertions until a copy is within the reach of every FAMILY IN THE UNITED STATES.

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