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Physiology, Hydropathy, and the Laws of Life.

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Have Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."
[The future of civilization must depend upon the ethos of a SOBER MIND WITH A SOBER BODY.
As a Nation, we Americans are in danger of ruin, from neglect of the body.—REV. SAMUEL OSOON.]

FAMILY GYMNASTICS.

BY R. T. TRALL, M.D.

[EXTRACTED substantially from a work in preparation by Dr. TRALL, called, "The Complete Gymnasium," soon to be published by Fowler and Wells.]

Notwithstanding the increased attention bestowed upon this subject, in its relations to the development of the bodily powers, the preservation of health, and the cure of diseases and deformities, within a few years past, still that attention is not yet commensurate with its importance.

During the last twenty years some thirty or forty works have been written on the subject, in this country and in Europe; and various educational and health institutions have adopted, to some extent, systematic exercises as a part of the regular discipline. Yet comparatively but few persons who most need the advantages to be derived from this source, understand it or give any consideration to it.

Few persons are sufficiently aware of the intimate connection between our manner of breathing and speaking, and the integrity of our functions, and between propriety of bodily attitude in standing, walking, &c., and the healthy actions of all our organs,—not even excepting those of the mind.

It is a beautiful provision of nature that a fluent, natural, and vigorous manner of exercising the organs of voice and speech, whether in reading, declaiming, or in ordinary conversation, so charming and so musical to all, and that an erect, easy and graceful demeanor of body, so commanding, so lovely, and so admired by everybody, should be essential to the perfect working of all our bodily and mental machinery.

Patients are continually coming to our Water-

Cure Establishments with the vain expectation that they have nothing to do here except to submit passively, and be cured. Some of them imagine they have no personal duties to perform. But the truth is, and all may as well understand it, that we have no life to impart to them; we can give them no manner nor degree of health outside of themselves. We can only call into action the vitality existing within them, and secure to them all the advantages of the inherent and existing constitutional powers of their own organisms. Let them and all the world rest assured, that we can only supply them the conditions of health, and that restoration comes from the vitality of their own living structures.

And this vitality must be judiciously called into action; hence the absolute necessity of seeing to it, that all parts and organs are duly exercised, instead of some being overwrought and others scarcely exercised at all.

Invalids, like well persons, are always prone to exercise most the strongest muscles; whereas it is really the weakest that need most careful and assiduous attention in this respect.

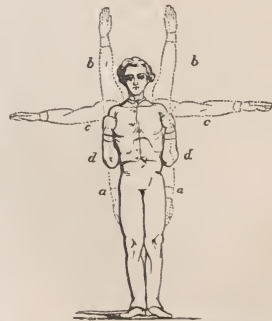


Fig. 1.—PROPER STANDING POSITION.

But more important far than mere quantity of exercise, is its quality. It is not the amount so much as precisely the right kind that is wanted. And first of all in importance is a correct

Volume Twenty-two!

HERE we are, kind reader, with the first Number of a New Volume. How do you like it? We have endeavored to please ourselves by obtaining the best thoughts from many of the best minds, and putting them into clear type, and printing them with clean black ink, on fine white paper, and doing all up in a handy quarto form, convenient and attractive to read, substantial and durable enough to bind and "keep." Do you like it? If not, why not? If you would have it different, make it so, by writing for it. The Journal is open for all the best things that can be written or said, and we want to publish only the very best.

It is believed that the WATER-CURE JOURNAL has a larger circulation than any other health journal in the world. And we think it safe to say, that it has a larger circulation than all the medical journals combined, published in the United States. Its influence on the public mind may therefore be estimated accordingly. But we want to have a copy of it placed within the reach of EVERY FAMILY. Then, and not till then, shall we cease to appeal for the co-operation of all true friends, in spreading a knowledge of the LAWS OF LIFE AND HEALTH throughout the world!

Reader, put your shoulder to the wheel, and help forward this car of PHYSICAL, INTELLECTUAL, and MORAL REFORM. You can do it. Get up a club of subscribers in your own neighborhood. Induce those who would be benefited by it to read it, and then to practice its precepts. Now is the best time to begin. Commence with this, No. 1 of VOLUME TWENTY-TWO!

bodily position. The physiological observer will see very few persons in civilized society who are not more or less unnatural and inelegant in this respect. Indeed, very few persons stand, walk, sit, or lie properly.

Fig. 1 represents the correct bodily position in standing. It is called the *rectangular foot*, or *fundamental position*. In standing, all the limbs and every muscle should be placed in its natural attitude.

The feet should be placed at right angles, and the heels may be in contact or separated a few inches.

Compare this position with the awkward yet more ordinary position seen in fig. 2.

In walking, this fundamental position should be essentially preserved; for there can be no grace of person and movement without the walk is easy, upright, and natural.

The usual error in standing and in walking is a turning in of the toes, a bending of the knees, and a protrusion of the lower abdomen, with consequent contraction of the chest and bending of the neck.

The same condition of the trunk of the body



Fig. 2.—POSITION IN STANDING. FIG. 3.—INCURVATION.

is shown in the curved spine of the lady on horseback, fig. 3, and contrasted with the correct position shown in fig. 4.

In the one case, the exercise will probably do more harm than good, for it will be continually compressing the vital organs more and more; and sitting in a chair, in a similar attitude, would have precisely the same effect.

Various bad habits in walking have been acquired by different persons; for example, turning the toes too much in, making the *cat* walk; setting the feet too far apart, inducing a *wigging* gait; inclining the body too much forward, occasioning the *waddling* motion; lifting and bending the knees, called the *climbing* or *up-stairs* gait; lifting the feet but partially, constituting the *shuffling* gait; bringing down the foot flat, or on the heel, making the *stiff* or *jarring* walk.

In walking naturally, the weight of the body should be thrown on the front part of the feet, the toes kept turned moderately out, the foot to be advanced raised on the heel as the body inclines on the toes of the other, and brought down on the toes and ball, as the heel of the

other rises, the knees meanwhile being but very slightly flexed.



FIG. 4.—UPRIGHTNESS. FIG. 5.—WALKING POSITION.

Fig. 5 represents the manner of bringing down the feet.

Those who are in any respect addicted to inelegance or awkwardness in walking, can very easily overcome it by a little practice. They should commence with short paces, about the length of the foot, very slowly measured, and gradually increase the distance of the steps and the rapidity of motion. In this way, a short time will suffice to change the gait from that of the ungraceful movements we have noticed, to one of ease, elegance, and corresponding comfort.

This practice is of signal advantage to sedentary and literary persons, who are obliged to do their gymnastic performances in their own room; and by combining it with vocal gymnastics, so as to exercise the respiratory system and aerate the blood, they may add much to their length of days, and not a little to their capacity for labor, either of brain or body.

These vocal exercises may be varied frequently, as all gymnastic movements should be, so as never to strain or overdo a particular set of muscles. Reading in a loud whisper is one of the very best of the vocal gymnastics. It not only promotes free and full respiration, but gives remarkable power and flexibility to the articulating muscles, thus improving wonderfully the tone, quality, and melody of the voice.

Whenever a sensation of fatigue is felt, the exercise may be changed to reading aloud, varying the intonations of voice as much as possible. Reading should always be performed slowly, taking especial pains to enunciate each word and syllable properly and distinctly.

The higher and then the lower pitches may be occasionally attempted, by way of "diversifying the entertainment."

As the power and perfection of voice and speech depend on the equal cooperation of all the muscles concerned, there is always an advantage in varying the exercises as much as possible.

Deep and full inspirations may be taken so as to fill the lungs completely with air, which is to be expelled very slowly, at the same time counting or repeating language in distinct monosyllables.

Repeating the elementary sounds of language—the vowel and consonant sounds of the letters—is also a very excellent and profitable exercise for the voice and lungs.

The slow and prolonged enunciation of the long vowel sounds, as the long sounds of *a* in *ale*, *e* in *feel*, *i* in *ile*, *o* in *old*, *u* in *pure*, may be pleasantly and usefully alternated with the rapid utterance of the short vowel sounds, as *a* in *at*, *e* in *pen*, *i* in *inn*, *o* in *on*, *u* in *pun*, etc.; and then the remaining vowel sounds may be practiced upon, first slowly and then rapidly. They are as *a* in *art*, *a* in *all*, *o* in *move*, *u* in *full*, *oi* or *oy* in *oil*, *coy*, and *ou* or *ow* in *pout*, *how*.

In all these vocal exercises, care must be taken to keep the lungs well supplied with air by frequent inhalations, as violent or powerful vocal efforts, when the air is nearly expired from the lungs, are liable to do injury.

There are many persons laboring under dyspepsia, torpid liver, constipated bowels, and of consumptive tendency, and whose occupations or circumstances preclude ordinary out-door, or much in-door exercise of a healthful kind, who might keep up their health by devoting twenty minutes twice a day, to gymnastics suitable to their condition.

With nearly all such persons the special indications are to keep the lungs expanded and promote the action of the digestive system.

In addition to the exercises already pointed out, there are a few which may be very conveniently practiced by almost any person in almost any place, especially adapted to invigorate the respiratory and digestive organs, and if duly attended to, would prove almost infallible as a preventive of that prevalent malady of our country, consumption.

In the first place, let the patient or gymnast purify the air in the lungs thoroughly, by draw-

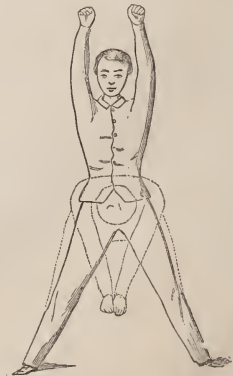


Fig. 6.—CHOPPING MOTION.

ing in the abdominal muscles upon the diaphragm, throwing the chest forward, and expiring all the air out of the lungs possible; then inhale slowly till the lungs are filled to their utmost capacity; retain the whole volume of air in the lungs a few moments, and then expire or blow it out "as completely as possible." This

may be repeated from half a dozen to a dozen times, which will serve, in most cases, to decarbonize the lungs effectually.

Some persons not accustomed to gymnastic respiratory movements, may experience, at first, some degree of vertigo or dizziness; but this will soon wear off. Such persons should, however, be gentle in their first exercises.

Next, the movement represented in fig. 6, called the *chopping motion*, may be practiced a few minutes. The lungs should expire as the hands descend, and inspire as the body regains its erect posture, taking care to have the lungs fully inflated each time the body becomes erect.

These movements act in one direction quite powerfully on the sluggish sectal and transverse muscles of the abdomen; and then by re-

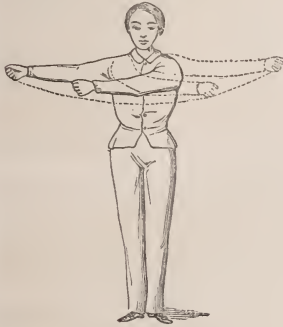


Fig. 7.—MOWING MOVEMENT.

sorting to the *mowing movement*, fig. 7, we bring the action more directly on the oblique muscles and internal organs. After performing these motions a few times, they should be so extended as to bring the points of the fingers down to the floor on each side. The same precautions as to respiration are necessary here as in the preceding movement.

The *sawing movement*, fig. 8, may next be practiced. One arm is thrown forward as the



Fig. 8.—SAWING MOVEMENT.

other is drawn back, precisely as though you were striking at an object with one hand, and drawing it toward you with the other. This produces a very *general or universal action* of the muscular system.

The joints of the lower extremities should lastly

be specially brought into play, by a few of the *sinking and rising movements*, as shown in fig. 9.

The exercises may be concluded with any familiar dancing step, or with the *trotting move-*



Fig. 9.—FLEXION.



Fig. 10.—TROTTING OR HOP MOVEMENT.

ment, fig. 10, which consists of hopping on the points of the toes, first with one foot 10, 20, 50 or 100 times, and then with the other. This movement may be easy or severe, as it is prolonged on one foot, and according to the height of the hop. In moderation, it is an excellent sleep-promoting and easing exercise for nervous invalids.

THE TWO PRACTICES.

BY E. A. KITTREDGE, M.D.

[We re-publish from the *Hydropathic Quarterly*, extracts from the following well-considered REVIEW of the "Two Practices." Readers cannot fail to appreciate the lucid comparisons and the conclusive reasoning of the writer.—EWS. W. C. J.]

"The science of medicine" has been before the world some hundreds of years, and men the most gifted and highly educated that any profession can boast, have devoted their best energies to its advancement and practice.

Legislatures and men of wealth have lent their aid in furtherance of a system which had for its object the prevention and cure of disease.

Book after book has been written, lectures innumerable have been given, and dissections, &c., &c., have been had in most generous profusion, and yet the fact cannot be denied that "the science of medicine" is, to say the least, a very doubtful one, if it indeed be a science at all.

Sciences generally mean something definite and certain: In mathematics, there is never any doubt about the product of twice two,—and the intelligent chemist will tell with unerring exactness the precise results that will follow the union of two or more agents.

The astronomer will tell to a minute, almost, the time of the reappearance of a comet, though it be hence one hundred years; but the physician, though gifted and experienced like a Jackson or a Warren, and intelligently educated and accomplished as a Reynolds or a Bigelow, can

never, with anything like certainty, predict the results of the administration of a single drug.

In most cases, it is true, certain drugs produce specific action upon the system; but the failure to do so is liable to occur, and it is just as liable to occur in one case as in another, of course; and what makes it worse is, that no man can tell generally, till the lapse of hours has made it certain, whether it will be what it "ought to be," or not; and even then—when after hours of anxious—oh! how anxious watching!—the poisonous drug once more is "safe out of the system," the doctor feels very doubtful about the utility of the operation thereof, and finds too late that the peculiar action set up in the system by his "specific," has only made the case more intricate, and that "change of action," so much desired by him, is not removal of disease, and that he has now two troubles instead of one to contend with.

I know it will be said that, if the drug be pure, and the patient not peculiar, there will not be much doubt about the operation of standard medicines.

Were men what men ought to be, they would never need any "doctoring," much less drug-medication; but men are what they are, and drugs are not what they seem to be, any more than the men.

But it is useless to waste time in discussing this point, for none deny the great uncertainty of drugs,—let us devote our attention to statistics.

From the time when they used to put the medicine on to the instrument, instead of the wound it had made,—which, by the way, was much the better practice than the more modern of daubing the wound with unnatural ointments—from those days to the present, the attempt to cure diseases by the administration of drugs, has had a most faithful and persistent trial. But unlike the sciences above referred to, the same obscurity and uncertainty hover over the so-called science, and men, women, and children, by thousands and tens of thousands, die annually, in the very midst of our colleges, and well-disciplined troops of medical men.

But though the system of medicine, as a general thing, has proved a decided failure, it cannot be denied that drugs have been the means of saving thousands of lives—whether the boon obtained by their use was worth the having, or whether other means could have been used equally sure, and far less injurious in themselves, will hereafter receive attention.

If it be asked how we know that "medicines" properly applied do not cure where cure is possible, we answer, that the Hydropathic practice which has so universally obtained of late years has established beyond all controversy, that very many of those cases, which have almost invariably baffled the ingenuity of the most illustrious of the old school, have yielded to the simple treatment of the hydropath.

At first sight this will seem strange to many, especially those who have not given much attention to the cause of disease, and have been educated to believe in the supremacy of drug-medication.

But these latter, if asked *why* poisonous

drugs should cure disease, would be puzzled to give a satisfactory answer.

Aye, they, nor the faculty, can give anything like a reason for the hope they have in them, that "medicines" shall cure positive disease.

The wisest physician that ever lived can give no philosophical reason why even emetics are emetics, and by virtue should be; or cathartics, cathartics!

The *science!* of medicine being, in fact, but a string of guesses and nostrums, accidentally discovered—many of which were first started by some ignorant person, who, by the merest chance, happened to swallow some poisonous thing, which nature knew enough to eject from the system, according to the manner which suited her best; and if by the mouth, they called it henceforth an "emetic!" and if by the bowels, lo, a "cathartic!"

In short, all that can be said about the system of medication by drugs, is simply this: that certain articles of the materia medica will, in certain conditions of the human system, create certain local actions, the which causing great disturbance, will sometimes remove obstructions which no doubt would, if not removed in some way, have caused great trouble, and oftentimes death.

That certain other articles possess the power of stupefying the brain, and thereby render patients *insensible* to pain, (which is altogether a different thing from *removing* it;) and some "medicines" will make *some* sweat, others will cause increased action of the kidneys, &c., &c., which operations only show how offensive to the animal economy they all are, and simply because the unfortunate victim of them lived through his attack in spite of their unwelcome presence; to say that, therefore, they were necessary to his existence, or were created purposely to fulfil just such indications, is perfectly absurd.

Every experienced medical man knows that there is no dependence to be put upon any of them, for constitutions differ so, and conditions so alter and vary, that drugs which have been known and venerated for years as emetics, and cathartics, and diaphoretics, &c., &c., become just the reverse in the very cases when you most want them to be true.

But granting all that ever was claimed by the veriest enthusiast that ever believed in the omnipotency of "drugs and medicines," still the objection lies to their use, in that *they are unnecessary*.

But, says the believer, "It is not safe to trust to anything else in desperate cases."

The practice of the homœopaths gives the lie to this, for they, using no medicine, have far better success than do the old school practitioners, which not only proves the uselessness of drugs, but the ability of the recuperative power to cure itself in very many cases.

"But there are cases which require some aid from without."

Even so, and then *Hydropathy* is found, by those who know, to be "the one thing needful," "the all and in all."

"If a child ask you for bread, would you give him a stone?"

If nature ask for a little help, will you give

her a poison, the effects of which shall cripple her forever?

Or because a man has sinned against the laws of his being, shall we sin still more against them by giving him poisons?

Is it the teaching of wisdom or common sense to strive to cure the results that flow from evil doing, by the use of irritant drugs, in themselves naught but evil, while the evil doings are still continued?

Is it right to do evil that good may come?

The great objection then to the drug practice is, that it is unnecessary, inasmuch as all that drugs can do, water and the hydropathic regimen, diet, exercise, &c., can do much better.

Secondly, the danger of poisoning, even by mistake, should never be incurred, if it can be avoided.

Thirdly, it is all wrong in principle, that diseases resulting from false living, should be cured by the imbibition of poisons.

You might as well say that housebreaking and arson were the remedies for petty larceny?

Who so sinneth dieth; that is, dies to health and happiness.

And he who would be well, must cease sinning; as by disobedience we all fall, so by obedience we shall all be made whole again.

These great truths underlie Hydropathy.

The great question now comes up of "what shall we do to be saved?" from the just effects of our false living and evil doing?

The first thing of course to be done is, if possible, to remove the causes, immediate, proximate, and remote, that have combined to create the diseased action.

Strange as this may seem, it is nevertheless a fact, that next to nothing is said about removing the causes of disease, by nearly all of those who have written on medical subjects, and still less by the physician in attendance! I myself, am frequently called to patients, who have been for weeks under allopathic treatment, who were in the constant practice of smoking, chewing, drinking spirits, and other kindred vices, and whose skin in consequence, had become so debilitated, that it could not possibly perform its functions, and on which the filth had accumulated for months, and yet the physician had never inquired anything about these things, but merely ordered them to take certain drugs at stated periods, and assured them that they would "soon be well!"

Be well, forthwith! As well might the tempest-tossed mariner expect to cross the trackless ocean with unerring precision to his destined port, who had neglected to provide himself with compass, sail, and rudder, as a man under such circumstances expect to get well, even though an angel prepared his medicines, and a Jackson gave them.

"Be good and you will be happy," is a trite saying, but it is not more trite than true.

In the physical as well as the moral life goodness is a prerequisite to happiness, which physicians would do well to remember, but which they, as a body, almost totally forget, or, at least, do not enforce upon their patients.

The first great work then to be done, in order to relieve a patient from disease, is to make diligent inquiry into all his habits, and see wherein

he has erred, or come short of the "fulfilment of the law;" and then, as soon as may be, point out to him the rock on which he is striking, to the imminent risk of foundering his frail bark; and when possible, remove him from his dangerous precincts.

All bad habits being done away with, the next thing is to ward off the evil effects which may have been produced. And how this is to be done without drugs or lancets, puzzles much the uninitiated.

"Bleed *ad deliquium animi*," says the good old English (medical) gentleman, "all of the olden time," to reduce fever and inflammation, and give stimulants and tonics, when debility prevails!

Not so, says the Hydropath. He simply says, "A sheet, good madam, and a pail of water, cold and pure, and we will plunge ourselves, that in a very short time, all excessive heat, or violent inflammation, shall be subdued, and never a drop of the vital fluid so necessary to life and health shall there be wasted."

Oh, how we pity the poor physician who feels the necessity of robbing his patient of that which is life itself, in order to make him live! for "the life of the body is in the blood."

"Full many a time and oft" have I, in the days of my unenlightenment, felt the same necessity, while at the same time a sort of assassin-like feeling would, in spite of the books, come stealing over me, as lancet in hand, I tremulously proposed its insertion in the vein of some poor victim of over-indulgence.

And oh, how many times it has been mine to incur the loss my patient had endured, in consequence thereof. But thanks to a better age, and much experience, I have learned a better way. Now, I should as soon think of opening the carotid artery or the jugular vein with a jack-knife! as of proposing to bleed a man from the arm or foot, or anywhere else, thinking to benefit him.

Why is this? Not because I am more tender-hearted, or cowardly than of yore, but simply because I have learned by long and frequent experience that it is never necessary!

Water, that glorious gift of a loving Father to his thirsty children, is not more sure to quench a natural thirst than it is, when properly applied, to quell a raging fever.

Oh, ye who thirst for the blood of the inflamed and feverish, disdain not to listen to one who knows what he says, when he assures you that with the means and appliances peculiar to the Water-Cure system, he can do more towards warding off the terrible dangers likely to accrue in violent fevers and inflammations, by the simple application of water, inside and out, in a few hours, or even minutes, than you can do in as many days, or even weeks, with your lancet, your antimony, or your digitalis! Aye, what you can't do at all, in very many cases, with all your boasted implements and "appliances to boot," we with our simple unadulterated water can accomplish with the greatest possible ease.

Take, for instance, a case of bilious colic. In the old-fashioned way of doing business, it takes from four to forty-eight hours to give anything like permanent relief, and oftentimes even fails entirely, the patient dying in unrelieved agony.

Now in the new and better way, one or two applications of the wet-sheet, with the concomitant wash downs wet compresses, &c., will set the patient all right. As a general thing, in half the time that it takes for one "dose of medicine" to operate, the wet-sheet will cure him entirely.

And this is none of your doubtful remedies—"It is like an anchor, sure and steadfast." In the drug practice, there are almost as many different modes of practice as there are physicians; and the reason for this diversity is obvious—and here let me say that the same difference of opinion exists in regard to the treatment of almost all phases of every disease among the old school. And to the Hydropath, the why it is so, is evident. It is simply because all of their modes are empirical.

The last dose their former patient took before he got relief, becomes henceforth their specific.

If you ask them why they rely on it? they will tell you they have tried it! Ask them the *modus operandi*, and they will think you a little too inquisitive!

This same dose, perhaps, contained some half a dozen ingredients, which if either did the work, neither they nor any one can possibly tell.

But supposing they knew? the next patient might be so constituted that that same medicine would make a bad matter worse, or perhaps could not be borne on the stomach at all.

This is frequently the case with opium even, the great pacificator on which they rely to keep everything else down, and which now-a-days is the only "medicine" on which more than two or three agree as being the remedy for certain kinds of colic; and it is decidedly the best thing known in the materia medica for this purpose, and several others of like nature. This terrible drug, which, as every one knows, has slain its tens of thousands, if it can be borne, will in very many cases give relief, sometimes instant, and often permanent, but there is nothing certain about it. But even here in the most striking exemplification of the specific and immediately beneficial action of drugs that could be mentioned, the medical man even will admit, that though you succeed frequently in relieving the pain by controlling the spasmodic action of the muscular fibres, yet you have done nothing towards removing the cause. On the contrary, you have done more or less to increase the state of things that produced the trouble, for in nine cases out of ten there is great irritability and more or less inflammation, disturbance in the brain, &c., &c., all of which conditions the enormous and oft repeated doses of so powerful a stimulant and narcotic must inevitably increase.

Even if the patient is lucky enough to escape with only one attack, it will take him weeks to recover from the effects of its long continuance and those of the terrible drug.

Now, when we tell the medical man that the wet-sheet will invariably produce the same good effects as the opiate, without any of its bad effects, it seems to me he should give it the preference, especially when he takes into consideration that it at the same time tends strongly to the removal of the remote as well as immediate causes.

In most cases of colic the skin is at fault, and

the exhalation therefrom is more or less checked, hence the oppression of the viscera and consequent obstruction which precedes the spasmodic action.

The operation of the sheet is manifold: it produces by its shock an instantaneous determination to the surface, causing the blood which the unescaped morbid matter had caused to flow to the great central organs, and thence the spasms, to come into the capillaries, and the pressure being taken off from the delicate membranes within, the pain ceases of course, as it is the undue pressure of blood upon the nerves that causes pain, as any one can tell by tying a string around his finger slightly, just so as to prevent the return of the blood through the veins, but not tight enough to stop the flow into the finger *via* the arteries beneath. It reduces the temperature of course, which alone is an inestimable favor, as all who have tried it will bear me witness.

It cleans and soothes the irritated and dirty skin, and thereby makes once more an outlet for the ten thousand times ten thousand particles of morbid poison that, having been shut up within, have caused all the mischief.

It restores the equilibrium of the nervous system as nothing else can, and also restores the poor racked brain once more to peace and quietness.

Need a medical man be told that this is an improvement on the old-fashioned way of doing business, by opium, leeching, vomiting, and giving cathartics?

Take next a case of dyspepsia. Was there ever anything more ridiculous than an attempt to cure such by drugs!?

The poor sufferer is reaping that which he has sown; he is the victim of his own unbridled appetites, and the descendant of one who knew not enough to obey the laws of his being, and the consequence is that the tone of his organism is gone. No one organ can perform its function properly; and the very food which should be a pleasure and a support unto him beyond all compare, becomes a source of annoyance and a cause of weakness.

The delicate membranes which line the alimentary canal have become inflamed and morbidly sensitive, the liver has become completely disarranged, and the brain, the great parent of all the organs, in its deep sympathy for the sufferings of its numerous and grievously wronged children, has become most seriously affected.

I speak to the man of common sense now, be he who he may, and I ask him to ponder this matter well. Can it be, that other than mischief can come from the administration of "drugs and medicines" in such cases as I have described?

And is it not true, men of medicine, that these conditions more or less exist in all cases of chronic disease?

Time was when we knew no better than to try to overcome evil with evil, to "cast out devils by the prince of devils," but that day has gone by: for while we admit that drugs will oftentimes save life in acute cases, we also know that water will do it ten times more certainly, and is a thousand times more safe.

In the case in question, of the poor dyspeptic,

how plain and how simple the course to be pursued.

Only point out to the poor deluded unfortunate the errors of his ways; let him but realize the great fact that it is he and not God who has brought this state of things about; that he has only to "cease to do evil and learn to do well," trusting to the living God within him, and in one half of the cases that is all that is necessary.

In obstinate cases, especially those which have been aggravated by the various nostrums of the faculty, and others, it will be necessary to apply the water, with a view to change the conditions, &c., and in some cases it will be absolutely necessary to suspend the habit of eating entirely for days, or even weeks, in order to let the tired organs rest from their labors, and allow the inflammation to subside.

In this way cases the most obstinate, if not complicated with serious organic disease, or imperfect organization, can readily be cured—cases which for years and years have baffled the whole dread artillery which the faculty could bring to bear upon them.

The great trouble is in our poor abused human nature.

We all agree now in the indications to be fulfilled in the cure of disease. We only differ as to the means to be used.

Man's disinclination to own himself in error, "has made countless millions mourn." Were it not for this unfortunate trait in our poor human nature, I am convinced that there would now be a hundred physicians where there is only one, who would embrace the truth as it is in water, and "throw physic to the dogs" forever.

One of the greatest stumbling-blocks, though, in the way of Hydropathy, is the ignorance of the people, for just in proportion to their ignorance is their belief in physic. Show me a very intelligent man who is not in any way interested in the drug practice that is not in favor of Hydropathy or Homeopathy, and I will show you an eccentric man at least.

The honest part of the medical profession already acknowledge the beneficial effects, in certain cases, of the hydropathic practice, and gradually they will find, that what is good for one part is good for the whole; they will also learn that in no case is it even necessary to poison one part to help another, or the whole to help a particular part of the body.

As for the dishonest part, they will have to come into it when the people get their eyes fully open, as they are fast beginning to do, or be left to take their own nauseous doses.

All the people want is more light.

The most the physicians need is less prejudice.

Multiply, then, your reviews and journals—spread broadcast over the world the glorious truth, that there is yet "balm in Gilead" for the sick and wounded; and that man is no longer to be the slave of poisons or the lancet, but that in the physical as well as in the moral world there is room for all in the ark of safety; that, in either case, we have only to live in subjection to the laws which God hath made, and obey the instincts of our reason and common sense, to be well and happy.

“THE HARVEST IS PLENTY,
OURS BUT THE LABORERS ARE FEW.”

BY JAMES C. JACKSON, M.D.

If there is a legitimate subject for inquiry, it is by what means the health of the people can be improved. To solve and settle this, would be worth to the world all its wealth. For health is wealth, or if not, health without wealth is a great blessing—and wealth without health costs more than it comes to. I have an instinctive feeling that great as would be the discovery of such means, and great as are the needs of the people for such discovery, and its application, it will never be made by any whose object in searching for it, is on a level with that of a California gold-hunter. “Truth,” said the ancient sage, “lies in the bottom of a well.” “Truth,” said the Saviour, “is hidden from the wise and prudent, and is revealed unto babes.” There is a preparation of the heart and mind as needful to a search for truth, as there was needful training of body to win victory in the Olympic Games. Not every person finds who seeks, because the motive which prompts is low.

The great revolution, to secure which the WATER-CURE JOURNAL is devoted, is one of real significance. Its importance is such that from its intrinsic worth alone it becomes invested with grandeur. Could it be achieved, the face of the world would be changed. Here and there would be seen, at least, glimpses of Eden. The proofs of man's degeneracy would be visible through the accumulating evidences of his redemption, and his earthly life would foreshadow his life to be, when his face should no more be seamed furrow-like with folly, but should take on the Divine semblance.

What then are the means by which so desirable a result can be secured? I propose to state some of them.

1. It must be borne in mind always, that THE MOVEMENT contemplates the welfare of the millions. It directs its energies towards man. It sees human beings, and in their lives it lives. It knows nothing and cares nothing for any set, or sect, or class, or profession of men. As liberty is for the rights of mankind, so this is for the health of mankind. As liberty thrives under law, and protects only where law is, so this has power only where the laws of the organization are omnipotent. As liberty cannot bless and invigorate those whose political constitutions are subversive of the rights of human nature, so this movement cannot benefit those whose habits and practices are in violation of the principles by which alone human life can be secured. It can have no mission, therefore, less universal than the necessity for man's progress, and consequently can have no mysteries. Its teachings are for all and appropriate to all. All having a right to live—all have a right to know how to live; and to teach them how, is the mission of THE MOVEMENT. Are Doctors in the way? it will set them out of the way. Are laws in the way? it will abolish them. Are they wanted? it will enact them. Are habits in the way? it will change them. Is fashion an obstacle? it will remodel it: Does government fail in its duty?

it will quicken it till it does its duty. Are Ministers of the Gospel unaware that earth is a place where the Kingdom of God is to be made visible, where it is to be established, where God's will is to be done as it is done in Heaven? it will enlighten them and show them that a religion which concentrates all its hopes and blessedness in a Future, is not the religion of Him who declared that the Future should take care of itself. In fine, this MOVEMENT will sit in judgment on the principles, the politics, the morals, the manners, the modes, the habits, and the ways of the people, so far as these have to do with their expenditure of life; and for this, it will exact a strict account. Human life is not as cheap as formerly. It has risen in value. There is greater need for it, and so it is worth more. Men may not kill each other as once they could, and have no account to render. Doctors cannot slay without let or hindrance, and pass muster under the shadow of statutes and in the name of science. Men cannot drink themselves into sottishness, and tumble into eternity without retribution. The glutton, still a very privileged character, has eyes watching him who will spot him and make him and others feel that to live like a swine is not to act like a man. Mauhood has risen, and manliness and womanliness are rising, and the day is not a far way off when beastliness shall no longer be its synonym. A little way within the foliage of the time to come—one can see it as he could a veiled vision—is the hour when woman will no longer have public opinion on her side, and defy the laws of health so as to cheapen her in the marriage market, as unsound horses are at Tattersall's. She will have to wear the peach-blossom instead of paint; she will have to carry a straight limb instead of a deformed one, warped out of the line of its structure and spoiled of its beauty; she will have to show a foot clear of cramps, twists, bunions, and misshape; she will have to walk instead of wobble; will have to have a bust and bosom, instead of whalebones and cotton lathing; must show herself able to speak instead of squeal; must have muscles as well as nerves; knowledge instead of gossip; a heart instead of a peacock's plume. She will have to be human. Around her must the elements of a human character gather. Her sphere of thought must greatly enlarge; her province of action and activity must widen very much; and her labors become much more varied, or she will go through life alone. Sensible men are coming to see and to feel that woman reproduces herself in her children, and that there is nothing gained in wedding one who afflicts her posterity with a curse in the shape of constitutional enervation both of body and mind.

One can also see that the whole subject of child-life must come under consideration. Think of it as it is. Look at the contributions of medical science to this matter. Why, great and distinguished doctors have written “works” on children, but always of their diseases. How to train them, how to educate them, how to draw out their ideal into strong and beautiful life, they say not a word. They are forever chattering about those on whose brows disease has sat him down by right of pre-captation—a claim which dates back into the very heart's blood of

the mother—for no physician of observation doubts that 90 per cent. of inherited disease is of maternal origin. A thorough revolution on this matter must take place, and THE MOVEMENT has this in view. The whole subject will come up for discussion. The ante-natal as well as the post-natal conditions of children and their rearing, their food, clothing, exercise, liberty, restraint—their schooling, spiritual unfolding and intercourse, will be overhauled; and if possible, society be held responsible for our cemeteries being full of graves not a yard long.

2. Earnest effort must be had to improve the character and standing of those who offer themselves as official representatives of the movement. THE MOVEMENT is radical, original, clear and distinct. It is not a spawn of Allopathy, not an offshoot of Homoeopathy, not a subordinate of Eclecticisim, not an ally of Psychology; but, on the contrary, the opponent of them all, for it is the child of nature, sublime, truthful, majestic nature. It has principles of its own, a practice of its own, and will never consent to be made a hewer of wood to either or all of the drug-giving schools. Standing on its own bottom, it has just claims to be considered in the light of its principles and their illustrators. Drug Doctors are not, cannot be their representatives. Professedly they may be, actually they are not. No Doctor who gives a single pill or powder can show forth the power of Water-Cure. Water-Cure is nature-cure—is what Dr. Trall calls Hygeopathy. It is not pill-cure, nor powder-cure; it is not blister-cure, nor blood-letting cure. What, then, has one to do with setting himself up as its representative, who ordinarily or extraordinarily to his sick, proceeds to the exhibition of medicine? What he is it is not for me to say, what he is not is proper for me to say, and therefore I aver that he is not a “Water-Cure” or “Hygienic” or nature-cure Doctor. This movement has abundant strength. Intrinsicly, it is as mighty as the Creative Intelligence. It has a right to be represented by men and women of altogether different mould—of other metal than are they who think that nature is a mix, and art is divine. A Water-Cure Doctor can never be made out of one who is a slave to routine, who worships a precedent, who yields to authority, and is afraid of the decisions of a chartered corporation. How can such a one represent a great idea—one which startles by its newness and shocks by its boldness—which astonishes by its success, and makes the on-looker wonder in view of its results. A conservative the world over, in literature, law, medicine, politics, religion and art, represents himself. His principles are his prejudices; his faith that of his predecessors; his practice, the regular routine. When once one has seen the formula after which such professionals, in any department of activity, are made, he can tell how the 999th will look. The clergy all arc run in the same mould. One can pick out a clergyman from ever so large a group of men. The lawyers—they all plead alike, all quote precedent as if it were Gospel, no matter how absurd. The doctors all swell up into the same fantastic grandeur of technical life, and deal in the same round of antiquated absurdities.

A new cause needs new men. Nothing short of manhood can bring into relief, so that it shall stand out boldly, a great idea. Professional endowment cannot do it. A Doctor to be worth anything must needs be a man to begin with. Freedom of thought and freedom of action must be his. Diplomas cannot make him; statutory special privileges cannot confer the essential elements. Manliness must be the heart of him, his core, and his profession his overgrowth. That tree lives the longer, has the richer foliage, unfolds the lovelier blossom, sends forth the richer fragrance, matures the more luscious fruit, whose heart is the largest and soundest; while the tree whose sappy part is the largest, dies the soonest, and while living is the most insignificant. Its vital organization is feeble, and so it withers, till dead twigs take the place of with-like limbs, and the woodman cuts it down. So with the professional man—he is the great man and is felt far and wide, whose in-side is made up of that which lasts forever. Aggregate such a nucleus with strong capacities, and the man can create a kingdom.

It is of men and women in whom the human is uppermost, that our Hygeopathic Doctors must be made; and it is matter of gratulation that the people can furnish them, unshooled by absurdity and unwarped by prejudice. They can be the easier taught to revere NATURE, so shall they become wise and have success in healing, for success abides with wisdom.

3. To press the cause onward, there must be in the ranks of Hygeopathists more of the spirit of propagandism. Principles are not self-propagating, they reproduce by human agency. Men and women are needed to spread principles. In them do they live and move and have a being. Through them do they bring forth fruit. As advocates of the only true way of healing, and of the only true way of preserving health, we are not enough enthusiastic. We look at the matter as one which concerns us individually, whereas it is one which concerns the race. We need, to make us a school worthy of the cause we plead, the missionary spirit. Out of ourselves must go forth the spirit that shall carry conviction. From us must come the faith that shall interest the prejudiced and the indifferent. Our lives must prove our theories to be correct. All our habits—our eating, our drinking, our style of dress, our sitting, our manner of walking, our hours of sleep, the way in which we think, and throw off thought—our emotional gratifications, everything about us, should go most unmistakably to show our acknowledgment of the supremacy of NATURE, and that we readily yield to the conventional where it is not unnatural, that we never yield where the artificial runs into the unnatural. Our lives should show that simplicity is favorable to culture, refinement, and high attainment; that the simpler the habits the stronger and more delicate the faculty of perception, the profounder and abler our power of reflection, the firmer and more vigorous the will, the calmer and more manageable our passions, and the more beautiful our whole manhood, shadowing back, as doth a mirror, the image of the Good.

The missionary spirit, the vicarious or redemptive spirit, is what the advocates of Water-

Cure must have. The money-spirit will never carry it through the conflicts which awaits it: even now it suffers from this feeling. How many Water-Cures have been built with hope uppermost, that the builder would realize a fortune—that the enterprise was a good speculation. How many Water-Cures are conducted to-day entirely under the motive of making money. How much of the drugging which obtains in the establishments now in operation, has its justification in the feeling that not to give any medicine is to make the Cure unpopular. Whatever of this spirit exists is essentially unfriendly to the progress of the revolution. It must, from its nature, oppose its accomplishment. The shrine-maker cannot permit his temple to be torn down, nor the worship of his deity to be superseded. The money-spirit will kill the movement, the missionary spirit will set it on high from him that puffeth at it. Let whomsoever will represent the former, the people should represent the latter. To do this is easy enough. All that is wanting is the spirit, the soul to conceive and feel the worth of the effort. Readers of the Water-Cure Journal, in your own neighborhood, how many persons die yearly who might live to good old age if they knew how to live as you do. But they do not; and they are prejudiced. That should inspire you. Cast about; see how by rigid economy you can save money—how by more skillful labor you can earn it—how by self-denial you can be able to appropriate it to the purpose of furnishing them with the Water-Cure Journal. Five, ten, twenty, fifty copies put in circulation and read, as they would be, would in less than five years, in your town or village, leave acres of green sward unbroken by the spade, which now the sexton will deface, that the dead may lie beneath it.

The prosperity of this great and good cause is generally inferred from the number of hotels which are opened and called Water-Cures. There is no soundness in such deductions, and for the good reason, that a HOTEL is not and cannot be a Water-Cure—a Health-Cure. A HOTEL is a place where the proprietor, manager, doctor—if doctor it is thought best to have—and assistants, act under the primal motive of doing what the guests want to have done. A Water-Cure is a place where the guests do, if they know their best interests, what the physicians think best for them to do; and whose Physicians know and have the honesty to tell them what is best. A hotel is a place whose first and last association in the mind of him who seeks it is indulgence. A Water-Cure is a place where the guest expects to be and is summoned up to self-denial. The one is favorably situated to lose one's money and not regain one's health, the other is admirably calculated to get health as an equivalent for cash expended. A hotel may be called a Water-Cure, but calling a fiction a fact does not make it a fact. How far the hotel practice is absorbing the Water-Cure practice, in the fashioning and managing of what are advertised as Water-Cures, I make no mention. The people must look to it. It is their business, not mine. My duty is done, when faithfully and frankly I have declared that not every one that saith, "I am a Water-Cure Doctor," "I am a Hydropathist," is a

Water-Cure Doctor—is a Hydropathist; but they, and they only, who do the works, by living out the principles of the Water-Cure in the management of their establishments. Now, were all the hotels which are dubbed Water-Cures, truly such, then the names would shadow the thing. The apparent would be the real time of day, and just where we are in public esteem we should know. As it is, an estimate drawn from any such source is as fallacious a reliance as the riciest fable. One might as well argue the prevalence of vital godliness from the "steeple houses" in New York. These are no proof of the progress of Christianity; they are rather incontestible witnesses of fashionable delusions and follies. They more pointedly signify the decline than the advancement of Christ's religion. To form a just decision of what they represent, it is needful to know what is done in them. If under the name of Christianity Buddhism is acted out, if instead of the simplicity of the Gospel pagan mysticism is entered, if heathen rites are sabbatically practiced instead of an evocation of genuine worship, then, by all the law of logic, they testify conversely to appearance. They point with precision to a time when Jesus shall be dethroned and shallow philosophy blossom on the soil over which He carried His cross. So, if under the name of Water-Cures, drug-shops are in full operation, then their multiplication gives not only no proof of the growth of the new idea, but indicates a want of public confidence in it—levels its finger at a spot where the revolution shall be stopped, and THE PEOPLE be re-enslaved by drug-medication.

It is sad to know how slowly an idea so well born, so full of life and truth, makes its way to the consciousness of men. But it would add greatly to that sadness to know, that the fault is with us who believe. To feel that the harvest is plenteous, but that we are too selfish, too lazy, or too cowardly to be laborers, would be exceedingly mortifying. Our religion tells us that the Health Reform is at the bottom of all others—that the soul is reached through the body; that heaven is reached through earth; that God is reached through MAN. Then let us affiliate and set in motion plans whereby the circulation of the WATER-CURE JOURNAL can be doubled or trebled without delay. This month begins a new volume. Let every man and woman who take it resolve that they will double their subscription, and either find a subscriber for the extra copy, or make it a neighborhood missionary. It may cost half a day's labor, or a dollar in cash, but it will save you three times that. It will make your neighbors more manful, and less animal. It will instruct the young in the laws of life. It will establish common sympathy, and greatly diminish in your villages and towns sickness, debt, doctors and death. Try it; work! The great majority of you have never felt the inspirations of the enterprise. You have lived intellectually, you need heart-wakening. You need to feel, that whatever may be the culture, standing and knowledge of your neighbors on other subjects, on this matter of health and healthy life they are uneducated heathen. They are filled with filth. Fork-fat and flesh-meats, cow's-butter and hog's-lard, help largely to make

up their *outside*. They are soaked with tea and coffee, and poisoned with tobacco or drugs. Their sweat smells as offensively as that of the Jew with whom Coleridge refused to ride in a stage-coach; and of a clean, untainted, bodily life they know no more than a New Zealander does of the way to heaven. The serenity, the peace, the joy that habitually dwell with one whose *body* is the servant of the soul, they are strangers to. Put the Water-Cure Journal into their hands, and "set them a thinking." Line on line and precept upon precept, here a little and there a little, you must deal out to them, for

"Sowing, sowing everywhere,
The good man takes his way—
And little seeds fall in the ground
To lie for many a day;
But gentle Truth, though sowed in ruth,
Shall bring forth fruit away."

Come friends! wherever you are, I summon you to new life. Let us *work*. The day shall come, when the Doctor who offers to a sick man *poison* to cure him, shall be esteemed as he is now who deliberately makes his neighbor drunk. Let us work—all of us who have eschewed the whole drug system, with all its appurtenances thereunto belonging; let us work so that when this volume of the Journal shall have closed—when autumn shall have given way to winter—the yellow-kirtle to the hoddin-gray—we may see what we have done and *rejoice*.

HEALTH ESTABLISHMENTS.*

A **VERY** prominent mode of remedy for ill health already induced, is a resort to properly conducted *health establishments*.

The most valuable of these are those in which cold water is applied scientifically as a medicinal agent. The following account of the operation of cold water, when applied internally and on the skin, contains important information:

Water taken internally operates first to dissolve and thin the morbid accumulations in all parts of the system, and thus prepare them for ejection through the skin, lungs, kidneys, and bowels. Next it tends to equalize the circulation by thinning and removing these morbid obstructions, so that the blood can flow equally in every part. Next it stimulates the capillaries to quicker action all over the body. Water taken into the stomach is drawn into the circulation in ten or fifteen minutes; and as the great mass of the blood courses through the body six or eight times every hour, it is seen that the water in that time may visit nearly every part. If more is taken than the body needs, the kidneys draw it off and send it out.

Water is also a *tonic*; that is, it operates to give stronger action to the minute capillaries, and this, like the exercise of the muscles, gives increase of vigor. Thus, cold water taken internally operates to purify the blood, to equalize the circulation, and to strengthen the capillary action by increased exercise.

Water applied *externally*, in baths, operates in several ways. In the first place, it is a tonic to the nerves and capillaries of the skin. And

as there is more nerve matter and more blood in the skin than in all the other capillaries of the body, there is no mode of applying tonic remedies so potent and so readily within reach.

Next, water can be applied in *local baths* to draw the blood from one portion of the body where there is an excess, to another part where there is a deficiency and consequent debility. The sitting and foot baths are of this nature. If we need blood and increased action in any particular part, *cold* is applied by water. The capillaries contract and send their blood inward, reporting to the brain the need of the part. Instantly there is a return of a greater supply than before. This process can be continued till a habit is induced, and thus the part is strengthened.

Next, water, in drawing off heat from the body, and quickening the action of the capillaries, hastens the process of *change* which is going on all over the system in sending off old, decayed matter, and replacing it with new material furnished by the lungs and stomach. It is thus that the Water-Cure quickens the appetite to supply the increased demand.

Lastly, water can be applied as a kind of *poultice to the skin*. In this case, the *moisture and warmth* draw the blood to the capillaries of the skin, and at the same time stimulate the lymphatic absorbents to quicker action. By this method morbid humors are drawn from the internal organs to the skin, and thence are thrown off. The wet sheet is a cold-water poultice for the whole body. The wet bandages, worn over diseased parts, are smaller poultices. Both act to draw blood from within to the skin, and then to abstract from it the morbid humors.

When we consider that the surface of skin comprises fifteen square feet, and that this surface is made up of millions of perspiration tubes, oil-secreting glands, and sensitive, nervous reticulations, we perceive a method of influencing the brain and nerves, and, indeed, the whole system, such as can be secured in no other way. We can depress one part, and stimulate another; bring the blood to the surface, drive it inward, equalize and cleanse it, and apply a universal tonic to its whole net-work of nerves by means of this one simple, pure, and universal element.

But the medical and scientific application of cold water for the cure of disease is only one of the benefits to be obtained in these health establishments. The great thing secured is a rational, intelligent *obedience to the laws of health*.

The use of water tends to dissolve and carry off, by quickened action, all the component parts of the body. During this process it should be renewed with pure and healthful materials by a simple diet. Tea, coffee, alcoholic drinks, opium, tobacco, spices, and condiments of all sorts, are to be relinquished. Fruits, vegetables, broths, one kind of meat, good bread and butter, and a great variety of simples, such as cracked wheat, hominy, and the like, are provided, and the patient must eat these or go somewhere else for food.

Next, after every bath the patient is required to bring on a glow by exercise in the open air; and as baths are taken four or five times a day, this secures a considerable amount of pure air for

the lungs, as well as exercise for the lower limbs.

Besides this, the patients are withdrawn from all their business and cares. The brain has a chance to rest; while the baths and walking furnish occupation that is cheered by the stimulus of hope. At the same time, in these gatherings, every person finds one or more sympathizing associate in walks and sports, and thus time never seems to hang heavily.

In some institutions, also, such arrangements for *ventilation* are enforced as secure to the patients *pure air* both by night and by day. In others this is neglected.

By means of the books treating on health and the Water-Cure, which abound at such places, by means of lectures from the physicians, and by the discussions on these topics among the patients themselves, there comes to be an intelligent conviction of the reality and obligations of the laws of health, which is carried to multitudes of homes to modify and improve the habits of a household. At the same time, the various simple articles of diet, and healthful modes of cooking, are learned, and transferred to home-circles.

In addition to all this, at certain health establishments the system of calisthenic exercises in this work has been introduced with wonderful results. Not only has the recovery from disease been greatly facilitated, but many deformities of persons have been entirely rectified by these methods. In many cases known to the author, curved spines, crooked backs, projecting necks, round shoulders, and sunken chests, have been entirely removed. It is often the case that these exercises will enlarge the thorax, and thus expand the lungs, to the extent of three, four, and even five and six inches.

Although this mode of treatment is very expensive and usually requires months, and in bad cases years to complete, yet such has been the success of these methods that every year increases the patronage of these institutions.

And yet a great deal of mischief has been done by *excesses* in this mode of treating disease. These have resulted, in the first place, from the fact that the system originated among the hardy, phlegmatic German race, and needed modifications, to adapt it to the excitable, sensitive, and worn-out constitution of the American people, that could only be discovered by experiment. During the ten years of its trial in this country it has constantly gained in successful results, and almost as constantly diminished in the energy of its application.

The excesses referred to relate to *exercise* as well as to the application of water. Every human body has its reservoir of nervous energy, some large and some very small, with all grades between. Now, the great difficulty in the management both of water and exercise, as remedial, is that both physicians and patients are invidiously led on by the feeling that "more produces more," without any need of careful and scientific limitations.

There is nothing that requires more careful watching and good judgment, than to adapt the amount of water-treatment and exercise to the degree of nervous resource which each patient may

* From Physiology and Calisthenic Exercises—by Catharine E. Rogers. Price, by Mail, 25 cts.

possess. And, probably, more than half the benefits of both methods have been lost by such excesses that the nervous fountain had only enough of supply for the excessive tax put upon it by the treatment, and had little to spare for the struggle that otherwise would have thrown off the disease.

This evil comes sometimes in spite of the care and caution of the physician, but more frequently for the want of it. The fact that the chief difficulty is to bring patients to exercise enough, leads to measures and motives that stimulate a certain class that need rather to be held back. At the same time, there arises a spirit of emulation, and a pride and self-gratulation at achievements which strongly tempt to excess.

There are often cases, also, where persons attempt to treat themselves with water without the aid of a physician, and thus increase their diseases. The wrong use of the shower bath has been often a source of mischief. It is especially injurious to nervous and excitable persons and to children. None of the processes of water treatment should be continued when discomfort or any evils follow.

FACTS FOR THE PEOPLE.

BY E. W. GANTT, M. D.

The discussion of fundamental principles may convince the understanding, but will not fully enlist the heart, until the application of them produces results in perfect harmony with the theory of their use. The facts of a system of practice cannot be set aside by theory or sophistry, and are so many tangible assurances in the minds of the people of the real value of the principles they sustain. The facts in water-cure practice (perhaps "*Hygeopathic*"), are not only abundant, but are often so wonderful in their character as to elicit a flat denial of their verity from those "who having ears, hear not," and "having eyes, see not" the things which belong to their full salvation. Let such persons observe the efficacy of "supplying nature with good conditions," in cases similar to the following; and if they don't form more exalted views of themselves, and of the laws of the God who made them, then let them be given over to "hardness of heart," and enjoy (*?*) *calmeliziny* and *blistering* awhile longer.

Case 1. Called in company with Dr. Ellen M. Snow, about the middle of last September, to see Mrs. —, whom her husband said the doctors had doomed to die within forty-eight hours.

Found the patient somewhat as follows:—Age, 25, large frame; physical and mental development well-balanced, sanguine temperament rather predominant. History:—From 14, to 17 years of age, did not menstruate at all; medicine in large quantities failed to relieve, but was cured by exercise and bathing; five years ago, after a severe attack of dysentery, first symptoms of prolapsus uteri, with inflammation; since, has had bilious fever, fever and ague, pneumonia, pleurisy, and dysentery, every summer since the first attack. Had received at different times, allopathic, homoeopathic, and a lit-

tle hydropathic treatment. In July last, was injured by jumping from a wagon, and was soon after prostrated by a severe attack of inflammation of — some Drs. said the Uterus — others called it Peritonial, and others declared it was Cystitis! The treatment was as varied as the diagnosis, and her condition varied as much until we were called to see her. At this time she was given up to die, and had disposed of her effects among her friends, presuming there was no help for her. Found the abdomen so much swollen as to obliterate the cavity in the epigastric region; and uterus, stomach, bowels, and peritoneum all involved in inflammation. She could not be moved; abdomen so sensitive that she could hardly bear the weight of the bed-clothes; and stomach so inflamed that no greater quantity than a table-spoonful of water would be thrown up immediately. Here was a case indeed, and all we resolved to do was to render her comfortable. Drinking water was of no avail; enemas could not be used, owing to the severe pain; the pack was not available, so that for two days we had to rely wholly upon spongings and wet cloths applied to the abdomen, which were renewed every fifteen minutes. At the expiration of this time the swelling began to subside; the pack could be used; j enemasa administered, and at the end of a week she was removed to our "Cure." She remained with us seventeen weeks, was then able to go to her friends; and soon after performed a journey to an adjoining State, from which she writes us that she is in the enjoyment of excellent health. While she was with us she was delivered of two large uterine fibrous polypus tumors. These we deemed best to leave to the "order of nature," inasmuch as they could not be ligatured. Both were expelled by uterine contractions alone, which continued from three to five days in each case. Her sufferings can hardly be imagined, and were not relieved until I succeeded in getting her into a mesmeric sleep, when, although she remained conscious of all that transpired, her pain would cease while the uterine contractions would continue. The expulsion of the last tumor was attended with severe hemorrhage, which was promptly checked by iced applications. For a long time her only immunity from pain was in the "mesmeric sleep," and I doubt not that it contributed much to her recovery.

Case 2d. Mrs. —, age 31. Came to our Cure in October last. Case as follows:—Had sore mouth at various times during last five years; during this time had been habitually constive; headache and cold feet habitual; had catarrh for last four years; leucorrhoea, with bearing down pains and sense of weight in pelvis, during the last two years. It is unnecessary to add, that in her case as in most others, the *materia medica* of the old practice had been well tried with no avail. Treatment:—Gymnastic exercises; care in diet; sitz baths with vaginal enemas, occasional packs, with daily shower or sponge bath, or rubbing wet sheet, effected so great an improvement in one month's time, that she could safely pursue her treatment at home; and in one month more she made us a visit, rejoicing in the enjoyment of good health.

Case 3d. Mr. —, age 21. Last fall, had ty-

phoid fever, which continued three weeks; fever left him with severe cough; profuse diarrhoea, and great tenderness in the epigastric region. In this condition he came to our Cure. At the expiration of three weeks he was able to resume his business, and now reports himself as hale as ever. We might add many others to the above, but we lack time and room at present. In spite of drugo-pathy, our work goes bravely on.—*Rockford Water-Cure.*

MEDICINE IN FRANCE.

"THE SCIENCE OF MEDICINE" is thus dissected by one of its Professors. We copy from the *New York Commercial Advertiser*, a very pious and conservative paper,—a paper which boasts of its remarkable old age, having attained upwards of fifty years—the following remarkably interesting letter from an American medical student in Paris. This writer says that he once heard Magendie, the celebrated French physician and physiologist, open a lecture somewhat in the following words:

"GENTLEMEN: Medicine is a great humbug. I know it is called a science—science, indeed! It is nothing like science. Doctors are mere empirics, when they are not charlatans. We are as ignorant as men can be. Who knows anything in the world about medicine? Gentlemen, you have done me the honor to come here to attend my lectures, and I must tell you frankly now, in the beginning, that I know nothing in the world about medicine, and I don't know anybody who does know anything about it. Don't think for a moment that I haven't read the bills advertising the course of lectures at the Medical School; I know that this man teaches anatomy, that man teaches pathology, another man physiology, such a one therapeutics, such another materia medica—*Eh bien! et apres?* What's known about all that? Why, gentlemen, at the school of Montpellier (God knows it was famous enough in its day!) they discarded the study of anatomy, and taught nothing but the dispensary; and the doctors educated there knew just as much, and were quite as successful as any others. I repeat it, nobody knows anything about medicine. True enough, we are gathering facts every day. We can produce typhus fever, for example, by injecting a certain substance into the veins of a dog; that's something; we can alleviate diabetes, and I see distinctly, we are fast approaching the day when phthisis can be cured as easily as any disease.

"We are collecting facts in the right spirit; and I dare say in a century or so the accumulation of facts may enable our successors to form a medical science; but I repeat it to you, there is no such thing now as a medical science. Who can tell me how to cure the headache? or the gout? or diseases of the heart? Nobody. Oh! you tell me doctors cure people. I grant you, people are cured. But how are they cured? Gentlemen, nature does a great deal. Imagination does a great deal. Doctors do . . . devilish little . . . when they don't do harm. Let me tell you, gentlemen, what I did when I was the head physician at Hotel Dieu. Some 3000 or 4000

patients passed through my hands every year. I divided the patients into two classes; with one, I followed the dispensary, and gave them the usual medicines, without having the least idea why or wherefore; to the other I gave bread pills and colored water, without, of course, letting them know anything about it . . . and occasionally, gentlemen, I would create a third division, to whom I gave nothing whatever. These last would find a good deal; they would feel they were neglected, (sick people always feel they are neglected, unless they are well drugged . . . *les imbeciles!*) and they would irritate themselves until they got really sick, but nature invariably came to the rescue, and all the persons in this third class got well. There was a little mortality among those who received but bread pills and colored water, and the mortality was greatest among those who were carefully drugged according to the dispensary." This is pretty plain speaking for a doctor.

ARE THE BOWELS MORAL AGENTS?

The *Springfield Republican*, one of the ablest papers in New England, comments upon an idea advanced by a physiological writer, in the following graphic style:

But he advanced one doctrine which, with certain limitations and rather essential qualifications, we feel disposed to adopt. As nearly as we could get at his idea, it was that nothing stands in the way of a man being good but indigestion—that the hope of mankind lies in the stomach and bowels—that salvation exists only in assimilation—that man's highest relations are those which he sustains toward his dinner table, and that the road to Heaven passes through the alimentary canal. Now we will go so far with the gentleman as to admit that the bowels really deserve a place among the great moral agents. We have no doubt that many of the gloomiest passages of religious experience originate in the liver, that conscience is harassed by the passage of calculi through the biliary duct, that coolness between friends is frequently not only coincident with, but dependent upon, constipation, that love wanes with a relaxed habit of the mucous membrane, that anger and irritability are the direct result of mince-pie and lobster salad, and that conjugal infidelity may be produced by over-feeding, perhaps more readily than by spiritualism. We believe that the care-worn and haggard condition of the American people result from dyspepsia, rather than from any other cause, and that the natural bowels need only to be kept well and regularly open to lighten the general load of care fifty per cent.

We have seen cases in this poor world that would sufficiently illustrate the basis of our belief. We could lay our hand upon the arm of many a friend who would not only be startled, but offended, by the insinuation it would convey. We knew a calm and patient woman whose religious exercises are one continued trial. Her heart is hard, her sensitive conscience is her persistent accuser, the heavens are brass above her, a cloud

rests upon her worldly circumstances, she looks out upon the future with fearful forebodings, friends are fickle or cold, death stands always knocking at her door, and everything goes against her. She thinks that all is meant to wear her from a world of sorrow, and yet she cannot perceive that she is becoming better fitted for that land

"Where the wicked cease from troubling,
And the weary are at rest."

Now, a little judicious hydropathic treatment would do this woman a world of good. It would lift a load from her conscience, open the way for her heart's highest communion, fill her future with rosy light, and make her mercurial, in a sense that would not call for the corrective agency of the electro-chemical bath. This woman is the type of a large class; and, if any of them read this article, we hope that their next period of self-examination may be devoted to a careful consideration of the condition of their digestive organs. We know a man who has the reputation of being high-tempered and irritable, crabbed and cross. That man's mother will take her oath that he was the best baby and pleasantest child she ever had. But he eats too much. His stomach is sour, the tides of life flow laboriously, his alimentary passages are irritated by pepper and mustard, and the consequence is that he acts as if he were possessed with the devil. This man cannot be peaceable and amiable with his stomach in a perpetually growl. Let him, by accident, get into a good physical condition, and he will greet you as pleasantly as a summer morning. He wants exercise on a hard-trotting horse, a farinaceous diet, coarse bread, and a limited number of Carter potatoes, with nothing stronger for drink than cocoa and cold water. No essential amelioration of his moral condition can be achieved until these things are attended to. The preacher will preach, the friend humor, and the wife caress in vain. We remember once seeing a very thick-headed little urchin struggling to keep his eyes open before the school mistress, and tell the name of the letter *a*. At last in the very abandon of despair, he exclaimed: "I can't read with this darn great apple in my pocket." Comment is unnecessary. It is utterly impossible, it seems to us, for the real millennium to come until a healthy digestive apparatus becomes a universal possession. We say this in no spirit of levity or irreverence. It is impossible to feel good when one cannot help feeling cross, to be happy when one is miserable, to be amiable with a cannon ball in one's stomach. Therefore let us all do what we can to advance the great cause of human progress and sound and healthy morality, by frequent bathing, daily out-of-door exercise, simple and wholesome diet, and regularity of habits. Under this regimen, crime will become unfashionable, pauperism go out of date, and the great religious agencies of the world have a fair chance and a clear field.

A gymnasium to cost \$8,000 to \$10,000 is to be erected in connection with Yale College, [which should have been done years ago.]

A firm faith is the best divinity; a good life the best philosophy; a clear conscience the best law; honesty the best policy, and temperance the best physic.

INFLUENCE OF QUACKERY ON HEALTH.

We take the following pungent extract from a speech by Mr. Sanborn, in the New Hampshire Legislature, upon the bill to incorporate the "New Hampshire Medical Botanical Society":

"It is safe to assert that there is not an advertised nostrum in the market which does not hold out false hopes to the sick. Every such advertisement is an imposition upon the public, whether it came from physicians regular, irregular, or defective, and in the grammar of medicine the latter class is very numerous. If one title of what the patent medicine makers assert were true, we might attain unto what the progenitors of our race would have secured by partaking of the fruit of the tree of life. We might live forever if the pompous assertion of the makers of cosmetics, washes for the face and beautifying lotions, were true; we might have ladies as beautiful as hours, with the assurance of perpetual juvenescence. In a word, we might bid defiance to the darts of death, and the vegetable doctor might stand over the prostrate king of terrors and exclaim in triumph, 'O death where is thy sting?' and then turn to his patient and in the language of Oriental adulation exclaim, 'O patient, live forever!'"

"It is pretended that nobody is deceived by the professions of quacks. Every day's experience contradicts this assertion. The rich and the poor, the wise and the simple, are all occasionally deluded by these cheating, lying impostors. The human mind is so constituted that we must confide in others. We are made to trust each other, to believe the solemn declarations of our fellows. Without this mutual confidence, society could not exist; hence the abuse of it becomes the more odious. None are so credulous as the sick. They listen readily to the advice and suggestions of others. Fearing the ravages of disease, they eagerly lay hold of any hope, however delusive, which empirics may hold out to them. The extensive sale of vegetable medicines proves this. A few years ago, when Morrison's vegetable life pills were so popular in this country, a suit was commenced in a court in Massachusetts, by Morrison & Moat, against John K. Palmer, for selling a spurious article. It appeared there in evidence that the proprietors had been so successful in England as to be able to establish the 'British College of Health,' at an expense of \$250,000, from which agents were sent into all the principal cities of Europe and America. The demand for these pills became so great in this country that the sale amounted to \$250,000 in a single year; and the seller of spurious pills had disposed of one hundred thousand boxes before he was arrested by the patentee. It appeared, furthermore, that this 'British College of Health,' with its high-sounding title, had neither charter, professors nor students, but consisted of an immense building in the suburbs of London, with appropriate apparatus for the manufacture of 'Hygeen pills;' and that the proprietor was neither surgeon, physician nor man of science, but arch quack. What has become of his vaunted remedy in the brief space of ten years? Gone, like thousands of its pre-

decessors, to the shades of Erebus and old Night.

The fact that new nostrums remain popular only for a brief period, proves that their healing virtues, like the diseases they profess to cure, are *imaginary*. Each remedy has its brief day of glory, and is succeeded by a rival candidate for the popular applause. Each new invention has a twofold office. It comes to bury the dead and herald a new race. Every fresh adventurer denounces all rivals as deceivers and impostors. These makers and vendors of nostrums abuse each other like pickpockets. They wage upon every fellow-quack an internecine war. Every member of the fraternity is an Ishmaelite to every other. On all sides it is war to the knife, and knife to the hilt. The dead lie prostrate on many a hard-fought field! but it is the *patients* who die, not the *quacks*! But are we not bound to believe what these impostors say of each other? Who should know the tricks of the trade better than they? if we can trust their promises we certainly are bound to credit their assertions concerning the fraternity. They warn us "as we value health," to shun all prescriptions of quacks except their own: and this is done by every inventor of a new medicine. Look at the flaming advertisements of the rival Drs. Townsend, which stare us in the face from every paper printed in Concord, together with a beautiful wood cut, representing old Dr. Jacob Townsend himself. They both offer for sale a syrup of sarsaparilla. The old Doctor says he has paid \$200,000 within the last eight years for advertising; and whence came this immense sum? We cannot suppose that any man would devote more than a tithe of his income to advertising; therefore, the doctor must have been doing an excellent business in the sarsaparilla line for eight years.

At the present day there is a great fondness for vegetable medicines. Anything having to do with vegetable to it goes down with the multitude. Notwithstanding everybody knows that no new vegetable has been discovered, and no new properties have been detected in vegetables before known, still they confide in the assertion that the commonest herbs may be made sovereign remedies for "all the ills that flesh is heir to." It is equally well known that a majority of all the medicines in the pharmacopoeia of the regular faculty are of vegetable origin, and that the most deadly poisons, such as destroy life almost at a blow, like a thunder-bolt, are from the vegetable kingdom. Still we are told that all vegetable remedies are safe, while mercury is the great bugbear of the many. But it has been proved in courts of justice where quacks have been arraigned for manslaughter, that pills professing to be purely vegetable have produced *salivation* in the patient. There are perhaps a score of infallible remedies for consumption, and there can scarcely be a doubt that the only ingredient in them all which serves to allay the irritation of a chronic cough is *opium*! This for a time quiets the consumptive patient, and deceives him with the hope of recovery, but by frequent use of it the strength is exhausted, and the system sinks under the repeated assaults of empiricism.

But of all the gross and palpable impositions

upon the public credulity, the pretence that the Indians understood the healing virtues of roots and herbs, is the most absurd and monstrous. Civilized and Christian men having recourse to savages to learn science! It is, however, a notorious fact, that Indian "medicine men," as they are called, are the greatest impostors living. They surpass their civilized imitators. They "out-herod Herod" in knavery. The whole system of practice among the Indians has always consisted in fraud and pretence. Catlin, who spent years among the North American Indians, constantly affirms this. They know literally nothing of the power of simples. They employ, over the sick, charms, spells and incantations, and make use of amulets and consecrated medicine bags, as curative agents. Yet our scientific botanists go to these ignorant, besotted dupes of superstition, to learn medical science. Sometimes a veritable Indian doctor appears among us with more *brass* than *copper* in his face. He makes his prescription with great gravity and solemnity. He cuts his herbs and gathers his roots under the influence of certain astronomical signs. These signs, by the way, are but a relic of old astrology, as ancient as the Pharaohs, and have no more significance for us than the worship of Isis. But our doctor regards "the stellar" influence in gathering his herbs. He strips the bark *upward* for an emetic, and *downward* for a cathartic. He steps the whole in river water taken up in a peculiar way. I once heard of an instance where the whole process failed because the patient dipped the water up stream instead of down! "Because you see," said the learned doctor, "if the water be dipped up stream it goes *agin* natur'; if down stream it *helps* natur'." Such are Indian doctors. *Ab uno disce omnes.*

MEDICAL APHORISMS. FOOD.

BY G. H. TAYLOR, M. D.

1. In the adult, the daily supplies of food do not serve to increase the weight of the body, but are employed to perpetuate the functions of the organs—to maintain a state of activity, organic and animal, and thus fulfil the object of animal existence.
2. By functional activity, there is excluded from the body an amount of material corresponding with the food assimilated, in three several ways, viz., as carbonic acid and water; as nitrogenized compounds, and as earthly saline matter. Hence all food will necessarily contain, in some proportion, the elements that are capable of being resolved in the system into these products, and these products, if normal, will constitute a measure of the force evolved.
3. Food contains such matters as when brought into relation with the digestive juices, are capable of being yielded to these juices, and to the system by its various uses.
4. The kind and amount of solvent juice furnished, corresponds *not* with the kind and amount of aliment used, but with the organic needs. The digestive act is essentially one of *solution*. Hence, proper articles of food are necessarily

solid. This arrangement is necessary, in order that the system may thereby be furnished with conditions that are *protective* against the introduction of unnecessary quantities and qualities of matter, into the circulating fluids.

Those matters taken, whether nutritious intrinsically or not, if not reduced to a fluid state, are of no account, and are discharged. In this way is the vital equilibrium maintained.

5. All matters, not requiring the digestive secretions for their solution, cannot be freely used as food with impunity, except by those who enjoy the most free out-door habits, and whose constitutions are robust. Otherwise, the vital equilibrium will be destroyed.

6. Although the vital organs are constructed of a very few elementary chemical principles, yet to effect all those numerous permutations that attend vital acts, certain specific saline principles are required to be present in the animal juices. These earthy salts are found in proper kind and amount in the grain we eat, provided it is not separated by art. Meats are deficient, since the soft parts only are eaten, and the animal whose flesh is employed did not fix those saline matters essential in its own growth; hence the universal distribution and use of common salt, for meat eaters, and for those who discard nature's intentions in the use of other kinds of food.

7. Hence, so much of the art of preparing food, as consists in additions to, or subtractions from, the primary staple materials employed, are processes of sophistication—devices to cheat the system of materials necessary to it, or to impose upon some of its functions burdens that it cannot always withstand—sources of miseducation for the sense of taste, whereby its integrity is destroyed, and its guidance rendered deceptive. Here we find the origin and perpetuity of innumerable forms of disease.

8. The sick must

"First follow nature, and their actions frame
By her just standard, which is still the same,"

or they will be led, as they ever have been, and from the nature of the case will ever be inclined to be led, into various devious ways of sorrow, and unavailing repentance. Hence, *discipline* is the proper remedy for the invalid,—discipline based on a scientific view of the nature of the case, and of the means of adapting it to his peculiar condition.

THE FASHIONS.—*Life Illustrated* publishes a few items of fashionable information for the benefit of its distant readers. We extract the following:

"Hoops, we regret to inform the Prairies, did not abide with the occasion that suggested their revival. On the contrary, they have expanded to such a degree that a fashionably dressed woman is a spectacle to gods and men. The circle marked by her dress upon the pavement is six feet in diameter. It is as much as two ladies can do to pass one another on our widest sidewalks, without the hem of their spreading skirts touching. A sofa is too small for the perfect accommodation of a lady and her hoops. A husband has to walk far away on the borders of a great expanse of silk, barely within reach of his caveloped spouse. The hoop manufacture has suddenly become a branch of the national industry; and store-keepers, without a blush, hang specimens of the article outside their doors, where little boys go and put their heads in them, wondering what such huge bags were made to hold, and what it is that keeps them open. Yes, hoops have become an institution, past the power of paragraphs to suppress. They came in with the Napoleonic dynasty, in spite of opposition and ridicule, as that did; and they seem as firmly established."

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The WATER-CURE Journal is the people's medical institute, whencefrom every man of intelligence may graduate; and thence every man may become his own physician in all common cases. One thing which is especially to be learned from this JOURNAL, is the great and important secret of preventing disease. Nine-tenths of the sickness of every place is probably brought on by negligence or improper habits. If every family would take and read the WATER-CURE JOURNAL, that proportion of disease would disappear. We state this from our full conviction and personal experience.—*East Boston Ledger.*

The WATER-CURE Journal, devoted to Hydropathy, its philosophy and practice, should find its way into every house in the land. It cannot be read without great benefit.—*Village Record, Hightstown, N. J.*

A dollar, even in the most indigent families, could hardly be so well invested as in subscribing for the WATER-CURE Journal.—*Freeman's Journal, Marion, Iowa.*

It advocates warmly and energetically, and with unflinching devotion to the cause, the science of Hydropathy, or curing diseases by the free and systematic application of water.—*Sentinel and Witness.*

Those who would correctly inform themselves in regard to the laws of health, who wish to proceed, through a long life, a sound mind in a healthy body, will do well to subscribe for the WATER-CURE Journal.—*Gazette, Lima, N. Y.*

The WATER-CURE Journal, we think, should be more extensively patronized in this country, as by reading and practicing the rules laid down in it, a great deal of sickness might be prevented. Do without four boxes of worthless pills, and send one dollar for this work; you will never regret it.—*Washington Weekly Telegraph.*

GOOD HUMOR is the clear blue sky of the soul, on which every star of talent will shine more clearly, and the sun of genius encounter no vapors in his passage. It is the most exquisite beauty of a fine face; a redeeming grace in a homely one. It is like the green in a landscape, harmonizing in every color, mellowing the light, and softening the hues of the dark, or like the flute in a full concert of instruments, a sound not at first discovered by the ear, yet filling up the breaks in the concord with its deep rich melody.

The Month.

NEW YORK, JULY, 1856.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

ANNIVERSARIAN.—“Seventeen times has the sun, in the progress of his annual revolutions, diffused his prolific radiance over the plains of independent America,” said the “old man eloquent,” in a Fourth of July oration more than half a century ago. Little dreamed the speaker on that occasion, that the eightieth anniversary of our country’s emancipation from foreign misrule, in a season, too, of commercial, agricultural, and financial prosperity beyond all precedent in human history, would behold the blood-red flag of civil discord lowering in the heavens, and the virgin soil of “Columbia’s happy land” stained with the crimson stream of freemen warring against brother freemen!

Strange are the doings of men; mysterious are the ways of Providence; awful seems the ordeal through which our human nature is destined to pass in its process of development,

From brutess to man’s, from man’s to angels’ sphere.

“Abhorred be war,” and yet war has ever been, and probably ever will be, the vice and the punishment of man till he rises superior to, or emerges entirely from, the savage state.

And what is the savage state? Have our philosophers properly explained it? Have not our statesmen left undefined or undistinguishable the line of demarcation between the savage and the civilized? And have not our physiologists overlooked the *causes* of this dividing line?

It seems to us a self-evident proposition, that man will never rid himself of barbarism till he abandons the habits of the brutes. So long as he feeds and feasts on the carcasses of the lower animals, he will be more or less ferocious and blood-thirsty, like the predaceous creatures. So long as he hardens his heart with avarice, distempers his brain with narcotics, inflames his blood with stimulants, and depraves his passions with riotous living, so long will he be under

the dominion of the evil one, and prone to “play the dog,” in his intercourse with his neighbor, whenever crossed or thwarted in his purposes; and so long will “man’s inhumanity to man” be the leading theme of the legislator, the poet, the novelist, and the historian.

HEALTH is the perfection of all that can
Be said or thought, riches, delight, or harmony,
Wealth, beauty; and all these not subject to
The waste of time, but in their height eternal.

We have no hope of permanent “peace on earth and good will to man,” no expectation that the “lion will eat straw like the ox,” nor that reason will supersede the sword in the arbitrament of the disputes in society, until the world becomes physiologically redeemed. Until then the ungoverned propensities, as in the animal kingdom, will rule the intellect, the passions will ever and anon be lashed into fury, and the right to or possession of the thing sought, will be settled by the exercise of teeth, claws, horns, beaks and fangs, or their analogues, bludgeons, dirks, bayonets, guns, and cannon.

However, our duty is plain. We must teach men by line on line and precept on precept, that it is internal conditions more than outward circumstances, which make them blind to their true interests, and render them diseased, morbid, sordid, cruel, and murderous; and that when they acquire a “sound mind in a sound body,” they will find “peace in believing,” and see that the best good of each one of God’s creatures, is the best good of all human kind. They will discover then that nature disowns the fallacy of “conflicting interests” among human beings; and then will each member of the human family contribute something to the hastening on of the “good time coming,” and to the drying up forever of the deep dark sea of human misery.

VOLUME TWENTY-SECOND.—The present number commences another volume of our messenger of health and herald of reforms. The times seem now peculiarly auspicious for a special effort to extend its circulation widely, and the publishers will not fail to improve it. After a year of general depression in business, or rather financial matters throughout the country, a season of unusual prosperity is apparently before us. It is, therefore, a favorable time to procure subscribers.

We shall employ canvassers extensively throughout the cities and towns of the United States, and we hope our friends will co-operate by getting up clubs in their respective districts. Few persons will withhold a dollar if they can have a proper explanation of the variety of useful and important subjects the Journal will bring to their attention during the year.

The health reform—revolution rather—is the most radical of all social movements or improvements; and until the people generally can be made to recognize its true principles, and perceive their application to all the varied purposes of life, they will labor unavailing, or with only partial success, in very many benevolent and philanthropic enterprises, however important either may be intrinsically.

The system we advocate is not well understood by the people, and it is very generally misrepresented by medical men. But we are quite sure that just so far as the public mind becomes fully acquainted with it, will it be adopted. We hope to make the year 1856 an era in the progress of the cause of Health-reform; and if our friends who see, feel, and think with us on this subject, will lend a helping hand, the present year shall do much in dispelling the thick black cloud of ignorance which now rests like a midnight pall on the whole subject of health and disease. To do this, friends, requires *work*, and recollect,

The clouds may drop down titles and estates,
Wealth may seek us—but *acidism* must be sought.

OUR MEDICAL SCHOOL.—In answer to several inquirers, we would state that we have assurances of a still larger class next winter. Some twenty or thirty who were unable to get here last winter, having recently apprized us of their expectation to be with us on or before the first of November next, and new applications are plenty and encouraging. We have also increased our educational facilities, and enlarged and strengthened our Faculty. We have the pleasure to announce the names of P. H. Hayes, M. D., late of Wyoming Water-Cure; C. C. Chase, M. D., a graduate of this institution, and Miss Anne Inman, M. D., a graduate of this school, and of the Boston Female Medical College, as additional force in the teaching department. All the Professors of last winter’s term, with one exception, will also, accidents excepted, be in their chair.

Dr. Hayes and Doctress Inman are now with us, and lecturing to the Summer class very acceptably; so that, with their assistance, we are enabled to make the Summer term quite complete in the more practical studies and subjects.

We failed again in getting our charter passed, because the Legislature adjourned leaving a great part of its business unfinished, in the expectation that the Governor would call an extra session. Our application passed the Senate by a large majority, in spite of the *meanest kind* of opposition from the *allopathic* chairman of the committee of Medical schools and colleges; and we have ample data for believing, would have passed the Assembly, and become a law, had the session continued one week longer. However, we can live without it awhile; besides, next winter we are bound to have it! Mark this Dr. B.; take notice *New York Medical Gazette*; and be prepared, *Boston Medical and Surgical Journal*; and growl away *Buffalo Medical Journal*.

THE DISCUSSION.—A crowd of matter and a press of duties has made it necessary to lay this matter on the table for one month. In the August number we will give another of Dr. Curtis' "omitted" articles, with a reply thereto.

We are not surprised that many minds have many kinds of opinions, and evince very different degrees of interest in this controversy.

Many persons have expressed great pleasure in reading it, and have urged us to continue it so long as anything at all relevant or irrelevant could be said on either side. But to others, less accustomed to close, critical investigations, especially on medical subjects, we know very well it must seem, to a great extent, wordy, unintelligible, and unsatisfactory. And so would all the medical books in the world, if they should read them with the view of getting an exact idea of the doctrines they teach. They would soon become involved in the confusion of vague and contradictory problems, and be led to exclaim, as an improvement on Pope,—

A mighty maze, and quite without a plan.

But we can assure all such, that the popular practice of medicine—the drug-practice, will never be overthrown, nor a better system established, until its false theories are probed to their centre, and its false doctrines razed to their foundations. And this we purpose doing before we "let down," "let go," or "let loose," as my learned opponent hath it, this very intricate subject. But while upon this subject, we will take occasion to answer briefly one point urged in one of Dr. Curtis' late articles, and which we overlooked upon replying to it.

Dr. Curtis says:—

I never contended, as you have labored hard to make me say, that *these drugs* produce the *effect* manifestations that follow their use. I have distinctly told you that they often stimulate the vital impressibility to the performance of those acts. But some of them, as tartaric, salt, and alcohol, actually produce these effects in dead matter as well as living fibre. You once said that if I would prove that a single drug acts on the body, I should gain my point. If I have not proved that all drugs act on the body, and the body on them; then, either the English language is too poor to express such an idea, or Dr. Trill has not a command of it sufficient to enable him to express the opposite idea in the form of an argument. He can give us no language to express the idea of an "agent" that does not "act." The attempt to do it is, in his own laconic and expressive phrase, "simply absurd."

This is queer, queerer, queerest! Drugs stimulate the vital impressibility to the performance of vital manifestations, but yet *don't produce them!* Vital manifestations follow their use in every instance, and yet they do not occasion them! Pray what does?

"But some of these drugs produce these effects

in dead matter as well as living." Worse, worse, worse! Drugs produce *vital* manifestations in dead matter say you! I would like to be informed, if the matter be dead, how you *know* it manifests vitality? What is the sign or symptoms of vital manifestation or "vital impressibility," in a dead thing which has no vitality to be manifested or impressed?

You say "Dr. Trill can give no language to express the idea of an agent that does not act." I will just show you the contrary in very few words, as I have often done before. Take a spoonful of pulverized lobelia seeds into your stomach. The stomach and abdominal muscles contract and push them out again. The process or action by which they are ejected is called vomiting. The lobelia seeds were the *cause* or *occasion* of the *action* whose *effect* was vomiting. They were, in medical language, the *agent*.

If you wish to move the bowels, to induce purging, you may give Epsom salts or rhubarb. They are the *remedial agents* for constipation, or the *articles*, or *medicines*, or *poisons*, which occasion that *action* of the bowels whose *effect* is purgation. So when you take ginger tea, to produce, or induce, or cause, or occasion sweating, it is carried off through the skin; its expulsion is attended with that action we call perspiring. The ginger is the article, thing, remedy, or poison, and the *agent* which induces the *action* whose effect is sweating.

All medical writers, yourself included, speak of medicines as remedial agents, and of poisons as disease-producing agents, using the terms in the sense of the thing or article which *occasions* the result; and we see no sort of impropriety in it. You seem to think an agent must necessarily act; and this is also true in a proper sense. Agents may be either active or passive.

A mechanical agent acts mechanically; a chemical agent chemically; and a living agent vitally. Our question is, whether drug medicines or remedial agents, act on the *living* system, or the living system on them? You call lobelia a hygienic and a remedial agent, but you have not shown that it acts on the system, nor can you; and we have shown that the system acts on it, and probably shall again.

THE ALCOHOLIC CONTROVERSY.—We learn from the publishers, Messrs. Fowler & Wells, that this little work is in extensive demand. We hardly expected when, a few months ago, we wrote a hurried review of the prevalent fallacies on the subject of alcoholic liquors, to create such a buzzing in the camp of "old fogism." But so it has turned out, and we are not sorry.

We have watched, we confess, with deep interest, the commentaries of the public press on this work. It sets forth principles radical in relation to social usages, and revolutionary as regards the prevalent doctrines of medical science; and we, believe, important with respect to individual virtue and public morals. Hence, we were naturally anxious as to the reception it should meet with by the secular and religious papers, and by medical journals.

So far as we know, Medical Journals, with the exception of the *Physio-Medical Recorder*, have been mum. Not a word, good, bad, or indifferent, from them as yet. Nine-tenths of the secu-

lar and religious newspapers have noticed it commendatorially, and several have endorsed its philosophy.

But now and then it has called forth some mighty Philistine, who has undertaken to extinguish it and annihilate its author, very much, as in days of yore, a certain Goliath of Gath fancied, while brandishing his huge spear, and swaggering loud epithets, that he was about to obliterate his antagonist, whose only weapon was the sling of principle, and a smooth-stone of truth, gathered from the brook of true philosophy.

The manner in which the champions of alcoholic beverages and intoxicating medicines propose to meet us in debate, is characteristically represented in the following extract from a long article which lately appeared in a monthly, published in this city, under the title of "The Criticrion:—"

"The combat thickens; on, ye brave!" We are now to write the Review of a review of a Review of a Prize Essay. This Prize Essay is the "certain courtier's beard," (to wit Dr. Carpenter), of which the Westminster reviewer did "dislike the cut," and so hit him word. Now, instead of Dr. C's giving the "retort courteous,—he was in his mind that it was well cut," forth steps Dr. Trill, on this side the water, takes the reviewer to task for the shape of his own beard, and beginning with the "retort courteous," reverses all the rates of "quarreil in pint, by the book." He combines in himself the "reply churlish," the "reproof valiant," the "counterech quarrelsome," the "lie circumstantial," and the "lie direct." As he has quite forgotten the "*quip modest*," we shall venture to assume this branch of the quarrel, and send word "we cut this beard to please ourselves."

But we must prove our points as we go. And first, here is the "retort courteous." Speaking of the review in question, Dr. T. calls it "an able, elaborate, and very ingenious article;" the author he terms "celebrated," but when he is so warm, we must wish him "fairish," as thus:—Is our author, indeed, experimenting with human credulity or gullibility? Is he perpetrating a stupendous hoax? Is he amusing himself, like a school-boy, with a pun, or trying to make "the worse appear the better reason?" or is he candidly and honestly self-stultified? And in connection with the "talented" author is termed the "Westminster Review man," we hope the "man" will not be blighted by such withering scorn.

But as to the "*quip modest*," has Dr. Trill neglected that? We know not as to the "*quip*," but "*modesty*" he is certainly not troubled with. As thus:

I admit that Liebig, Pereira, Carpenter, and all the medical profession, agree with my opponent, that agents, whether of food, medicine, or poison, act on the living system. And then I appeal from them to nature herself. And I do, on the authority of her teaching, assert that these agents do not act on the living system at all, but that wholly and always the action is on the part of the vital organism."

Who then is this Dr. Trill, before whose impetuous onset the most profound chemists of the age are to go down? If we are to believe the advertisement on the cover of his pamphlet, he is proprietor of a Hydropathic Institute. Now, whatever contrary there may be in a Hydropatist being the advocate of water-totalism, he far asserts tea and coffee to be injurious, yet we cannot but think that much sense must be thrown upon an argument when it proceeds from an empiric. Certainly, what is termed the Temperance cause, though we question whether the cause of Fanaticism might not be a more appropriate name, is very unfortunate in its advocates. What soundness of view can be expected from a man who expects to cure all diseases by wrapping his patients up in wet sheets and by pumping on them?

The reader need scarcely be told that this "Review of a review of a Review," is excessively witty. In this it may safely be left to itself. But the author assumes with a *kind* of grace and decency peculiar to some folks, that because an author is a Hydropathic Physician, he may be called bad names, (the weapons of fools and blackguards), and therefore whatever he writes in opposition to the prevalent opinions of medical men, is properly the subject of Billingsgate and misrepresentation—especially when its argument cannot be answered.

Nor could our excruciatingly funny reviewer get along with this kind of word, without making a false quotation from "Alcoholic Controversies," to serve as a text.

He quotes us to say, "I admit Liebig, Carpenter, Pereira, and all the medical profession, agree with my opponent," &c. There is no such expression in the book. By leaving out the word *nearly*—nearly all the medical profession," &c., the "Criterion" has not done a gentlemanly thing, but he has made something to fire his fire-water defender at.

Another paper, published, if we recollect, in Fonda, N. Y., has, over the signature of "Ralph," brought the Bible down upon us, in a long article, and proved, or attempted to from that source, that "grog is good," and unless we accept it as one of the "good gifts of Providence," and guzzle it down, of course moderately, we are of the worst sort of infidels and heathens. When will men who pretend to believe in the inspiration of that sacred book, cease to pervert its meaning, and to make it the apologist, if not the authority, for sensuality and crime!

PATENT MEDICINES.—According to a communication lately made by the Clerk of the District Court of the Northern District of New York, the traffic in patent medicines is a violation of law. In an answer to inquiries made by Dr. Hamilton, of Buffalo, the Clerk declares that there is no validity nor legality in the certificates of copyright which have been issued for numerous patent medicine labels, &c., for the reason that the acts of Congress do not authorize any such proceedings, copyrights being restricted by law to things which are evidently useful, and whose nature, construction, and composition are fully and clearly described and explained.

The Secretary of State has recently issued the following circular to the District Clerks, in view of this fraudulent and extensive trade in patent medicines:

DEPARTMENT OF STATE,
WASHINGTON, April 11, 1856.

Mr. _____,

Clerk of the District Court of the U. S.
"Sir:—The Act of Congress approved February 3, 1831, entitled 'An Act to amend the several Acts respecting copyrights,' is 'An Act for the ENCOURAGEMENT OF LEARNING, by securing the copies of maps, charts, and books, &c., to the authors and proprietors of such copies;' and, inasmuch as mere LABELS are not comprehended within the meaning of said Act, you will, for the future, refuse, in all cases, to record or issue a certificate for the same under said Act. I am, Sir, very respectfully, your obedient servant,
"W. L. MARCY."

ALCOHOL FOR TUBERCULOSIS.—Well, if reforms never go backward, some things seem determined never to go forward; and this is emphatically the case with the popular system of drug-medication. Now that alcohol, as a rank poison to every living thing, is likely to be driven sooner or later from among the beverages of mankind, it is quite as likely to take refuge, at least for awhile, with the medical profession, as a cure-all for consumption. The profession has so many ways of curing or rather doctoring this disease, albeit every one of their patients die, that a little liquor superadded to the list, cannot make matters much worse. It cannot do more than kill; and the patient is sure to die without it—ergo, it is a first-rate "remedy."

Several medical writers in the "Boston and Buffalo Medical Journals," have lately testified

their "high appreciation" of this medicine; and lastly, says a contemporary:—

TREATMENT OF TUBERCULOSIS BY ALCOHOL.—The editor of the Buffalo Medical Journal calls attention to the change which has of late taken place in the treatment of phthisis, and bears testimony to the beneficial effects of alcoholic liquors in moderate doses, combined with a nourishing diet, and active and even violent exercise, in the open air.

Does any one suspect that good diet and exercise in the open air would be better without the liquor than with it? If he does, he is not "regular" in his opinions.

OUR GRADUATES.—We have notes of the whereabouts and *whatabouts* of a few of our army of pioneers, which may be interesting to our friends and their friends.

Dr. Kimball is now lecturing in Iowa, with his usual success.

Dr. S. S. Clement has returned from Mount Pleasant, Io, to Iowa city, where he is permanently located. There is an excellent opening at Mount Pleasant for a thorough Hydropath. It is one of the finest places in the West, and the people are usually progressive, even for that section of the country.

Dr. H. N. Herriek, will soon be in Du Buque, Io, when the medical faculty will hear from him. He has recently visited Stowe, Vt., and lectured there to large and interested audiences. He challenged the doctors to defend their system or controvert his, but as usual, no one took *public* notice of it save one *very young* M. D.; and he "suffered some." He will never be so rash again.

Miss Cogswell has resumed her lectures in Western New York.

Miss Scott has returned from a visit to a sick sister in Illinois, and resumed her practice in Waterbury, Conn.

Dr. A. Smith, who, on opening a Water-Cure establishment, had the good sense to commence business by taking to himself a wife, has a fine location at Bethlehem, Pa.

Miss Anne Inman has returned to this city, and become one of the physicians of our establishment, in place of Mrs. Anderson, who has accepted a very flattering proposition elsewhere.

Mrs. Lines, of Williamsburgh, is, as usual, full of business, and is doing much with the Electro-Chemical Baths.

Miss E. M. Hurd is attending our lectures in this city, and her own patients in Brooklyn, where she will no doubt ere long be appreciated.

Dr. Pentz, of Cottage Grove, Tenn., offers to sell or lease his place, which is nicely fitted up for water-cure purposes, with a view of removing to Minnesota, where his wife's relations are about to locate.

A. J. Compton is now at Mt. Healthy, O. He informs us that whenever the doctors there get hold of a fever, the patient is a "goner." This may be true also of other places.

Dr. G. W. Arnold is assisting Dr. May, at the Highland Home Water-Cure, Fiskkill Landing, N. Y.

Dr. Kerney and wife are attending our school, and taking charge of the Electro-Chemical Bathing Department of this institution.

Dr. C. C. Chase is now in Michigan. He will return to the city in time to prepare his course of Lectures on Anatomy, Physiology, and Hygiene, for the winter term of our school.

We hear occasionally from Dr. John W. Steele of Shelbyville, Tenn. He is faithfully "fighting the good fight," and will probably be with our class another winter.

Dr. J. S. Wise is still practicing with good success at Vicksburg, Miss.

Dr. Dixon S. Davis is explaining "Hygeopathy" to the people of Cross Anchor, S. C., in the way of public lectures and private practice. We learn that he invites discussion, but the doctors do not seem inclined for wordy controversy.

Dr. C. R. Blackall has just fitted up a very commodious house for the reception of patients, at 489 Hudson street. It is a very desirable location for such as prefer a private and quiet place.

Miscellany.

EDITORS like the WATER-CURE JOURNAL.—For proof of this we refer to a number of "first rate notices" in another column. If the Journal were printed on cheap paper, in a less attractive dress, it would get scissored; but, being got up in a form and style to keep, it is not "cut up" and quoted from as much as it otherwise would be. But there is scarcely an editor of a secular paper published in America who does not wish us the best of success. We are opposed only by the patent pill-peddlers and drug doctors. They are "down on us," because we interfere with their business—take away their "bread and butter"—and prevent their running up bills, like hungry musquitos, in every man's family. They don't like the WATER-CURE JOURNAL PILLS, at "only 25 cents a box," don't sell where *this* is "taken without shaking." But we are bound to do our duty, even though we do tread on tender corns. [If they would hate their feet every day, and wear boots not too tight, they would have no corns; and if they would stop imposing upon the people their slops, put up in large quart bottles at only a dollar a bottle, their pills, plasters, and other like "remedies," we should not "be after them with a sharp" steel pen.] The women, too, are with us, "to a girl." They don't like bitter pills, castor oil, nor the double distilled essence of henbane, sasaparilla-de-um, nor anything of that sort. They want water—clear, bright, fresh, sparkling water, and something good to eat, a little nursing, a good deal of loving, a plenty of sleep, and rest. Some horseback riding, boat rowing, mountain climbing, good company, and the WATER-CURE JOURNAL—these will do vastly better than all the nostrums in druggard. Reader, you know this to be so. Then how can EDITORS help liking the WATER-CURE JOURNAL?

CLEAR WATER.

Clear Water, pure and bright,
Sparkling in liquid light,
Flowing on thy winding course,
From the rivulets at thy source,
Ever flowing, ever free,
On and onward toward the sea.

Clear Water, pure and fair,
Transparent as the air,
Bonding o'er thy pebbly bed,
From the lakets at thy head;
Where the finer tribes may lave
'Neath thy azure rippling wave.

Clear Water, bright and free,
Seeking still to find the sea,
Through the prairie, marsh, and wood,
Ever flows thy cooling flood;
And where thou dost cease thy song,
Mississippi rolls along.

Clear Water, Minnesota.

CRANINA.

WATER-CURE IN VIRGINIA—PHYSICIAN WANTED. To the Editors of the *Water-Cure Journal*, New York.—I believe that you are apprized, from a notice or notice which you were heretofore so obliging as to publish in your paper, that I have for some time been anxious to get an experienced and skillful water-cure physician to settle at or near this place; and to get up, if possible, a water-cure establishment, which I have regarded as an important desideratum for this section of country; but I have been disappointed so far in my efforts to effect those objects. I had never, however, I admit, to fix my mind upon an eligible situation for such water-cure establishment until lately. I have now done so, I think, satisfactorily. In the construction of the Virginia Central Railroad from Richmond towards the Ohio river, over and through the Blue-ridge mountain by tunnel, in the ascent of the mountain, some distance from its eastern base, a somewhat level spot has been selected for a depot, the locality of which abounds with many excellent springs of superior free-stone water, gushing out from the mountain above, affording, when united below, a stream sufficient to operate a small grist mill. Besides the depot buildings erected at this place, a large and capacious hotel is in progress of erection at the place, and nearly completed, intended chiefly for those who may wish to make it a place of summer sojourn, for the benefit of health and the advantage of the mountain air, and the superiority of the water. The water proceeds from such elevated points as to be susceptible of control in every direction, or to be elevated to suit any sort of bathing fixtures. It is, therefore, I have no doubt, a most admirable location for a water-cure establishment. The place is distant one hundred and twenty miles from Richmond, and about equidistant from this place on the east of it, and the village of Staunton on the west, eighteen or twenty miles each, both prosperous and thriving towns; and the country is in every respect a most delightful and charming one. The proprietor of the premises is a very enterprising man, and is entirely disposed to favor the enterprise contemplated. The place might be made a second Graefenburg, almost, if a second Freinitz could be procured to become its director and superintendent. I therefore beg leave to bring it to the notice of some eminent, experienced and skillful physician and hope that no one will regard the notice as intended for him; as in case the enterprise should be embarked in, I am extremely anxious it should be commenced under the most favorable auspices. Any further information desired may be had by addressing the writer at Charlottesville, Aftamar county, Va. I am, gentlemen, your most obedient,
Charlotteville, Va. JOHN TIMBERLAKE.

HOW THEY WORK IT.—One of our rural friends having purchased a copy of the *Encyclopaedia*, the Allopathic Doctor of that place soon lost his practice in the family. Upon perceiving the cause, he was anxious to purchase the offender, "*Merely to keep in his library!*" It will not avail him much, however, for its place will soon be refilled by others of the "same sort."

By the information which he gained from its perusal, our friend was enabled to carry his family through a dangerous period of sickness, comparatively unharmed, without the assistance of any Doctor, while others around were suffering, and some of them dying.

NEW YORK QUACKERY ABROAD.—A correspondent, writing from Beach Grove, Tenn., calls our attention to some half-a-dozen of the quack advertisements of the newspapers, as medicines for renovating human constitutions instantaneously, curing the effects of self-abuse, preventing conception, enticing conception, revealing wonderful secrets, and performing marvellous cures of nameless maladies; and thinks if they are not all fair and honest, it is high time the people knew it. Well, so it is. But how, in the name of Nature, are we going to make people know it? The people are ignorant and credulous, and fond of the marvellous, and the cunning quacks know it, and so build marble palaces in New York, Philadelphia, and Boston, and pass through the world as "enterprising fellow-citizens," at the expense of the pockets of our verdant countrymen scattered all over the country. And suppose we tell the people that all these things are humbugs! It will amount to nothing; for, just so long as they are ignorant the more cunning knaves will duped them. Their only protection is in self-knowledge.

FOR TOBACCO LOVERS.

[Read it.—Read it,—then HEED IT.]

CHWING in the parlor,
Smoking in the street,
Choking with cold smoke,
Every one you meet,
Spitting on the pavement,
Spitting on the floor,
Is there such enslavement?
Is there such a bore?

In hotel and grocery
Tobacco-juice and smoke
Defile the floor and air,
And sicken us or choke.
How we do detest it,
How we do deplore,
Oh your vest to see the spit
Trickle down before.

Your head a little back,
When you go to speak,
Will keep the channe's dry
Between the chin and cheek.
In halls where ladies sit,
Silk and tissue skirt,
Wipe up vile tobacco spit,
Mingled with the dirt.

Fetid breath forever,
Saturated clothes,
Would that we'd been never
Created with a nose.
Ladies with their long dress,
Sweeping down the street,
Gathering up the nasty mess,
Sneer it round their feet.

Puddles at the corners,
Swelling into a,
Forming lakes and rivers,
Drying in the sun.
Maidens when you marry,
Tobacco worms don't take;
Think not Dick or Harry
Will quit it for your sake.

Declare the thing a curse,
And when guests come to wno,
You "pop the question" first—
"Sir, do you smoke or chew?"
Mark well each word or look.
And if they don't say no,
Just cross them off your book,
And tell them why you do.

Some cinnamon will carry spice,
Some cinnamon, some cloves,
Make good use of your eyes,
And good use of your nose.
For when the wedding's o'er,
Perfumes they throw away,
They spit up on the floor,
They smoke and chew all day.

Does a lover promise
To quit the weed for you?
See he has a firm bump,
And conscientious too,
If you're no Phenologist.
Let time the truth make clear,
And wait until he resists
Temptation for a year.

[Much of the *drowsiness* among our people—all tobacco-using people—arises from perverted appetites, caused by using tobacco. Bad memories, bad digestion, dyspe sia, nervousness, and even *insanity*, are induced by this violent narcotic. The whole being becomes infected, stupefied, and greatly damaged by this powerful and exciting drug. Better let it alone!—Ed. W. C. J.]

The aviditons man is like the barren, sandy ground of the desert, which sucks in all the rain and dews with greediness, but yields no fruitful herbs or plants for the benefit of others.—Zeno.

MISS SAYRE, M. D. IN THE FISK HILL MOUNTAINS.—After spending some months in Washington, giving lectures to Presidents, Senators, Representatives, Foreign Ministers, Plenipotentiaries, and others, Miss LYDIA SAYRE has returned to her rural residence in Orange County, N. Y. Before "going home" she visited several Towns on the Hudson River, from which she writes to *The Whig Press* of Middletown, in the following beautiful strain:

"Some Sylvan Sylph, I think, has thrown her magic spell around me, entrancing the spirit by her bewitching influence; for as I linger day after day on the banks of the Hudson, or return to my picturesque haunts after a brief absence, I find ever a claim holding me captive, binding thought and sense in dreams, visions, hopes, aspirations and joys—pure, high and holy—not begotten amidst the noise, bustle, and turmoil of city light and corruption, but fresh born and beautifully blooming from their primitive conception, unaltered by blight or mildew." * * *

But here is a different theme, and shows the temper of the fair correspondent. She says:

"I was carelessly walking along, ruminating on the life-passes of the dweller in the cot, his talents and fame, the changing years which had bleached his brown, curling locks to snowy whiteness, together with other strains awakened by the beauties of the present surroundings, when all of a sudden a childish little girl, with a pair of eyes, blue as sky and, without any ceremony or adieu of any kind, buried his teeth pretty deeply in the flesh of my nether limb, despite broadest and deepest clothing. I was very indelibly impressed—perhaps feeling I might not see have a lasting memento of the place. Well, I didn't scream, but I only wish I had had a revolver just about then, for despite my non-resisting principles, and aversion to the taking of life, I think some blood beside my own would have reddened the turf." * * *

After contemplating and expatiating upon the very undignified act, she gives some warnings, which all dogs would do well to heed. She proceeds:

"Leisurely regarding the road, I arrived in time for the cars, which soon left me at Fiskhill, to answer the long promised visit to Dr. May, at Highland Water-Cure."

"I am here so happily and agreeably disappointed from what I had imagined, in merely seeing the name of the river and cars. Everything is in fine order for the summer, and the landscape can find few spots better fitted to regain lost health than this. The eye is fascinated on one of the most picturesque and lovely scenes afforded by the landscape of Nature—the broad, glittering surface of the river in front, while Newburgh lies the opposite shore with her pleasant edifices. The river flows to the sea, and the sky somewhat imposing in the background. Again, your eye passes admiringly down past Headley's abode, Willis's, Lilswald, and Lowry's, and thence to the falls, which seem to lose its identity in the junction of the Schuennock, the Blue Hills, and the continuation of Butter Hill ridges, towering proud and bold toward the sky. Then the hills on the Fisk-hill side, how majestic, rising, rolling, and blending in each other, until you admire and wonder, then cease only to return on the morrow to enjoy anew the sweet, pure, bracing air, and never satiating fast spread out to view."

"A king of fests reminds me of the neat hygienic table spread by Mrs. M.— who presides with so much dignity. I speak of this with much pleasure, because not all water-cures, I am sorry to say, present us with either neat or hygienic colorings. The great interest I feel in the cause of hydro-pathy, induces me to speak thus high of the Highland Home Water-Cure, for I believe few places present better facilities for obtaining health than this, while Doctor May is much liked, and succeeds admirably in pleasing all who visit him."

"We wandered yesterday through some of the pleasant walks adjacent, and among other things, found some grave-stones more than a hundred years old. One presented a curious feature in the carving, a head with a long curl of braided hair, more Chinese than American. They have grown over on many of the graves, while near by is a thick grove of tall pines. But, hark! the shrill whistle of the locomotive reminds me that all this idyllic romantic loveliness is of ready access, giving facilities to the invalid to reach this spot so favorable to renovation, either by steamboat or locomotive, in a few short hours." L. S.

IMPRESSIONS OF A CANADIAN AT AN AMERICAN WATER-CURE.—The following extract is from the *Canadian Press Herald*, Canada West:

Glen Haven, in Cayuga Co., is about thirty-five miles from Syracuse, New York. On reaching Homer, a village about ten miles from the Glen, we leave the cars, and proceed by stage to the Cure. It is well named a *Glen*. There is a gradual ascent from Homer, the hills rising on each side as we proceed; reminding me strongly, indeed, of my native place, in dear old Scotia. After winding through the Glen for about ten miles, a sudden turn of the road brings the beautiful lake of Skaneateles in view. This lake, on the border of which the Cure is built, is of considerable extent, and lies at the bottom of thickly wood-

ed hills, which rise to almost a mountain height on either side. Had the State been travelled over it would be difficult to have found a more healthy, convenient, or beautiful spot, on which to erect a Water-Cure.

The chief of the medical staff is an American gentleman, Dr. Jackson. One of his *aides* is a young physician, lately from Germany; and the other is of a class indigenous, I believe, to the United States, a female M.D. [Miss Austin.] Dr. Jackson deserves more than a passing notice. He is one of those men (whose number, thank God, is every day becoming greater) distinguished by zeal, earnestness, and practical Christianity. He makes his profession his study—nay, his passion. He is a man who, if convinced that a certain course is right, is not afraid to say so, and, what is more, is not afraid to act up to his conviction. His father was an allopathic physician; and he was designed for the same profession. After some preparation for it, circumstances prevented him from following it out; so he grew up to manhood engaged in other pursuits. A number of years ago he lost his health; tried many means to regain it, but grew worse, and, finally, his right side, from the crown of his head to the sole of his foot, became paralyzed. As a last resource, having in vain exhausted the resources of the orthodox school of medicine, he put himself under the care of Dr. Gleason.

Under water treatment, and strict attention to rest, exercise, and diet, Dr. Jackson ultimately regained his health. Satisfied from his own experience of the benefit resulting from this new mode of treating diseases, he earnestly desired that others, especially the sick and suffering, should know it also. As a means to this end he studied diligently, obtained a diploma, and in company with Dr. Gleason, practiced water treatment. After working together for some time they parted with mutual good will. Dr. Gleason was now the *Limna* Water-Cure, where he has a great number of patients, and where he is the means of doing a vast amount of good. Dr. Jackson has been for some time chief physician here; he not only practices, but lectures, writes, and sees all the means in his power. In order that physiological knowledge may be diffused among the people.

Almost every State in the Union finds here its representative. Canada is not behind; quite a number from Toronto, and different places from Canada East, have beds here.

There are here as many different shades of character as there are different people. We have amongst us a female of the name of "Woman's Rights." She is a person who is presented here to my imagination as tall, nobly-formed, but withal somewhat masculine-looking lady, such as might sit to a painter for a figure of *Liberty*. Imagine my surprise to see a very *petite* figure and small features. Her eyes, when lighted up in advocating her favorite theory, resemble the flame from the altar charge, and, it is thought, plain, is eloquent and *spiritual* in expression. There is a specimen of that class peculiarly American, a vulgar inquisitive worshipper of the "almighty dollar." There is a steady farmer from old Connecticut. By his side an exile from the South, who, though he sports an opera glass, a moustache (H), and imperial chin, yet, with his worn, listless, dissipated look, has rather the worst of it, in comparison with that same plain farmer. Here is the sharp business man of New York, who has been obliged to leave his desk, a *vis-à-vis* case, help for his over-taxed brain in Glen Haven. There is a clever young lady, who has read Swedenborg, and is, consequently, rather misty. Here is another lady who believes in Spiritualism, and here is a medium of communication with the spirit-world; and it is possible, mister child. But here is also the quiet, gentle lady, the wife and mother, who believes that she can best secure her "woman's rights" by fulfilling her home duties, by so training her sons that they must ever respect her, and in virtue of that training ever treat woman with manly courtesy and respectful deference.

[We have given the gist of the writer's first letter. He promises the Canadian Editor further revelations at another time. Should he be successful in drawing a true picture of LIFE IN A WATER-CURE, it would be interesting.]

TRANSPARENCE OF VITALITY.—Parents and aged persons—although these latter exhibit a remarkable fondness for sleeping with children—should be careful not to permit young persons to repose in the same apartment with the enclaved or the aged, for the transference of vitality from the young to the old is not a nursery tale, but a serious, and too often a fatal fact. Children who are habitually placed in contact with the aged, however vigorous before such a disposition was made of them, become weak, sickly, contract diseases which properly belong to persons in advanced life, and if the contact is continued, die from pure vital exhaustion. Their fresh and positive magnetism is thus absorbed by negative or non-magnetic persons, to the benefit of the latter, and to the injury of the former. The life of the aged may be prolonged by this means—at the expense of the existence of the young.

Many of the children who die in this city are thus prematurely cut off. Parents should know this important

fact, and at once correct the evil, if it unhappily exists in their families. Says Dr. James Copeland:—"A not uncommon cause of depressed vital power is the young sleeping with the aged. This fact, however explained, has been long remarked, and is well known to every unprejudiced observer. I have, on several occasions, met with the counterpart of the following case: I was, a few years ago, consulted about a pale, sickly, and thin boy, of about four or five years of age. He appeared to have no specific ailment, but there was a slow and remarkable decline of flesh and strength, and of the functions—what his mother very aptly termed a gradual blight. After inquiry into the history of the case, it came out that he had been a very robust and pletoric child, up to his third year, when his grandmother, a very aged person, took him to sleep with her; that he soon after lost his good looks, and that he continued to decline progressively ever since, notwithstanding medical treatment. I directed him to sleep apart from the aged parent, and prescribed gentle tonics, a change of air, etc. The recovery was rapid.

But it is not in children only that debility is induced by this mode of abstracting vital power. Young females married to very old men suffer in a similar manner, although seldom to so great an extent; and instances have come to my knowledge where they have suspected the cause of this debilitated state. These facts are often well known to the aged themselves, who counsel the indulgence favorable to longevity, and thereby illustrate the selfishness which in some persons increases with their years. Every medical practitioner is well aware of the fact, and parents are generally advised not to allow their infants to sleep with aged persons.—*Life Illustrated.*

THE TRUE AND FALSE.

"Our drooping days are dwindled down to naught;
Their period finished ere tis well begun."

And why are we, once in God's image formed,
Degraded, fallen from our first estate?
Alas! because we sell our blight here,
Our hope of future happiness above.

Earth's greatest treasure—health—we cast aside
For vanity and fashion's poor display.

We wrong our bodies till our souls are dumb,
Then, turn to drugs for healing Nature's powers
Are all to god-like for perverted hearts.

And are there none to teach the way to health?

Truly the way is great, the laborers few—
Many who stand as heralds of reform,
Upon whose minds the light of Truth has dawned,
Have followed after Faucy, vague and wild;
Yea, blindly, wilfully they turn aside
And choose the darkness, rather than the light.
Oh, why, my Brothers, do ye turn away
From Nature's teachings? Why distrust her powers,
And mingle with a pure and holy Truth,
An unclean thing? Why seek for good in drugs
And poisons, while ye thus profess to be
Followers of Pre-sen-tis in this great reform.

'Tis but a few, a faithful few, who dare
To do their duty amid frowns and sneers.
To *clean* the dirty and weary turn for aid
And learn the way to health, and Truth, and Heaven.
Nor will we'er despair, while men like these,
Though few in number, labor for the good
Of suffering humanity. Too poor,
The language of the grateful heart
Their works alone may praise them evermore.

And He who "watches all" will ne'er forsake
The cause of Truth. In Him we humbly trust
To guide the cause of Progress and Reform.

ORWELL, Vt.

J. A. B.

A LIFE SUBSCRIBER says:—I have not received a number of the WATER-CURE JOURNAL since December. I am inclined to think my subscription is out. I will now renew my subscription, and take special care to not let it run out again. The WATER-CURE JOURNAL has saved a life of two in my family, and from \$5 to \$10 in doctors' bills. Every day you will find the funds. Please put me down a LIFE SUBSCRIBER, and direct to J. J. WOODBON, Glenwood, Mills county, Iowa.

[All right, you are now "Booked," and we shall work and pray that you may live *always*.]

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Of some envious hand, from sight
Fiery atoms may be burning.
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Home Voices.

DRUGS VERSUS NATURE.—It does seem strange that in this age of progress, people will be blind to their own interest; in short, blind to everything that pertains to their well-being in this world; but will spend any amount of time and money to prepare themselves for the next. Strange consistency! It is no less strange than true, that calves, colts, sheep, and even the vile *hog*, must have their natural food, and in some respects have more attention paid them than our children. Last fall I was called to attend an Irishman, some fifty years of age, who had fallen into a new-fashioned cistern. He was taken home and laid on a bed Monday afternoon; Dr. Allopah was called, left some physic and liniment. Next day nothing was done except taking some castor oil, a dose of salts and senna, and I believe a dose of pills. Wednesday, Dr. Sissonem called to see the patient; but he was so low he could not be steamed, and he went his way. Thursday morning, thinking he must die, he concluded that nothing would be as good as the application of water, in his particular case. I found him on his back, just as he was laid there Monday; the cords and muscles of his shoulders, neck and arms, were stiff and sore, and he could not move his head one inch; he was also comatose, with no action of the bowels; all of the various compounds he had taken were yet in his stomach. His friends thought he would die, and were willing to try Hydropathy as a last resort. I gave him mild treatment for about ten days; gave him three packs, it requiring four men to lift him on a sheet, bathing and rubbing, &c., not allowing him to eat anything but weak gruel. By the aid of injections, had a movement of the bowels on Saturday. I left him after he could turn over in bed, and was gaining slowly. After that, when he felt worse, he took salts and other drugs, as he had done

for years, and now (May 15th), is not able to labor, nor willing to pay for what saved his life.

Last summer, or fall, two young men came here from the East; sought and obtained employment, but soon both took down with the fever and ague. They took quinine, castor oil, and Emetic prescriptions, all without success—looked more like stray ghosts from some *hore-devil* than like human beings. They are taking medicine yet. Satur' day, May 3d, I myself was taken with the ague. Being determined to let nature have her way, I took two warm water emetics, quit eating entirely, drank plenty of cold water, kept quiet, and took no medicine whatever. After four days I had got the upper hand of the disease, and before the week was up I was eating a very little, and was nearly as well as ever. All the water I used was a bath night and morning.

Last summer an intelligent young man, of a respectable family, was taken with that awful disease, inflammation of the bowels. In less than one week he was laid low in the crave, beyond the reach of drugs and doctors. Soon after a married man, in the bloom of life, was taken with the same disease. Being of a nervous temperament, and having, as he thought, the same symptoms as the young man that died, he was somewhat alarmed, but after a judicious use of water, he was better in twenty-four hours, sat up some the second day, and the fourth day was working in the harvest field.—*St. Charles, Ill.* O. KINGSLAND.

A PRACTICAL PHILANTHROPIST.—A NEW convert to the principles to which this Journal is devoted, writing from East Vassalbro', Me., says, he was so thoroughly convinced of the importance of the truths advocated in a few numbers of our Journals, which he casually picked up, that he is desirous of doing what he can to extend their circulation, and wishes us to furnish him with sample numbers—a request which, of course, was speedily acceded to—and adds that he had possessed the information gained by perusing a few books procured at our office, about a year ago, he would have been relieved from much unnecessary suffering. His health was materially impaired by being confined to a sedentary pursuit, but he received incalculable benefit from the use of water.

MORE TESTIMONY.—The following extract from a letter recently received, tells its own story:

"I have just returned from Europe, where I have been spending some months at a Water-Cure Establishment, not as a patient, but as an M.D., to look and learn; and after eighteen months looking I have come to the conclusion that my whole medical education nearly, is but medical paganism and scientific barbarism. But in the oft-quoted language, I can say that, 'once I was blind but now I see.' But what do I see? Not alone my own waste of time, but all around me thousands dying from drug disease. Yet the whole world is shouting in the praise of the wisdom of the Faculty, who spawn upon the world annually a host of medical butchers, who live but on the death of their thousands—nay, but their tens of thousands. E. S. B."

CASES.—WE are subscribers to your valuable Water-Cure Journal, and as you have kindly given us the invitation to "tell you what we know," and although it is no very great story I can tell, yet it may help in rolling the ball of opposition to imposition.

To begin, my oldest boy of about four years of age when fourteen months old was taken very ill, with high fever, throbbing temples, and was very stupid, and had all the symptoms of brain fever, as I was told. I was advised to call the Doctor, a practicing Allopathic Doctor, of the deepest dye. I refused, saying, if my child must die he might better die naturally than be poisoned to death. I bathed him in cool water, when his fever was highest, and kept his head wet with cold water, changing the water every time I wet the cloth. For about a week I persevered, my neighbors meanwhile telling me if my child should die I would blame myself for neglecting to call the Doctor. When one evening he would to sleep in the water. I took him to bed and shortly after he was in a profuse perspiration. He slept well all that night, and the next morning I observed on his pillow several spots of matter, which had run from his left ear. I used the syringe and warm soft water, which seemed to help him very much. He was well in a short time.

A lady, next door had a child of the same age, taken in

the same way. She sent for the Doctor, who said the child had brain fever, and inflammation of the bowels. The child was treated accordingly, bled, blistered, and dosed, until he gave up the case, saying it was hopeless. After he left the child began to gain, but it was a long time before the child was well. This is not much of a marvel, but as it was my first case, at a time too when I was a novice in the Water-Cure process, I thought it might not be uninteresting to you.—*Ypsilanti.* S. M. M.

E. L. C., Waterford, Mich., in speaking of the introduction of the Water-Cure Journal at that place, instances the cure of her mother, who was taken with severe cramp in the stomach. The doctor was sent for; he gave her two or three large doses of laudanum. After awhile the pain subsided; it was pronounced better by the doctor and her friends. It was then about six o'clock in the evening. The next morning I found her weak and debilitated from the effects of the laudanum; she was very faint and could not raise her head from the pillow without fainting, or vomiting severely. That night the cramp came again as severe as ever. I begged her not to send for the doctor, and prevailed on her to try the Water-Cure. I have Dr. Trall's Encyclopædia, which I find very useful indeed. I went by the directions there given. I gave her a sitz-bath of about fifteen minutes, followed by a warm foot-bath, which relieved her in ten minutes. She then lay down and soon fell into a refreshing slumber; when she awoke she had no pain, and she had none of those deathly feelings that one has after taking laudanum. The next day she went about her work as usual. She is now a firm believer in the Water-Cure.

M. E. G., Columbus, Ohio, gives the following experience:—"About twelve years ago my husband had an attack of inflammatory rheumatism; was confined to the house eight months; took quarts of medicine; had *seven* large blisters on him at one time; and finally 'got well,' with one arm bent nearly double, and hand and fingers withered, senseless, and drawn out of shape. The doctors said it would always be so. At last snow came, and being uneasy and anxious to be constantly trying something, he had a snow-ball brought him, with which he rubbed his arm thoroughly, then wrapped it in flannel, went to bed, and laid on it. Next morning there was barely a perceptible difference in the arm, but enough to encourage him to continue the snow-ball rubbing, and in one week's time was straight again, and in a short time regained its former shape and strength. Water-Cure had never been heard of in that country then, but it is not less true that snow cured his arm. From that time he has scarcely escaped one year without having a 'run' of fever or some other severe illness. He has almost perished for want of a drink of water in fevers; has been made to smoke and chew tobacco for sinking spells; has taken gallons of medicine, and calomel enough to kill a horse. His gums and teeth are in a dreadful condition, but he declares he will pay no more money to allopathic doctors or dentists. We have taken the Water-Cure Journal three years, and followed its teachings; and since that time his health has very greatly improved."

R. F. H. Clinton, De Witt Co., Ill., gives his personal experience in Water-Cure as follows:—"Three years ago I was taken sick with a fever, and for five or six days I constantly grew worse. My mother then suggested the idea of trying the wet sheet. Well, I was wrapped in one, and in about half an hour I began to sweat well; in an hour and a half the sheet was removed, and the bedtick was found to be perfectly wet. The next day the same process was proceeded with, and the same consequences followed, and from that day I recovered rapidly and was soon well. The next Fall I was sick again; was put in the wet sheet twice, with the same happy result. I consider water one of the best gifts that an All-wise Creator ever bestowed upon man."

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

To Correspondents.

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

FISH AND FLANNEL.—H. M. A. "Is a person who lives on a fish diet less liable to have consumption than one living on any other flesh diet? Is the wearing of flannel as harmful, deleterious to health?"
1. No. 2. As a general rule, it is.

SPASMS OR FITS.—J. B. W., Belfast, Me. We cannot tell you the particular cause of the fits in the case of the child you mention, but our opinion is, it originated in obstruction of the liver or bowels, or both. Nor can we send you "a remedy," but as you have failed under the best home-treatment you could give her, you had better try some good water-cure.

BLINDNESS.—C. L. W., Accomac, Va. "I have a friend who has lately become blind. He is about 19; moral, gentle, but rather intemperate in eating. He was taken with pain in the head, fever, &c., but recovered strength sufficient to go to Baltimore to consult Dr. S., who could do nothing for him. He is now extremely despondent. Can you do anything for him?"

In such peculiar and desperate cases, we must see and examine the patient, before we can give any opinion. If the blindness is owing to obstruction simply, as is sometimes the case, we can remove it. But, before we can intimate anything confidently, we must know the cause of the trouble, and this, we suspect, his physicians have not yet discovered.

WHEAT-MEAL BREAD.—M. A., Livermore, Me., writes:—"I often see in the Journal questions in relation to the making of unleavened wheat-meal bread. Will you please me to give the result of my experience, as I have been in the habit of making it for some time. In the first place, I think it improves to mix a little Indian with the wheat-meal, then wet it with warm water into as soft a dough as can be kneaded. Knead it well, say ten or fifteen minutes; roll it out to a third of an inch in thickness, cut in any convenient form, and bake very quickly. Put the cakes a little distance apart. This last item I have but recently learned. One great advantage of using this kind of bread is, that it can be eaten white fresh without injury."

DRUGGUT.—W. C. A., Winsted, Conn. "I have had a diseased stomach and liver fifteen years; large liver, Indian hemp, liquor potash, and other drugs in taken six weeks, which have injured me. I have tried water-cure one year with better success. Would the Electro-Chemical Baths be necessary or beneficial in my case?"

They would, no doubt, be beneficial. The other strange symptoms you mention are all owing to the drug-diseases which are preyng upon you. The "hunger-cure" is not essential in your case.

CONTRACTED SINUS.—H. H. D., Canton, Conn. "My legs are very weak and badly contracted, caused by sickness about five years since. By placing a heavy weight on my knees, I can bring my limbs nearly straight, but on removing the pressure, the knee springs up three or four inches. I can walk a little with crutches. I had a paralytic attack at the time of my sickness, in which my feet swelled, and for several months had no natural feeling in them. Age 24; good constitution, and now in good general health."

Your infinitely results from inflammation which has produced adhesions around the tendons, or from poisons of some sort. In the first case, the adhesions may be broken up by proper mechanical manipulations; and in the latter, the Electro-Chemical Baths promise the most speedy relief. But in either case, you should be in the hands of a competent physicalian.

POLYPUS OF THE NOSE.—A. L. M., Boston. "I have what is called a cartilaginous polypus of both nostrils. In damp weather it is impossible to breathe through the nose at all. A Surgeon extracted a portion of it about a year ago, but it soon grew again. Is there any way to effect a radical cure?"

Our plan is this: We carefully and gradually pick off the excrescence, which usually has its seat over the spongy bones, with forceps, aided by a nose speculum, and then moderately cauterize the surface from whence it sprang. The process requires from two to four weeks. In this way we have treated several within a few years, and all have been radically cured. We have now a case under treatment.

QUEER QUESTIONS.—S. B. S., Washburn Wis.—"Will Dr. Trall answer the following questions: Have you blood-poverty? What water? Piles? What is the Water-Cure treatment for sore throat? For scrofula? For impurity of the blood? For general debility?"

Why did you not ask us to give you the Water-Cure treatment for human misery! Sickness in general! or impurity of the flesh!!! Such questions show that the questioner has not got the first idea of what our system really is. There are a thousand conditions of general debility; a variety of circumstances in scrofula or impure blood, and many kinds of sore throat, each requiring something distinct and peculiar. We cannot give you the information you seek without writing as long an answer as would make a book, and the books are already written. We must know, as we have said a thousand times, the particular symptoms of the patient's case, before we can tell what precise measure to adopt. Some folks seem to think that Water-Cure is something that can be measured or weighed out like tape and buckram, or sugar and molasses. It is not.

VEGETARIANISM.—C. H. B., Harrisburg, Pa.: In the April number of the WATER-CURE JOURNAL, in your answers to correspondents, you state that "Fruits and Farinacea" with a moderate allowance of "vegetables" are the "Food of man." I am therefrom induced to ask the following questions:

1. As I am just a beginner of the "first water," I wish to know whether *man* is reckoned among *ovivora* substances, and whether it contains a higher per cent. of the "blood-forming principle" than either wheat, rye, apples, potatoes or beans?

2. Can *ovivora* blood be formed from a purely vegetable diet, than from the admixture of the *most* nutritious substances derived from the animal kingdom?

3. Will you please mention a few of the cereals, fruits and vegetables, which contain the greatest amount of the "blood-forming principle"?

Milk is an animal substance, and does not contain more "blood-forming" than do vegetable goods generally.

As to mere quantity of blood, enough can be obtained from either vegetable or animal food, but the *best* can only be supplied by vegetables.

Among the *best* (not *most*) blood-forming articles may be reckoned wheat, rye, oats, corn, barley, apples, grapes, potatoes, cabbages, &c.

DIZZINESS.—T. C. Y., Centre Harbor, N. H.: "Will Dr. Trall please inform me what is the cause of dizziness in the head when I take along breath? I am troubled with dyspepsia."

The cause of the dizziness is imperfect decarbonization of the blood, and the cause is this—a swelled, torpid, or congested liver. Treat the "liver complaint" properly, and you will cure it.

SALT-RHEUM.—R. B., Paterson. You will find all needful directions to treat this and all other skin diseases, in the chapter on diseases of the skin. Salt-Rheum is not treated by name in the Encyclopedia because different affections are so called in popular parlance.

LEUCORRHEA.—A. D., Westmoreland. The medicine your doctor gave you, a sample of which was enclosed in your letter, is "rank poison." Do not use it to please anybody. Use tepid sitz-baths, vaginal injections, a plain diet, and throw Mr. Doctor's little white powders to the dogs; that is, if you have a desire to kill the animal.

WIGS.—I. A. "Is the wearing of wigs unhealthful?"

Generally it is. They may, however, be made so light and open as not to be injurious in cases of baldness.

MILK.—S. L. H. A. "What is the best substitute for the mother's milk? What should be given to an infant whose mother has died?"

Cow's milk is good as any; the milk of any herbivorous animal will answer. Proper food is the proper prevention of flatulence.

TEETH AND OLD-FOLKS' WHIMS.—S. P., Hume. "Are children ever known to have a third set of front teeth? I know a little boy whose father says he knows he has them."

As to teeth, such cases are an record, and probably true. The "bloody" notion is a mere whim.

HEMIPLE, OR RUPTURE.—G. A. S. "I am troubled with a 'breach' almost as large as a goose-egg. Can I be cured, and how?"

A majority of such cases are curable, but it requires a confinement of several weeks; but as they are seldom very troublesome, most people prefer to keep the protruded bowel in place by means of a truss.

LAVER DISEASE AND CONSTIPATION.—J. S., Indiana. Your "flat and sinking spells" are the result of bad food, strong coffee, &c. All you need is a diet of regular exercise, plain food, and a good deal of patience. All your other questions are fully answered in the Encyclopedia.

HYDROGENIUM PATHY.—Philadelphia Convert: "Will you be kind enough to answer through the WATER-CURE JOURNAL, if the term 'Hydrocetic' would not better express your system of treatment, than 'Hygocetic'?"

The difficulty is with the *hydro*, which implies water. It is the idea of *Water-cure* we wish to get out of the public mind, and the idea of hygiene we wish to substitute; here, *hyg*-opathic is preferable to *hydrocetic*, besides the awkwardness of this term when applied substantively—*hydrogeniopathy*.

ELECTRO-CHEMICAL BATHS.—J. W. S., Chicago. "I perceive that those who write on this subject in the WATER-CURE JOURNAL, do not agree very well as to the *modus operandi* of this new curative agent. When doct. is diffier, who shall decide?"

They do all agree as to the utility of the baths, but differ only as to the theory on which the utility is to be explained. We are all the while investigating the subject, as are many others, and no doubt, eventually the correct explanation will be given.

ELECTRICAL, GALVANIC, MAGNETIC, AND ELECTRO-CHEMICAL BATHS.—"What is the difference in the operation of the machines called Electric, Galvanic, Magnetic, and Electro-Chemical Batteries?"

The battery used for Electro-Chemical bathing is really a powerful Galvanic battery, and differs from the ordinary Magnetic or Electrical battery in producing a direct current or steady force, instead of a succession of shocks. The ordinary machines operate on mechanical principles, as friction. The Galvanic battery we use is called Electro-Chemical, because the electricity is used to effect chemical changes of effete matters in the system, instead of mere mechanical excitation. By this process iuorganic elements are not taken into the system, but are hurried out.

IDA'S COLD WATER POETRY.—Eugene writes: "Please send me the rest of Ida's cold water poetry. I think the prayer for cold water clear and pure, is all right. I think you are getting along too fast; you want an idea of hygopathy in general, instead of cold water. In particular, I say one thing at a time; we are apt to get confused when we try to do too many things at once; we cannot do them well. There is no doubt that many things besides cold water are quite good. I say again, don't be too fast, hold on a little and perhaps you may get the rest. I like your hygopathic poetry right well, but that is one, and Ida's cold water poetry is another thing. Send us Ida's cold water poetry, and I will send you a list of subscribers for the JOURNAL."

One thing at a time, is it? Suppose you were almost frozen to death with the ague, so full of chills that your back seemed twisting into an angle, and without power to get up reaction wherewith to get warm; would you have the cold water doctors, and pour on cold water, lest we should get along too fast? We believe in "going ahead," being assured first that we are right; and the very secret of a good doctor is that he is able to do *many* things at a time, and the great beauty and utility of our system consists in the fact that it is not in any sense a cold water cure. Why then make false logic and misleading verses for the sake of doing "one thing at a time." As to the subscribers, send them along, and we will teach them the difference between hygopathy as a medical system, and cold water as a refrigerating agent.

OBSTINATE CONSTIPATION.—A. S. Trumbull, O.

In addition to enemas the patient should take the plouset and coarsest fruit and farinaceous diet, and take frequent sitz-baths, at the same time kneading and rubbing the abdomen thoroughly.

SORE EYES.—E. T. D., Henry, Ill. Keep the child on the plainest farinaceous and fruit diet; give him a warm bath every day, for two or three minutes, followed by poulticing tepid water over the body: temperature about 75°. If he is feverish in the evening the bath may be repeated at bed-time. Wet cloths may be kept over the eyes as long as they are intolerant to light. We do not prescribe hygienic letters gratuitously, but are always pleased to do so briefly when requested through the JOURNAL, so that all our readers may have the benefit of the correspondence.

Business.

SPECIAL NOTICE

All Subscriptions expiring with the June number will be discontinued, unless renewed. We not only believe the "pay-in-advance" system to be best, but the *extremely low price* at which the JOURNAL is furnished precludes the possibility of our sending it on any other terms. We hope not only to receive the amount for the renewal of all present subscription, but that every one will get up a Club and send in at once. Remember, friends, only Ten Dollars for Twenty copies.

SPECIMEN NUMBERS 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 July 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 PNEUMOLOGICAL JOURNAL and the WATER-CURE JOURNAL are taken in a Club.

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

REGISTER all letters containing remittances. Get up a Club for the Water-Cure Journal, 1856.

WANTED.—The May and June numbers of the Water-Cure Journal for 1856. Subscribers not desiring to retain these numbers, by sending them to us will confer a favor we shall be happy to reciprocate in any way that may be named.

OUR CONTRIBUTORS will please be patient; we shall make room for all as fast as possible. CONTRIBUTE gentlemen, compose. Put an idea into a paragraph, a paragraph into a few words. We like to have everything sifted before putting it into the JOURNAL. Readers prefer short articles; they want grain, not chaff—the clean winnowed grain. Writers should "cut down," and re-write, leaving nothing for the Editor to do but examine and decide upon the value of the thoughts and ideas presented. We like VARIETY. Every writer may give us several short articles, to be used at the right time, and in the right place, instead of a single long one. We can give a hearing, if writers confine themselves to the TEN MINUTE RULE. Come, Friends, everywhere, give us your best thoughts, written up in your best style, and we will show you to our HUNDRED THOUSAND READERS.

EDITORIAL FAVORS.—We thank our friends of the newspaper press so kindly for publishing the notice of the SIEW MONUMENT ASSOCIATION. The *Chicago Gazette* generously publishes the advertisement gratis. This is purely a work of great value for departed worth; and those who wish to show their respect, may manifest it by assisting to erect a monument to the memory of a real benefactor.

IOWA CITY WATER-CURE.—Our tall friend, Dr. S. S. CLEMENT—who contributes articles to the WATER-CURE JOURNAL—is visiting at the present in connection with Dr. KIMBALL, who is lecturing and canvassing the State. Dr. Clement is a *most* of man—most tall men are—and knows a great deal more than one would naturally suppose, judging from his unassuming appearance. But if you happen to get out of kilter, just let him "fix you up." He can do it to a T, and then you'll be "fixed up," that is to say, if you'll mind and follow his advice. He gives no *pièce*, but plenty of something to "take," and less of such good and wholesome counsel.

Dr. CLEMENT will visit patients in his vicinity, and accept invitations to lecture on Physiology and Hydropathy in Iowa and Illinois. He will act as agent for our deputations. In short, Dr. Clement intends to do some good in the world, and leave it the better for having lived in it. And he will.

NEW GRAPENBERG WATER-CURE, NEAR UTICA.—The *Utica Daily Observer* says: "Dr. Holland has had singular success in treating many of our citizens to health, after desponding from all other sources he departs. We are gratified in being able to direct our invalids to an establishment which, in light from the above assumed-had evidence of its cure, must stand amongst the foremost of such institutions."

SAMPLE NUMBERS.—We send a few extra numbers of the JOURNAL to some of our co-workers, as specimens, which they will please use in getting up clubs. We hope every one, who feels interested in the welfare of friends and neighbors, will place a copy of the JOURNAL into their hands. Now is the time to begin. Friends of WATER-CURE! will you give the cause a lift?

THE MONUMENT.—We are happy to report some progress in this well-merited testimonial. When the proprietors of all the establishments take hold of it, we shall expect the necessary amount to be made up at once. All who feel interested are invited to contribute whatever they may be inclined to, and to induce others to do the same. See advertisement for particulars.

NINE HUNDRED AND SIXTY-NINE NEW Subscribers have been sent us for the JOURNALS by a single individual. By a MAN, we should say, a full believer and a zealous co-worker in the cause of physical redemption. That man will surely meet with his reward for his generous and untiring labors in the great field of Human Health.

THE NEW CORN MILL.—The question, "How fine will it grind?" may be answered thus: Just as fine as it is to be ground. Will it grind wheat? Yes, and every other sort of grain used for human food. It will grind wheat, rye, corn, rice, etc., *contra* et *in*.—It may give and *piece*—we never recommend their use—will be ground quite perfectly in this patent hand mill, which is got up on a new principle, and which promises to supersede any other now in use. It should be set up and put to work in every dwelling-house in the United States.

A NEW MODER.—Dr. D. L. DAVIS, of CROSS Anchor, South Carolina, has adopted a new plan to introduce the WATER-CURE JOURNAL, among the Carolinians. He makes up a list of names, and orders a particular Number of the JOURNAL sent. Thus he ordered Twenty May Numbers sent to twenty different persons who had never seen it. The probabilities are, that many, if not all, will become subscribers, when they come to understand its objects and its merits. We commend the plan to others.

Talk and Copies.

BRIGHTER EFFECT OF THE STUDY OF ART.—Mr. CHANDLER, speaking of the female school-teachers of the Government Schools of Art, in his last pamphlet, says: "The females have been so far advanced in mental power and influence as to have been lost to the service by matrimonial engagements obtained with exceeding rapidity. To avoid these losses, plainer candidates were elected for training; but they, too, have obtained preference as wives, to a perplexing extent." Mere "blues" have no chance whatever against these ladies of all colors—these Masters of Hearts, (Arts).

In such case what is to be done? Ladies, a word in your ear. Don't study the Arts, or anything that will make an attractive, unless you prefer the trinominal state to that offered you in the Government schools. Study frivoly or anything else as much as you please, but don't unfit yourselves for any such limited service as is indicated above.

ONE OF THE GIRLS!—There is a young lady in this county who has, within the last year, done a mother's task in household duties for a family of motherless children, and has earned besides, by going out to work, some seventy-five dollars, with which she has secured a homestead farm for her father, brothers, and sisters.

By this it will be seen that even a girl can accomplish something in this country, and may, if prudent and industrious, become independent.—*Iowa, Council Bluffs Register.*

What was her father about at this time? Why did he not furnish a home for the children he brought into existence? The daughter deserves all praise for her persevering industry and self-sacrifice; but how long can she endure such excessive labor? There are thousands of good girls who would do the very same, if they could only make an opportunity. Some there may be, who would fold their hands in idleness rather than make an honorable effort for self-support. But we have a better opinion of the girls, the wives, and the mothers of America, than to suppose, for a moment, that they would not help themselves, and others, too, when possible. Girls, on with your aprons, and go to work. Do something, and be independent. Go to Iowa!

ON GOOD BEHAVIOR.—The *New York Independent's* religious newspaper, says: The General Assembly (New School) were put upon their good behavior by a set of rules that might well be posted up in family schools, etc.; e. g., "Rev. gentlemen must take care of their own pocket-books and not cover other people's; must keep good hours, and behave well in family, especially before young persons; must not chew tobacco, unless they sit in the pew appropriated for that purpose." We have not heard how far these salutary regulations are observed. It only occurs to us to add, that the general distribution in the Assembly of the Tract on Tobacco would be timely.

[We have Tracts, entitled THREE PRIZE ESSAYS ON TOBACCO, which we most earnestly recommend to Rev. Clergymen of all schools, of every denomination. The reading of that document has converted hundreds from the error of their ways, and led them into the paths of cleanliness and health. It is one of the ablest, the most irresistible of tracts ever presented. Price, prepaid, by mail, only 15 cents. Published at the Office of the WATER-CURE JOURNAL, by Fowler & Wells, 865 Broadway, New York.

COMPLIMENTARY.—We must here take the liberty of saying that few things have pleased us more than, in the course of our reading lately, to find such surprising improvement in the intellectual attainments of our transatlantic cousins. The American journals which we have read lately, abound in the most valuable and original articles, and show the progress of our countrymen to compete with the mother country. We need only add, they have our best wishes; we watch their progress with the greatest interest.—*Braithwaite's Retrospect.*

Thank you, Dr. Braithwaite. The WATER-CURE JOURNAL makes a pretty curtsy, and wishes she could say as much for her London Grandfather. But it cannot be expected that old gentlemen will "go-a-head" like Hiawatha, who measured a mile at a leap.

TEMPERANCE HOTELS AND TOBACCO.—To be consistent, all good Temperance men—and women too—should abstain from the use of snuff and tobacco. We have no patience with a lecturer who goes about talking "Temperance" to others, with his own mouth reeking with filthy tobacco. His preaching and practice are so falsely absurd to do any good. "*Heal and purify thyself!*" exclaims every listener.

One thing at a time, say they, and let us first get rid of rum, then "abandon" with tobacco. We submit with this protest—that it is the duty of all Temperance men to shun the filthy habit of using tobacco, in any form. Some of our Hotels have taken the initiative in this Reform. They neither furnish nor permit tobacco to be used in their houses. Among the number we are happy to mention that of Mr. VAN ANDEN, of Homer, Cortland Co., N. Y. A Glen Haven correspondent says:

It has been my good fortune to stop at this Hotel more than once, and to receive such careful and kind attention as to make me wish that all who shall find it needful to stop in Homer, at a Hotel, should visit it. The proprietor is a perfect gentleman, his wife a pleasant, agreeable, well-bred lady. They are both ardent and devoted lovers of the Temperance cause, and wish friends of WATER-CURE. THE JOURNAL is on their table, and sick persons, on their way to Glen Haven, receive the kindest and most respectful attention from them.

We should be glad to publish in the Water-Cure Journal, for the benefit of travellers, a complete list of all the Temperance and Anti-Tobacco Hotels in the United States.

"SYLLOGISTICAL.—A writer in the Westminster Review some time since, assumed the somewhat novel position, that alcohol is food, and offered the following logic in proof, viz.:

'Alcohol is force,
'Alcohol is force,
Therefore alcohol is food.'

Another writer offered the following pungent syllogism, as equally legitimate and conclusive, viz.:

'Whipping is force,
'Whipping is force's force.'

Therefore, whipping a horse is horse-foed.
Should any of our readers hear a Pennsylvania wagoner—as we have—talk about feeding his horses on "whip lash," the force of the above will become evident.

Dr. Trull has taken the article in the Westminster Review some time since, assumed the somewhat novel position, that alcohol is not food, but is alcohol course of reasoning, that alcohol is not food, but is alcohol and everywhere poison. For both the article and the review send for the ALCOHOLIC CONTRAST, published at this Office. Price prepaid only 30 cents.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms: For a full page, one month, \$15 00...

Copies of this JOURNAL are kept on file at the principal Hotels in NEW YORK CITY, BOSTON, PHILADELPHIA, AND on the STEAMERS.

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

Water-Cure Establishments.

REMEDIAL INSTITUTE, Saratoga Springs, N. Y.—It is unsurpassed in its Curative advantages and beauty of location, on Circular Street, between Congress and Empire Streets.

This is pure soft water for baths, electro-chemical baths, galvanism and all the medical facilities of a model INSTITUTE.

- REV. JESSE F. PECK, D.D., N. Y.
D. D. WHELAN,
THOMAS CALKINS,
JOHN M. HOWE, D.D.,
FRANK M. MASTON, Black River Conference,
JESSE G. COLLE, N. Y.,
L. AUSTIN, Saratoga Springs, N. Y.

ROUND HILL MOTORIC WATER-CURE.—This Institution has on one side and at the rear, forty acres of forest-park, intersected by pleasant walks, and affording a most refreshing shade during the warm months.

Families or parties for a season's treatment for rheumatism or pleurisy, and invalids wishing to combine with successful medical treatment the pleasures of a "Watering Place," will find at Round Hill, Northampton, Mass., all they desire.

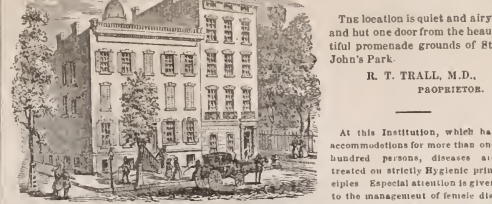
Water in great abundance, and of the purest quality, is supplied from living mountain springs, and the bathing facilities embrace every modern improvement for the medicinal application of it.

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

MERIDEN MOUNTAIN HOME.—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 consist of fifty acres of meadow land, groves, walks, gazebos, etc., shade, etc.

WATER-CURE FOR LAMEN.—DR. AUGUST W. LAMBERT, receives boarders and patients at his residence, No. 30 North Ninth St., Williamsburg, Electro-Chemical and Vapor Baths applied.

WATER-CURE AND HYDROPATHIC MEDICAL COLLEGE. No. 15, Light Street, New York.



At this Institution, which has accommodations for more than one hundred persons, diseases are treated on strictly Hygienic principles.

Students are educated for Hygiene, Therapeutics, and Health Reform. Lectures given in Electro-Chemical Bathing, and all the requisite material supplied.

GLEN HAVEN AND HEALTH.

We are receiving letters from all parts of the United States inquiring about Glen Haven, and our method of treatment. We answer by advertisement.

1. Glen Haven is secluded; 2. the Air is delightful, being pure and fog-free; 3. the Water is very soft, pure and abundant; these run into our Bath Houses about 1 1/2 barrels, or 8 1/2 gallons in twenty-four hours—so we never use stagnant water, or water twice over; 4. We give no Drugs or Medicines; 5. we do not use the Electro-Chemical baths, because we do not use them—because we can extract minerals from the body in what we deem a safer way—because we are willing those who wish to use them should go elsewhere and try them—because ours are satisfactory if they will be abandoned; 6. because already we are beginning to have as patients those who have tried them, some without effects, and some detrimentally; 7. we do not visit to discourage the sick from their use further than to state our reasons for not using them; and to give the public to understand that we do not use them; 8. Glen Haven is quiet, pure, and a WATERING PLACE; 9. it is no place for persons who want to live irregularly, recklessly, and wildly; 9. IT IS THE BEST PLACE ON THE CONTINENT OF AMERICA FOR THOSE WHO ARE AID SICK AND HOLD LONG FOR LIFE; 10. because all help each, and each helps all; 11. because the treatment is entirely different from any other; 12. because it is no fashion, no folly, no waste of time, strength, or money; 12. because all help each, and each helps all; 13. because the treatment is entirely different from any other; 13. because we pay great heed to what our sick eat; 14. because our Water treatment is gentle, and each case is treated on its own merits; 17. because eating, sleeping, exercise, amusements and baths, administered with great exactitude; 18. because if we did not use a very plain table, did not enjoy early retirement, did not insist on amusing, pleasant and instructive passages of time, did not forbid intrigues, controversies, gossip, and lowered trouble in other words, if we forbore to encourage our patients to self-government, self-reliance, and appropriate energy of will; all the ailments we should extract, would be what they carry in their pockets; 19. As it is, we cure them, make them perfectly well, send them home whole in body and with new ideas, so that their works and their faith correspond; 20. because if we knew the truth, we always tell it to the sick, kindly but firmly, and never keep a sick person on our responsibility, if we deem the case doubtful; 21. because we have enough to do, and are therefore saved from the temptation and humiliation of cringing, bowing, scraping, flattery and lying, to induce persons to come to us. We can afford to be upright, pitiful, courteous, and call our souls our own, whilst our sick are dear to us as our heart's blood. If there are any in the land not incurable, we can, Heaven helping us, give them health.

ROUT.—From East or West, come New York Central Railroad to Syracuse, thence by Syracuse and Binghamton Railroad to Homer, thence to the Glen by ferry. 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 ferry.

DR. VAIL'S GRANITE STATE WATER-CURE, Franklin, N.H., can furnish the treatment to patients of moderate means cheaper than any other Institute.

DR. C. C. SCHNEIDER, M.D., the oldest Hydro-physician in the United States of America, opponent to all drug medication and Intoxic-Influence (Intoxication), has opened an exclusive Dispensary of Fruit and Juice Assets, in Baltimore, Md.

DR. TAYLOR'S WATER-CURE, 650 Sixth Avenue, New York City.—While the country, at this season, has attractions of the most wholesome kind, it must be conceded that there has been no better season for the sick than this.

It may not be improper to let you say, that while practicing the old-fashioned mode of curing, which he has made the sciences that as in any way far has made the sciences, a special study, with a view of factoring, and according to him the most empirical and unceasing links the old-school practice upon an scientific basis of physiological and even of chemical facts, by which, and with an extensive experience in maintaining the sick, he wishes to satisfy the most reasonable demand, in his particular line of duty.

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The Electro-Chemical Bath is extensively employed by Dr. Taylor in numerous cases, and in the use of it he has had many testimonials from patients who have been cured of their ailments.

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

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

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

MR. PROSPECT WATER-CURE, Binghamton, Broome County, New York.—We treat all acute diseases successfully, and have made the ensuing diseases our especial study.

"PSALMS COMPLAINTS" and success in treating all chronic diseases peculiar to females, and in curing those diseases, we are so cordially in favor of, and we have a new method in the same (one though you have not succeeded in your former attempts for the restoration of your health, to make one more trial and give us a cure.)

"NEW DISEASES, 'Spermatobae' and 'Nucleus' combinations, sometimes new, and it is well known, and since its adoption, we have cured many who have been cured by us. And we hold out rays of hope to the unfortunate who have been cured by us. And we hold out rays of hope to the unfortunate who have been cured by us. And we hold out rays of hope to the unfortunate who have been cured by us.

HIGHLAND HOME WATER-CURE, at Falkirk Landing, N. Y., is again open for the reception of patients, under the chg. of O. W. MANNING, D.D., Resident Physician. R. T. TRALL, Consulting Physician.

NEW GRAEFENBERG WATER-CURE and KINSHIP ESTABLISHMENT, near Utica, N. Y.) For full particulars address R. HOLLAND, M.D.

SOUTH ORANGE WATER-CURE ESTABLISHMENT.—DR. WEBER, formerly Resident Physician of the Orange Mountain Water-Cure, will open an extensive establishment at South Orange, N.J., on May 31st.

WATER-CURE FOR FEMALES TO EXCLUSIVELY at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, and names of our Physicians, apply to W. SHEPARD, M.D.

KINESPATHY.—Dr. Donovan, late of London, who has acquired a thorough acquaintance with the great art...

Wm. C. ROGERS, M.D., GREEN ISLAND, ALBANY Co., N. Y., has fitted up an establishment and is now prepared to administer...

New Greenberg Water-Cure—KINSEPPLE ESTABLISHMENT, near Utica, N. Y.

JAMESTOWN WATER-CURE, at Jamestown, Chautauque Co., N. Y.—Electricity has for many years been esteemed by the most eminent medical men...

ATHOL WATER-CURE—Full printed particulars sent free to all who address Mr H. A. DUNN, 650, FIGUE ST., ATHOL, Mass.

MERIDEN MOTOPATHIC WATER-CURE AND COLLEGE OF HEALTH.—The Institution is one of the foremost in the world...

PHILADELPHIA MODEL WATER-CURE, or Electro-Hydrogenic Institute at 119 North Ninth St., above Race.

LEHIGH MOUNTAIN SPRINGS WATER-CURE—One of the best places for taking Hydrophatic treatment is at this celebrated Institution.

ROCKFORD WATER-CURE, corner of Peach and West Streets, Rockford, Ill.—The Electro-Chemical Baths, first administered by us west of New York City...

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CLEVELAND WATER-CURE ESTABLISHMENT.

The above Establishment is now commencing its second season. It has been in successful operation for the past eight years; has treated over three thousand patients...

OLDEST ESTABLISHMENT IN AMERICA, having been under the charge of one Physician longer than any other in the world...

The Proprietor has also, during the past year, visited Europe, and returned with the most valuable information...

ELECTRO-CHEMICAL BATH, consisting of water, lead, zinc, iron, and potassium, in a METALLIC OXYGENIZED form to the eye.

AMENORRHOEA, MENORRHAGIA, SPINAL WESSERS, &c. &c., which in this case are weighed so heavily upon the human race, both male and female...

PATIENTS ARE APT TO IMAGINE that they get better treatment at a place of fashionable resort, where terms are high.

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.

LAKE SIDE WATER-CURE, NEAR MADISON, THE CAPITAL OF WISCONSIN, A HOME FOR INVALIDS AND THEIR FRIENDS.

AMENORRHOEA, MENORRHAGIA, SPINAL WESSERS, &c. &c., which in this case are weighed so heavily upon the human race...

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DR. W. M. AND MRS. J. C. STEPHENS, Water-Cure Physicians, 307 State Street, Chicago, Ill. July 4

PITTSBURGH WATER-CURE.—This institution is situated on the Ohio River, and is O. & P. R. R., at Hoytsville Station.

S. F. FRASE, M.D., H. FRASE, M.D., MRS. S. F. FRASE, M.D.

SPERMATORRHOEA, PROLAPSUS UTERI, AMENORRHOEA, MENORRHAGIA, SPINAL WESSERS, &c. &c., which in this case are weighed so heavily upon the human race...

PATIENTS ARE APT TO IMAGINE that they get better treatment at a place of fashionable resort, where terms are high.

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.

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ELECTRO-CHEMICAL BATHS.—The attention of Physicians and others desirous of using the Electro-Chemical Bath is directed to my Improved Battery, made of pure Zinc and Silver, and of the most perfect, power, durability, and comparative low cost...

PROF. M. VERONESI'S ELECTRO-CHEMICAL BATHS. The Professor having made arrangements with Dr. PRINCE of Brooklyn, their undivided attention is now directed to the Electro-Chemical Bath.

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Varieties.

CHEMICAL AND COMICAL.—From a paper headed "The Art of Painting the Face," which we find in the *Courier des Etats-Unis*, we translate the following:—

Madame L —, a celebrated beauty, had the habit of whitewashing herself—so to speak—from the soles of her feet to the roots of her hair.

One day she discovered that certain pimples, like a group of little volcanoes, were piercing the thick crust of dead white, and threatened to cover her arms with pathological arabesques.

Under advice of a physician, she ordered a medicated bath, and with the hesitation of a woman of delicate nerves, she plunged therein her beautiful person. Hardly had that adorable plaster-cast disappeared to the neck in the sulphurous wave, when suddenly from head to heel, the whiteness of milk changed to the bronzed blackness of an Ethiopian. You would have declared her a negress badly whitened, or a white dame attacked with extraordinary cholera symptoms.

This last supposition prevailed, and the physician, called in haste, laughed immoderately.

"*Yadame*," said he, "you are not ill; you are a chemical product. You are no longer a woman; you are *sulphurete*. It is not now a question of medical treatment, but of simple chemical reaction. I shall analyze you.

"Come! I shall submit you to a bath of sulphuric acid diluted with water. The acid will have the honor to combine with you; it will take up the sulphur and the metal; will produce a *sulphate*, and we shall find as a precipitate, a very pretty woman."

Snoxy Dianas, let this serve you as a lesson. Never use a white powder which has a metallic base.—*Commissaire*.

BIG AND LITTLE TROUBLES.—The sting of a wasp or the prick of a pin often gives more acute pain than the gash inflicted by a lancet. So, as we pass through life, our minor sorrows are frequently harder to bear than our great afflictions. Very heavy troubles either deaden our sense of suffering by the violence of the shock, or else excite an unwonted and unnatural strength, which enables us to stand firm against the blow. But the minor evils of life annoy and irritate us; we chafe against them, and can neither patiently endure, nor manfully fight against them. And thus it is that we often see those whom we have most revered for having nobly borne great trials, the first to sink under lesser ones.

A NEW FEATURE IN WATER-CURE.—We are told that some of our most fashionable belles have made the discovery that Water-Cure practice is more potent to preserve their symmetry of form, and other characteristics of personal beauty, than the cosmetics, drugs, and powders formerly used by them. The philosophy of the thing is as follows:

A cold bath once a day, sometimes even with ice in it, braces the muscles, giving them tone and density, and of course more power of expression. It also, by producing a healthy circulation throughout the system, especially to the surface, imparts a healthy, vigorous color, instead of that dark, sallow, billious hue that requires a covering of artificial color, which, of itself, re-creates a greater demand for the same artificial coloring.

What style of beauty is more fascinating than the cheerfulness of a healthy—and of course happy—organization? An important item in the above philosophy is the fact, that the body breathes, as it were, through the pores in the cuticular surface, and when that becomes deranged by the pores being filled up, it should be rubbed off the surface, or the blood cannot become sufficiently oxygenated to give that free, lively, healthy expression, which might be if that extra coating were removed.

AN ARTICLE FOR THE SEASON.—*Interesting to Everybody*—Slightly altered from the *Original*.—This is the season of poetry. Sentiment thaws out with the snow, and expands with the early flowers. The press grows eloquent on the tender grass, the unfolding buds, and other vernal vegetables. But with all this elevation of the spirit, there are many afflictions of the flesh. Appetite, over-stimulated by the stringent cold of winter, subjects the weak stomach to dyspepsia, and the liver to an overflow of bile. The blood is over-rich, and among the consequences are

boils, eruptions, and other external disorders. Ill health is a sad drawback to our enjoyment of the glories of nature, and therefore it is as well, in advance of the fervid heats of summer, to purify the fluids of the body, give tone and energy to the digestive powers, and remove from the superficial vessels those acrid humors which sometimes produce a species of efflorescence much less agreeable than that of the orchard or parterre.

Under these circumstances, we cannot better serve the dyspeptic or plethoric reader, or in fact any reader who is out of health, or has had a premonitory warning of coming sickness, than by advising him (or her) to have recourse to Hygieia's famous remedies. Whatever may be the source of the difficulty, in whatever portion of the system the seeds of disease may be entrenched, Hygieian applications will assuredly reach the locality, and extinguish the disorder in its elementary stage. They are premonitory messengers that will not be denied access to the most intricate windings of the internal organization, and which no principle inimical to health, in any part of the human machine, can successfully resist. This may seem a sweeping assertion, but we have a mass of authentic testimony to fall back upon which will fully sustain it. It is a familiar aphorism that "what everybody says must be true," and it is beyond controversy that the majority of Christendom have access to Hydropathic remedies. He who keeps by him good food, fresh air, exercise and happy feelings, as standard household curatives, may say with Cato, though in a different sense, "T'was aim I fully armed."

We believe in being *fore-armed* against disease and casualties, as far as possible.

The following lines are descriptive of a gentleman named Flatbottom, who, when he lived, used to circulate near the circular town of Circleville:

AND he took the ague badly,
Oh it shook him, shook him sorely,
Shook his boots off and toe-nails,
Shook his teeth out and his hair off,
Shook his coat all into tatters,
And his shirt all into ribbons;
Shirtless, coatless, hairless, toothless,
Minus boots and minus toe-nails,
Still it shook him, shook him, 'til it
Shook him down into gait and bow,
Shook him 'til he reached his death-bed,
Shook him 'til it shuffled for him
To his mortal coil, and then it
Having made him cold as could be,
Shook the earth still down upon him;
And he still lies 'neath his grave-stone,
Ever a-shaking, shaking, shaking.

What a pity he didn't read the Water Cure Journal, for

Had he been a Hydropathist,
Known the virtues of pure water,
Known the healing powers of water,
Water from the rains of heaven,
Water from the sparkling fountain,
Water from the lakes and rivers,
That by bathing in it freely,
Bathing freely in the water,
By the douche, or plunge, or shower,
With a wet-sheet packing often,
All his ague would have vanished,
Vanished like the snow in spring-time;
And instead of shaking, shaking,
'Neath his grave-stone, cold and heavy,
He would now be light and hearty,
Circulating, as in foretime
Round the town of Circleville-age.*

THE BIRDS, "GOD BLESS 'EM."—A gentleman observed in the thicket of bushes near his dwelling a collection of brown thrushes, who for several days attracted his attention by their loud cries and strange movements. At length curiosity was so much excited that he determined to see if he could ascertain the cause of the excitement among them. On examining the bushes he found a female thrush, whose wing was caught in a limb in such a way that she could not escape. Near by was her nest, containing several half-grown birds. On retiring a little distance a company of thrushes appeared, with worms and other insects in their mouths, which they gave first to the mother and then to her young; she meanwhile cherishing them in her labor of love with a song of gratitude. After watching the interesting scene until curiosity was satisfied, the gentleman released the poor bird, when she flew to her nest with a grateful song to her deliverer, and her charitable neighbors dispersed to their several abodes, singing as they were a song of joy.

*The ague is just as a toe to the last foot of the line to make it proper length—a poetic license.

JUST SO.—It strikes us that there is a world of wisdom in the following quotation, brief as this is: "Any school boy knows that a kite would not fly unless it had a string tying it down."—It is just so in life. The man who is tied down by half a dozen blooming responsibilities, and their mother, will make a higher and stronger flight than the bachelors, who, having nothing to keep him steady, is always floundering in the mud. If you want to ascend in the world, tie yourself to somebody. The statistics of prisons show that in proportion to the number in Society, there are six times as many villains who are single as there are among the married. The married resist temptation on account of the wife and children, while the single pass on and are punished.

ICE IN SURGICAL OPERATIONS.—The *Utica Herald* says: Dr. Walcott of that city, acting under the suggestions of a French journal, has resorted to ice as a means of destroying pain in surgical operations. A few days since he removed a very large tumor from a man's leg. He took a preparation of snow and common table salt and applied it to the diseased part, which was almost immediately reduced to an insensible state. The removal of the tumor was accompanied by very little loss of blood, and little or no pain. The Doctor's fingers were, however, slightly frozen in the operation. Dr. W. thinks that this method of producing insensibility to pain is preferable to that of chloroform, inasmuch as it is not dangerous and does not injure the blood.

WATER FOR BIRDS.—Mr. Stevens, in his *Incidents of Travel*, mentions that the tomb-stones in the Turkish burying grounds are all flat, and contain little hollows which hold the water after a rain, and attract the birds, who resort thither to slake their thirst and sing among the trees.

OUR THREE JOURNALS.

[We give here the TITLES, OBJECTS and TERMS of our Family Journals. More complete Prospectuses may be found in another column.]

THE WATER-CURE JOURNAL:

Devoted to Hydropathy, its Philosophy and Practice; to Physiology and Anatomy, with numerous Illustrations; and to those laws which govern LIFE and HEALTH. \$1 a year, or 50 cents for half a year.

"We know of no periodical which presents a greater abundance of valuable information on all subjects relating to human progress and welfare."—*New York Tribune*.

"THE WATER-CURE JOURNAL is the most popular Health Journal in the World."—*N. Y. Evening Post*.

THE PHRENOLOGICAL JOURNAL:

Devoted to Phrenology, Education, Self-Culture, and to all those progressive measures for the Elevation and Improvement of Mankind. \$1 a year, or 50 cents for six months.

"Devoted to the highest happiness and interests of man, written in a clear and lively style, afforded at the low price of one dollar a year, it must succeed in running up its present circulation to a much higher figure."—*Tribune*.

"Standard authority in all matters relating to Phrenology. The beautiful typography, and the superior character of the numerous illustrations, are not exceeded in any work with which we are acquainted."—*American Courier*.

THE LIFE ILLUSTRATED:

A FIRST CLASS FAMILY NEWSPAPER, devoted to News, Literature, Science, and the Arts; to ENTERTAINMENT, IMPROVEMENT and PROGRESS. One of the BEST WEEKLY NEWSPAPERS in the World. \$2 a year, or \$1 for half a year.

"The *Scientific American* says: "It is of large size and faultless typography. Almost every branch of human knowledge is treated by able writers." *The R. I. Reformer* pronounces it "the most beautiful Weekly in the Union."

For THREE DOLLARS, [\$3] in advance, a copy of each of these three Journals will be sent one year. For TWO DOLLARS, half a year. Please address all letters, pre-paid, as follows:

FOWLER AND WELLS,

No. 308 Broadway, New York.