

HEALTH WATER-CURE JOURNAL

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Physiology, Hydropathy, and the Laws of Life.

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LEGAL POSTAGE ON THIS JOURNAL.—To settle the question once more in regard to the legal postage on this JOURNAL, we publish the following letter from the Postmaster General, Washington, D. C., in answer to a letter which we addressed to him.

GENTLEMEN: Yours of the 23rd inst., accompanied by specimen numbers of your **PHRENOLOGICAL AND WATER-CURE JOURNALS**, and inquiring the legal rate of postage upon each, is received. The character of each, so far as postage is concerned, is the same. Each is a periodical, to be charged according to the weight of each copy, with an unpaid rate of one cent if its weight does not exceed three ounces, and one cent additional for every additional ounce or fraction of an ounce; or to one half of those rates when the postage on it is paid quarterly or yearly in advance.

TO MESSRS. FOWLER AND WELLS, NEW YORK.

This it will be seen that the legal postage, when paid in advance by the subscriber, is only *six cents a year*, or *half a cent a number*, and when not paid in advance, *one cent a number*, or *twelve cents a year*. The JOURNAL (when dry) being printed on fine thin paper, weighs about two ounces, *never three*. Those who have paid more than the above named "legal rates" may by legal process compel the postmaster to refund such excess.

General Articles.

Many 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 union of a SOUND MIND WITH A SOUND BODY.
As a Nation, we Americans are in danger of ruin, from neglect of the body.—Rev. SAMUEL OSOOD.)

HEALTH AND HAPPINESS.

READER, we come to you as a Missionary of Health! We have no supernatural wonders to relate; no miraculous cures to perform; no nauseous nostrums to propose; no poisonous drugs to sell.

Our mission is very different. We wish to call your attention to plain facts, simple truths, intelligible subjects. We wish to address your common sense; to induce you to think for yourself; to understand for yourself the laws of your own being, and thereby insure yourself health, and all its train of attendant blessings.

Look around you. Survey the sanitary aspect of all civilized society. Glance over the wide world. Do you not see everywhere disease the prevailing condition of society, and health the exception?

This should not be. It need not be. The fault is ours and yours that it is so. The animals below us, less protected and cared for than man, are, as a general rule, healthy. The human beings though endowed with a higher grade of vitality, the most exalted powers of self-preservation, and the most perfect organization, are as a general rule sickly.

Why is this? Is there not a cause? Can not this cause be ascertained? And more, can it not be corrected?

Once, universal health was the blissful heritage of the whole family of mankind. History, sacred and profane, informs us that, in the early history of our race, disease was unknown for a period of two thousand years! In those days men "paid the debt of nature;" "they slept;" "they gave up the ghost;" "they were gathered to their fathers." But they were not cut off by pestilence, fever, inflammations, rheumatism, dyspepsias, consumptions, palsies, plagues, and cholerae were unheard of.

Why is it so different now? Why do more than half the children born in this country die in infancy? Why do four or five hundred persons, most of them in the pride and prime of life, die weekly in the city of New York? And why are the great majority of our adult population, especially females, full of disease and infirmities, at the very period of life when Nature and Providence intended all to be health, vigor, usefulness, and enjoyment?

The answer must be given. We have gone astray. Nature is not malignant; but we have erred. We have lived in ignorance of the conditions of health. We are continually getting into false relations to the laws of life, and we are always suffering the inevitable consequences.

Why will we suffer, and "why will ye die," when it is so much pleasanter, easier, and cheaper to live and enjoy?

There is "balm in Gilead," and "there is a physician there." That balm is knowledge, and that physician is Nature in the constitution. The balm is accessible to all. The healing power is within us and of us.

It is this balm we would persuade you to seek. It is this physician whose monitions we would urge you to obey.

And when you understand these views clearly, you will never more take into your system the most virulent poisons because you are sick. No, no. If you take them at all—and we advise you never to do so—take them when you are well, and not compel the outraged organism, when struggling against one cause of disease, to war also against another enemy in the shape of a drug-poison, and thus destroy itself in the unequal conflict.

Reader, startle not, but meditate deeply now that we declare to you that this prevalent and popular method of curing disease with poisons is all wrong. It is not founded in Nature. It has no basis in true philosophy. It is ruinous in results, and creates more diseases than it cures; indeed, its most eminent advocates only pretend that it "cures one disease by inducing another."

The drug-method of medicating our maladies is rapidly multiplying diseases among us, and what is worse, awfully deteriorating our

It originated with the grossest errors and wildest vagaries of a benighted age, and ought, in this day of intelligence, to be utterly cast off, abandoned wholly and forever.

You will ask, what have we to offer in its place? We have intimated already. But if we had no substitute, you would be infinitely the gainer by repudiating that. We propose, however, to teach you the laws of health; and the way to apply them so as to avoid the causes of disease. And if, unfortunately, by accident or neglect, you do become sick, we will demonstrate to you a better way of curing your maladies; a method which consists in the use of means and agencies themselves compatible with the living organism, perfectly safe in the application, and absolutely sure in the result.

Do you ask for proof? It is all around you. For many years hundreds and thousands of our people have adopted our system and lived in the enjoyment of uninterrupted health. During the last ten years nearly all manner of diseases have been treated in our midst by this system, with unparalleled success; and physicians of our city, of large experience and eminent scholarship, have treated all the prevalent diseases with uniformly successful results. To be more specific—Common Fevers, Typhus Fevers, Ship Fevers, Scarlet Fevers, Small-Pox, Measles, Pneumonias, Diarrheas, Dysentery, Cholera Infantum, Cholera Morbus, etc., etc., have been treated in this city during all this time *without the loss of a single patient!*

Surely this means something, taken in contrast with the fact that from one to two hundred die weekly in New York city, of the above-named diseases, under the ordinary or drug-practice!!

In our monthly periodical THE WATER-CURE JOURNAL, we propose to explain to the non-professional reader, all subjects connected with Diet, Bathing, Temperature, Air, Light, Clothing, Exercise and Rest, Dwellings, Occupation, the Passions, etc., and to apply them to the Preservation of Health and the Cure of Disease, so that all may intelligently undertake the care of their own health, without being obliged to trust all to the whims, caprices, ignorance, errors, mistakes, and experiments of every-warring medical sects, and never-agreeing medical men, to the end that general health, the true basis of all reform in the world, of all individual happiness, of all social improvement, and of all human progress, may be again the happy condition of the human family.

We solicit your subscription for the JOURNAL. Its professional matter is edited by practical and experienced physicians, well known to the public, and who are daily demonstrating, at the bedside of the patient, the superiority of our system over all others.

Dr. MARSHALL HALL has been trying some experiments with frogs placed in water, in which very small quantities of strychnine had been dissolved. He learns that the fresh frog, in winter, will have symptoms of lock-jaw in water that has 140 th part of a grain of strychnine in it—from which comes the valuable hint that, where chemistry fails to detect the strychnine in cases of suspected poisoning, if the contents of the stomach, intestines, heart and blood-vessels, are taken and severally evaporated, a frog from the mud may detect the poison, and so bring the murderer to justice.

HEALTH OF CHILDREN.

BY G. H. TAYLOR, M. D.

We may well be appalled at the records of infantile mortality, especially in the larger towns, and among our native countrymen. Innocent, fair, and rosy-cheeked little children, just old enough to show in childish prattle, that existence is a blessing in fact as well as in bright prospect, sicken rapidly and die. Men say an over-ruling Providence directs all wisely, and much ingenious logic is expended by the preacher to show that such things are the behests of heaven, notwithstanding the rebellion set up by the feelings against such a rude sundering of the ties of nature. The minister exchanges his consolatory sentiments for material bread, the doctor consummates his duty with the remark, that "all was done that could be done," while the event implies, if we would believe the former, that the prescriptions of the latter were quite in opposition to the decree of the *All-Wise*.

How often is it distressingly true, that all was done that could be! What tortures of innocents have I not known at the hand of the man of medical science! Sacrifices to the wrath of the Esculapian god without number. Tortures, which, in this age of budding science, are sacrilegiously baptized in her name! How can we longer look listlessly on, indifferent to the great wrong of producing and sacrificing thus recklessly so much life, and with it the happiness of the sacred domestic relations? We have only to know the *cause*, in order to avoid the calamity.

The influences antagonizing the normal perpetuity of life being unsought, and their operation unchecked, the time must and will come, when the inharmony thus insidiously introduced, will become formidable disease, a signal for medical torture to an extent beyond that of the capacity of the delicate and exalted sensibilities to endure, ever increasing inversely to the probabilities of recovery.

But the evils of which we would particularly speak, are not those that consist in, or arise from the use of medicine, merely; but they embrace all those considerations pertaining to early life, that eventuate in rendering the medical art a necessity. We are apt to overlook the fact that the evils of sickness lies not so much in the symptoms attending it, as in the conditions procuring it. The medical mistakes we are guilty of, are *chronological* as well as *pathological*, in character, and the remedies are as absurd in respect to *time* as to *quality*. If we have failed to learn the fallacy of medicine in these thousands of years, let us at least set about inquiring as to the origin of its supposed necessity.

Life is compounded of its conditions, and these are, mainly, *idiosyncrasy*, or constitutional bias, and *habit*, and they mutually beget each other. To correct disease, then, we must correct these. The existence of medical science rests on the fact that men are capable in some way, and to some extent, of controlling these.

Life is a science, living an art, requiring for its proper practice a minute knowledge of all its details; but at what point shall we begin? For the good of humanity, it differs but little

where. Humanity is a chain; each link turns upon itself, but includes and sustains the succeeding ones. Each being is completed only in a new being. The whole sustains by an interconnection of parts. The child is father of the man, as well as the man of the child. The successive generations are repetitions of the primordial man, modified by circumstances at each successive stage, by each new condition, a perpetual unfolding. The procreative elements are unfolded in the germ, modified in the ovum, developed in the child. What a fearful responsibility rests upon parents! To secure better health, society has to look for better parental, nutritive and atmospheric relations, from which only it can be produced. The two latter must be present to secure the former, and all in a high degree, to secure a harmonious development of the physical, and consequently of the intellectual being. Otherwise, the feeble vigor of the plastic vital mass soon fails, and the common law of the elements triumph over life. When these things are properly understood, people will mourn their own ignorance and folly, instead of calumniating the decrees of fate.

After birth, the new relations of respiration and alimentation that become necessary are so all-important, that in time they may be made to counteract, in a great degree, that of bad parentage. The things that are irretrievably, hopelessly bad, are fewer than we are apt to imagine.

At this tender time of life, the health of the child is quite dependent upon the presence or the lack of proper knowledge on the part of its mother and nurse, and its whole duration is often made to suffer from the ignorance and caprice of those to whom the child is to look for sustenance. The good qualities inherent in it may either be repressed or developed by its rearing.

Neglecting the extraneous influences, the substance of the mother, and even the life she leads as regard physiological and moral habits, affects the food of the nursing child. The mother's food should always be of the purest and simplest kind, eschewing innutritious and antinutritious mixtures with her food and drinks, out of duty to her offspring, if not to herself.

If the health of the child may become deteriorated through its mother's milk, how much more directly and certainly may this be effected when it comes to receive its food from other sources in great variety and complexity. How easy now, by plying it with the numerous alimentary cheats so common in society, to pervert entirely its natural perception in reference to nutrient wants, and thus lay the foundation for a life of untold misery, consisting of a round of indiscretions, with their attendants, sickness, physic and doctors' bills.

A no less important requisite for the health of children, is free air and exercise. Purity of air is no less essential than that of food. The amount in weight of oxygen and that of food employed by the system every day, very nearly corresponds, and there is the same necessity for its purity. Besides, unless the food taken is met by its equivalent of air in the body, whereby it is transformed, it ceases to nourish, and directly poisons the system.

This equipage can never be secured in the

absence of a cool, dense, pure air, and free motion under appropriate mental stimuli. Hot, confined, darkened apartments, sameness of surrounding objects, dusty carpets, unequal clothing and alimentary abuses, are killing the children of our cities, and the same deteriorating influences are experienced to some extent in the country, where more suitable advantages ought to be enjoyed. Freedom, blessed freedom, is the birthright of children as well as adults, and they never can prosper when under restraint. Even moral restraint becomes in a measure supererogatory, with the full development of moral and physical capacity, under genial influences. With freedom of motion in the free air, almost every other bad condition is counteracted. I know it is somewhat difficult to secure this in a large city, but good conditions can be at least approximated when it is seen how important they are for health, and even for the very life of tender, impressible childhood. The city is surrounded by waters over which children can be carried at trifling expense, and public conveyances radiate in every direction, which should be employed, rather than the doctor, in any threatened emergency. Besides, those inestimable breathing places, the public squares, where the cheering sight of flowers and verdure can be felt as well as seen, are at all times accessible. How delightful to take a seat occasionally at these places of a pleasant afternoon, to witness the rollicksome glee with which some hundreds of unchained innocents are inspired! How anxious is the rich blood to distend each artery, throbbing with high life, and to become assimilated in every fibre, replete with life in joyous action! Nature abhors inanition as she does a vacuum. Contrast these few with other thousands "cribbed, cabined, and confined," in sultry, dusty chambers, with dimmed light, air befouled, and animal effluvia, perhaps genteelly retained by means of expensive carpeting and upholstery. The vitiated and languid blood can never furnish the high conditions of vivid and perfect assimilation; the mesenteric glands become clogged and swollen, nutrition is thereby cut off, the child becomes languid, and pale, and weak, its abdomen is distended, its extremities are shrunken, tonsillitis appears, the head oftentimes is compelled to receive an undue amount of the blood cut off in other parts of the circulation, and then supervenes a preternatural development of brain, and precocity of intellect; and the foolish parents often stimulate to a still greater degree this state of unbalanced functions, till the child arrives at a condition in which it is impossible for life to be continued—ultimately the consuming flame is kindled, and the poor innocent is immolated at the shrine of ignorance and folly.

I would press home the question upon parents, upon society, upon the State, as to the state of things in the air, and the stomach, and then, who was only natural and the ducts which had but little to do with the matter, it may be said, but blame him rather than the trumpet of physics!—for the beginning of your ears, and yourselves for not continuing to hear from the sources whence it is sound, or of discovering it when it is so plainly before your eyes!

FEMALE PHYSICIANS.

BY MRS. D. A. PHASE, OF CINCINNATI.

I HAVE finally yielded to the request of a number of friends who wished to know my views with regard to female practitioners of the healing art, and send them to the *Journal* for insertion.

For some time a secret [We think it very public.—Esa.] influence has been operating upon the minds of the women of our country, and we see it daily developed by the great changes in public opinion with regard to female practitioners in medicine. Some twelve years ago, when I first thought of studying that branch of science with a view of practicing it, the idea was considered novel and highly censurable. But the more I reflected upon the subject, the more I was convinced that woman was in her proper sphere when professionally administering to the sufferings of her sick sister. I expected, when qualified to practice, to meet with hearty cooperation from my own sex, thinking they would agree with me in the opinion that men are admitted to her chamber of sickness from custom and necessity alone; but in this I was grievously disappointed.

After pursuing a course of study under the direction of my husband, I commenced practice. The opposition and obloquy with which I was met, not only by physicians, who prophesied "that ladies foolish enough to employ a woman, would lose their lives," but by a large majority of females, "who would by no means trust their lives in the hands of a female physician," did not discourage me; for I believed I was in the path of duty, and that I could afford to stem the torrent of public ridicule. Since then my practice has increased slowly but steadily, and it gives me pleasure to add, that I never lost a patient; so that now I have all the practice my health will permit me to attend to. I have attended the wives of the Old School physicians as well as those of our influential citizens. A few years since it was suggested to me that by attending one or two courses of medical lectures, I would be able to graduate, and thereby more effectually advance the cause I was laboring to establish. I consented, and accordingly applied to the Eclectic Medical Institute for admission, and was received.

The first morning I entered the lecture room, Professor Hill, now proprietor of the Crystal Fountain Water-Cure, was lecturing the students upon the propriety of admitting a female into the class. I was only in time to hear his concluding remarks, but inferred that he was trying to soothe some antagonistical spirit who was present; yet during the time I attended the lectures, I was treated in the most courteous and kind manner by every one. Being the first female that was admitted to that Institution, and the only one, I was very naturally the subject of many unpleasant, and even indelicate remarks; but I have the satisfaction to know that by breaking through established usages, successive classes of my own sex have been formed in this Institution. I am informed that from fifteen to twenty attended during the past winter, and

among the number Miss Harriet Austin, from Glen Haven. Such has been the change in public sentiment in regard to this matter, that as practitioners are qualified, a door is open for them, and their services appreciated. But there is still room for more, yet they should be of the right kind—pure, noble-minded women. I hold tenaciously to the opinion that the practice of females should be limited within the circle of her own sex and children; for in going farther she lessens her influence, and gives occasion for others to question her virtue.

I shall discuss this subject at some future time.

SENSE AND NONSENSE.

MANY persons have the intelligence to feel that exercise is essential to good health, but domestic and financial duties press upon them so much, that it is only occasionally that the claims of health attract their practical attention, and then they go about it with a kind of spasmodic desperation, as if they intended to do as much in a day as would answer for a month past and to come. The early spring time has a peculiar influence in waking up the dormant industries of this class of persons, and on some sunny morning they sallied out with rake or axe, or spade or hoe, and with the energy of a *Quarter Horse*, they carry everything before them for an hour, or perhaps several hours, when before they are aware of it, their strength is exhausted, they feel "weak as water," the whole body is in a perspiration, and weary and worn out, and overheated, they make for the house, the ordinary warmth of which now seems oppressive, and with hat and coat, or shawl laid aside, they throw themselves on the sofa in some cool part of the house and fall asleep, or if they do not, they take early supper and go to bed, waking up in the morning haggard, sickish, and as stiff and sore in joint and limb and muscle, as a veteran Rheumatic of half a century; and for days, if not for weeks, they feel more dead than alive, and come to the conclusion that exercise does not agree with them, and it takes them about a year to get rid of the conviction.

For sedentary persons to exercise safely and with advantage, a few rules should be strictly adhered to.

1. Let your labor be moderate and of short duration for the first day, gradually increasing it from day to day in time and intensity.

2. The moment you cease the exercise, whatever it may be, put on the garments you laid aside before you began, go at once to the house and sit down by a fire or in some warm room or kitchen, if necessary, without washing, or drinking or eating, and in the course of fifteen minutes, according to circumstances, push back from the fire, take off your hat, next lay aside any surplus garment, then wash your face and hands in tepid, if not warm water, take a very light supper, that is, a piece of cold bread and butter, and half a glass of water, and at your usual hour retire to bed. Exercise, with such precautions, will seldom fail to yield the richest and most enduring results, a sound sleep for the night, a keen appetite in the morning, with a feeling of newness,

and freshness and vigor, next day, delightful to think of.

We cannot here enter into a detailed explanation of the reasons for all this, but will merely state the governing idea, which is, that *getting cool slowly* makes all the difference between exercise which is beneficial and exercise which aggravates the evils it was intended to cure.

To impress this on the mind more fully, we have only to state this interesting fact, that on the surface of the body there are millions of little tubes which are always conveying effete, useless matter from the system, either in a solid, fluid, or gaseous form, but during exercise these operations are carried on with greatly increased activity; a dash of cold air or cold water instantly closes up the outlet of each one of these little tubes, which, if placed continuously, would amount to many miles in length, and this sudden check is as infallible a cause of bodily calamity as the explosion of a steam boiler under a full head of steam, if the valve is shut and kept down after the engine has ceased motion. Hence no man ever did, or ever can fall asleep uncovered, or in a draft of air after exercising, without waking up with unpleasant feelings of all degrees of dissolution in a few hours.

How illy nature bears the sudden arrest of some of her operations, is strikingly exemplified in the fact that if the blandest of all liquids, lukewarm milk, is injected into a blood vessel against the current, instant death may result, but if introduced gently in the direction of the current, it is borne with impunity.—*Hall's Journal of Health.*

DUMB BELLS: INSTRUCTIONS FOR THEIR USE.

It is a lamentable fact that thousands of students, artists, and clerks, and tens of thousands of our women and girls, and nearly all the boys in cities, except rowdies, are dwarfed in size, and are becoming a prey to dyspepsia and nervous diseases, in consequence of a want of energetic, healthful exercise.

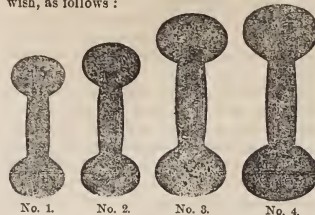
An erroneous public sentiment exists that work is disreputable; hence boys select light trades, clerkships, or one of the learned professions, which will enable them to avoid work with the muscles, and give them brain labor instead.

Women incline to seek sedentary employments if they must do anything as a means of support; but the wealthy and fashionable classes feel that all labor that requires strength is ungentle, and of course they hire others to do the very things that would give them health to enjoy the luxuries which their wealth enables them to command.

The result of this is an almost universal prostration of physical health and vigor. To obviate consequences so destructive of health and life, it is of the first importance that something be done to arrest this alarming and increasing evil.

The vigorous use of dumb bells will be of vast service to those who have no other method of exercise,

We suggest the use of dumb bells as a means of exercise and development. We have obtained outline engravings of four sizes which we have on hand to supply to those who may wish, as follows:



No. 1, is the smallest pair in use, and is designed especially for children generally, and slender girls from twelve to fifteen years old.

No. 2, can be used by boys from twelve to fifteen; by robust girls of similar age; and by full-grown girls and women, who are not particularly strong.

No. 3, should be used by women who have in turn used the lighter ones, and become strong and muscular. They are, however, especially designed for young men from sixteen to twenty-five, or those whose weight is from one hundred and ten to one hundred and forty pounds, and who are not very strong.

No. 4, this size is designed for robust men, from twenty years of age and upwards, and for those who, by using the lighter ones, have obtained hardness of muscle and power to endure a vigorous and laborious effort.

As our object is to furnish a cheap and healthful means of exercise to those who have narrow chests, feeble muscles, dyspeptic habits and general weakness, and who are dying by thousands every year for want of such exercise, we give our special attention to the lighter kinds of dumb bells, such as children, youth, women and men of slender organization and sedentary habits can use with profit.

Most persons think they must use heavy ones because strong men do; but in our view, comparatively light ones are decidedly the best. Then the motion can be free, rapid and spirited, and the mind can the more readily become interested and sympathize with the body in its exercise.

Let light and slender people use small dumb bells that they can wield with ease and rapidity, and then the exercise will not exhaust; but, while it furnishes an agreeable stimulus to the mind, will invite to healthy activity all the vital and muscular forces of the body.

No. 1, we sell at our offices for 50 cts. per pair; No. 2, at 62 cts. per pair; No. 3, at 75 cts.; and No. 4, at one dollar; and they can be sent by express to any part of the country. Persons ordering dumb bells will please specify the kind they wish by the numbers attached to the engravings.

A TRUE REPLY.—A damsel was once asked, "When a gentleman and lady quarrel and each considers each other at fault, which of the two ought to be the first to advance towards a reconciliation?" Her answer was, "The best hearted and wisest of the two." How few are ever ready to exhibit this noble trait.

THE HUMAN SKIN.

The physiology of the human body is one of the most important and interesting studies to which our attention can be directed. The sweet singer of Israel long since said, "I am fearfully and wonderfully made;" and the patriarch of Uz, "Thou hast clothed me with skin, and fenced me with bones and sinews." One of the best works on the human skin ever published, is "A Practical Treatise upon it, with Rules for the Medical and Domestic Treatment of Cutaneous Diseases, by Erasmus Wilson, F. R. S." We have before directed the attention of our readers to this book. We select the following description of the Perspiratory System.

"To arrive at something like an estimate of the value of the perspiratory system in relation to the rest of the organism, I counted the perspiratory pores on the palm of the hand, and found 3,528 in a square inch. Now, each of these pores being the aperture of a little tube of about a quarter of an inch long, it follows, that in a square inch of skin on the palm of the hand there exists a length of tube equal to 882 inches, or 73½ feet. Surely such an amount of drainage as seventy-three feet in every square inch of skin, assuming this to be the average for the whole body, is something wonderful, and the thought naturally intrudes itself: What if this drainage were obstructed? Could we need a stronger argument for enforcing the necessity of attention to the skin? On the pulps of the fingers, where the ridges of the sensitive layer of the true skin are somewhat finer than in the palm of the hand, the number of pores on a square inch a little exceeded that of the palm; and on the heel, where the ridges are coarser, the number of pores on the square inch was 2,268, and the length of tube 567 inches, or 47 feet. To obtain an estimate of the length of tube of the perspiratory system of the whole surface of the body, I think that 2,800 might be taken as a fair average of the number of pores in the square inch, and 700, consequently, of the number of inches in length. Now, the number of square inches of surface in a man of ordinary height and bulk is 2,500; the number of pores, therefore, 7,000,000, and the number of inches of perspiratory tube, 1,750,000, that is 145,833 feet, or 48,600 yards, or nearly twenty-eight miles."

"The perspiratory system of the skin is one of the usual channels by which excess of water is removed from the blood, and in effecting this purpose, the perspiratory function becomes a regulator of the temperature of the body. In health, perspiration is always taking place, even in a passive state of the body, and passes off in the form of an imperceptible vapor, which is therefore termed *insensible perspiration*. But when the muscular system is in exercise, when chemical action than that of blood and the nervous system of oxygen and that of."

"The system every day, verily necessary to explain that the system there is the same with the system of perspiration glands, unless the food taken. I have ascertained, beyond question, that the perspiratory apparatus of the whole body, where the true perspiratory glands and tubes being found, and in certain parts, therefore, the circulation which I have made on those premises must be considered as falling within rather than beyond the truth."

system excited, the perspiration is no longer insensible; it becomes perceptible, and more or less abundant, and is then denominated *sensible perspiration*. The existence of perspiration in its insensible or sensible state bears relation,



INSENSIBLE PERSPIRATION.

however, not merely to the quantity of perspired fluid, but also to the atmosphere. Thus, in a close, damp day, when the atmosphere is warm, and already charged with moisture, it is incapable of receiving that of the skin, and the ordinarily insensible vapor becomes condensed in a sensible form. On the other hand, when the atmosphere is dry, and the body or the air in motion, the moisture is carried away so rapidly that the sensible, under ordinary circumstances, becomes an insensible perspiration. The term 'insensible perspiration,' therefore, properly applies to the imperceptible evaporation from the skin when the body is at rest, or in gentle motion."

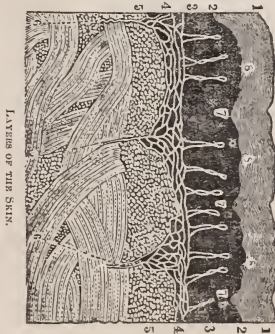
But Dr. Wilson is not alone on this subject. In Chambers' Miscellany, we find the following description of the skin:

"The external covering of the body, as is well known is a soft, pliant membrane, called the *skin*, which protects the more delicate substances beneath it from injury; but it is less generally understood that this covering is not confined to the outer surface only. It continues over the lips and up the nostrils; lines the mouth and tongue; and still continuing onwards, covers and lines all the parts of the throat; lines the windpipe, and extends through its innumerable branches in the lungs—lining all the passages and cells, and presenting to the air which enters the lungs an extent of surface equal to the whole external skin of the body, or, as some think, much greater. The skin also continues down the food-pipe, lining it and the stomach, and the whole intestinal canal and the ducts which open into it. In this manner, it may be said that the skin has neither beginning nor end, but is a universal and continuous coating of the body inside and out.

"Throughout its whole extent, the skin con-

sists of three layers, one over the other. The outermost, or cuticle, is an exceedingly thin substance, which may be observed to peel off when the hand is accidentally frayed, or when it is raised by a blister; the next is a layer which contains the coloring matter, giving, as the case may be, a shade from the slightest tan to the sooty black of the negro; and the third or lowest is the true skin, a thick layer, which, when taken off animals, is tanned into leather. As a whole, the skin is much more thin and delicate at one part than another, that upon the soles of the feet and palms of the hand being, by constant use, the thickest and most durable, and that within the mouth, lungs, &c., being excessively fine, and easily injured. As respects these inner parts, the skin is usually spoken of as the mucous membrane—the membrane which is moist with a mucous fluid.

"Besides answering merely as a covering to the body, the skin performs various useful functions in our general economy well worth knowing. On examination with a microscope, it is found that the lower or true skin consists of a vast combination of glands, ducts, blood-vessels, and nerves, the whole of which, communicating with



1, 1. represent the cuticle. 2, 2. Rete mucosum. 3, 3. Papillary layer, showing the nerves as formed into loops. 4, 4. The network of nerves. 5, 5. The true skin. 6, 6, 6. Nerves dividing to form the net-work (4, 4), 7, 7. Furrows between the papillae. 8, 8, 8. Papillae largely magnified.

the interior on the one hand, and the surface on the other, are concerned in keeping the general skin in order and the body in health. Of the nerves, which are universally distributed over the surface, it is here only necessary to say that they are the instruments of the sense of touch, and convey to the mind the consciousness of pleasant or unpleasant sensations. As an organ of sensation, therefore, the skin acts an important part, and on this account alone the keeping of it in a healthy condition is deserving of careful consideration. Our interest at present, however, is confined to the functions of exhalation and absorption. An unthinking person would suppose that the surface of the body, from its general smoothness, was so close in texture that neither air nor liquid could pass readily through it. Such would be a mistake. The whole membrane may be likened to a sieve. Throughout its en-

tire extent, externally and internally, there are a multitude of small holes or outlets, so closely set together that we could not anywhere puncture ourselves with the point of a needle without touching one of them. These holes, called *pores*, communicate with the ducts beneath, and these ducts terminate in glands or receptacles in the muscles.

"By the apparatus now described, portions of the fluids no longer required in the system, are conveyed to the surface of the body, when they escape into the atmosphere usually in the form of vapor, but sometimes as perspiration. In the extreme heat of summer, or when engaged in hard work, this liquid exhalation is very apparent. Not being observable in ordinary circumstances, it is styled the *insensible perspiration*. In this office of an exhaler, the skin acts as an auxiliary to the lungs, which throw off more copiously the waste liquid of the system in the form of vapor and deteriorated air. The amount of these two kinds of exhalation—the cutaneous or skin exhalation, and pulmonary or lungs exhalation—has engaged the inquiries of various writers on human physiology; two Frenchmen, Lavoisier and Seguin, having had the honor of presenting the most accurate survey of the subject. Dr. Andrew Combe, in his valuable treatise on the Physiology of Health,* alludes as follows to the result of Seguin's investigation. He found that 'the largest quantity of insensible perspiration from the lungs and skin together amounted to thirty two grains per minute, three ounces and a quarter per hour, or five pounds per day. Of this, the cutaneous constituted three fourths, or sixty ounces in twenty-four hours. The smallest quantity observed amounted to eleven grains per minute, or one pound eleven and a-half ounces in twenty-four hours, of which the skin furnished about twenty ounces. The medium or average amount was eighteen grains a minute, of which eleven were from the skin, making the cutaneous perspiration in twenty-four hours about thirty-three ounces.' As seventeen ounces of water at an ordinary temperature are equal to about a pint, it appears that a man in good health and in general circumstances exhales through the skin nearly two pints of liquid daily. That such a large quantity should escape unnoticed, seems indeed strange; but, as Dr. Combe goes on to observe, 'When the extent of surface which the skin presents, calculated at 2500 square inches, is considered, these results do not seem extravagant. But even,' says he, 'admitting that there may be some unperceived fallacy in the experiments, and that the quantity is not so great as is here stated, still, after making every allowance, enough remains to demonstrate that exhalation is a very important function of the skin. And although the precise amount may be disputed, it is quite certain that the cutaneous exhalation is more abundant than the united excretions of both bowels and kidneys; and that, according as the weather becomes warmer or colder, the skin and kidneys alternate in the proportions of work which they severally perform, most passing off by the skin in warm weather, and by

the kidneys in cold. The quantity increases after meals, during sleep, in dry warm weather, and by friction, or whatever stimulates the skin; and diminishes when digestion is impaired, and in a moist atmosphere.

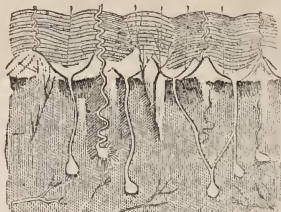
"Some years ago, Dr. Smith made investigation as to the extent of loss by perspiration, during hard labor, in a heated atmosphere. Eight workmen, in a large gas-work in London, where they require to work diligently, and be exposed to a high temperature at the same time, were weighed before going to work, and immediately afterwards. In an experiment in November, they continued to work for an hour and a quarter, and the greatest loss sustained, by any one man, was two pounds fifteen ounces. In another experiment in the same month, one man lost four pounds three ounces in three-quarters of an hour; and in an experiment of the same kind in June, one man lost as much as five pounds two ounces in an hour and ten minutes. It must be borne in mind, however, that this extraordinary difference was not caused by any direct loss of bodily substance, but by a diminution of general weight, resulting from the decomposition of the food recently taken, as well as from the exhalation of other waste fluids then lurking in the system. The experiment is here narrated for the purpose of impressing on the mind the magnitude of the operations which the skin, as an exhaling membrane, has sometimes to perform.

"As nature does nothing in vain, we may ask what has been her design in causing such an exhalation of vapor and liquid from the body? The design has been the purifying of the system. The lungs are a cleansing apparatus; they inhale air in a pure condition, and having absorbed its valuable property, oxygen, they expel it in a vitiated state. This vitiated air, known by the name of carbonic acid gas, when drawn back into the lungs, without any mixture of atmospheric air, soon causes suffocation and death, and even when mixed to any extent with pure air, it cannot be drawn into the lungs without injury to health. So, also, are the pores of the skin a cleansing apparatus, and, as mentioned, they are auxiliary to the lungs. The two apparatuses work towards the same important end, of throwing off decomposed and useless matter, and are in such close sympathy with each other, that when one is deranged, the others suffer, and health is consequently impaired. Thus, in all the irritations and affections of the external skin, the mucous membrane of the alimentary canal and lungs sympathizes directly and powerfully; and, on the other hand, any derangement or affection of the mucous membrane at once acts on the skin and its pores.

"Besides their exhaling functions, the pores and other minute organs in the skin absorb air and moisture from the atmosphere, though less actively than the lungs, and are, therefore, inlets as well as outlets to the system. When the pores are in a state of great openness, or relaxation from heat, the power of absorption is materially increased. Hence, contagious diseases are more readily caught by touch when the body is warm and moist, than when dry and cold. A pure and bracing atmosphere is well known to be

more conducive to health than one which is heavy and relaxing.

"When the skin is in a proper condition, and the atmosphere pure, the vital functions, suffering no impediment from external circumstances, proceed with the requisite energy, and the feelings enjoy that degree of buoyancy which is the best criterion of a good state of health. Of the evils arising from a vitiated atmosphere, particularly in dwellings, we shall afterwards speak. Meanwhile, we confine ourselves to the injuries



MINUTE ANATOMY OF THE SKIN.

1 is the derma. 2. Epidermis, arranged in layers. 3. Papillae arranged in pairs, forming the ridges of the skin. 4. Nerves of the papillae. 5. Sudoriferous or perspiratory glands emerging between two papillae. 6. Sudoriferous gland and duct seen entire; the duct open in the interspace between a pair of papillae. 7. Apparatus for the secretion of the coloring matter of the skin, terminating in a number of small ducts. 8. Coloring and epidermic matter gradually deposited in layers to form the epidermis. 10, 11. Absorbent vessels, or lymphatics. 11. Blood-vessels.

likely to ensue from a derangement of the perspiratory organs in the skin. The derangement most to be avoided is the stopping of the pores, and consequent suppression of the insensible perspiration. Sudden exposure to cold, after being heated, ordinarily produces this effect. When it occurs, the duty of expelling the excess of matter which would have escaped by the pores, is thrown upon the lungs, the bowels, or the kidneys, causing undue irritation and disorder. Very commonly the lungs are the readiest to suffer. They become clogged with phlegm, which produces an irritation, and this irritation causes a cough, and with the cough, expectoration (spitting). In instances of this kind, the sufferer is said to have a *cold*; but, correctly speaking, his pores have been shut by some cold exposure.

"When in a perfectly healthy condition, the skin is soft, warm, and covered with a gentle moisture; the circulation of the blood is also in a state of due activity, giving it a fresh and ruddy color. The degree of redness, as, for instance, in the cheeks, is usually in proportion to the exposure to the outer atmosphere; such exposure, when not too severe, causing active circulation of the blood not only throughout the body, but to the most minute vessels on the surface. Hence the pale and unhealthy hue of persons confined to the house and close sedentary employment, and the ruddy color of those who spend much of their lives in the open air. When the exposure is too severe, or more than can be conveniently counterbalanced by the animal heat, a chill, as already stated, is the consequence, and the skin assumes a pale appearance, the forerunner, it

may be, of bodily indisposition; the insensible perspiration has been suppressed, and the lungs have got into a state of serious irritation. Warmth and other remedies restore the healthy functions of the pores; but when the cold is neglected, inflammation of the bronchiae, or air-tubes communicating with the lungs, or some other pulmonary affection ensues, the lamentable issue of which may be—death.

"The danger of suppressing the perspiration is increased by another circumstance. Along with the liquid exhalation passes off the superabundant heat of the body. If, therefore, we check the insensible perspiration, this superabundant quantity of heat is unable to make its escape by the surface, and returns upon the vital organs within. Fevers, rheumatism, and other dangerous maladies, are the consequence of this form of derangement, the end of which also is too often—death. In the greater number of cases, the skin may be said to be in a condition neither precisely healthy nor unhealthy, but between the two. The pores, partially clogged, are unable to expel the insensible perspiration with sufficient energy, and the kidneys and lungs are correspondingly charged with an excess of duty—not perhaps to a degree sensibly inconvenient, yet in some measure detrimental to general health, as well as to the activity of the mental functions dependent on it."

The above description of that important organ, the skin, is from men of the first eminence. It may be relied upon fully, as a true and highly valuable article on the nature and functions of the covering which enwraps us all. The more men study and reflect upon it, the more direct attention they will be likely to devote to its use; and the more attention they devote to that, the better health they will enjoy.

THE RIGHT USE OF FRUITS.

Few people take as much pains as they ought, in order to raise the very best kinds of fruit. They content themselves with such as they happen to have, or can easily get. With many persons—our agriculturists and horticulturists we mean now—an apple is an apple, as they say; a pear, a pear; or a raspberry, a raspberry. They seem neither to think nor care much about improvements. Nay, worse than even this; it has become almost proverbial with our farmers, that knotty, miserable apples make the best cider; and of course, the fruit which was once made into cider, but which is now used in the family, and among the domestic animals, will be of the same inferior description.

For one, however, who does not raise good fruit when he might, there are scores who do not buy good fruit when they might. Either they do not really know the difference, or they do not care to be at the pains to make a proper selection. Multitudes, moreover, buy the cheapest, without much reference to the quality, provided it appears tolerably well or is not obviously bad. Especially do they this, when it is going to be disguised, by being mixed with milk or wine, or made into sauces or pies. In the few instances in which it is purchased for the known purpose

of placing it on the table for our families, or presenting it to our guests in its purely native state, some small pains may possibly be taken to have it excellent in its kind. But how often is it true, that in order to save a sixpence in the bushel for apples, or a cent a quart for berries, we purchase that fruit which is coarse or otherwise imperfect in its quality, in preference to that which, though it may cost a trifle more, is comparatively ripe, sweet, pure and perfect.

We do not believe that the earliest fruits of the same kind are the best, even when we are sure there has been no hot-house rearing. Those fruits which have been urged forward by artificial means, almost everybody knows to be less wholesome. Locke, the philosopher, advised to wait for new apples till October; but we usually think we do very well, if we wait till September.

Green currants and green apples are often stewed and sweetened for sauce, or made into pies, long before they have attained to the perfection of their juices. The same may be said of several other fruits. The grape, and perhaps a few others, are pickled while green. Indeed, as we have elsewhere said, the fruits of our markets, whether foreign or domestic, are almost always picked before they are fairly ripe.

There is a confused belief abroad, not only among the illiterate and vulgar, but even among the intelligent, that the cooking of green fruits, by baking, boiling, &c., renders them wholesome. Now we do not doubt that cooking renders them less hurtful; but it does not and cannot bring them up to the excellence of the natural ripe state. The crude unhealthy juices of the green apple, for example, are changed by the slow action of the sun, in ripening. Now there is no process of cooking which can make things change exactly as the natural laws of the Creator would do it.

To say that unripe fruits, cooked or uncooked, are equally wholesome with those which are ripe, would seem to us like charging imperfection or error on the Creator.

Some say that by beginning to use fruits a little before they are ripe, we prolong their use. Yet this is precisely a reason why they should not be thus used. It is their short use, in a perfect state, rather than their protracted use in an imperfect state, that does the work of mercy assigned them.

These views are confirmed by a consideration of the regular succession of fruits. One is ripe, remains ripe, in its healthy varieties, a few days, or it may be a week or two; then comes another; then another, and so on. One is adapted to the early part of the season, another to the middle, another to the latter part; and seldom if ever, when confined to their proper use, do they trench upon each other. But by our premature and prolonged use of them, we break in upon Nature's own beautiful arrangement, and thwart her salutary purposes. Thus, by eating the apple before it is ripe, we must either neglect the fruits which are better adapted to that particular season than the apple is, or by eating both, eat too much for the best purposes of health; either of which results is unhappy.

It is, for the most part, premature or precocious fruit which is diseased. Thus those cher-

ries, whortleberries, and several other fruits which turn red first, are found to be diseased, internally. Usually one or more worms will be found in them. Nothing is more common than to find apples prematurely ripened in this way.

The strawberry is sometimes unusually sour or unpleasant, in its taste, owing perhaps to long rains. It is then in a diseased state, and ought to be avoided.

Fruit, in a decayed or decaying state, can never be as wholesome as before; and should, if practicable, be avoided.

Fruit is not so very easy of digestion as many seem to suppose. The mistake has arisen from the fact that an over-quantity of it does not seem to be very mischievous. This, however, is not owing to its digestibility, but to its want of stimulation. It is also supposed, too, that fruit digests easily, because children are very fond of it; and do not often seem to suffer from the use of it. They do, however, suffer from it much oftener than has usually been supposed. One thing, however, in regard to children, should be remembered; that if their digestive organs are not quite so strong as those of adults, they are at least more active, much more so; which makes up, in part, for their want of strength. Were it not so, they would suffer much more from their excessive use of fruit than they now do.

We have said that fruits are not very easy of digestion. They are, however, easier in proportion to their perfection. This might have been urged as a reason why they should be of good quality, seasonable, healthy, &c. But with everything else, and all circumstances favorable, they can be digested with tolerable ease.

One favorable circumstance is full bodily vigor. On this account, fruits should generally be used in the early part of the day, and seldom late in the evening. The morning is, on the whole, best; and next to that, perhaps, the middle of the day. The worst hour is the hour just before going to bed.

The drier fruits are adapted to the cooler, drier weather; the moister ones to the hotter. Thus the less juicy sorts of cherries, pears and peaches, are not only most grateful but most salutary when the weather is not excessively hot; while the currant, and the melon, and the moist peach, are best adapted to the hottest days.

The same may be said of the different hours of the day. If fruits are eaten at all late in the day, especially after the middle, it should be the more watery, as the melon.

Again, the sweeter kinds are, as a general fact, best adapted to the cool or moderately hot hours and days; and the gently acid sorts, to sultry weather.

Again, still; if we use at all those which are more difficult of digestion, they should be used when not only our system in general, but especially our digestive organs, are the strongest; as in the morning, or when we have not been recently unwell, or over-heated or over-fed, or fed with too nutritious or too stimulating aliment.

Once more. Fruits are best adapted to our wants, and will best agree, in exact proportion to the perfection of our health. Thus when people tell us, as some do, that fruit does not agree

with them, we conclude almost at once, that their systems are out of order. They may not perceive it; but there is trouble somewhere, amounting at the best to incipient disease.

The foregoing view of the case,—though affording nothing more than a few brief hints on the subject—will be confirmed by considering the arrangements of Divine Providence. Thus as a general rule, the fruits which come first and those which come last in the season, when the weather is usually less hot and dry, are not so juicy as the currant, the blackberry, the watermelon, the muskmelon, which come during the more sultry season. There may be apparent exceptions to this rule; but they are not numerous.

EARLY WATER-CURE.

THE writer gives some Scriptural facts, and personal experience, which will interest the reader. We copy from the *Lake Zurich Banner*:

"We find by reading the Bible, that thousands of years ago, water-cure was understood and practiced. Nathan was a man of sense, and understood physiology. The M.D.'s of his day, like those of modern times, had so many remedies, that the long black catalogue was exhausted in finding them names.

"The mysticisms of the medical men constitute their stronghold upon public ignorance. They are not out-spoken and common sense men; if they were, it would not pay; and hence the necessity, like the Priesthood, to keep everything hidden with the dead covering of past ages. Let the Doctors come to the conclusion to be honest men, and spend one year in the labor of love, declaring to all the people the laws of life and health; telling them how to avoid disease, and sickness will be the exception or accident of life. The King heard of Nathan's fame, and being diseased, as all Kings are, he summoned his attendance.

"Nathan came, and saw at a glance that the old aristocrat was dirty! This was all the disease upon him! His prescription was the most important that had ever been issued from a Doctor's brain: 'Go wash yourself.' The King was mad. He wanted Nathan to tell him that 'from a close examination of the *Pia-mater* and *Alta-mater*, following down the *Medulla-oblongata*, and tracing the spinal column in its various curvatures, he had discovered that an overflow of the urinary vessels had produced such a reaction upon the Diaphragm, as to render it necessary for him to act with great caution, TAKE BLUE PILL ONCE IN TWO HOURS, FOLLOWED BY A SMART DOSE OF CASTOR OIL.'

'That if he did not find relief it would be necessary to spill a little blood, and apply a blister over the entire region of the abdomen, while cold water must in no case be allowed in the same room.'

"Nathan worked, as I do, without pay. Consequently he could afford to be honest. Hence he told the king, 'Go wash yourself.' We know of men, women, and children who have not been washed all over in six months, and some can scarcely remember when they were, if ever, since the hour they were born. Why not join the swine

at once? There is a water-cure on Lake or Randolph street, West side, kept by Dr. Webster, an excellent man, and his excellent lady. He is worth all the doctors in Chicago, and if the Common Council or the Courts, will send the culprits to him, instead of locking them up in that infernal dungeon, which disgraces humanity, and makes men into devils—one year will not pass without crime being a rare exception.

"I have been a victim of the doctors, and my own ignorance. None but ignorant men employ doctors. I used to keep Eldredge on yearly pay, and the way he discoursed his thunder and lightning pills, was a caution to midnight slumbers. Doctor Dyer used to be his co-partner. They had a little office on the corner where Conche's Tremont now stands. There they dispensed calomel by the quantity, and 'Queen Ann,' according to circumstances.

"Dr. Dyer is a man of some humanity, and has an *eyesingle* to human welfare, including himself. He saw that the whole school of allopathic practice was a humbug, and hence commenced giving bread pills instead of calomel. His fame spread, and his patients got well.

"He is now engaged in finding corner lots, which can be cured by administering chloroform to the owner who is hard up, and when cured, selling out for a nice little profit, thus *honestly* (?) get a living, without the necessity of doing any good."

From the National Era.

THE OUNCE OF PREVENTION AND POUND OF CURE.

My father was a farmer, hardy, shrewd, and intelligent. He cultivated his farm faithfully, as his father had done before him, improving thereupon by the light of experience, and taking still more hints for improvement from an agricultural paper or two, which he was wise enough to read and profit by, without exactly adopting every theory and new-fangled notion.

My brother Jack and I helped him in the work, going to school in the winter, and working hard all summer, reading every book we could lay hands on, and all the better for the alternation in labor of mind and body. So we grew up, sturdy and vigorous, and passably intelligent, for we had, withal, a mother who encouraged us in our studies, and took an interest in our improvement.

The time came when Jack and I began to consider our future prospects in life, and as our father was still vigorous, and did not need our help, and there were, moreover, boys enough, younger, who might be farmers, if they chose, we determined to try for something more, and see what virtue there might be in education and a profession. Long and many were our consultations, profound were our deliberations, and with this result: I declared I would be a doctor, while Jack, at the same time, with a seriousness that showed he was in earnest, said:

"I must change my name to John, and I will be a minister. They say 'an ounce of prevention is better than a pound of cure.' I will try to furnish the ounce of prevention, and leave you to find the pound of cure."

Thus was it settled. Our father could give us some assistance, and beyond that we must help ourselves. So we went out into the rough and tumble of life; and with the more ease, because together we passed through our preparatory and college course, and only separated when we came to the study of our profession.

Years went on—and, seldom long asunder, we at last found ourselves settled side by side, for it so chanced that when my brother had "a call" to a church in the flourishing town of B—, there was an opening for a young and enterprising physician, and such I was vain enough to consider myself.

"Now, Jack," said I, "for a fair trial of your proverb; your ounce against my pound."

It is not my purpose to enter very minutely into our history, dear reader. I have not the time to write, nor would you have the patience to read, what would be, after all, but the record of common every-day experience. With results I have chiefly to do, and with the application of my brother's favorite proverb, which he adopted so zealously as to have it engraved on his seal, and now and then added, as motto to his books. Nay I am sure that he did not preach a sermon "from that text."

My patients at the first were of course those who could give me little but thanks, and sometimes even few of those. Patients, like Republics, are often ungrateful. The hardest cases—and, I am sorry to say, they were many—were those who, from the use of stimulants, more or less freely, suffered, not only from "redness of eyes, and wounds without cause," but from the various disturbances of the stomach, brain, and liver, which are the inevitable results of the use of intoxicating drinks. These were neither hopeful nor profitable patients, and though I added to my other doses a dose of warning, if they persisted in the habit, I found they heeded it little. Indeed, I was so well persuaded that the diseased nerves were almost beyond the control of the will, in such cases, that I preached with little faith. The appetite was too strong with them to be reached by remonstrance. "Doctors always talked;" and they preferred to assign illness to any other cause than the right one.

Meanwhile, my brother was not idle in the same cause. He attacked the distilleries, pell-mell; preached to the venders; appealed to the consciences of those who had any; and thundered anathemas upon those who would hear, as the murderers of their fellow-men. He took up statistics, and showed the people how much this traffic cost them in taxation every year; how it increased pauperism and crime; in fine, appealed to their pockets.

About this time, the distiller died of a liver complaint, having, as his last charge, seriously advised his sons not to continue the business; and the dealers, for various reasons, one by one abandoned the traffic. And so it came to pass that I ceased to have patients of the alcoholic class, to any extent, and I must confess that the effect was greater upon my practice than upon my pocket; nay, I was the gainer, for I now received compensation for the care of their wives and families, services which I had before rendered on the score of humanity.

I have sometimes thought that men will more readily listen to a man on any other subject than his own legitimate business. I found, as usual, in those under my care, the most lamentable ignorance of the laws of health and life; but when I tried to explain these things to them, and to teach them how to keep well—when I gave them rules of temperance and prudence, they heeded me little, and their looks and acts, if not their words, said, "We sent for you to cure us, not to teach us."

Here, again, Jack came in with his ounce of prevention, and preached prudence and temperance in his daily visits. When a young girl came home from boarding-school sorely ill, and her parents were talking of dispensations of Providence, he sympathized with them, and comforted them, but at the same time he talked to them of the dispensations of Ignorance; told them how they had sent their child away from them when she as much as ever needed their care; told them of her bare arms and neck, her thin shoes, tight waist, and caudal diet, as the natural causes of the disease which inevitably followed.

When a man ate much and worked little, and grew ill, and sent for me, I to be sure prescribed medicine and low diet, and told him he lived too well. But when my brother came to him in his dispensations, he preached to him the dangers of excess, and the righteous duty of taking care of one's self, as a matter of conscience. Then he gave a new turn to a text, making St. Paul a teacher of dietetics. "If any man do not work, neither let him eat," and he threatened the vengeance of violated natural laws on the man, if he did not reform his ways.

I had one case which baffled me. A whole family—father, mother, and four children—were attacked with a strange nervous disease, for which I could find no common cause. Finally, I learned, to my consternation, that the whole six slept in one room not over twelve feet square, with but one window and one door, and both tightly closed, summer and winter. The air they breathed, if air it could be called, must have been as rank poison as human beings could well receive. It was not a matter of necessity with them—no want of room, but mere carelessness.

I assured them this was the cause of their trouble, and preached ventilation; and they had some intelligence, too, but they were slow to believe. They were sick, and wanted me to cure them with medicine. I told them we had only to take obstructions out of the way. I thought the lessons I had given had some effect, but I was called again. A child, eighteen months old, in convulsions. Now for the cause. It was not teeth; it had no fall.

"Had it eaten or drank anything?"

"Oh, nothing! nothing in the world that could hurt it!"

"What had it eaten for supper?"

"Oh, nothing, much. It had not much appetite, and only took a little sausage and some citron preserves!"

I was in despair, but helped the child, and gave them another lecture gratis.

About this time my brother came to them, in his visitations; and having, perhaps, heard something from me of the state of things, he added to his spiritual counsel sundry lessons on health.

His way of talking was so winning and so earnest that he never gave offence, let him say what he would. He told them their lungs burned up the air just like a stove, and warmed their bodies in the same way; and asked them how a fire would burn shut up in a close place, without air. He brought them a little book to explain these things to them. Jack had great faith in little books. He preached a lecture, and left a little book to enforce it; he made a call, and, not finding the person he wished to see, left a little book, with his compliments. Books upon life and health, books on tobacco, books on temperance, and books on abstinence—all these, aside from the direct subject of his profession.

Nobody quarrelled with his books; and if they found fault with him, he was not there to hear it. And they had their effect. In this family, especially, I saw it. Theirs were sins of ignorance. They were ready to read and to be informed, and were not obstinate when once they knew. This was the ounce of prevention, again, for I scarcely had another call in that quarter; and if all my patients had belonged to my brother's parish, I fear the effect on my pockets would have been serious.

Among the subjects that came up was Ventilation; whereupon, the Parson took a new text. The church was *heated*, (I speak advisedly,) not warmed, by two stoves, and was as nearly hermetically sealed as it could be. The lecture-room was worse; for it was smaller and lower, and being used at evening, the fire and lights helped to consume the oxygen. The school-rooms were worst of all, because occupied during more hours. The old one boasted some relief from sundry cracks, and from windows not quite tight; but the new one, built on the most approved plan, held the scholars completely guarded against all draughts.

Though all these things helped my practice, yet I had remonstrated; but Jack did more. He talked ventilation in public and private, told them that they must have pure air, or they could not live; that there must be a constant supply for their bodies as well as for their stoves; and when their lungs had consumed it, the bad air must have an outlet. He appealed to the elders and deacons, to the trustees, to the trustees of the schools, and to the parents of the children; and he enlightened the women, explained to them the cause of so many of their headaches, and Sunday and evening dullness. He told them how the fire died out for want of air; how the blood became impure, and the brain could not work with such a muddy fluid around it. In fine, he fairly convinced the people, and brought about a change. The people said they should take cold; but he persevered, and, I believe, he prevented more colds than he caused.

It was useless to repeat all the lessons he enforced—how he dwelt upon cold water and cleanliness; how he denounced strong tea and coffee, as so many goods to stir up the nerves; and how he inveighed against the tight, spindle waists, with which our young women choose to deform themselves. One of his experiments in this last evil amused me. Having failed in his exhortations to the women of the family, he persuaded his father, a stout burly farmer, to wear around

his waist, for one half hour, a band as tight as his daughters constantly wore. The sufferings of the poor man had their effect; the experience was sufficient; and as he was one who bore rule in his own house, he soon brought about reform, and restored the forms of his daughters to the proportion in which they were first made, assuring them he had no doubt those were the best; and if they had been meant for wasps, they would have been made so.

Thus things have gone on for twenty years; and not long since, on the anniversary of our settlement, my brother and I met by appointment, to compare notes, and agree upon the results of our experiment. He had wrought faithfully with his ounce of prevention, and I with my pound of cure. Direct results we could not well weigh. Of his purely professional labors I cannot speak; moral changes are not to be measured.

He had wrought in my department, as well as in his own. It has always been a favorite theory of mine, that physical and moral elevation go hand in hand; and, in reviewing his labors, I see no reason to question its truth. There is an improvement in the town of B—.

When we came to compare the fruits of our labors, we understood how men regarded our respective services. We both had growing and prosperous families, and every indication of prosperity around us; but while John had spent his moderate income, which had been barely sufficient for his needs, I had been able to lay by enough to make me comfortable in my old age, or to make my children independent, if I should be taken from them. But John and I had early agreed that in case of the death of either of us, the other should, as far as possible, supply the place of a father to the orphans; and, as we renewed this compact, the shade of anxiety passed from his face, as he thought of the slight provision he had been able to make for his family.

"But you see, Jack," said I, "how the world regards our services. I have been ten times as well paid as you, in spite of your proverb."

"Nevertheless," answered he, quietly, "when I look at the objects to which our lives have been given, and at results, (no disparagement to your labors,) were I to choose again, I should still say give me the ounce of prevention, and you may take the pound of cure, even with its rewards."

(I have no doubt, a policy of life insurance from some liberal members of his congregation would still further relieve his mind; but of course, I can't suggest it.)

INFLUENCE OF THE SMILE IN GIVING BEAUTY OF EXRESSION.—A beautiful smile is to the female countenance what the sunbeam is to the landscape. It embellishes an inferior face, and redeems an ugly one. A smile, however, should not become habitual, or insipidity is the result; nor should the mouth break into a smile on one side, the other remaining passive and unmoved, for this imparts an air of deceit and grotesqueness to the face. A disagreeable smile distorts the lines of beauty, and is more repulsive than a frown. There are many kinds of smiles, each having a distinctive character—some announce goodness and sweetness—others betray sarcasm, bitterness and pride—some soften the countenance by their languishing tenderness—others brighten it by their brilliant and spiritual vivacity. Gazing and poring before a mirror cannot aid in acquiring beautiful smiles half so well as to turn the gaze inward, to watch that the heart keeps unsmiled from the reflection of evil, and is illuminated and beautified by all sweet thoughts.

EXERCISE AS A REMEDIAL AGENT.

BY CHAS. H. SHEPARD, M.D.

"The Wise for cure, on Exercise depend,"

Was long ago sung by Dryden. Such being our text, what shall we take for the context? That wise men in those days were numerous? or that there were not many needing the cure? However it may have been with the former proposition, were we now to erect that as a standard of wisdom, we fear there would not be found many "wise men in Gotham" or elsewhere in our land, and whatever may have been the state of the general health of the public in the time of the poet, scarcely any one for a moment would venture to deny that there are thousands sick and suffering now-a-days, seeking and even supplicating for some measure of relief—grasping at every straw that may seem to buoy them up even for a short time, but which too often proves a mere fantasy, leading them on and on till their hope becomes despair, and in their delusion dashing away from that which might sustain them eventually, they are overwhelmed in the gulf of oblivion.

We need but glance for a moment at the sanitary condition of the world around us, and I think we will perceive that all mankind have gone astray, and are now working out the penalty of their transgressions.

Says one of our own writers, "We have violated law upon law until we stand amid ruins!"

Where do we find a well person? Echo answers—"Where!" The perfect specimens are certainly few and far between.

Are they much better off elsewhere than in our own favored land?

I think not.

We hear much of the health of the English by some noted writers, but are they not careful to say very little of the gout and rheumatism prevalent with them?

Indeed, we imagine that every nation and people have their besetting sin. We turn with shame and pity from some of them. Therefore, we are satisfied, however wicked we may be, on the whole, others are none the better, and we will continue to struggle on for the mastery in all things good and true.

Now, though other countries may be in advance of us in some respects, yet have they not regularly established and largely endowed institutions for the relief of their sufferers? and have they not out of the abundance of their benevolence sent us their professors and their discoveries for our relief? Theories upon theories have been received from them. Yes, did they not send us Homœopathy, Hydropathy, and last, though not least, Motopathy.

Evidently our people have been treated so much like a pet child that if they are not spoiled, certainly they have got the dyspepsia.

Think you these gifts came from a land where all is health and beauty? I trow not! More likely they arose from the necessities of their own case. The supply is always regulated by the demand.

It seems strange that with the wisdom of the

ancients, and the accumulated experience of years at our hand, mankind should now present such a forlorn appearance.

We do not think the error, if we may call it so, wilful, but rather one of inadvertency. In the anxiety to secure intellectual culture the body has been forgotten.

It is but one phase of the go-ahead spirit of Young America. Unfortunately in too many instances they "go-it" while they are young, and the head holds out, but soon they become old and find their head grown dizzy, and their heels, for the want of exercise and development, cannot sustain them.

But lo! Light is dawning. There is hope for the nation and the world, for now they are beginning to awake from their long sleep, and are stirring themselves in this matter. Many perceiving their condition, are inquiring the shortest way to remedy the deficiency, impatient and provoked that they should have been so led astray. Some would be restored immediately after having travelled in forbidden paths for years.

But to the law and the testimony. Those who would be well must follow nature's teachings and they will find her true to every letter.

Recollect—"The Wise, for cure, on Exercise depend."

In the mythological era we find that Esculapius was thought to have been the inventor of bodily exercises for the cure of disease.

Herodotus, Hippocrates, Galen and others, who may be called the fathers of medicine, made use of and recommended exercise as a therapeutic agent.

With the Greeks and Romans they were a part of their educational system, and no doubt a great amount of the success of their arms was owing to their cultivation in this direction.

Unfortunately for them, their success was but the herald of their defeat, for they did not remain true to their first love, but went after other gods, even the gods of Luxury and Idleness, and to this day remain a warning to all other nations.

Since their time one and another has spoken out on this subject. The great Sydenham was content to die, for he left behind him three great physicians—and who think you they were? None other than "*Air, Water, and Exercise.*"

But the crowning glory in this cause was reserved for Sweden, who gave the world her son—PETER HENRY LING—and it was his genius that in the commencement of the present century conceived the idea of adapting particular movements to the particular circumstances of different cases, and reducing that thought to a scientific basis, in the language of another, "Whereby disease is literally for the first time handled."

He devoted his life to its realization, and thus became the benefactor, first of his own country, and through her of the world. He loved his own country with the devotion and patriotism of a hero, the emotion often breaking out in song. Indeed, his whole nature was poetical, and as such he was acknowledged.

At one time he said, "Worm as I am, I know, that by the grace of God, I have in more than

one respect influenced the spiritual advancement of my country and my race. It is true I have received little reward, but in this respect I am not alone, and I am convinced I have followed the inspirations of a power higher than my own."

He died seventeen years ago, seventy-two years of age, but his work lives and is continually spreading. To the last he persevered in lecturing and teaching his favorite science, and but a few days before his death he gave a lesson to his pupils which produced a deep impression upon all who saw and heard him.

Honors were bestowed upon him before his death, but for those he cared not. His whole heart was bound up in the cause he labored for. His love for his fellow-men was shown in his unwearied exertions for their improvement. His benevolence was unceasing, and, particularly to young men, his kindness and fatherly advice were freely given. His last words were, "God alone is great and good, but we are small, very small, though that we seldom remember."

What wonder that with such an apostle, the cause for which he labored should prosper! May his mantle fall on many others.

Of all his pupils he left but two that he deemed competent to fully carry out his science—Professor Georgii, who has established himself in London, and Professor Branting, who is at the head of the Central Institute, founded by Ling in Stockholm.

His system is now established in all the educational institutions of his native land, and several other countries have received it in part. In Russia and Germany, it has been adopted with considerable success, and flattering testimonials have been published from members of the medical profession.

In this country the doctrine has attracted the attention of many physiologists; and we are not without hope that success may crown the efforts of those who are or may be laboring for its introduction here.

Miss Catharine E. Beecher has written probably one of the most comprehensive works on the subject that has been published in our country.

The advantages of Exercise, as a Remedial Agent, are readily seen:

Exercise in the pure air tends to the development of the whole body, and thereby proves a great preventive as well as cure of disease. The art of prevention is certainly superior to the art of curing.

By opening the chest it increases the action of the lungs; by giving fullness and strength to the muscles it increases the force and contributes to the grace of person. The tendency to an excess of fat is easily obviated thereby. By increasing the circulation of the blood in the skin it becomes less susceptible to atmospheric changes.

The digestion also comes in for a share of favors.

The effect on the mind as well as on the body cannot but be reciprocal.

Many surgical operations, such as the cutting of tendons, might be rendered unnecessary.

In many cases where exercise is employed in connection with other hygienic treatment, suc-

cess is rendered more certain, and the patient is cured with greater rapidity.

To the poor, its advantages may especially prove serviceable, for who has not a friend that would be willing to devote some of his time each day to their relief, as it would cost nothing more than time.

But the true Hygeopath will not be exclusive to this or that system. Accepting truth wherever he finds it, he will go forward confident of success.

Let us hope that each and every one of us may be able to assist in pushing forward the great cause of Progress and Human Development, thereby hastening on that good time when none shall need to say to another, "Know thou the Lord!" for all shall know him and obey his Laws.

IMAGINATION—ITS EFFECTS.

This subject is an interesting one, for two reasons. 1st. It shows how impostures are advanced, or develops the influence of certain powers of the mind over others, and over the animal frame; and 2d. It shows that associations for the promotion of science and diffusion of knowledge, may be eminently beneficial.

While discussing this subject, I am fully aware of the disposition natural to man, which leads him to distrust whatever is new; to dread innovation, and to ridicule even the men who are endeavoring to search out truth. I fully concede that but a small number of the benefactors of mankind have escaped the contemptuous sneer of the skeptic. I remember Galileo's imprisonment by his contemporaries, for teaching the present, or Copernican, system of astronomy—the vexatious procrastination which for a train of years impeded the accomplishment of that noble project of Columbus, which, through his indefatigable perseverance, finally resulted in the discovery of this Western world—the doubts and sneers, surmises and innuendoes, even of the medical profession, which followed Harvey's wonderful discovery of the circulation of the blood—and the slow disposition of mankind in general to open their eyes to the light of truth.

The study of man, both as it respects the anatomy of the mind and body, is of vast importance. He has been said, by an eminent poet, to be "the glory, jest and riddle of the world." His body is considered by all anatomists to be of most curious workmanship. His mind, its structure, powers and passions, are certainly no less curious.

The imagination is a power of the human mind by which we form ideas of absent objects, as though they were actually present. This is done by the help of memory. Thus, we will suppose the eye, during the day, has rested upon a beautiful landscape. In the evening, retired in the domestic circle, the man calls up by memory the ideas which he had when he beheld the landscape. Memory depicts them to him until he thinks he actually sees it. He sees the verdant fields, the rich foliage and the golden fruit. He hears the bleating of the sheep, lowing of the oxen, rustling of the leaves and murmuring of the brooks. This is the genuine effect of the imagination.

This faculty is intimately connected with the nerves, and through them has a powerful effect upon the animal frame. I cannot now stop to explain the nerves, or show how they communicate with the brain; and if I could, it would be to little purpose, since anatomists and metaphysicians have in all ages disagreed on these points. But the fact that the mind receives impressions from external objects is proved beyond a doubt. If you kill the nerve which communicates from the brain with the ear, no sensations will be received through that organ. Destroy the nerve which communicates with the tooth, it will ache no longer. Destroy the nerve which communicates with the eye, and the mind discovers no natural objects. Destroy the nerve leading to any particular organ, and no command can be retained over that organ, nor will there be any sense of feeling in it.

Who has not been conscious of receiving ideas from external objects? Such ideas, when received, are either pleasing or painful. You behold a verdant landscape, and it affords pleasure, while sterility and barrenness cause pain. The medium through which these ideas are received, is the senses. The different feelings produced by them produce different effects upon the system. Pleasure exhilarates the spirits and lights up the countenance. Sorrow produces despondency and gloom, and so visible and marked are these different feelings upon the visage, that often no other index but that is necessary to read the heart. Strong expressions of mind, of whatever character, are visibly marked in the countenance. We see this, in excessive joy, grief, fear and anger. History is not wanting in handing down to us cases which prove the power of the mind over the body to be truly astonishing.

We read of a Roman lady who fell suddenly dead of joy, upon meeting her son, whom she supposed had been killed in one of the battles of Hannibal. It is scarcely conceivable that joy should produce such an effect, yet we have too much proof reasonably to doubt the statement. A young lady in Scotland, at the tea-table, on hearing joyful news, suddenly expired. In a time of high party excitement, in one of the towns in New Hampshire, a man fell and expired upon hearing it announced that he was chosen town clerk for the year ensuing. Other instances might be adduced.

FEAR, also, has been known to destroy life. I have read of a Jew, in France, I think, who came safely by night over a very dangerous place. The next day, while looking at the place, and thinking of his danger, he fell down dead. A child has been known to die at seeing a criminal executed. Also, at seeing a corpse taken from a grave. Mothers, you little think of the imminent danger in which you place your children when you attempt to frighten them by some harsh means.

GRIEF, also, will produce the same effect. A lady has been known to fall down dead while reading a letter which contained an account of her husband's death. Could we call up from their long sleep all who have died of grief, of a broken heart, we should have a far larger congregation than that which now fills this spacious house.

ANGER, also, comes in for its share of victims. A colored man, in Providence, was struck by one whom he had offended. The striker died in the act. The report of a jury of physicians, upon a post-mortem examination, was that the passion of anger so operated upon the nerves and muscles as utterly to impede the progress of the blood through the heart—a solemn admonition to all to beware how they give themselves up to the ungovernable control of this passion. The number of slain by anger has been great.

Have you not witnessed objects of distress which have excited your pity at the time of presentation? Have you not gone away, and when memory has called up the same objects and imagination depicted them, as it were, in all the freshness of life, felt the same pity and desire to relieve the distressed? And is not the case similar as it respects objects that are disagreeable? It is believed every person can recollect objects of both these classes.

We are creatures of imitation, and this to a far greater extent than is generally imagined. There is much truth in the remark of Lord Kames, that "man is a bundle of habits;" and these habits are often caught from others, sometimes designedly, at others inadvertently. Men produce an astonishing effect upon each other. Yawning, squinting, stammering, and sneezing, can all be caught from others. One of the greatest stammerers I ever knew, became so by imitating one who had this natural infirmity. An eminent physician said he had known cases where obstinate sneezing was induced by hearing another person sneeze.

Imagination often does much in spreading dismay among soldiers. One individual becoming terrified, others seeing his fears imagine the danger is much greater than it really is. They are dismayed, but they know not the cause.

In wonderful feats of bravery, also, a body of soldiers can almost perform miracles by the courage of one inspiring the same in another. It has been said of Bonaparte's soldiers, that under him they seemed invincible. The secret of this was, courage in one inspired the same in another. How is it in a mob? You see one excited. His rage excites another, and so on till the multitude are all inflamed. Most of them can assign no reason why, but they imagine there is a reason. The orator produces an effect upon the same principle. Seeing his earnestness, others imagine there must be a cause, whether it be so or not. Dr. Franklin has reared an imperishable monument to the true eloquence of Whitefield, by the Quaker's contribution. A man may be covered out of himself by the imagination.

A GOOD STORY.—The following was related several years ago by a Boston Physician. Would that there were more such great surgeons.

"Some time since I was called into the country to see an old lady who was afflicted more with general debility than any real disease. She requested me to go and see her old family physician, who resided near at hand, and who, she said, understood her constitution. I accordingly called upon the old doctor, who had then ceased

his active practice, made known my errand, and received an account of the old lady's constitution. As I was about leaving, the old gentleman, looking me full in the face, said, 'Doctor, did you know that I was a great surgeon in my day?' 'No, sir,' I replied, 'I did not.' 'Well, I was,' continued he. 'A number of years ago I was called into B., to consult with the present eminent Dr. W., about taking off the leg of a black man. I arrived fifteen minutes past the time appointed, and Dr. W. was just taking up the knife to commence the operation of amputating the negro's leg. I asked him what he sent for me for? He said, to give my opinion as to taking off this man's leg. 'Well, why did you not wait, then, till I came?' 'Because, sir, we thought something had detained you, and you would not come.'

"After examining the leg, I was well satisfied it could be saved. I took him into my chair; brought him up to a black woman's house near by, and cured his leg. He has now been my porter for twenty years, and carried bundles and loads upon that leg ever since. This is the way I was a great surgeon—not by cutting off legs, but by saving them."

MORAL.—Many legs might have been saved that have been cut off.

"MEMENTO MORI."

GRAHAM AND SHEW.

EDITORS WATER-CURE JOURNAL:—The friends and admirers of Doctor Shew, it seems, are about to manifest their appreciation of his services, by erecting a monument to his memory. This is well; for by the advocacy and practice of Water-Cure, he has doubtless earned the honorable distinction of being regarded as a public benefactor.

On reading a notice of this movement in the Journal, the neglected condition of Doctor Graham's grave came forcibly to my mind, and I could hardly avoid making comparisons not very complimentary to the discrimination of the present array of medical and dietetic reformers. The mortal remains of this great man now rest in an obscure corner of the old grave-yard at Northampton, without a stone, or even a mound of earth, to mark the place of his interment; and it is only by the bearings of surrounding objects, that the precise locality of his grave can be ascertained. If something shall not be done speedily to rescue this hallowed spot from the hand of oblivion, it will be said of him hereafter, as it was of Moses that "no man knoweth the place of his sepulchre unto this day."

Having a short interview with Mrs. Graham last summer, I called her attention to the subject of a tomb-stone for the grave of her departed husband, and she remarked, that if the numerous friends and disciples of Doctor G. were sincere in their professions of regard for his character and services, she should think they would assume the responsibility of erecting a monument to his memory.

Perhaps it is not generally known that Graham was really the inventor of the hydropathic system of practice; though Priessnitz preceded him

some few years. Long before the establishment at Grafenberg had been heard of in this country, Graham explained the principles of Water-Cure to a few wealthy gentlemen at Boston, and inspired them with such confidence in its virtues, that they offered to build a hospital if he would take the charge of it. But the care and responsibility of such an establishment had no charms for him; consequently nothing of the kind was done.

Graham, I have no doubt, will finally be regarded as the great pioneer of physiological reform. Few comparatively of the present generation may appreciate his labors, and yet if I were to indulge in prophetic vision, to look through the long vista of future years, I should see him honored in time to come; for his name shall descend to a virtuous, a temperate and a grateful posterity, fame's loud trumpet shall become vocal in his praise, and a halo of glory shall rest on his tomb!—if its locality can be found. Respectfully [Belchertown], GEORGE FILER.

WISCONSIN—ITS CLIMATE, &c.

BY F. A. KITTS, D.D., M. D.

THE climate of Wisconsin seems to be peculiarly fine and bracing, and the diseases, so far as I have been able to learn, are those of wellful and gross violation of the laws of health.

There are ten times as many cases, seemingly, of female than male cases. The men are those, generally, of that active, stirring class, that know no fatigue, and fear no exposure—and, consequently, don't "catch cold" so easy—for say what you will, it is the easiest thing in the world for a delicate lady to catch cold, if she is one of the fearful kind. I knew of one once that caught a very severe one, just from stepping on some cotton flannel! which some wag had made her believe was snow! There are a good many doctors in Madison, but they are not very busy, as I can learn; at any rate, I hear of but few deaths. One of them has just left for the "West," having tried in vain for a year to impress the people with his wondrous abilities—and has gone off with a most sovereign contempt, I expect, for the judgment of the people here—who could not see the marvellous skill and unparalleled accomplishments that were so evident to himself. He was introduced to me the other day, and after arranging his ruffle bosom, he tried to ruffle mine,—not my shirt, but my bosom; and though opposed to ruffled bosoms, I was compelled by him to wear one for a few moments, for he, after stroking his hand over the above-mentioned appendage, with an air that seemed to say, "See how well I am got up," and straightening up his herculean frame to its utmost, he exclaimed, "I understand that Dr. Hall, your predecessor at Lake Side, used to mingle scientific practice with the Water-Cure."

I replied that I considered water-cure as the highest kind of scientific practice. He denied that there was any science about it. I retorted, by proving that there was no science about the drug practice, inasmuch as there was no certainty to it. He insisted "it was just the most certain thing short of heaven, that could be got up." Said he "should like to see anybody cure a case of pleu-

risy with cold water." I told him he could not possibly have picked out a case of disease in the whole catalogue, that could be so easily and completely controlled as a case of pleurisy, no matter how severe, and that I had cured hundreds.

"I don't believe it, I don't believe it," he asserted. Well, said I, that may affect the spreading of the truth, but I hardly think it will alter the facts much. "Well, sir," said he, "I have been a physician twenty-five years, and I have taught five years, and I know all about it!" though he admitted that he had never tested hydrophobia practically.

I remarked that I also had been a physician twenty-five years, and had not only taught, but what was far better, *had been taught*,—and among other things, had been taught that two wrongs didn't make a right, and that there was more than one way to get the blood out of the pleura, and that it was never necessary to bleed a man to death in order to save his life! but he did not seem to believe that even! he was so bent on disbelieving—and the way he bent his black, scowling brows on me, was a caution to folks who don't want to be annihilated! I remarked to a friend who came up, that we were getting up a very pretty little fight, right in the Mayor's yard, too, where I was visiting. He replied, "If we do, I know who'll get whipped." Oh, so do I, says I—for when you come to brute force, none for a moment would doubt who would succeed. I give into you there; but excuse me if I don't need to differ from one who has "taught"—and so took my leave of the august professor.

Now, Mr. Editor, "I have naught extenuated, or ought set down in malice." What are we to think of such men and doings? You and I, and every well informed child, knows that the wet sheet will alone, properly applied, cure the worst case of common pleurisy, and give instantaneous relief quicker even than they can get their victims prepared for the lancet: and yet here is a man, set apart by the faculty as a teacher, who doesn't know even the first principles of hygiene, and in this enlightened age, blindly and pertinaciously persists in the necessity of taking out by the quart the very vital fluid itself, in order to cure a simple case of pleurisy!! Shame, shame upon such ignorance.

There seems to be very little fever and ague in Wisconsin,—not more hereabouts, as I can learn, than in some parts of New York. But in Illinois it prevails very extensively. I have had some few cases to treat since I came hither, but find no trouble in curing them, and I hesitate not to say that the worst cases of intermittent fevers can be cured, and the system relieved from the effects of the horrid doses of medicine they give them, which is oftentimes worse than the original disease.

'Tis lamentable that the women of America can't be allowed a chance for their lives! Others may talk about "women's rights;" I wish to raise my voice in calling attention to their wrongs. You scarce can find from Maine to Georgia, or from Canada to New Orleans, such a thing as a well woman! If by chance you do stumble upon one, you may be sure she is either the remnant of a past generation, when women meant something, or one of those rare ones who

have dared to be a woman in spite of fashion, or the fear of not being a "lady!" It is too bad, and ought not so to be; and it is high time something was done about it, or we shall become a nation of pigmies or something worse.

One thing is certain; this state of things might be helped, and the first step to enlighten the men! and the next to impress upon the women the importance of out-of-door exercise, and the evils of sitting too long in one position, improper dress, and bad living.

Talk about your missions to "Christianize the heathen"—there are but few savages that ever I saw, and I have been round the world "some," that need re-forming, so much as our own American women! It is truly frightful, the state in which they are in; which tells of false conditions and doings which are horrible to contemplate. But alas, few know better than I, the almost hopelessness of the task of regenerating them—for fashion, the hydra monster, has so fascinated them, that they would rather die than forsake the charmed circle! They will go to hear an opera singer, bare-headed and almost bare-footed, bare-armed and bare-necked, when they ought to be in bed; but no inducement could make them attend a lecture on physiology and their own diseases. Now, Mr. Editor, cannot something be done? Something *must* be done, and that right speedily, too; and I hope you will keep this matter before the people, and induce those fitted for the task to preach the gospel of Hygiene to the poor suffering women of these disunited States—and let them be made to know the folly of their ways, and able to teach their children at least, so that the day may come when we shall see the women of America take that rank among the well formed and well all over, the great God intended they should occupy.

Fever-and-ague is of rare occurrence here, as I have said; but there is some of it still lurking about here; in most cases, however, it is superinduced by carelessness, exposure, and over-eating. I don't think any one with ordinary care, need have it at all. There are several little lakes about Madison, but they are not large enough to cool the air much, though they drain the marshes.

I have had one interesting case of congestion and spasmodic constriction of the liver and biliary ducts; which the patient had been subject to for a long time, in consequence of an improperly-treated bilious fever—and to cure which, or the terrible pain accompanying the attacks—opium in some shape and in large doses has "been found indispensable" by the doctors. It seemed as if she would certainly die at one time, but she and I both having faith in the water and hunger cure, she came out triumphant, and is now well repaid for her "perseverance in well-doing," for she "came up," as never before from her attacks,—being about in half the time—as she had only the difficulty in the liver to recover from; whereas before, the trouble caused by the opium and calomel, was worse than that for which it was given. The neighbors marvel how it could be done without medicine, but probably will lay it to an interposition of divine Providence, rather than to any natural cause! Oh, how wonderful is man!

The Month.

NEW YORK, AUGUST, 1856.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

HEALTH REFORM FINANCIALLY CONSIDERED.—Although we regard the "pocket interest" as by no means the greatest good contemplated by our health reform movement, yet this interest is worth glancing at for a moment.

In these United States are some 40,000 regular physicians whose incomes cannot be less than \$10,000,000; and the incidental expenses attending their methods of doing and drugging, nursing, loss of time, damage to business, &c., cannot amount to much less. Then, there are a few millions paid every year for patent medicines and irregular nostrums.

If the doctrines we teach were universally adopted, the people would be sooner cured of their sickness, and at least three-quarters, and probably nine tenths of the above sums would be saved. Hundreds of persons have written us that by reading the Water-Cure Journal, and having our standard hydropathic looks in the family library, they have been able for years to dispense with the services of the family physician. have had better recoveries than formerly, and have saved doctors' bills, which previously had averaged one to two hundred dollars annually.

Item 1. Two hundred millions saved!

All persons who adopt our system will dispense with liquor and tobacco, and the majority of them with tea and coffee, also. As more than \$150,000,000 are annually expended in the United States for these articles, we may record as

Item 2. Another hundred millions saved!

As reform in one thing which affects the health naturally leads to reform in others, the dress-reform would inevitably follow the hygienic; hence simplicity, comfort, and propriety in the matter of clothing would supersede the present flashy and dasy, and frilling and flouncing styles, with an economy which may be safely put down as

Item 3. Still another hundred millions saved!

But we have hardly begun to economize. Vegetarianism would come along by-and-by. Did our good flesh-loving people ever think a moment of the enormous expensiveness of flesh-food? In the city of New York, \$20,000,000 are annually paid for animal food; and \$12,000,000 of this sum is for beef alone!

This is over \$25 per head, for an entire population of men, women, and children. Apply this ratio to the whole country and we have, as the cost of the flesh-food consumed by twenty-five millions of people, the snug little sum of \$625,000,000.

But as the people of the country generally do not consume as much probably as the people of this city, and as we do not wish to exaggerate in the slightest, we will take less than one-half the above amount, and say,

Item 4. Three hundred millions saved!!

To say nothing of such comparatively insignificant expenditures as for salt, pepper, mustard, catsup, pickles, vinegar, nutmeg, soda water, root beer, &c., all of which would be avoided by thorough hygienists, we may now foot up, as the money saved to the people of the United States, in a single year, by the adoption of a complete system of living according to the laws of our being,

SEVEN HUNDRED MILLIONS OF DOLLARS, — a sum sufficient to find clothes and educate every destitute person, and to transform the whole country into a paradise. And yet to our mind, the intellectual and moral improvement which would assuredly follow far outweighs all considerations of dollars and cents.

MORE LECTURERS IN THE FIELD.—Our readers are referred to Dr. Kimball's article, from which they will learn of the extensive field of operations he has planned out, now that he has secured the valuable assistance of his "better half." We are glad to learn that Mrs. Kimball, M.D., has made up her mind to instruct her suffering sex of the awfully bedrugged region in the "better way." She graduated at our school at the same time that the other Dr. Kimball did, and with at least equal honors. Whether as a lecturer she will be as fluent as he is, we cannot say; but this we do know, she is capable of telling her sisters important and wholesome truths, and of curing their maladies.

We learn also that Canada West is about to be agitated on the subject of "Hygeopathy versus Lungs," by Dr. James Brent, who graduated at this institution at the close of the last winter's term. Our Canadiana friends will find him well posted in the theories of our system; and our "brother opponents"—the allopaths—will find him ready, not only to meet whatever objections they may have to raise to the system he advocates, but also to demolish the strongholds of their system. Dr. Brent proposes to employ the next winter "in a regular campaign up and down Canada," lecturing on the merits of Hydropathy, and the demerits of Allopathy. We bespeak for him the kind attention of all friends of our cause.

REMEDIAL AGENTS.—All sorts of queer questions and puzzling problems are pouring in upon us from friends and foes, as our discussion with Dr. Curtis proceeds. We do not wonder at this. The world has been so long looking askance and reasoning contrary to nature respecting medical problems, that it seems almost as difficult to make them understand new premises, as it was once to make the good deacon comprehend how the earth could turn over without all the people tumbling off into nothing.

Our friend Dr. Paterson, of Morgantown, N. C., thus criticises a part of an argument:

"Do you not think you are a little mistaken when you contend that 'remedial agents' do not act on the living system? You are a remedial agent yourself, and but for you, or some person else, all your other agents would be no agents, respectively, unless perchance they could apply themselves, which, I presume, is not generally the case. Do you act upon the living or

dead system? You acknowledge the vis conservatrix (medicatrix) nature as a remedial agent, yea, the great physician; yet, provided your theory be correct, the mind cannot act on the brain and nerves, or these upon the muscles and emunctories, to throw out the different secretions to dilute the adversary and cast him out.

"If your theory of suicidal defence be correct, I would very much like to know how the brain and nervous systems defend themselves against the chemical incompatibilities of Alcohol, Lactesis, Hydrocyanic Acid, and all the other nerve stimulatives, and narcotic poisons? The brain and nerves are very nearly pure water. Their functions you very well know. They are neither contraction nor secretion—properties and functions of muscular tissue—but simply mediums through and by which the mind comes in contact with the muscles, to make them act. Now supposing this medium of communication is attacked by a something which has a powerful attractive affinity for it, as all narcotics, nerves, and stimulants do; how does it proceed to defend, and cast the enemy out? Does the poison destroy the integrity of the nerves and brain, or do the brain and nerves destroy themselves? If they do, how so?"

All the difficulties of our correspondent come from a wrong view of the *modus operandi* of medicines, the very question between me and Dr. Curtis. This is and always has been a mystery to the medical profession; and, indeed, their standard authors confess they know nothing about it.

I do not acknowledge the *vis medicatrix natura* to be a remedial agent. It is the vital property, the living principle, the force, the great physician which employs the agents, whatever these may be. This must, I think, suggest to Dr. P. the correct explanation of his question.

In the remaining questions Dr. P. assumes the very thing to be proved. He assumes that narcotics, nerves, and stimulants have an attractive affinity for the function [does he not mean *tissue*?] of the brain and nerves. This I utterly deny. There is no such affinity in existence, and never was. The natural relation between them is the very opposite of affinity. Those effects we call stimulation, exhilaration, and narcotics, do not result from the action of the "attractive affinity" (is not all affinity attractive?) between the drugs and the "medium," but from the resistance the articles meet with from all the vital properties of all the vital tissues. For illustration: give a person a dose of prussic acid. The vital powers at once commence an intense war upon it; all or nearly all of their energies are suddenly diverted to the place of its presence as the point of attack. For this reason the brain cannot manifest its usual powers in relation to the external world, and the person is stupid, narcotized, and perhaps dies. If death ensues, the brain and nerves do destroy themselves in the struggle against the enemy, just as man sometimes expends all his strength, and dies in trying to conquer another who is his enemy. Is not this satisfactory?

AMERICAN VEGETARIAN SOCIETY.—The annual meeting of the American Vegetarian Society

will be held at the Hall of the Hydropathic Medical College, 15 Laight street, on Wednesday, September 3, 1856, at 10 A.M.

Several of our friends who have been conspicuously identified with the vegetarian movement are abroad, and will not be with us. Rev. Wm. Metcalf is in England. Henry S. Chubb has led a number of our friends to Kansas, where he and they are busily engaged in preparing the way for a society and a people, and perhaps ultimately a state or nation of vegetarians. But we are assured of the presence of our venerable President, Dr. Alcott, of Amherst, Mass., Joseph Metcalf, Esq., of Frankford, Pa., C. H. De Wolfe, Esq., of Philadelphia, and a few others well known in our ranks.

Among the subjects which will be presented for consideration is that of uniting the American and English Vegetarian Societies into one body. In an article on the subject in the *Vegetarian Messenger* for June, 1856, Rev. Mr. Metcalf says:

"It would be well, I am persuaded, for the American Vegetarian Society, at its approaching anniversary, to make arrangements for obtaining as complete a list as possible of the names and addresses of every American Vegetarian, and forward them to the Secretary of the English Vegetarian Society, to be enrolled as honorary members of that Association. This would bring them into such a connection as to receive information of whatever transpired that was valuable on this side of the Atlantic, in relation to the cause; and at the same time be a kind of *Bond of Brotherhood* that would essentially benefit the friends of Vegetarianism in both countries. These suggestions have been excited by letters, recently received from some of my American friends, showing they are sensible of their condition, and desirous of a more intimate acquaintance with what is doing here for the prosperity of the cause."

THE DISCUSSION.

DR. CURTIS TO DR. TRALL.

DRUGS ACT MEDICALLY.—Dr. Trall's position is, that "drug-remedies in any sense," "from calomel and antimony down through lobelia and nuxine to raspberry leaves and catnip," do not act medically on the body, but that "the system acts against the drug, contemplating its expulsion" (*Water-Cure Journal*, pages 83-86) and that none of these are innocent, "but all absolutely poisons."*Id.*

We have proved, from the Doctor's own statements, and demonstrated by facts, that the system acts on the body, not nutritionally and some mischievously. It remains to demonstrate, that some act medicinally on the body. To this end, we must introduce a few of the established principles of science. Science and knowledge are synonymous terms. They signify whatever is or exists. The term science is also improperly used to signify the elements of knowledge and their systematic classification. The elements of knowledge are the material substances and motive powers of the universe and their properties or capabilities, their relations and uses. They are called the principles of science, and they always exist, and never can be increased or diminished.

Material Substance, or Matter.—Whatever, by the accumulation of its minutest particles, called atoms, can be rendered cognizable to any one or more of the five human senses, is called matter, or material substance.

Motive Powers.—Whatever cannot, by the accumulation of its atoms, be rendered cognizable to any of the senses, but is known to exist by its action and effect on matter, is called a motive power.

Properties of Matter.—Whatever circumstances exist in connection with matter, but have no existence without it, are called properties of matter. They are the qualities and capabilities of matter.

Properties of Motive Powers.—Whatever circumstances exist in connection with the motive powers, but have no existence without them, are called properties of the motive powers. They are the qualities, capabilities and modes of operation of the motive powers.

Each and every one of the substances that exist in nature is endowed with an affinity or attraction for some one or more of the other substances; but this attraction differs in degree for different substances.

The attraction of one substance for another, which brings them into only superficial contact, mass with mass, is termed gravitation or cohesion. That which unites atoms is termed atomic affinity, or chemical affinity. All knowledge of the elements of science is obtained by observation and experimental demonstration.

All material substances possess certain characteristics which are no part of their substance, and which, yet, have no existence without them: as number, measure, color, proportion, hardness, softness, color, &c. These circumstances are termed properties of those substances. These properties are truly and perfectly manifested only in the elementary form of the substances. But it must never be forgotten that they always exist in combination, cohesive or chemical union of those substances.

When two substances are chemically united, that is, atom to atom, each seems to lose its characteristic properties; but this is mere semblance, the manifest property being still a compound resulting from the union, or combination. The influence of the two, as a curve is the effect of two motive impulses in different directions.

The attraction of some substances for others being stronger than other substances for the same, they are attracted by the strongest force will be drawn together, while those attracted by weaker forces must give place. The effect of the weak to give place to the strong is called repulsion, though it is in fact only an inferior attraction. For example: oil and water, in two different vessels, are both attracted to the bottom of the vessel; but put them into the same vessel, and the water is observed to have the stronger attraction for the bottom of the vessel and the earth beneath it—to attach itself to the bottom and to push the oil upward.

Again: both sulphuric acid and carbonic acid are chemically attracted to lime. Put the sulphuric acid into the water, and lime, and we observe that the sulphuric acid takes the place of the carbonic acid and repels it, and a sulphate of lime is formed. Hence, we derive the knowledge or science of the principle that the attraction of sulphuric acid for lime is stronger than that of the carbonic acid for lime; and this is a principle of science that always existed, and has now become knowledge or science.

So the motive powers manifest their true principles when working each alone. These properties are their chief sources of action, each upon matter, and only one acts upon matter, as attraction, it is drawn to the earth; but when two powers act upon matter, as gravitation and caloric, it is drawn to the earth by the former, and is repelled and impelled by the latter, and often forced upward by the expansive power or property of caloric. These changes of combination or impulse alter the appearances of the motive powers, but not their real properties.

The real properties of both material substances and motive powers, in whatever form, or in whatever combination, their substances, or moles, or combination of action their essences are found.

The appearances, changes, gains or losses, are only the effects of their combination.

All these positions are demonstrated by the practical philosopher and chemist in his laboratory. The elements of science, the material substances and motive powers, retain the same properties and relations in the organized body that they do out of it; and, therefore, all the differences observed in those properties arise from their relations to a new force, called the vital, which favors some and rejects others, and in different degrees. It, therefore, follows, as has often been observed, and may always be demonstrated, that, when any of the material substances are introduced into the vital domain, they retain the same properties as before, and hold the same relations to the elements of the organism as the body they enter; and the elements out of it, and would be acted on in the same manner by their relative affinities or powers, but for the nature of the controlling influence of the vital force.

These observed, demonstrated, and of course, fully settled principles of science, give us a clear and perfect clue to the modus operandi of all external agents that are taken into the vital domain, whether as food, poisons, or medicines, and teach us how to classify these elements.

For example:

Those compounds which by observation and experiment, have been found to constitute a part and parcel of the animal frame, are classed as food.

Those whose affinities war against the vital affinity for substance of its issue, as escharotics, or which so contract the vital force as to paralyze its action, as narcotics, are termed poisons; while those which simply act on the vital force, and tend to aid the vital force in the performance of its natural functions, and furnish little or no nutritious matter, as electricity and caloric, cayenne, ginger, calina, assasin, bayberry, &c., are called medicinal agents.

Thus, the reason why one article of food, poison or medicine, acts upon one tissue, and another upon another, is simply the difference in the extent of the vital force or vital force, through the medium of the circulation, acts on the tissue for which it has a natural affinity, uniting with and supplying some, decomposing or paralyzing some, and stimulating, contracting or stimulating some.

Thus, the different elements of food deposit both where bone is wanted, cartilage where cartilage, muscle where muscle, and so on, as it is needed.

Thus, one poison acts on a nerve, and another on a surface or gland; and thus one medicine acts as an emetic, another

as a cathartic, a third as a cholagogue, a fourth as a diuretic, a fifth as a sudorific, &c.; and

Thus, as we have always taught, we demonstrate that whatever remedy acts on a given tissue in one part of the body, acts in the same manner on the same tissue in every other part of the body; and so, on the other hand, there is no uncertainty in the action of remedies, as they always act on the same tissue in the same manner, and are prevented and overcome by a superior force; and, in that case, the result must be attributed to the latter cause, and not to them. The specific action, an action much talked of but little understood.

Thus, finally, we learn that food, poisons and medicines are distinct and different articles. The first sustains the tissue, the second destroys it, and the third corrects its compound properties, and the third aids the vital forces in using the first or expelling the second; and, all these acting upon the organism, and the organism upon them. Dr. Trall's position is only half right, and ours is strictly true and scientific. The admission of it is the only true doctrine, and action in accordance with it is the only true practice of medicine.

Drugs Act Medically.—To put the plainness of our demonstrations beyond dispute, we will illustrate still further the proposition that Drugs Act Medically on the Organism, on the denial of which Dr. Trall seems to lay the greatest stress. He admits that particles of food so far act on the body as to take the place and perform the functions of the worn-out tissues, and that poisons, if "violent" enough and allowed possession long enough, either corrode the tissue or arrest its action. We repeat, and he denies in general terms that drugs act on the body, we have proved, by abundant quotations from his arguments, that he admits it. In every particular of poisoning, and of curing by medicine, it is not only no question, but it is twice these than the mere degrees, which, in this bearing of the argument, is no distinction at all.

Before we attempt to prove that "drugs act medicinally," we must show what a medicinal action is. This labor is properly the duty of Dr. Trall; but as he has hitherto done only in denial, and in contradiction, we will now perform, also, this last "dictionary service" for him.

To act medicinally is to relieve a diseased condition. But what is a diseased condition? It is one in which an organ is unable to respond to the natural action of the vital force.

1st. It may be an excessive and permanent relaxation of a tissue, as in passive hemorrhage, diarrhea or sudorosis.

2d. It may be an excessive and permanent contraction of the tissue, as in cancer, in scorbutic eruptions, in dry, or a hot and dry, surface or other tissue, as the lungs in asthma, croup, &c.

3d. It may be an abnormally excited condition of a tissue, as in irritation and inflammation.

4th. It may be a paralysis, as by mercury or lead.

5th. It may be lesion, as in ulcers, cancers, &c.

Now let us see in what way drugs act medicinally, that is, so as to relieve these conditions:

1st. We have shown that, though they may be counteracted or modified by the vital force, they do not lose their inherent properties by change of circumstances.

It is the inherent property of tannin to absorb the excess of water from, and to contract the vital force, thus to preserve it from decomposition, as Dr. Trall may demonstrate by making the application and watching the process. In health, the tannin would make but a light impression on the tissue from which the hemorrhage or diarrhea proceeds, because of the resistance of the vital force; but, when too much relaxed, that force is endeavoring to contract it to the physiological state, and will be much aided by the specific action of tannin on the animal fibre. Tannin, whether simple or combined with any innocent vegetable stimulus, as bayberry, sumach, witch-hazel, &c., "acts medicinally," that is, so as to aid the vital force in effecting a cure. It further acts medicinally by neutralizing the effete matter in the system, preventing its putrefaction, and, of course, thus relieving its influence on the diseased tissue. It purifies old sores.

2d. Every one knows that warmth and moisture combined relax all parts of the system, and that, in warm water all day are so relaxed and expanded that the skin rises up in folds. Observation and experience show that if soap be added, the relaxation is increased; and that if lobelia be added, the relaxation will be many times as great. If, therefore, warm water and lobelia be given to a man who is cramped, cold and dry, as in dyspepsia, or hot and dry, as in synocha (high fever), or whose fibrous tissue of the lungs is contracted, as in dry asthma, croup, &c., the relaxing, that is, medicinal effect, will be prompt and powerful, and in harmony with the vital force in removing irritation, and relieves, by aiding secretions, the dryness in the lungs in asthma, croup, &c. Many other substances, as catnip, spearmint, &c., have the same thing in common, and act in the same way, "act medicinally," that is, to cure disease.

3d. The same articles, as above, relieve the excitement and allay the fever by producing perspiration. Of course they "act medicinally," that is, to produce the natural condition which is to cure disease.

4th. Observation shows, that cayenne or ginger, as well as electricity and caloric, excite the nervous tissue to action; and that, too, without producing any disposition "contemplating their removal." They do this by being able to stimulate the nerves to their normal state or capability of performing their physiological functions, is, of course, medicinal.

5th. The disease is a loss of continuity of tissue. This continuity cannot be restored while the atmosphere is permitted to absorb the fluids from it, and thus leave the tissue to contract. A soft saline or a mucilaginous poultice will

protect the part from the air, keep it moist and soft, and thus aid the vital force in its labors to remove the festering. If faunin, acids and gums be added, they will neutralize the effete matter, and prevent it from chemically corroding the tissue, and thus act medicinally; that is, aid the vital force in moving up the breast. The medicinal action of the system is directed to the removal of the effete and corroding matter: the stimulants act directly to remove it, and the astringents and acids, as such, act indirectly to neutralize it and render it innocuous, meanwhile that, if they act medicinally on the system, to excite it to the performance of its functions, and for the system, to protect it from the influence of destructive agents. *G. B. B.*

If Dr. Trall will prove "our positions" to be false, and demonstrate his own, that in every case of "drug-medication, from colic and antimony down through lochia and nerve-tine to raspberry leaves and catnip," the system "acts against them, and counterpoises their removal" as "absolutely poisons," to be true, we will do to him our beaver, and "abandon all drug-medication."

Fully confident that we have given him something to write about, we pause for his replies: after which, if we so reason so do, we may pay him our respects again. He will please to insert our articles in order in the Journal, according to the conditions of the discussion, and his shall appear in the Recorder as soon as we receive them.

At present, we see not how Dr. Trall can maintain the doctrine that man is not affected by external agents for good or for evil, without admitting that some of these agents act medicinally on the system. But our good brother contends that what he calls "hygienic agencies" to affect the body as to aid it in the cure of disease, and yet, that though essentially innocent, they may be so misapplied as to produce disease. He admits the action of "drug medicines," from lochia down through nerve-tine to raspberry leaves and catnip, yet assure him that we have known more harm done by the misapplication of cold water, than by all these put together; while the latter, with water, are far more prompt and efficient in the removal of disease.

DR. TRALL TO DR. CURTIS.

Drugs do occasion actions and effects which are called medicinal, but the medicinal effect does not result from any action or operation they perform on the living system; but, on the contrary, those effects result from the actions of the living system on, against, or in relation to the drug. This is a great truth, Dr. Curtis, and I hope you may live to discover it. Its discovery would lead you to understand many other medical problems which are now regarded as profound if not impenetrable mysteries.

Thus above article, on the *castor-oil* pen, makes the second of the series of "omitted articles." There are two more which, when published, will, I hope, leave nothing between us but the main issue.

I have already replied, as I think, to all the points contained in your article above; and hence shall merely glance at a few positions which your manner of treating might mystify and perplex, in the minds of our readers.

But in all seriousness, Dr. Curtis, do you mean what you say, when you assert that you have proved from *my statement*, and from facts, that *they* (drugs) act on the body—some *nutritiously* and others *mischievously*!

Drugs act nutritiously! Then are not drugs food? If I ever have said or intimated any such thing I take it all back as arrant nonsense. But it still inclines to the opinion that I never made any such blunder, and I will give you a premium of one hundred Water-Cure Journals for the rest of your life, if you will point me to the evidence.

My position, I, and you ought to know it by this time, for I have repeatedly explained, that neither drugs nor food act medicinally nor nutritiously on the living body; but, on the contrary, that the living system acts on drugs to cast them out of the vital domain, and acts on food to convert it into tissue.

Let me give you a description so simple that a child of four years old can understand, and so plain that you can't dodge it.

Take a nursing baby from his mother's breast, and pour into its little mouth a teaspoonful of castor-oil, which you know is very mild physle for the little dears, when they have the *mullergrumbles*. In a moment the child's features, which were till then all smiles and loveliness, express horror and disgust. Its jaws fall apart, its pharyngeal muscles contract, its stomach heaves, and its whole body is convulsed, and at length the struggle ceases by the drug being ejected again.

Now all this looks to me like action on the part of the living organism to get rid of the castor-oil. But you have a kind of spectacles which makes you see, somehow, that all these things were done by the castor-oil. Never was there a greater mistake. The drunken man who thought the moon was jumping up and down along his path did not err more egregiously.

Now as to the "action nutritiously." Take a potato and watch the actions and changes till it is resolved into tissue, and you will have a demonstration of the exact opposite of what you so frequently assert you have proved.

First, the hands seize it, then the teeth masticate it, the saliva dissolves it, the throat swallows it, the stomach digests it, the intestines absorb it, the lungs elaborate it, the bloodvessels convey it where needed, and the structures assimilate it.

Now, sir, what does the potato do in all this complicated nutritive process? Just nothing at all. It is as passive as a potato. All the actions, of every name and nature, are performed by the vital machinery. The food is the occasion, or agent, or material of nutrition. But to say that it *acts nutritiously*, is not speaking with philosophical exactitude.

Nearly all that you say in relation to motive powers, properties of matter, chemical affinities, &c., I coincide with, though it has very little relevancy to our question.

Your distinction of foods, medicines and poisons is to me very amusing, and yet it is the very error that has always existed in medical systems. You have one article of food acting on one tissue, another on another; and the same thing exactly with medicines and poisons. The only difference being that medicines act to aid the vital force, and poisons to oppose the vital force.

Can you tell me, Dr. Curtis, what tissue a potato acts on; or what tissue bread acts on, or beef, or onions, or cabbage, or asparagus, or a whortleberry pie? No, sir, you are non-placed here. You cannot do it, for the simple reason that each article goes to supply all and every tissue. All articles of food are acted on by all the vital organs, instead of each acting on a particular tissue, and the same is the true principle of your medicines and your poisons. The *specific* action of medicines or poisons as you have it is all a mistake. Cathartics do not act specifically on the bowels, nor diuretics on the kidneys, nor diaphoretics on the skin. But the whole system, the entire vital domain—all the vital machinery co-operating expels some things from the bowels, others through the kidneys, others through the skin, &c., thus occasioning purging, diuresis and sweating.

Your labored attempt to show that "drugs act medicinally," is another perversion of the question. This is not the question between us.

As I entirely disagree with you as to the nature of disease, I need not follow your lucubrations about the various ways in which drugs act medicinally.

My definition of disease is *remedial effect* or action, not on the part of mere drug or food, or medicine, or poison, but on the part of the living system. It is a struggle to get rid of noxious matters and regain the normal state.

You do not define disease itself, but you tell us a *diseased condition* is the inability of an organ to respond to the natural action of the vital force. In my opinion such a condition is death. Pray what is your idea of vital force?

I need not pursue these criticisms further, as they would be but repetitions of what I have already explained.

Dress Reform.

A SPEECH ON DRESS.

ABSTRACT of the Speech of JAMES C. JACKSON, of Glen Haven, at the NATIONAL DRESS-REFORM CONVENTION, during a session on the evening of June 19th, held in the Presbyterial Church, in the village of Homer, N. Y., and before an audience of 1000 persons.

THERE is no substance so subtle as *Thought*. The atmosphere is subtle. One swings an arm through it without sensible obstruction. The miasm of the swamp is very subtle. You stand on the lowland's edge and take into your lungs unconsciously its bog-breath, and it smites you like a pestilence. You connect yourself with an electrical battery and the lightning enters every fibre. But *Thought* does more, down through bone and blood, flesh and sinew, it makes its way, penetrating the soul; and its works are

marvellous to behold. It sets up Kings and upsets Kingdoms. It never touches a human creature but it changes him. Therefore he no longer is the same. His relations to the past, the present and the future, shift; for no person is ever after the same who has conceived a new idea.

An idea conceived is Thought when born, and utterance gives its birth. Thus, free thought and free speech live and die together. He who *thinks* freely must have the right to *speak* freely, or else there is no liberty. And where there is no liberty there can be no *Christianity*. I will not say to you in the language of the Stoics to his adversary,

Strike! but hear me!!

but I will invert the terms of the challenge and cheerfully say; *Hear me! and then strike.*

Give me, then, men and women, your attention till I have spoken and strike if you will. Yours shall be the privilege to jeer, to laugh, to ridicule and rail, if you wish, and I promise you that for your railing you shall not have railing in return, but contrivance blessings; and that if you smite me on the *one* cheek I will give the other to the smiter, for I am oppressed with the question before us. It bears me down—I cannot resist it. To me it comes clad in the robes of a great Revealer, and I must yield, or play false to all my SELF-RESPECT, and barter away for cool indifference all my hopes of Heaven. It rises before me in importance second to no question since the advent of the Saviour. It points with outstretched hand on one side to the redemption of the human race, and with the other to the ruin of that race, and to mouldy, sodden, rotten graves. With the one finger it directs me to the hearth-stone, where sit clustered family joys in beautiful delight—no sorrow, no sickness, and no death in the group. With the other it unlocks the chamber of the invalid, and I see suffering, sighing, heart-ache and agony—an unearthly gloom hanging over all; while up in the corner sits skinny, skeleton death, laughing at his oncoming feast. To me it is no *laughing* matter, whether men and women writhe away in the gristle of their lives before disease, or live to good old age, stalwart and strong, to resist to the uttermost. You may feel listless, I feel intensely; and as *Thought* is mightier than brute-force, and its utterances sublimer than the clearings of the sword, I hope, by the Divine blessing, to-night to win for it a *victory*.

What is our main-spring motive in this Reform? Is it love of notoriety? Is it morbid egotism? Is it ill-regulated vanity? Is it a disturbed, vexed spirit? Is it wild eccentricity? Is it a desire to get woman out of her "appropriate sphere," and to get her into man's sphere? No: but we are moved to seek and to secure a radical change in Woman's Dress from a profound sense of her helplessness as a physical, intellectual and spiritual creature; and from as profound conviction, that she ought not to be thus helpless; for God made her to be *helpful*. Now, do we measure her position and condition rightly? Are we clear in our comprehension and just in our judgment of her actual state? We affirm that we are; and that the statement that we make of her present and rapidly growing incompetency falls far within the bonnie of sober matter of fact. Nothing that I shall say to-night will describe, except in dim degree, her actual condition. I only ask that you shall not disprove my statement by reference to *personal exceptions*, for they do but prove it.

1. The Women of the United States have no Character. I do not mean that they have no Reputation; of this they

DROBNERACY OF THE RACE.—T. T. E. Columbus, Ga. "Dr. Trull: In the course of a conversation with a gentleman on the ultimate destiny of the human race, he remarked, and assisted with scientific argumentative facts, a theory that while man was morally progressing, he was physically deteriorating, and had always been since the creation, and at no former time greater than at the present; and remarked that if we continued to deteriorate for thousands and years in the same ratio as we have in the last fifty years, that the average duration of life would not be more than ten years."

"Being possessed of only an ordinary mentality, and with the organ of language small, I was unable to refute the doctrine, though elucidating with my instinctive ideas of the self-sufficiency, completeness and harmony which characterize the works of the Creator. I would be glad to have your ideas in y or notes to correspondents in the next number of *Water-Cure Journal*."

We believe your opponent is correct in a qualified sense. No doubt the mentality, the brain and nervous system, as also the moral and intellectual nature, may improve while the bodily organization in other structures and organs deteriorates; and if the process goes on long enough the human race will become bodiless or extinct. But our hope and belief is, that in due time the developed intellect will discover the causes of the bodily deterioration and apply the remedy—an obedience to the laws of life, and thus work out your theory of a "sound mind in a sound body."

ONE THING AT A TIME.—Eugene, of the West, don't like to give up. Well, she is a woman, and when "she won't she won't." She wants to know if we would use hot and cold water at the same time, or first one and then the other. We answer, either or all according to circumstances. We often put cold to the head, warm to the feet, and tepid between; or mix all together in a general warm bath.

Eugene asks if we did not, in writing the *Encyclopaedia*, do one thing at a time, and so arrange it into parts? Not a bit of it.

"All are but parts of one stupendous whole." All the parts and departments of nature go on together, all of our organs grow and develop simultaneously, and so find it necessary to exercise and use brain, stomach, liver, skin, eyes, ears, locomotion, &c., at the same time.

However, Eugene has given one substantial reason for going ahead slowly in her own case—she is opposed by seven *allopathic doctors*, no wonder her progress is slow. The marvel is that she can move at all with such a dead weight to carry.

HYGIENE-THERAPEUTICS.—An esteemed correspondent, D. M., of Russellville, Ky., writes:

"I notice in a recent number of the *Water-Cure Journal*, a call upon the friends of the medical system therein advocated, for suggestions of more expressive names for the system and its paper than those now used."

"No other title for the latter comes to me as being so appropriate as '*Journal of Hygiene*,' (for the New York, or American, or People's Journal of Hygiene) ever conjuring up, as it would, the joyous face of the fair goddess from whose name it is derived. What more chaste, euphonic, or classical name can be presented? What more befitting appellation could be elected for a paper unfolding and advocating the laws of life, the beautiful system of nature, than one so suggestive of health's joyous nymph, one so complete with poetic beauty?"

"I would also, if it be allowable, have the name of the system derived from the same source. The term Hygienics, though rather long, is not only both euphonic, logical and expressive, and therefore much to be preferred to the senseless 'hydropathy' and the 'one idea' of water-cure, but is equally as scientific and far more classical than allopathy, homeopathy, chronio-hermism, &c."

"For general use and convenience in writing the terms Hygienic, Hygienic, and Hygienic system might be appropriately employed."

"I know of no other Journal bearing the name above suggested; if there is such, my suggestion is of course out of order."

LAMP BACK.—P. S., Lima, Wis. Chronic weaknesses of the back induced by, or connected with irregular menstruation, are curable by attention to the general health, and the special employment of sitz-baths and the abdominal wet-girdle. The best diet is unseasoned bread, with fruits and vegetables.

STAMMERING.—S. S., Cincinnati. We can send you a set of the instruments with printed directions, so that probably you will be able to effect a cure without further assistance. The price is \$30. If your respiratory system is in good order the instruments will be all you will need. If you should need vocal instruction, there may be competent persons to instruct you in your city, but we are not acquainted with them.

A COMPLICATION OF MALADIES.—H. W. C., New Milford, Conn. The Electro-Chemical baths are the best means to undrug your system. These, with a few weeks' treatment at a good Cure would put you in the way of getting well. Your numerous questions about diet are all explained in the *Hydropathic Encyclopaedia*, which book you should have if you undertake house-treatment. The expenses at a Water-Cure would be \$7 to \$10 per week.

PROLAPUS UTERI.—H. E. H., Middleboro, Mass. The plain simple diet and hip-baths you are now using, will do much to relieve your difficulties. You should use unfermented bread, and avoid salt and seasonings. Injections should be employed so long as there is constipation and leucorrhoea.

MORIBID APPETITE.—GOWARDUS. "During hot weather I sometimes have an almost insatiable appetite. Digestion is tolerably good. What is the cause of this? I have heard persons who have visited the East Indies complain of the same thing and say that they felt compelled to eat more than during cold weather."

The cause is intolerably bad digestion.

SCROFULA.—S. A., Shiloh, N. J. "Can scrofula be entirely removed from the system? Subject about 30, accustomed much to sedentary life."

We do not know and therefore cannot tell. If we had a description of the patient's history, habits of living, and the particular manner in which the scrofula manifests itself, we should have surer data from which to judge of its curability.

DYSPEPSIA.—F. H. W., Mountville, Pa. "Is there any cure for dyspepsia? My mother has been afflicted for ten or twelve years; has tried the drug doctors without benefit."

Of course water-cure is "one thing needful" for dyspepsia. It must, however, in a bad case, be adapted to the full extent. If you undertake home-treatment, you should procure and study our standard Hydropathic books. Some persons fail in home-treatment because they want to be cured with "water alone," whereas, in many cases, exercise and diet are the leading measures of treatment.

SORE THROAT.—J. C. A., Racine. "What is the treatment of a chronic sore throat or bronchitis, in the first stage?"

We cannot tell you here how to treat a sore throat; the instructions for treating sore throats, generally, you will find in our standard books. But give us the particulars of the sore throat, and we will answer all questions you are disposed to ask. Will our correspondents never learn that this is the place to answer particular questions, and not to write general treatises?

DISEASED LIVER.—R. J., Napanee, C. W., has been doctored with worse than useless results, by several allopaths, all of whom, as a matter of course, disagree about the nature of her complaint. She wants us to send her some of our water-cure medicine. Let Rebecka understand that apothecary stuff is not in our line. Our medicine is air, food, diet, temperature, exercise, &c. These are every where, and all the patient wants to know is how to adapt them to her case. This patient ought to go at once to a water-cure establishment and be cured.

PARALYSIS.—T. H. Spencer. The Electro-Chemical Baths would be well adapted to the cures you mention, but they are not adapted to home-treatment. It would cost you \$50 to \$100 for apparatus, and then you might not understand its proper management. Your cheapest and best way is to send the patient to some place where you know these baths are properly administered.

SORE MOUTH.—N. A. was several years ago bled, blistered, salivated awfully, and then left to die, and is now troubled with a sore mouth, for the treatment of which she cannot find any directions in the *Encyclopaedia*.

All the rules of bathing, dieting, exercising, &c., as laid down in *Encyclopaedia*, apply to her case, as also does the whole chapter on indigestion. We cannot give particular directions without knowing the particulars of your symptoms.

The Electro-Chemical Baths would benefit you very much, without doubt.

PARTIAL DEAFNESS.—G. A., Rockville. In this case the deafness has resulted from inflammation and suppuration, or what is called "gathering" in the ear. No doubt the structures are still in a state of chronic inflammation, and the cure therefore depends on a rigid diet, with such bathing as the vigor and temperature of the body will comfortably bear. Syringing the ear with the nostrums you mention will do no good.

AGUE AND FEVER.—J. W. B., Seneca, O., wants us to tell in the *Journal*, how to treat ague and fever. This is all explained in our standard books, and if persons want to be their own doctors and save hundreds of dollars in doctors' bills they should not mind \$3 or \$10 for an outfit of hydropathic works. If J. W. B. wants to know how to manage a particular case of ague or fever, let him describe the case and we will answer. It is a great and common mistake on the part of our friends that we communicate to them a medical education in a simple and very short paragraph; and it is the misfortune of some of them and the discredit of our system that they will not take a little more pains to learn what our system really is.

HIP DISEASE.—C. H. H. R., Webster, N. Y. You are so full of disease and drugs, especially mercury, which has no doubt caused your diseases, that we advise you to go to some water-cure where the electro-chemical baths are in use. Otherwise your recovery must be long, slow, and perhaps imperfect. If you cannot do this, hot and cold full-baths, or the wet sheet pack ought to be the leading measure of bathing.

NEURALGIC HEADACHE.—M. S. R., Gorham, O. If cold water applied to the head aggravates the pain, use it of a milder temperature. Use fruit moderately in place of the butter and milk.

HYDROPATHIC STUDENTS.—Several young ladies have lately written us respecting the propriety of a plan of sending our school, by loaning money to pay expenses and pledging their future labors and earning until the debt is paid, with interest. This is precisely the right way. Several students have already been assisted in this way. There is scarcely a place, and should not any where a devoted, honest, intelligent yet poor young lady or gentleman is willing to take this position and qualify for such needed usefulness, without their being friends enough of the cause in the vicinity who can and will furnish the means. But like wisdom they must be sought, and sometimes perscrivingly, too.

THE CAUSE AND CURE.—C. P., Springfield, Ill. "For several years I have been troubled, as soon as the hot weather commences, with a breaking out on my legs of small pimples, about the size of pin-heads, which annoy me very much by itching. Will you be so kind as to inform me through the *Water-Cure Journal* the cause and cure?"

Can't do it, just because we don't know. If you should inform us that you had a broken bone, and ask us to explain the "cause and cure," we could not oblige you, because you would have furnished us no data from which to judge. So it is with your pimples legs.

SORE THROAT.—A. M. S., New London, Pa. The calomel you have taken, and the nitrate of silver which has been so unmercifully applied to your throat, has no doubt badly infected the whole system with a mineral taint; so that if you ever get rid of the original humor, you will have a worse drug disease left. The electro-chemical baths promise more than any other single measure in such cases.

BOOKS, ICE, AND CLAMS.—C. J., Atlantic Co., N. J. "What book will teach me what I require to know of the laws of health and water-cure? Would it be injurious to wear a piece of ice on the head, or a wet cloth around the waist during the hot days of summer? Are clams, oysters, and fish healthy?"

The Hydropathic *Encyclopaedia* will answer your purpose better than any other single work. The ice and wet cloth would not, probably, do you any harm; but we can't, for the life of us, see the good of it. Fish diet is poor diet, and shell-fish very poor. Those who live mainly on fish, are the world over, the most stupid and degraded specimens of the human race.

INJURED KNEE.—U. S. R. W., Fairfield, Io. Continue the cold applications so long as there is preternatural heat and swelling of the joint. He should not walk on it more than can be endured without pain.

UTERINE DISEASE.—S. G. The head-ache, lame back, pain and soreness of the bowels, numbness of the limbs, &c. of which you complain, are owing to inflammation, ulceration, or displacement of the womb, or perhaps all together. You can be cured at a Water-Cure where such cases are understood.

INJURED SPINE.—G. W. R., Shutesbury, Mass. The tenderness and heat of which you complain are caused primarily by the injury at sea, and rendered chronic by your long confinement to the ship's steerage. No doubt a relaxation for a few months from pastoral duties would greatly benefit you. If this is impracticable you can do no better than work moderately in your closet, exercise all you can in the open air, live on the plainest food, take a daily bath or tepid wash, and wear the wet girdle as much of the time as it seems agreeable.

PALSY.—J. C., Downville, N. Y., wants us to explain to him how to treat palsy, so that anybody can treat it without the aid of a physician. There are many kinds of palsies, and the treatment must always be discriminated to suit particular persons and conditions. For this reason we cannot give all this information in a single number of the JOURNAL, but the enquirer will find it, and much more that he needs to understand, in our standard hydropathic books.

BAD LIVER AND BOWELS.—M. A. P., Hudson. "I am sixteen years old, of a light complexion, tall and slim, a little round shouldered; my hair is a light brown. I have light blue eyes. I was taken numb last October, it was in my bowels the first I noticed it; it kept spreading, and now I am numb from my feet up in under my arms. I am entirely helpless, have no use of my feet nor limbs. I can use my arms and hands as well as I could before my sickness,—they are not numb. I have cold feet and hands; I have not much appetite, only by different times. I am very pale; my back troubles me very bad, I have a great deal of pain in between my shoulders, the small of my back pains me at times in my back-bone; my back-bone sticks out an inch; my feet and limbs pain me very much. I have got the Saint Vitus' dance. If I get a little excited I have dreadful trembling spells, after which my feet pain me, my feet and limbs swell very bad, my hands swell, and face swells."

"Will you please inform me what my disease is, and what will cure me, and what the cause of its first coming on, and how long it will take to cure me. Inform me in your JOURNAL. I have no particular diet; I eat with the family; I drink tea."

Your maladies are caused by a diseased liver or severely constipated bowels, or both. Take one or two daily cathartics, a hip-bath frequently, and eat the plainest and coarsest food you can get.

Home Voices.

"TALK WITH YOU KNOW."—We take this opportunity of repeating a query which has frequently been made in this Journal, namely, that those of our friends who join down here "express new" for publication, should consider what they have to say, and, if necessary, revise and rework their communication two or three times to make it ready for the printer. We would much prefer giving our Correspondents our own words, which we cannot do when they write in "great haste," as the publishers do. Great thanks to those who have found it necessary to REWRITE AND REVISIT THEIR GREAT THOUGHTS.

ONE of our friends in Princeton, Miss., while renewing his subscriptions for the JOURNALS and LIFE, and ordering a Hand-Mill, says; "It is some four years since we commenced reading the Water-Cure Journal, and we could not think of doing without it, at any cost within our reach. Since we commenced reading it we have not paid one dollar for doctor's bills or medicine, and have lost none of the family. While previous to that time we had paid hundreds of dollars in that way, and buried six of the family."

"We have treated intermitting, remitting and typhoid fevers, cholera-infantum, diarrhoea, whooping-cough, &c., successfully."

"Soon after we commenced reading the Journal we began to decline the use of flesh-meat, and for more than two years we have used none; use no butter, lard, or grease of any kind; nor tea, coffee, pepper or spice, and have commenced the use of unbleached wheat meal for bread. We regularly take our morning bath, and have adopted the two-meal-a-day system, thinking it an improvement."

"Within two years we have had no sickness of any consequence in the family."

"About two years ago my wife gave birth to our eleventh

child, with no assistance but from myself—and she thinks she never had so favorable a time; it was out considerably sooner than ever before, and the child is indeed a healthy looking boy, who we think would compete strongly for the highest prize at one of the baby shows."

"Let me give you a brief account of the death of the last child we lost, about four years ago. He was a healthy-looking baby, looked little for his age, as we would say, a thousand, about two and a half years old. The day before his death he was running about at play, apparently as well as he ever was. The morning of the day of his death, when he got up he was discovered to be quite sick. A doctor was soon sent for who said he had the scarlet-fever. He gave such medicine and directions as he thought suitable to the case, and called in to see him several times through the course of the day. In the evening the child became alarmingly worse, and the doctor was sent for again, but he was evidently dying when the doctor came, and soon breathed his last. When the doctor saw that the child was dying, he appeared greatly astonished, and remarked, 'Can it be possible that I have given him something that is too powerful for him?' After examining his phials, he decided that he had not, but we have always believed that the child's death was caused by the medicine that was given him. That was the last time that a doctor has been called in our family."

A HAPPY FAMILY.—"Two years ago I was induced by a friend to subscribe for the WATER-CURE JOURNAL, little thinking that act would result in the establishment of the health of my family." Our friend gives us his "experience" with a drug-doctor—a sad one truly—and concludes by saying:

"I was subject to severe attacks of sickness from three to forty-three years of age, at which time I commenced reading the JOURNAL. Since then I have had one severe attack of sickness which gave me ample opportunity to test the water-cure practice. I have had several opportunities of witnessing the beneficial effects of Hydropathy, on other members of our family, all of whom have become converts to the system. We formerly ate pork, and drank tea and coffee, but have abandoned them all, and feel that we have a guarantee for future health, and consequently future happiness. M. C., Home, Ia."

A VOICE FROM THE WEST.—A. H. G. sends the following for the WATER-CURE JOURNAL, but as it is detached from the "business" letter we are unable to give its locality: "Comparatively few in the west know by experience the benefits resulting from a judicious application of the water-cure principle." He writes in a very ardent strain in praise of the Hydropathic system, and invokes the blessing of Heaven upon the movement and those engaged in it. He has seen the strong men who were prostrated by the poisonous drugs administered by the "quacks," restored to health by nature's simple yet effectual means, and shows the sincerity of his faith by stating in conclusion that he will continue to take twenty copies of the JOURNAL during the period of his natural life.

A GOOD SAMARITAN.—Buff Springs, Attala, Miss. J. C. B., who is one of the most active of our Southern agents, in sending a large list of new subscribers, takes occasion to mention that Mr. Zollieffer, brother to Senator Z. of Tennessee, has become deeply interested in Hydropathy, and is making new converts every day. He says:—"Where the 'regulars' fall here, the people send for Mr. Zollieffer, and now they have him riding almost every day. He never charges for his services; he is really a very benevolent man, and is doing a vast amount of good here. He will, if he holds on, ultimately convert all Attala Co., to the Water-Cure. The people have now more confidence in Mr. Zollieffer than in all the drug-doctors in this country."

HAND MILLS.—A friend in Minnesota says:—"Having received the Hand-Mill, we set it up and ground a grist for supper, which the Mill performed well. It is a first-rate article for a new country where mills are scarce. There has been several looking at the Mill, and all like it, I would not take \$10 for it. I will take the cost out of it this year, as we are Water-Cure folks here, and can't get any flour but of the superfine sort. Every family ought to have a Mill for their own health. Turning the Mill gives us good exercise."

M. V.

ONE of the faithful writing from Michigan, says: "I am happy to say that the Water-Cure in this place is gaining the ascendancy over the drug treatment fast. Cures that have been effected here by the water treatment are so convincing that all who have common sense must come into it. All the Ministers of the Gospel in this town are its warmest advocates; in fact, all the more respectable classes are coming over. One of our most respectable M.D.'s of the old school has had his daughter for the last eight months at a Water-Cure in Cleveland. When she left this town she could not walk, nor talk. She had lost her voice. Now she has returned she talks well, sings like a nightingale, and challenges any young lady to walk with her for distance or speed. Yours in truth,

B. S."

A REDEEMED SISTER.—Salisbury, Herkimer Co., N. Y. M. T. C., states that she has been imbibing the doctrines promulgated by the Water-Cure Journal for the last seven years, and has been disentangled from the slavery of tea and coffee, pork-eating and snuff-taking, and ascribes her redemption to Hydropathy. She was formerly an invalid, but is now enjoying uninterrupted health. She is doing what she can to circulate Water-Cure publications in her vicinity.

SAFE AND SURE.—Another writing from TEXAS, says, that he discontinued the JOURNAL while moving from Tennessee; but now finding himself at home again, he needs the JOURNAL, for he has found the Water-Cure both safe and sure, having tried it between three and four years.

SPIRITUAL FOOD.—Since E. Norfolk, C. W. J. P., in renewing his subscriptions, uses the pungent words: "With such food as they (our publications) contain, we live; without them we die."

MISSIONARY SPIRIT.—One writing from Maine, says:—"I have given away about six dollars worth of your books, and shall give more. I can well afford to, as they have given me health and happiness."

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 increases the possibility of our sending it on any other terms. We hope not only to receive the amount for the renewal of all present subscriptions, 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 the 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 SAKE THEREOF.—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, for 1856.

JACOB WELLMAN, 234 Congress st., Portland, Me., is our agent for the sale of books and reception of subscriptions.

ALL GONE.—We gave a portrait and brief sketch of Mr. Fremont in *LIFE ILLUSTRATED*, three or four weeks ago. This created a great demand for that number, and, although we printed an extra edition, they were all taken up at once and put into general circulation. We are now printing a scientific analysis of the *PHRENOLOGICAL CHARACTER* of Mr. FREMONT, which will appear in the August number of the *AMERICAN PHRENOLOGICAL JOURNAL*, together with his portrait and biography. Those who would secure this should send in their orders early. The numbers will be furnished singly at 10 cents, or at 50 cents a dozen, and for \$5 a hundred copies. Address FOWLER AND WELLS, 368 Broadway, New York.

THE JOURNAL IN MEMPHIS, TENNESSEE.—J. E. M. continues his good efforts in extending our circulation in that city on the hills—the most important town between St. Louis and New Orleans—whose population has been doubled within the past ten years, and is now upwards of TWELVE THOUSAND. Mr. M. not only keeps up his former e'ab, but is constantly forming new ones. Memphis is already ripe for a first class Hydropathic Establishment.

PLEASE BE EXPLICIT.—A correspondent residing in Iowa, writes to *inquire the price* of a book. We will suppose it to be *THE ILLUSTRATED HYDROPATHIC ENCYCLOPEDIA*. We reply by letter, stating the price—namely, \$3, prepaid by mail. Some ten days elapses, and our correspondent writes a letter somewhat after the following fashion:

MOUNT PLEASANT.

GENTLEMEN: Inclosed please find \$3 to pay for the book. Yours truly,

IN A HURRY.

[It will be seen that our friend Hurry omitted in his last letter to state *what book* was wanted, or to name the county or State where it was to be sent. We examine our post-office book, and find no less than *twenty-two* MOUNT PLEASANTS in almost as many different States. Now, then, are we to know to which our correspondent refers? Now the *right way* is this: Place the name of the post-office and State at the *head* of all letters, tell exactly what is wanted, and then give *explicit* directions how to send it—whether by mail, express, or as freight. These simple rules observed, delays, omissions, impatience, and ill-temper will be avoided. Name the post-office, County and State.]

A WORD TO OUR FRIENDS.—Every day letters are pouring in upon us laden with praises, compliments and words of cheer, and last, though not least, new subscribers. We thank you, gentlemen and ladies (at the same time making a low bow), and shall do our best to merit your good wishes. We appreciate all that you say, and it gives us new energy to see that our exertions are so well-paying and good in your eyes. Now are we content to "labor and wait" for that good time coming.

PROFESSORS OF ANATOMY AND SURGERY, desirous of obtaining situations, are referred to the advertisement of the Eclectic Medical College of Cincinnati, in another column.

A WATER-CURE IN GERMANTOWN.—A friend suggests the propriety and expediency of opening a first class Water-Cure establishment in this place, near Philadelphia, where so many citizens resort every summer for health. Who will do it?

Miscellany.

THE THERMOMETER: Its Uses and Importance to Housekeepers, Agriculturalists and Others.—Besides the ordinary use of the Thermometer, for determining the temperature of the atmosphere (heat and cold), it has become an instrument, not only of great utility, but of absolute necessity in the arts. While its adaptation and application to agricultural and domestic purposes, has rendered it almost as indispensable as a clock or a watch in the nursery or sick room also, it is of the utmost value and importance.

The temperature in winter, where a person is at rest (or without exercise), which is the most comfortable and con-

ducive to health, is 70 to 73, and the more uniform the temperature the less liable to diseases consequent upon a sudden change from inn-doors to out.

When milk is set for raising cream, the room should be kept at 62, as the nearer that temperature, the greater the quantity and finer the flavor of the butter. The temperature at which cream should be kept, before and during the agitation, and not break the small particles or globules, of which butter is composed, while undergoing that mechanical process, is found to be 62 degrees; if too high or warm, the globules will break and give the butter an oily appearance.

The proper temperature of milk heated for the purpose of converting into curd for cheese, is 98 degrees, or "Blood Heat." Milk heated to this temperature before supplying the rennet, is found to produce curd not too soft to bear transportation. For while it imparts a superior richness it does not detract from the weight, therefore giving a better article, in the greatest quantity and uniformity of the whole dairy.

Boiling water will always e'en the instrument, if applied immediately after dipping in the cream, without any danger of breaking; where the scale runs up to 212 degrees "Water Boils."

For scalding hogs or fowls, 15 degrees is the proper temperature. It is also very useful in ascertaining the temperature of the cellar or apartment where vegetables are kept, and which are liable to be frozen in extreme cold weather. Also, every bath-room should be provided with a good Thermometer. For the various sizes and prices, Address FOWLER AND WELLS, 368 Broadway, New York.

TIGHT-LACING A GREAT PUBLIC BENEFIT.

A new discovery has lately exclusively proved that tight-lacing has really proved itself most useful to the human race. Physiologists and others who have protested so loudly against it, have taken but a partial view of its effects. That it has been the premature death of a great many fair maidens and of many matrons and their children, is not denied, but it is boldly avowed that it killed off *only the weak*—on'y those who have so little sense as to be in the way, and worth nothing to themselves or society—only those "weak sisters" who stood in the way of human progress—a hindrance over which enlarged philanthropy should rejoice rather than weep, because only senseless, silly things, too weak to be worth the living, or fit to perpetuate the evil would be vain or soft enough to adopt it—an argument both plausible and weighty.

NEW RECIPE FOR PIE-CRUST.—J. L. R., one of our fair friends in Oakland, Wis., sends us the following recipe, which she thinks may be of value to poor dyspeptics; (and why not to others who wish to live properly?) It is as follows: "Stir up in lukewarm water, flour, either superfine or Graham for emphytics, to the proper consistency. Let it stand in a warm place until raised; when up pour it into a dish with a sufficient quantity of flour and warm water for a batch of pies, then set in a warm place to let the sponge rise. When up, having the sauce ready cut it off (have it quite soft), and roll out for the plates. Handle lightly and bake soon, and it will make a crust that is sweet and nutritious as good bread, and far healthier than that made with shortening, as this way dispenses with both mineral and animal substances."

BENEFITS OF WALKING.—Dr. Urwin in his book on Mental Diseases, says: "Last week I conversed with a veteran in literature and years, whose powers of mind no one can question, however they may differ from him in speculative points. This gentleman has preserved the health of his body and the soundness of his mind through a long course of multifarious and often depressing circumstances, by a steady perseverance in the habit of walking all the year. He has survived, for a long period, almost all the literary characters who were his contemporaries, at which his own writings excited much public attention; almost all of them have dropped into the grave one after another, while he has continued on in an uninterrupted course. But they were men of far less regular habits, and I am obliged to add, of much less equanimity of mind. Yet the preservation of his equanimity has, I verily believe, been ensured by the unvaried practice to which I have referred, and which in others would prove equally available, if steadily and perseveringly pursued."

"We know a clergyman who was feeble in his youth, but who is now seventy-five years of age, and who has preached to the same people about fifty years, and who enjoys better health now than when he was young. He has been a great walker, and attributes his continued and prolonged health to this simple exercise. The late John Quincy Adams was one of the greatest pedestrians we ever knew. We believe there is no exercise more congenial to health and longevity than walking."

VERSES ON TOBACCO.

[Respectfully dedicated to all who use the weed. Wires, read it. Employ no doctor whose Tobacco breath knocks you down when he opens his filthy mouth.]

The Doctor leans back on his old settee

A-smoking a long cigar,

And he grins a grin, for so pleased is he

Whilst puffing the smoke away;

And he puffs and puffs, and he snuffs and snuffs,

Like a man with a bad catarrh.

His born companion betide him slits,

And a stale old quill he chaws,

And a plug of weed that he lites into bits,

He holds in his precious paws;

And he sits an slits, and squirts and splits

The slime from his juicy jaws.

And happy are they as a pair of twins,

A-spitting and slobbering there,

With a dirty spittoon between their shins,

Which they hold with the greatest care,

Forgoing their debts, forgetting their sins,

And forgetting the hour of prayer.

But it matters not that they take no pains

The wiles of old Nick to brave,

Let them smoke and chew till each throat strains,

On the brink of the yawning grave;

For men who can thus bedevil their brains,

Have surely no thoughts to save.

FOR THE HICCUPS.—Travelling some time since by railroad from Columbus to Baltimore, I took my seat immediately in front of a gentleman who was suffering under a paroxysm of hiccups, to a degree that he had never before witnessed. In a few minutes a person appeared from the end of the car and took a seat beside him, when he said, "Sir, can you tell me what is good for the hiccups? I have been afflicted in this way you see me since yesterday noon, and I have had no rest or relief from any physician to whom I applied for assistance: I am worn out with suffering." To whom the person replied, "Sir, I will cure you in less than two minutes by your watch. Have confidence, for I assure I can do it. Ho'd up high above your head two fingers of your hand; lean back in your seat, open your mouth and throat so as to give free passage to your lungs; breathe very slow and softly, and look very steadily at your fingers." In less than the time specified the cure was performed, one hiccup only occurring during the trial. The patient could not express gratitude, while the practitioner only extracted from him as fee the promise that he would extend to the knowledge which he had imparted, as freely as he had received it, assuring him that he would never be disappointed in the result.

We were all struck with the fact. Since then I have often had occasion to practice upon patients in the same disorder, and never without the most signal success.

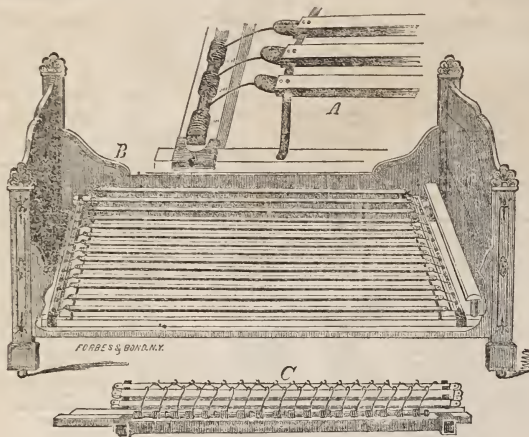
EARLY RISING.—The famous philosopher, the really great Czar Peter, of Russia, always rose two hours before day; and when he saw the morning bell would express his wonder that any man should be so stupid as not to rise every morning to behold one of the most glorious sights in the universe. "Men take delight," said he, "in gazing on a picture, the trifling work of a mortal, and at the same time neglect one painted by the Deity himself. For my part," continued he, "I am for making my life as long as I can, and therefore sleep as little as possible."

EXVY.—They boy upon foot cannot bear to see the baby who is liding. And so it is with envy of a larger growth. We are always crying out, "Whelp behind!" in the miserable hope of seeing some hanger-on more fortunate than ourselves, knocked from his perch.

St., New York. Processes Commission merchant makes quick sales and prompt returns at 5 per cent. **RAPAPORT.** "American Express Co.," and Fowl **AND WELLS.** June 6 to

GREAT INVENTION!

THE TRADE SUPPLIED



AT A LIBERAL DISCOUNT.

PATENT SPRING BED.

The above bed is the greatest invention of the age: combines luxury, durability, and economy—a very light mattress only is required; portable, and can be sent to any part of the country. Can be put together in two minutes. Just the article for WATER-CURE Establishments.

THE CHEAPEST BED OF THE KIND—ONLY \$10.

E. W. HUTCHINGS,

475 BROADWAY.

THE NEW YORK PICAYUNE: the oldest and most original Comic Paper in the United States, is published weekly, and contains in each number from ten to fifteen comic engravings, large and small, all being new every week, and little at the passing events of the times.

The PICAYUNE contains regular contributions from the great original, Q. K. HARRISON, Donatista, P. B., who is followed exclusively by other paper, and John B. McKim, Holl Thorne, and Frank Bellows—the greatest Caricaturists of America.

Each number contains Puzzles, Riddles, Enigmas, Charades, Hobbies, &c., for festive amusement. The Picayune is the only medium used by that renowned dramatist, Professor Julius Gens. Hamball, to enlighten the world by his Original Lectures.

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August.

"REYNOLDS POLITICAL MAP OF THE UNITED STATES"—Just published, showing at a glance the whole country, from the Atlantic to the Pacific coast; colored so as to designate the Free and Slave States; also the West Territory which lies open to slavery. It also presents a vast amount of statistical matter, showing the advantage of Freedom over Slavery, together with statistics of Fremont and Dayton.

Price, in sheet form, 25 cents.
Price in pocket form, 10 cents.
Every person interested in the politics of our country, should possess a copy. Copies sent postpaid on receipt of the price.

WILLIAM C. REYNOLDS, Publisher,
Aug. No. 165 Broadway, N. Y.

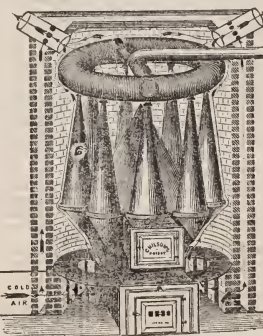
A CRUSADE ON FASHION, and the erroneous customs of the day, has been entered upon by D. LINDA, ALEX., in a neat semi-monthly journal of right cases, called FASHIONS, published at No. 111 Nassau St., N. Y., at \$1 a year. All who feel interested in the physical, moral and mental improvement of society, should own or see this pioneer for much-needed reforms. Aug. 16.

CHILTON'S

NEW

CONIC

FURNACE.



GARDNER CHILTON has just completed and Patented in America, England, and France, his new invention—THE "CONE" FURNACE—and asks the special attention of those about erecting or remodeling buildings, as well as dealers in Hot-Air, Steam, or Hot-Water Furnaces, and asks them to carefully examine this invention, which entirely changes the principle and character of Hot Air Furnaces, developing another and a new principle, and obviating all former objections to their use. The practical operation of a number of these Furnaces, erected during the past winter, points out a new discovery in science, by which the most wonderful economy in fuel has been attained, and clearly demonstrates that the waste heat lost from chimneys is enough to warm every dwelling in the city. By this invention the heat formerly lost is made to warm the house. The Cone above represents this invention as a Furnace, for warming all classes of Buildings with Hot Air, but the same principle is being adopted with remarkable success for Steam and Hot Water Heating Apparatus; also for Steam Power and all other useful purposes for generating heat.

This discovery, simple in itself, is the daily wonder of those who witness its results, and it becomes a matter of surprise that a plan so once so simple and practical in its operation should thus far have entirely escaped the notice of scientific men. We believe that no one who investigates this principle will be liable to use a furnace constructed on any other.

CHILTON, GOULD & Co.,

59 and 101 Blackstone street, Boston.

August—31.

The Revised and Enlarged Edition of BRADLEY'S AMERICAN LAWYER AND BUSINESS MAN'S FORM-BOOK, with a Map of each State, is now ready. Agents will send on their orders. It is the latest edition of the old edition, and the new one. A valuable price the same as before. A copy will be sent by mail (post-paid) on receipt of \$1.

Address, A. RANNEY, Publisher,
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WOMAN AND HER DISEASES, FROM THE CRADLE TO THE GRAVE. With an Appendix "on the propriety of limiting the increase of family." Adapted exclusively to her instruction in the physiology of her system, and all the diseases of her critical periods. By Edward H. Dixon, M.D., Editor of THE SCIENCE, Consulting and Operating Surgeon, author of "A Treatise on the Early Decay of American Women," "Diseases of the Sexual System," &c., Price \$1. Agents wanted. Copies sent (post-paid) on receipt of price.

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Just published, MORSE'S RAILROAD AND TOURIST'S MAP of the above States, compiled from the latest and most authentic information. Price, in pocket form 50c. Copies sent post-paid, on receipt of price.

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PLEASANT AND PROFITABLE EMPLOYMENT. For particulars address FOWLER AND WELLS, No. 808 Broadway, New York.

Matrimony.

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

No. 224 declines receiving further communications.

No. 225.—A NEW SERIES does not wish to be considered any longer a candidate for Matrimony.

No. 199 is withdrawn.

HETTY, No. 145, withdraws her name, having found her other half.

No. 227.—Is a widower, thirty-eight, medium size; reputation good; heavily well-disposed; not bad-looking; believes in hydrotherapy, mental exercise, and physical. He is retired in Kent at Hillside Cottage, where he is settled with a domestic classmate, educated, intelligent, and well-disposed to a lady under the system, with a domestic classmate, educated, intelligent, settled in manners and skilled in domestic duties.

No. 228.—Is a candidate for matrimony. In following a business profession, and has had favorable testimonials of character from prominent men. I desire a healthy, intelligent, Christian lady, one that possesses her mouth with wisdom and kindness—one that I can safely trust will do good all the days of her life. J.

No. 229 is twenty-eight years of age; seeks a companion in the true sense of the term. Wishes one to fill the void which he feels spiritually, socially, and physically. He is free and single, and desires a domestic classmate, a social reformer, anti-slavery, temperance, free laborer, and a Christian. He is a healthy and almost a vegetarian. Would prefer psychometry as a true means of acquaintance. (Will the writer of the above give me his address, PLEASEDLY written.)

No. 229.—Laurie would open a correspondence with an intelligent man, is thirty-five, a husband intelligent, liberal-minded, refined in feeling, and energetic.

No. 230.—ANNIE is 31, a Reformer and spiritualist, deeply reverent, true and simple, and desirous of love and affection. She would like a husband intelligent, liberal-minded, refined in feeling, and energetic.

No. 231.—A Western Man of good address and business habits, wants a partner for life. He is 21 years of age and is a temperate, and wants a wife two or three years younger.