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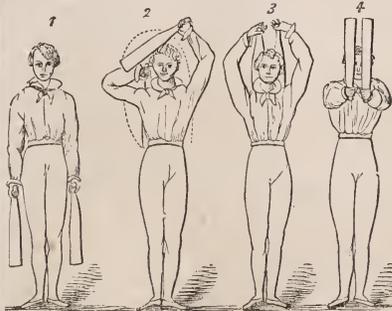
THE INDIAN CLUB EXERCISE.

1st. Club is held by the handle, pendent, on each side (Plate I. fig. 1);—that in the right hand is carried over the head and left shoulder, until it hangs perpendicularly on the right side of the spine (Plate I. fig. 2); that in the left hand is carried over the former in exactly the opposite direction (Plate I. fig. 2), until it hangs on the

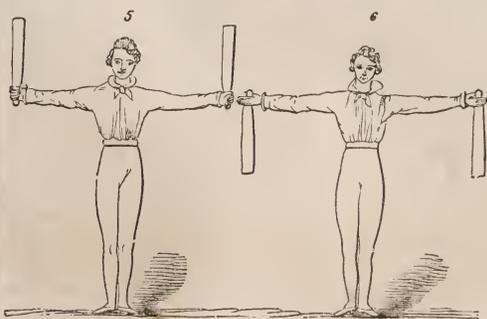
opposite side; holding both clubs still pendent, the hands are raised somewhat higher than the head (Plate I. fig. 3); with the clubs in the same position, both arms are extended outward and backward (Plate I. fig. 6); these are lastly dropped into the first position. All this is done slowly.

2d. Commencing from the same position, the ends of both clubs are swung upward until they are held vertically and side by side, at arm's length in front of the body, the hands being as high as the shoulders (Plate I. fig. 4); they are next carried in the same position, at arm's

PLATE I.



length, and on the same level, as far backward as possible (Plate I. fig. 5); each is then dropped backward until it hangs vertically downward (Plate I. fig. 6); and this exercise ends as the first. Previous, however, to dropping the clubs backward, it greatly improves this exercise, by a turn of the wrist upward and backward, to carry the clubs into horizontal position behind the shoulders, so that, if long enough, their ends would touch (Plate II. fig. 1); next, by a turn of the wrist outward and downward to carry them horizontally outward (Plate II. fig. 2); then by a turn of the wrist upwards and forward, to carry them into a horizontal position before the breast (Plate II. fig. 3); again to carry them horizontally outward; and finally to drop them backward as already explained; thence to the first position. All this is also done slowly.



3d. The clubs are to be swung by the sides, first separately, and then together, exactly as the hands were in last extension motion.

1st. A club is held forward and upright in each hand, the fore-arm being placed horizontally by the haunch on

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each side (Plate III. fig. 1); both are thrown in a circle upward and forward, and by a turn of the wrist downward and backward, so as to strike under the arms (Plate III. fig. 3); by an opposite movement both are thrown back again in a similar circle, they swing over the shoulders (Plate III. fig. 3); and this movement is continued as long as agreeable.

2d. The clubs are held obliquely upward in each hand, lying on front of the arms (Plate III. fig. 4); that in the right hand is allowed to fall backward (Plate III. fig. 5); and swings downward, forward to extent of the arm, and as high as the head (Plate III. fig. 6); the moment this club begins to return from this point, in precisely the same direction to the front of the arm, that in the left hand is allowed to

drop backward and to perform the advancing portion of this course in the time that the other performs the returning portion, so that each is at the same time swinging in an opposite direction.

3d. From either of the first positions now given, the clubs are, by a turn of the body and extension

figure of the first exercise,) they return to the first position; this is repeated to the other side; and so on alternately.

4th. Beginning from either first position, the body being turned laterally—for example, to left, the club in the right hand is thrown upward in that direction at the full extent of the

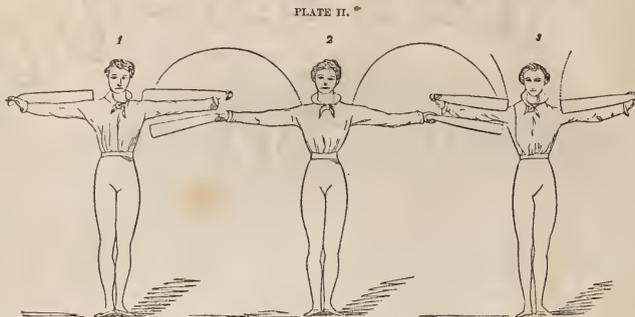


PLATE II.

PLATE III.

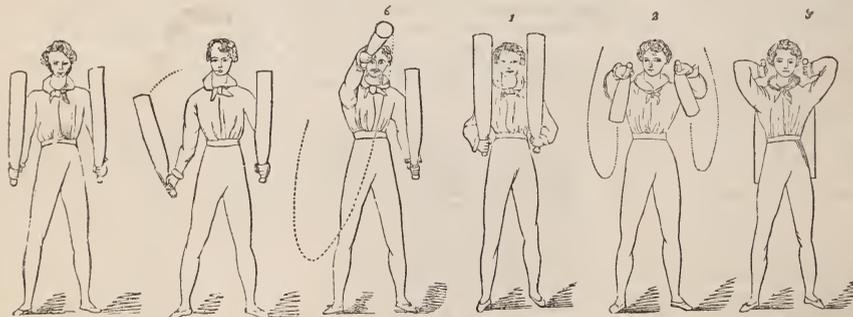
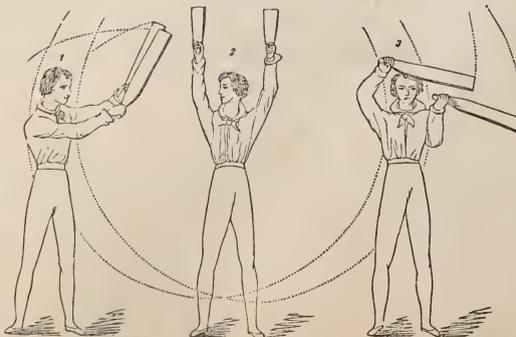


PLATE IV.

arm (Plate V. fig. 1), and makes the large circle in front and curve behind as in the last exercise (Plate V. fig. 2), while the club in the left hand makes at the same time a smaller circle in front of the hand and behind the shoulders (Plate V. figs. 1, 2, and 3.) until crossing each other before the head (rather on the right side), their movements are exactly reversed, the club in the right performing the small circle round the head while that in the left performs the large one—and these to continue to be repeated to each side alternately.

5th. The clubs being in either first position, the body is turned to one side—the left for example, and the clubs being thrown out in the same direction, make each, by a turn of the wrist, a circle three times on the outer side of the outstretched arms (Plate VI. fig. 1);



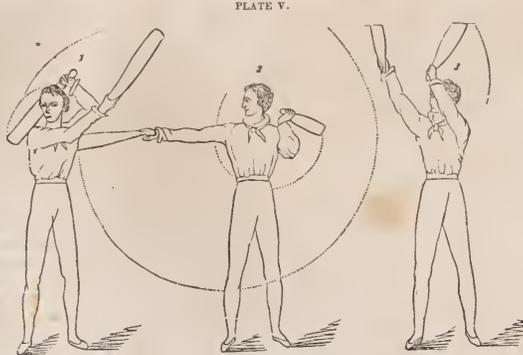
ROTARY MOVEMENT FOR STRENGTHENING THE BACK.

—when completing the third circle, the clubs are thrown higher to the same side, sweeping together in the large circle in front, as in the second exercise, the body similarly turning to the right; but, instead of forming the smaller curve behind, both are thrown over the back (Plate VI. fig. 2);—from this position the clubs are thrown in front, which is now toward the opposite side, and the same movements are reversed; and so it proceeds alternately to each side.

6th. In this exercise, the clubs are reversed, both being pendent in front, but the ends of their handles being upward on the thumb sides of the hands. (Plate VI. fig. 3.) The exercise consists chiefly in describing with the ends of the club two circles placed obliquely to each other over the head. For this purpose the club in the right hand

is, in a sweep to that side, first elevation behind the head and thence passing to the left (Plate VI. fig. 4), the front the right (Plate VI. fig. 5) behind, (where its continuation is indicated in fig. 5, and completed in fig. 6,) thus forms its circle; meanwhile the club in the left hand, commencing when that in the right was behind the head, has passed on the back in its circle to the right (Plate VI. fig. 5), while that on the right, hand has passed on the front of its circle to the same side (Plate VI. fig. 5), the parts performed in both being marked by complete lines, and the parts to be done merely indicated;—and they continue that in the right hand by the back, and that in the left hand by the front, toward the left side (Plate VI. fig. 6), and so on at pleasure, circling over head.

[Although but two-thirds of the body, viz., from the loins upward, are called into operation in this exercise, its importance must be estimated by



the fact that they are precisely those requiring constant artificial practice, being naturally most exempted from exertion. As an adjunct to training, there is nothing in the whole round of gymnastic performances that will be found of more essential service than this exercise with the In-

dian clubs. It demands but little muscular exertion, and such as it does require calls chiefly upon that portion of the system which it finds in a state of comparative repose.]

By an irrevocable Physiological law, growth of brain and body is acquired by exercise. Look at the arm and hand of the laboring man or woman, and how vast the difference in the size and strength of two classes. The same law holds respecting the lungs and other vital organs. The heart of him who creeps through the world languidly and mincingly, is small and weak in its power to circulate the blood, while the man who rushes into active business earnestly, and uses his muscles vigorously, his heart is called upon for energetic action in sending the blood copiously to all parts of the system, and the consequence is an increase in the size and strength of that important organ.

PLATE VI.



THE EDUCATION OF PHYSICIANS.

BY GEORGE HOTT, M. D., BOSTON.

A MORE responsible position can hardly be found than that occupied by a physician. Standing out from the ordinary walks of men, he proposes to take within his keeping the life of his fellow. In so doing, he gives a tacit pledge of competency, by the use of every necessary means to do the work proposed. I do not deny that there are those abundantly qualified to redeem their pledges. But it does seem to me that there is a tendency to slide into the profession, on the part of many individuals, who are but poorly prepared for the exigencies of professional life.

A physician, in the first place, should be well educated. He should, at all events, be so much of a scholar as to be prepared to take his place, a "man among men." This is indispensable if he design to be successful among intelligent people, who quite naturally if not properly, measure his professional ability by his educational stand-

ard. The idea that *reform* tends to a reduction of our literary standard, is exceedingly distasteful. I do not admit that such is the fact. Assuming, however, the binding obligation of physicians to high professional qualifications, it follows that they are barred from pleading in extenuation of failure, that they "did the best they could." *He must do the best which can be done.* If he fall from ignorance, he is blame-worthy and is held *responsible* for his failure by the courts, who recognize, not the intention, but the fact.

Aside from legal responsibilities, every physician must answer to his conscience and to Deity, for his deficiency of knowledge. The idea, however, that he has competency to manage disease, who only has made himself familiar with the "formulas" of his "school," is simply ridiculous. There is no such thing as *leaping* into the profession and doing its work successfully. He may cure an occasional case; a great many cases will cure themselves, if let alone. Nature is always struggling to do her own work, and patients often suffer more from the impertinent in-

terference of a medical attendant than from disease. This remark is particularly true of those styled "self limited," whose changes can never be arrested, but merely modified. Any attempt to do more, is at the imminent risk of killing the patient. It is not the mild and gentle form of disease which tries a physician. These "will take care of themselves." It is in those dangerous, deep-seated affections, where many of the symptoms are obvious, but which do not express the cause; where the *apparent* condition, is incompatible with symptoms representing the *real*; where the evidence in a casual and superficial examination *appears* definite, but which is completely nullified and reversed by more exact and positive research, which try and test a physician.

It is equally clear, that whether a case be acute or chronic, recent or long standing, a physician's opinion of its *nature, seat and cause*, will essentially influence his practice. It follows, then, that the life of a patient may be placed in jeopardy—the danger of the one being in exact ratio to the accuracy of the other. And yet with

what slight examinations are medical gentlemen sometimes satisfied! Instead of cautiously noting every symptom of irregularity, analyzing, weighing, comparing, and finally balancing them, there are those who affect to understand a case by intuition, and who leap to their conclusions in a sort of flying somerset. To illustrate the necessity of an *exact diagnosis*, I beg to relate the following case:

In June, 1850, I had charge of a child about four years of age, suffering from scarlet fever. The case was not severe, and being "self limited," did not require marked or severe treatment. It was that form, ordinarily known as "scarlatina anginosa," and was troublesome only from the condition of the throat. In passing, I beg to say, that there is rarely difficulty in controlling the worst cases of this variety, if, in addition to general treatment, application of ice-water be made to the throat. The reason is obvious. The *inflammation* and *consequent ulceration* at that point, become the chief exciting cause of constitutional disturbance, which, in a multitude of cases, destroys the patient. This application to the throat arrests the one and prevents the others. Its use, however, demands great discretion and caution. Pardon this digression.

The child required my attendance from the 4th to the 13th of the month. On the 18th, I was again called and found it suffering with symptoms, evidently of dropsical "sequela." The chief object now before me, was to bring into activity the exhalants of the skin, and to increase the secretion of the kidneys; both which I accomplished by general treatment. But while the dropsical tendency was subsiding, another class of symptoms became apparent, whose incipency I had recognized as a consequence of the dropsical effusion, but which now puzzled me a good deal. While the bloot decreased, the languor and apparent prostration was on the increase; and while I could not perceive that the latter bore any relation to the former, still their co-existence led me to suspect a mutuality of cause. Still the languor increased with a manifest tendency to stupor, and no efforts on my part or of the attendants under my supervision, could arrest it. Of course I suspected trouble in the brain. There was, however, a slight excess of heat, and, though the secretion of urine was not profuse, neither was it so scant as to warrant the supposition of deposit into the ventricles. Nevertheless the stupor was evidently gaining upon me. The head still remained comparatively cool. There was no undue pulsation of the temporal arteries, no wrinkling of the forehead, no snapping of the eyes, none of the ordinary moaning, or half-ennunciated words, or occasional deep sighing, which point to congestion. The *skin* was quite natural; a little inclined to dryness, but so slightly, as hardly to be reckoned feverish. But there lay the child. This was the 20th. On the 21st I visited it quite early, and found it evidently worse; not absolutely stupid, but with marked tendencies to stupor, and rapidly approaching it. The countenance, however, had not the pearly whiteness which accompanies the dropy of scarlet fever, and, as I have already hinted, the "bloot" was decidedly less. Offer it water, it would swallow. Change its position, it was

passively quiet—was not absolutely unconscious.

Up to the evening of the 20th, there had been no change in the condition of the eyes. I had been absent fifteen hours, and now examined them again. To my surprise, I found the pupil of the left eye largely dilated; while that of the right was very much contracted. "It is settled," said I, in a half articulate voice—"the child has water on the brain. Let us examine the pulse." It did not intermit. It was rapid but *regular*. Here was a most extraordinary combination of symptoms. Irregular dilatation of the pupils is the usual accompaniment of hydrocephalus. But an intermittent pulse is, if possible, more absolute evidence; and I had never witnessed, in that disease, the one without the other. Here was a problem which must be solved. What was the *exciting cause* of these phenomena, and *where its location*? I now proceeded to renew my examination, and to make a careful analysis of every symptom. Was it *phrenitis*? (inflammation of the brain)? No. The head had too little heat; the pulse was not wiry, hard or tense. Besides, the sclerotic coat (white of the eye) was not injected (red), as is usual. Was it then congestion? No. The pulse was neither full, or bounding, and, aside from that terrible eye, and the stupor, there was no symptom which indicated disturbance of the brain.

I began to breathe more freely. The apparent disease of the head was *symptomatic*, and I must look to other sections of the body for the *cause*. I stripped it. His respiration was equal and steady. His lungs responded to percussion admirably. There was no trouble there.

The stomach gave no evidence of special irregularity. He had not vomited, nor retched; was not apparently thirsty, and during his consciousness, had not made frequent demands for water. There was no apparent tenderness in any portion of the abdomen. The stomach, liver, spleen, kidneys, bladder, all gave testimony to a normal condition.

But the child was of a lymphatic temperament, and had a large abdomen, and had, I was aware, been kept on an exceedingly irregular diet. Reasoning negatively as well as positively, and being assured that the disturbance of his brain was symptomatic only, I soon came to the conclusion that his present trouble was caused by *intestinal worms*. Acting upon this opinion, I proceeded forthwith to direct my efforts to the intestinal canal, and within *twelve* hours succeeded in expelling *thirty* long, round worms. The effect upon the child was electric. Consciousness returned immediately, and in a few hours the dilated and contracted pupils became a unit in size. It is hardly necessary to add, I had no further trouble with the case. He is still living, a strong, healthy boy. Some of the more singular features of this case are, that the child had none of the distinctive characteristics of worms. There was no substilus, twitching of the muscles, grinding of the teeth, "hectic" patch, frequent swallowing, rubbing of the nose, or discharge of mucus from it, &c., &c. Neither was it in the worm fit, nor in a condition resembling it. It illustrates the point I had under consideration, to wit, the necessity of great exactness in our examinations.

INCORRIGIBILITY OF DRUG DOCTORS.

BY J. G. PETERSON, M. D.

It is utterly impossible to ascertain anything, much less the merits or demerits of a medical system, without a trial. The purpose of a trial is to determine, and bring things to light; and we must pass everything through the ordeal of trial, if we would act understandingly. We ascertain the color, size, appearance, &c., of things by the mind, through the instrumentality of the eye and light. Weight is tried similarly through the sense of feeling; odors through the olfactories, and sounds through the ear.

It is irrational, therefore, to affirm anything concerning any matter, until investigation has ensued. He that acts otherwise, acts regardless of sense or conscience.

Many times and oft have we Hydropaths proposed to convince Drugopaths of the error of their ways, and have them turn and live; again and again have we, too, desired them to convince us of the rationality of their ways which seem almost past finding out, yet they have pertinaciously and most obstinately refused giving us an answer—a trial.

From all that can be gathered, therefore, from experience, and the actions of the profession towards all the irregulars, we apprehend certain things in a putrefactive condition in Denmark, for whilst the deeds of men are to be kept secret, there are just grounds for believing them evil. It is not presumable that any person would refuse coming to the light when he was conscious of being right, and of having truth on his side, for by investigation his doctrines would only shine the more brilliantly; and he who is at all honest, will not refuse to let his position be critically scrutinized, his errors, if any, unmasked, and he thereby be led into the truth. The man alone who knows his inability to sustain his position, and yet possesses too much selfishness, perverseness, and obstinacy, disdains to be brought to light, lest his evil deeds be publicly exhibited.

For what purpose do Allopaths refuse discussing the merits of the two systems, but their consciousness of error, which their foolish pride will not suffer to be exposed?

If it be a Christian's duty to be ready always to give an answer to every man that asketh a reason for the hope that is in him, and that, too, with a good conscience, it is equally the duty of the physician to be ready to do the same, (for every physician ought to be a Christian,) that they who speak evil of him, may be ashamed of their false accusation.

The giving of reasons for the hope that is in us, answers some very important purposes. In this way the uninformed can be enlightened, and designing men, who, through prejudice, and for vile purposes, misrepresent and accuse others, may be refuted in their vile calumnies, and be brought to justice.

Now, do not Allopaths occupy a very peculiar position, in that they refuse to answer some important medical questions? And what is their excuse? Simply this: the persons interrogating them are too far beneath their notice. The walls

of the medical profession are too dignified and exalted, for those occupying their "watch towers" to stoop to, or take cognizance of any assault whatever, although it should raze their impregnable structures to the ground a thousand times. Poor sinful Allopaths—they, who exalt themselves even higher than the Deity himself. They manifest overwhelmingly by such conduct, the spirit of their illustrious predecessor—the Devil.

Allopathic physicians, almost to a man, accuse Hydropaths of being "Charlatans," "Quacks," "Enemies to medical science," &c.; yet if such were really the case, what would be the duty of the legitimate medical gentlemen towards us? Ought they to oppose us behind our backs, and defeat us by argument, or rather low invectives, to which we have no opportunity of replying? I answer emphatically, no; for such conduct will universally strengthen us in our course, and cause us the more vehemently to persist, whilst others are led to conclude that we are incontestably correct, otherwise the scientific learned would not hesitate even for a moment to discuss meritoriously the two systems, publicly.

Drug physicians speak absurdly, contemptuously, of us and our system behind our backs, yet never a word do they say publicly before our faces.

They are determined, too, to remain ignorant of the Hygienic system, although the health and well-being of all coming generations depend upon it. They are full bent on keeping their own eyes shut, whilst they condemn everybody else for opening theirs and seeing. Oh will they never see? Will they never learn to know that their course has been ruinous to the human family beyond an angel's comprehension? Do they not know that the years of the race have been growing shorter and shorter every generation from Adam to ourselves; weaker, and weaker, and more incapable of living, as the practitioners of the profession grow more numerous and skilled in their art. Do they not know, too, that poisons are destructive to humanity, whether taken accidentally, for suicidal purposes, or prescribed by a physician; and that drugs and drug-doctors can never atone for the sins of physiological transgression? And can they be so stupidly ignorant as not to know that if a person violates all the laws of life and health, that he must necessarily, sooner or later, reap the penalties due to the transgressions, which are sickness, pain, bodily imbecility, and premature death; and to obey these laws, that it is necessary to know that they exist, and are liable to be violated? They ought, too, to be overwhelmingly conversant with the fact, that unless the physician teaches the people the necessity of a knowledge and due regard of these things, that they must ever remain ignorant of them; and consequently continue in their transgressions even to their final extinction.

Drug-doctors of all schools ought to know that they have lived, labored, and physicked, to no purpose but to destroy the vitality of the race; that should they even succeed in curing all diseases for which they contend, yet they do nothing towards stopping their cause; but, on the contrary, leave their patients more suscepti-

ble to disease afterwards, and their progeny more imbecile and degenerate.

Man originally lived to between nine hundred and a thousand years. At the time of the Egyptian servitude, however, his life had run down to between one and two hundred years; and at the time of David, he speaks of it as being "three score years and ten." Now it is not thirty. Where will the race be a dozen generations hence? The fatal causes which have produced this effect, have been working through all generations. The physicians, too, have been working almost as long a time, yet they have not banished the causes, nor stopped the downward career of the race. They acknowledge that man's appetite and passions have brought him to what he is; yet, of all men on God's earth, physicians themselves seem to regard the laws of life and health the least. They are generally drunkards, gluttons, and incarnate devils, in the true physical acceptance of the term; making every effort, seemingly, to take hell by storm as quick as possible; and to draw as many others down after them as show a willingness to go. They acknowledge that drunkenness and gluttony are prolific sources of vice and crime, of disease and death; yet they eat more gluttonously of multitudinous and manifestly poisonous, destructive things, than any person else. How can they, then, teach the people how to live properly, when they themselves make no pretensions to it? How can they redeem the race, when they themselves go heedlessly and headlong to death and destruction, persisting all the while for everybody else to follow suit? Oh, how can the world be redeemed? As well might we attempt to redeem the subjects of devils, as to endeavor to redeem many heart-bound, conscience-seared, body-fettered allies and subjects of drug-doctors. And to redeem a majority of the drug doctors themselves from the error of their ways, would require an effort nothing short of that which would be competent to redeem, fit, and prepare, devils in hell, for a home in heaven. Jesus Christ, himself, if visibly present upon earth, could not convince such persons of the error of their ways. They are inexorable to all persuasion, reason, common sense, or duty of conscience. They acknowledge practically no higher law than that of their passions, and recognize no conscience save that manifested by their beliefs.

How can such persons redeem the race? They cannot. It is utterly impossible, and consummate foolishness to depend upon it. We might as well expect Beelzebub and this minor host of devils, to restore the race spiritually, as to think drug-doctors competent to restore it physically. Both are preposterous in the extreme, and if no other help remains for our physical salvation, we may exclaim with truth in the physical, as in the spiritual life: "The harvest is past, the summer is ended, and we are not saved." Lost we are to every purpose, unless rescue comes speedily; for less than half the number of years, from David to ourselves, in future, will precipitate the race into the nothingness of extinction.

Every tree is known by its fruit. That the fruit of the poisonous drug system is *poisonous*, everything concurs to show; but that the Water-

Cure bears such fruit, no one will pretend to affirm; on the contrary, it is destined to save the people from their physical sins, who receive its glorious gospel, and obey its blessed injunctions. Like Christ, the "good physician," it teaches the people to "wash and be clean," and "sin no more." It also inculcates the doctrine of proving all things and holding fast the good only, a thing which Allopaths utterly detest, and disdain to be thought guilty of its necessity. As to those who, like Ephraim of old, are joined to their idols, we can do no better than let them alone severely, to take a few more lessons from Beelzebub.

By way of recapitulation, I will yet say, that drug-doctors "love darkness rather than light," manifestly "because their deeds are evil," else why do they not come to light? They are false teachers in theory and practice; otherwise they would not refuse to answer him who asks a reason for the hope they have in their suicidal, manslaughterous conduct. They must have the spirit of the Devil, because they have his pride; for they cannot, or will not stoop low enough to notice us, although we have demolished their fortifications a thousand times. They cannot possess the spirit of Christ, for He could even stoop low enough to reason with the Devil. They cannot redeem the race from the doom which seems to await it, for they cannot govern their own appetites and passions. They must also themselves expect a hot life in fatuity, otherwise they would hardly fear *water* when in danger of *fire*, unless because of a desire to get acquainted with that element by degrees.

We conclude, therefore, that drug-doctors are the Devil's decoys, as liquor manufacturers and venders are; and that they are as little fit to redeem the world from the sin of physiological transgression, as the pit that is bottomless is fit for a powder-house.

THE ART OF
"MULTIPLYING DISEASES,
AND SHORTENING LIFE."

Such a title we have the authority of the distinguished Dr. Rush for applying to what others are fain to denominate the *art of healing*. The learned and candid Doctor, it will be remembered, made this remarkable confession,—"We have multiplied diseases; we have done more—we have increased their fatality!"

There lies before us at this moment a curious book, entitled "The Practitioner's Pharmacopoeia and Universal Formulary," which one cannot spend much time in perusing without being enlightened as to the way in which the deeds above confessed are done, and the means resorted to by the "Faculty" to accomplish so dire results. This book, originally compiled by John Foote, M.R.C.S., we are told, contains "2000 classified prescriptions, selected from the most eminent British and Foreign medical authorities, etc.," and it is now re-published, "with corrections and additions by an American Physician," by the Messrs. Woods, of this city. The public are indebted to these gentlemen for many works of value, albeit they are leading promulgators, on this side the Atlantic, of Allopathic lore.

The volume we are considering claims, as has been seen, to be a "Pharmacopœia;" which reminds us, in passing, that, as *pharmakon* is a *poison*, so a *pharmacopœia* is a *repository of poisons*, just as pharmacy is the art of *mixing poisons*, and a pharmacist neither more nor less than a *preparer and dispenser of poisons*. And such is the vaunted machinery for preserving life and health. Strange, is it not, to what incongruities custom can blind the majority of human kind!

As to the "eminent British and Foreign medical authorities," the author has surely committed a grave oversight, or else has shown a sorry lack of impartiality. For while he gives Cullen, and Paris, and Gregory, and Thompson, (not Samuel, the *Varmounter*, of "cayenne and lobelia" memory,) credit for scores of villainous compounds, of which proportions, doses, uses, etc., are duly specified, he says not one word about the many varieties of *abrichung* and *lien tuck* administered with such happy effect by those "eminent medical authorities;" Friessnitz, Weiss, Johnson, Gully, and Wilson. He treats us to three hundred and eighty-eight mortal pages crammed with a nomenclature of poisons, without one word about *tubes*, *fountains*, *pail-douche* or *thermometer*. To read of such medication in this sweltering summer weather is not an infliction to be borne with patience; what shall we say, then, of the unfortunates who must make trial of its effects?

The author tells us his prescriptions are arranged "according to their physiological and pathological action on the human frame,"—a plan which, he thinks, should render the work "more useful to the medical practitioner." That is to say, having his remedies divided according to the particular *morbid* or *diseasing* influences they are capable of exerting, the practitioner will be able to put his finger at any time on the means of producing just the disease he may desire to bring out. A great convenience, truly; and one for which the sick should be duly thankful!

The American editor of this book very modestly tells us that he has "confined himself, in the first place, to the correction of such manifest errors, as *hæte*, or *inadvertence*, or WANT OF ACQUAINTANCE WITH THE SUBJECT, may have betrayed the author into;" and "Secondly, to the correction of some important errors in the doses of powerful medicines, etc." Trifles these, to be sure! One would think a person dealing in two articles which sustain to each other such delicate relations as do human life and the deadly poisons that destroy it, should have, at the least, a pretty thorough and nice acquaintance with his subjects. But no; our "American physician" naively confesses that the author he edits has published as the guide of the practitioners, a book containing not a few "manifest errors," some growing out of no less a cause than "want of acquaintance with the subject," and that he has been playing with edge tools by blundering into "important errors in the doses of powerful medicines;" (that is, *powerful poisons*). Is such the boasted authority of the schools? It would be a fair subject of investigation to inquire of how many human lives these authoritative errors

have already caused the sacrifice; and how many Dr. Foote is destined yet to destroy, at home, where no American editor steps in to correct his perilous mistakes. And beyond all that, what assurance have we that, even "in its present shape," it is really rendered unobjectionable by being freed from murderous preer'ptions?

Into the treatment of "accidents" laid down in this book, *bleeding*, of course, enters largely, notwithstanding sensible physicians are constantly learning that, as all accidents naturally lead to more or less *prostration*, so bleeding, the most prostrating of all modes of treatment, is necessarily the most injurious. In *sun-stroke* Dr. Foote recommends *bleeding*, repeated if the patient does not rally;—a recommendation to which the American editor very truly adds, "It has been found that patients who are bled generally die."

Respecting the farrago of prescriptions in this record, (rather, it appears to us, of what physicians have done, than of what they should do,) our space does not now allow us to say much. A few samples we will give by way of setting forth the "learned ignorance" of the Regular Life-destroyers. The following is an example of a culpable waste of crudition and Latin vocables:

"R. Ficus liquidæ, mensura Oj.
Aque distillatæ, congium.

Mix together for a quarter of an hour, etc., etc.; use, in Phthisis; Oj. to Oij. a day: It has but little efficacy." A very laborious way, certainly, of telling the consumptive that it will do him precious little good to stir up one quart of tar with one gallon of water, etc., and drink from one to two pints a day of the mixture!

The following draught, entitled "Potio Calcis," is particularly instructive:

R. Liq. calcis Oss. in dia.

To be taken in veal broth.

The which we think a Yankee Cockney might translate, "Take lime-water, Hass, and die." The prescription of "veal-broth" as a vehicle, is doubtless an act of consideration towards patients of tender head-pieces—*Anglicè*, towards *calves*! But if low Latin be so essential to the authority, the safety, or the efficacy of a prescription, why not follow it out? Why put the "veal broth" in the vernacular, while "lime-water" is dressed in that pompous garb which a certain nameless gentleman with hoofs, horns, and caudal appendix, is reputed not to comprehend?

If the object is to befog the public, we candidly believe it will meet with no better fate in the end than is already seen to have marked the barbaric jargon and scientific mummeries of Homœopathy.

Dr. Trotter is "trotted out" to present "the profession" with the remarkable prescription annexed; namely,

R. Lupuli Strobili q. v.

Aque ferventis q. s. ut madescant strobili.

Use: In gangrenous ulcers.

Now this profound recommendation amounts in English to this much, "Take of hops as much as you please, and of boiling water enough to moisten them!" Is Dr. Trotter quite sure he has not been purloining the prescription of some

"old woman"? Whichever horn of the dilemma he takes, the profound simplicity of the Doctor is quite as apparent as that of his prescription; and that of the author, *dit'o*.

To Watson is credited a poisonous draught, introduced to our notice as "Mist. Antim. Potasio-Tart."

"R Antim. p. tart. gr. j.

Aque ferventis ℥ij. Solvæ.

A fourth part to be taken every half hour.

If the patient becomes pale and sick, the use of the tartar emetic is to be suspended; to be renewed afterwards if the inflammatory symptoms return. If it cause diarrhœa, a few drops of laudanum should be added to each dose!"

We are charitable enough to half pardon the Doctor for his desire to cover up beneath technical abbreviations so vile and dangerous a prescription; albeit he lets the cat out before he gets through. He furnishes us, however, with an example of the way in which the principle of carrying poisoning to the extent of safety, (sometimes just beyond it,) is reduced to a "science."

With these representative selections we may safely leave the subject, for the present, at least. Cannot every reader of the Water-Cure Journal become a missionary in his or her own neighborhood, and convince at least one fellow-human of the uselessness, danger and folly of looking for health and long life to the employment of means so absurd and yet so pernicious? Who will begin the needful work, and correct the insane vagaries of Allopathic practice, by sapping the pocket, and administering a palpable hint to the stomachs of the veteran "fogies," who still foster and maintain its monstrous pretensions?

LOOKER-ON.

OUR FIRST YEAR OF PROFESSIONAL LIFE.

BY GEO. E. KIMBALL, M.D.

It has now been over one year since we left the New York Hydropathic College—shaped our course to this truly beautiful city, and entered upon the more active duties of professional life. What an eventful era in our lives has that year been to us! What a change has taken place in public sentiment hereabouts respecting the claims of Hygeopathy since that time! Then there were but few who had moral courage enough to openly advocate the superiority of Hygienic over Drug Medication! Now, they are counted by hundreds, and are increasing beyond all precedent, and what is very significant, the better class of our citizens are becoming thoroughly emancipated from drugs and drug doctors. How different is our situation now from what it was then. Then we were comparative strangers; now, we have many warm enthusiastic friends and patrons; and what is more encouraging, they are increasing daily. Our skill as practitioners of the Healing Art, and Teachers of the Laws of Life and Health, has become more generally known and acknowledged, and our practice is increasing in a corresponding ratio. All of this has been accomplished by ways and means within our own power and under our own control—and I am thoroughly convinced can be accomplished by all Hydropathic Physicians who will

pursue the same straight-forward, zealous and uncompromising course that we have pursued.

We have been blessed with *peace and prosperity*, and the same means that have procured for us these blessings we have no reason to doubt will continue them still unto us, if we pursue the same course, and *live* in the same consistent manner. I cannot help reflecting on what has transpired in this city since that time.

How varied have been the things of time and sense. How many have paid the *debt of nature*, and now lie mouldering into dust; how many ills have been prevalent; how many evils, incident to the present physical condition of humanity, have been disseminating deleterious influences in society; how many favorites of fortune are now in affliction and adversity; how many have had their fairest hopes blasted, and all of their delightful anticipations fail to be realized, and misery realized in their stead! These changes, as a general thing, have taken place through ignorance, and consequently transgression, of physical laws.

Many persons who have not become experimentally acquainted with the laws of life and health, will object to my conclusion; but all intelligent and reasonable persons will admit that Deity has given us life, subject to certain laws; and had men and women never transgressed these laws, disease and untimely death never would have entered this beautiful world of ours, to produce so much unhappiness and misery as it does; but all would live to a good old age, and ripen for the grave, and fall back to earth as naturally as the ripened fruit falls from its parent stem. Is it not the most extraordinary thing, when rationally considered, that intelligent people (on other subjects) should be (as Prof. Paine would say) so *profoundly ignorant* in regard to the first principles of the laws which govern their own physical organizations; and not only ignorant, but *content* to remain in *total ignorance*; and what caps the climax of ignorance, many of them even *thinking* that *they ought to remain so*? The people are not to blame for possessing so much ignorance on this all-important subject, but the doctors who have used all their endeavors to throw a *deep cloak of mystery* around these matters, thus keeping the mass of the people from bestowing attention on them, from a belief that they are above their comprehension, or that they require too much time and study to be understood usefully. Thank the Lord that the people hereabouts are getting waked up from their past lethargic condition, and many of them are finding that it is quite a mistake. They find that every intelligent person can easily obtain, at the present day, an amount of knowledge on such subjects that will be of incalculable utility to them in a variety of ways. Every person should know that *their health* must be more of *their own affair* than any one's else; and they must never expect that any one else can or will have the same interest in its preservation as they have, or *ought* to have themselves.

No person should allow any one else, not even a doctor, to make a *trade of looking after* it for them. If they do, they should not wonder if their sickness is *sometimes lengthened*, under

such circumstances, instead of *shortened*. They should recollect that it often, *very often* happens that the doctor's interest is *better served* by their *remaining sick a long while*; and, as long as human nature, among the *drug doctors*, remains as it is, they must not expect to see a fit of sickness under their care *very materially shortened*.

Let the people be educated, and every man and woman be shown that it is for their interest to understand themselves, and then we shall have less sickness, less suffering, and less *plundering deception* on the part of *drug doctors*.

Had the doctors hereabouts, last summer, spent half of the time instructing the people in regard to the Laws of Life and Health, that they did in *hurrying them out of the world by their senseless* and more than *barbarous, though scientific*, course of drugging, it would have been vastly better for the living, and averted in a great degree the *destructive results of last season's sickness*. The people, at last, got so panic struck with the "*deadly virtues of the healing art*," that they refused in many instances to see, or be seen by the doctors, considering it *equivalent to a death stroke*; which was literally true, as the sequel will show.

The doctors, finding that the people were losing all confidence in them, and particularly their drugs, resorted to every expedient within their power to win back the confidence of the people, and become re-instated again in their former *lucrative position as Family Physicians*. It has proved a foregone case with many of their former patrons. As a "*dernier resort*" one of the most liberal-minded of the doctors went to an intelligent *wool-dyer*, who had a good practical knowledge of chemistry, to know what they should do to avert the calamity which seemed to await them; for, said he, unless we can procure some *other prescription* to arrest the disease, (severe cholera morbus) the indignant people will drive all of us doctors out of town; which would, in all probability, have been the very best thing that could have been done to stay the progress of the disease.

Before the intelligent *wool-dyer* would consent to *advise* with the *learned Esculapius*, he wished to know what course they had been pursuing. Why, said the *compromising* doctor, we have only given 10 gr. of Calomel, 5 gr. of Acetate of Lead, and $\frac{1}{2}$ gr. of Morphine to a dose; and, if you will believe me, in every case where the disease is not very severe, it salivated the patient very severely. What an astonishing amount of medical ignorance is wrapped up in that reply. He meant, or should have said, that in every case where there was vitality enough to act against the drug to occasion its specific effect, salivation was induced.

The result of the above course of treatment can be summed up in a very few words; it was awfully destructive, as every reasonable person would suppose, for the regulars lost *nearly every case*. After the sickness had somewhat abated, the Board of Health requested of each physician an abstract of cases treated, with results, for publishing. Only one out of the *twenty-two drug doctors*, that we are blessed with, responded to the request; the balance would not, and could not be induced to have the results of their prac-

tice published, to be inspected and criticized by an intelligent community. Is not there manifest guilt somewhere? I leave the intelligent readers of the Journal to draw their own conclusions. In nearly every case where the patient was let alone severely, or refused to take medicine, they recovered; showing the advantage of the Orthopathic over the *drugopathic* system. One doctor lost his life by treating himself honestly, just as he would treat his patients, which you know is an uncommon incident. "Who ever heard of a doctor taking his own medicine" has become proverbial.

So much for an exordium. My object in writing this article for the Journal, is to contribute my experience in the Hygienic treatment of those diseases incident to this country, for the benefit of those who have not had practical experience in treating them, and who have not had the means of informing themselves from any other source, except the Journal. I find in lecturing in various parts of the State an unusual demand for experience in Water-Cure treatment. If practitioners would contribute occasionally some of the more marked cases which come under their observation, it would be more acceptable to the majority of the readers of the Journal, than the many lengthy scientific articles which now fill its columns. Will the class of 1854 and 1855 do their part toward accomplishing this result?

Case 1. The gentleman, Mr. C., who is the subject of the following case, was my second patient in this city. His difficulty, originally, was chronic diarrhœa. When I saw him it had assumed more decidedly the *drug diathesis*. He had been sick nearly twelve months, and had suffered many things of many physicians, for he had had nearly all in the city, and was nothing better, but actually very much worse. The doctors had held a consultation, and pronounced his case hopeless. His friends were very anxious to have me take charge of the case and see what could be done by the Water-Cure or Hygienic method of treatment. As an inducement to have me take charge of the case, a large number of his friends and neighbors said, that if Mr. C. was cured, they would believe in the *universal efficacy of the Water-Cure*. I finally consented to take charge of the case. I spent the first day very profitably to him and myself, in getting a history of his case and treatment, and giving him some idea of the laws of health, and the course of treatment I intended to pursue. We traced the *original* disease to an erroneous course of living as the predisposing cause, and the *present disease* to *excessive drugging*. This information gave him a rational and confiding interest in the changes I thought best to recommend, which not only promoted his recovery, but will render him in the future, proof against all the *seducions of Medical Quackery*. I found him perfectly prostrated; very much emaciated; pulse weak and frequent; dejections from forty to fifty daily; skin inæquæ, being hard and rough like a piece of sole-leather; feet and legs very much swollen.

My first application was a long wet sheet pack, followed by a great deal of rubbing. As soon as the sheet came in contact with his body, he said that he felt better. I treated him just three

weeks, using the following combination of baths. In the morning the dripping-sheet; at 10 A. M. a pack; at 4 P. M. a deep sitz-bath with considerable rubbing; at 8 P. M. a tepid foot bath with a douche to the feet and legs; cool injections several times each day; diet—unbolted, unleavened cakes, and prunes. He began to improve at once, and as soon as we got down to the *natural skin* so that it could breathe, his recovery was very rapid. In one week we had him so that he could go out and walk to his stable; in two weeks he was able to harness his horse; and in three weeks was able to ride up in town and drive his team regularly, much to the discomfiture of the doctors, who had said he could not live to see *Independence day*, now restored to health before that time. When he presented himself to his former regular physician, he very *magnanimously* informed him that it was not the *water* and *diet* that assisted in curing him, but the *medicines* he had given him some *ten months before*,—they had just begun to operate. Was not that a poser for human credulity? To show the readers of the Journal what erroneous and nonsensical notions the doctors generally have in regard to a correct diet, I will give the diet prescribed for Mr. C., a sick man. He was not to eat any vegetables of any kind, bread or fruit. What then will you all say? He must eat a *plenty of fresh beef and pork, and boiled salt codfish*. Their reasons for prescribing such a carnivorous diet were, that he could not digest vegetables and fruits as easily as meats, and the salt codfish would have a tendency to *quicker up his bowels, and prevent their running off so frequently*. Isn't that scientific nonsense? Mr. C. is now well, and enjoys better health than he has before for the last twelve years.

Case 2. Mr. S.—'s child, nine months old, was taken suddenly and treated Allopathically four days, but grew worse continually; doctor said he had exhausted all of his resources, and the child must die; by the advice of his neighbors sent for us; found the child in what appeared to be the last stages of dysentery, and almost perfectly stupefied by the excessive quantities of opium that had been used to *quieten the pain*; the discharges were frequent and of a bloody consistency; severe tenesmus or bearing down just previous to each dejection, the paroxysms occurring every five minutes; great heat in the lower portion of the abdomen, with severe pain and tenderness on touch; considerable fibrilic disturbance. We sponged the whole body until the feverish excitement was subdued, then put on a cool wet bandage on the lower portion of the abdomen, and changed it as often as it got warm; gave cool injections just before each dejection, after which, it threw up a small quantity of cool water to be retained; gave it cool sitz-baths every two or three hours. In less than two hours the little sufferer was better. We kept up the treatment for ten hours ourselves, never leaving it. When we left, the child was enjoying a *refreshing sleep*, which it had not done during the *three days of senseless drugging*. The next morning the drug doctor came in, pronounced it out of danger, saying that that *last medicine* had worked like a *charm*. So it had; but he did not know what had been done until the child's mother informed him, when he in-

stantly commenced a severe tirade against Water-Cure in general, and Water-Cure doctors in particular, for meddling with *his* patients. In three days the child was about, playing as usual.

Case 3. Mrs. N.—, complicated case—dyspepsia and prolapsus uteri: had been under Allopathic treatment three months, and was growing worse daily—so much so as to alarm her and her friends; doctor had been trying to draw the pain out of the *small of the back* by plasters, but it was rather *mulish* and *wouldn't come*; had been *chasing fugitive* pains around the body, but couldn't get them out; patient told him she could not take any more of his *opium and drastic purgatives*, and did not wish his services any longer; doctor very modestly told her that he should have to make her *sicker before* she could get well, and when she commenced to get well, she would get well like the *deuce* (devil); rather elegant that! Mrs. Kimball commenced treating her, and she began to recover at once; used packs, dripping-sheets, sitz-baths, and copious cool vaginal injections; diet, coarse unleavened bread, cracked wheat and fruit; treated her just six weeks. She is now well and stronger than she has been for the last fourteen years.

Next month we will give some interesting cases of fever and ague, female diseases, measles, dyspepsia, diabetes, and incipient consumption, which have come under our care since we have been in the West.

Iowa City, Iowa.

LETTER TO CONSUMPTIVES.

[Editors Water-Cure Journal:—As I am the daughter of an Allopathic Physician, I trust no one can accuse me of selfishness in writing this "letter to Consumptives."—J. A. B.]

It has been said that "to withhold from society facts regarding health, is a sort of felony against the common rights of human nature," and I esteem it not only a duty, but a privilege, to tell you what water has done for me.

You are perhaps discouraged, and feel that there is no hope for one who is smitten by the fell destroyer, consumption. This may be true for many, but if there is any help for you, I believe, *I know*, it may be found in the use of water, as practiced first by Priessnitz, and strict observance of the laws of health.

It is many years since I was given up to die of consumption. The usual drug remedies had been administered without success, and it was acknowledged by all that my disease had too far progressed for even Cod-Liver Oil to save. Weeks and months passed, and a constant cough, hectic fever, night sweats, hemorrhage from the lungs, and indeed almost every symptom of the last stages of consumption, were daily diminishing my strength, till it was thought I could live but a few weeks longer, at most. At this time my sister procured Dr. Trall's Encyclopædia, and, guided by its teachings, administered the baths, discarding all drugs and highly-seasoned food. The result of this course was better than we had dared to hope for. My cough soon left, and has never returned. Though I shall probably never enjoy as good health as I might have done had I sooner commenced the water treatment, and

taken less medicine, still I have comparatively good health.

Now, think you that any drug nostrum compounded since the days of Galen could have done this? Or that anything but hygeopathy could have saved at that eleventh hour? Medicated vapor or homeopathy could not; nor do I believe, had I depended upon these even in combination with some water treatment, that the result would have been the same. No, nothing but water, pure soft water as it gushes from the mountain spring, or falls from the clouds of Heaven, can save the consumptive from the dread Destroyer.

To you who cannot leave home for a cure, I would say, do not take medicine, but apply at home the water treatment, as far as consistent with circumstances. There are few who cannot do this, for Heaven sends its own chosen remedy, so that "all who will may partake freely." That great and good man, Dr. Shew, in regard to this fact says, "Let those who wish to commence a course of water treatment, and cannot leave home for the purpose, at once begin where they are," and doubt not that it is better to do this than to go to a hydro-drug Hotel, even though it may bear the name of a "Water-Cure." If you cannot go to a Water-Cure that pursues the system in its integrity, it is far better to remain at home guided by nature, and the many valuable works on hydropathy.

That you may all be led in the way of truth, living long and useful lives, is my earnest wish, and only object in writing to you. I may at some future day give another page of my experience in Water-Cure, for a more recent trial has been attended by results of a marked character; but for the present, adieu. J. A. B.

Orwell, Vt.

[From the Ladies' Enterprise.]

CONCENTRATED FOOD. CHILDREN POISONED.

Look about you at your pale-faced children. Stand at your window and observe the sallow faces and the lack-lustre eyes that pass in endless succession. Take up your paper and note the sudden deaths that occur almost every day, and then turn round to your tables, loaded with hot bread, spiced cake, mince pies, strong tea and coffee. Take your place at the doors of those mammoth confectionery stores, that have of late become so numerous, and after feasting your eyes upon the painted objects temptingly displayed in every window, turn your attention to the crowd that constantly comes and goes, mostly composed of young girls, who save their hard-earned money to buy ill health in the shape of cake and candy, and those miniature beings brought up in idleness and furnished with pocket money, the children of rich parents, puny, proud and ill-shapen.

In all these things you see the prolific agents of destruction; the stimulants that work upon the passions, that weaken the morals, that dilute and corrupt the blood, and bring as a certain consequence, sallowness and early infirmity.

And why is it, regarding health as most persons profess to do, and which no one with natu-

ral reason, can fail to estimate as the greatest earthly blessing, that from one week's end to another, the mothers and housewives of our country, are constantly preparing stimulating food, and tempting those they love to transgress all the laws of that most desirable boon, good health? Why is it they do not warn them against those seductive doses of painted sugar, sold under the name of vanilla candy, pine-apple drops, and other tropical-titled luxuries? Do they not know that the vanilla is a deadly poison, that the pine-apple, strawberry, lemon and orange essences are distilled from poisonous properties, and never have connection with the fruits they personate? that they excite the brain and weaken the morals? If not, it is time they did, for the feeble limbs and failing strength of the generation now growing to manhood, call for some restraining influence on the part of parents and guardians.

If people in general knew how much the child's happiness and moral power depended upon his daily food, and the manner in which that food was consumed, it would be better for the future prospects of our country. Gross living must engender gross appetites and tastes—it cannot be otherwise, while the relations of the body and soul are so intimately connected. Hence the child who bolts beef steak and hot bread, drinks coffee with the gusto of an old red-nosed veteran over his punch-bowl, and munches his teeth rotten with all kinds of acids, will bury his spiritual in his animal body, and smother his poor soul under pimples and fat, while his passions grow riotous with stimulants and spices, will lead him degradation if not to the gallows.

Ladies are from year to year indulging more frequently in the pleasures of the fashionable restaurant. Mammoth houses of the voluptuous sort are springing up in our different cities. Philadelphia has its Parkinson's, New York its Taylor's, and Boston its no less injurious eating palaces.

Here is a point of emulation with too many which shall spend the most money on expensive viands. The wine cup often sparkles beside the pastry and oysters, and the modest woman grows bold and loquacious, returning glance for glance with some over-presuming libertine who sits not far off. What is home to such women after their luxurious trifling, but a wearisome monotony? The innocent children become burdens; the husbands, merely the men who hold the purse strings and starve them with the scanty allowance of \$10 per week, or unconsciously furnish them with the means to ruin themselves.

One reason why the poor are, as a general thing, hardy and rugged, and bear the palm for the rose on lip and cheek, and the sparkling eye, is, because they cannot get rich food, nor even their plain, unadorned fare in large quantities. And thus after they have grown to maturity, the fashionable Mrs. R., whose thin face is half hidden under a mass of false hair and coats of paint, wonders how in the world that poor boy could have got along so well as to obtain a profession. Why, take her word for it, she was sure that the creature used to go barefoot, and never had enough to eat. And all this she may perhaps whisper to a conceited puppy, dressed in

broadcloth, who squanders his father's money at the gambling table, and whom she has the supreme honor of calling her son.

Heavy, rich food and dainties destroy many lives annually. Our New England people pride themselves upon their tables, and load them at every meal with spiced viands and greasy though palatable cakes. It is from their excess of generosity and their contempt of meanness, coupled with an ignorance of the laws of physiology, that they do this. They have always been accustomed to profusion, and could not exist with less. To be sure, they complain daily of dullness, dyspepsia, and spleen, but never think of tracing it to the table. They pity with complacency, the poor boy who is afflicted with "such a humor," and give him the quarter of a heavy mince pie for lunch. They bring their sickly children to city physicians, who can find no balm in Gilead, though they might find the ailing children drinking strong coffee and eating steaming biscuit for breakfast.

The remedy for most of the bodily ills we suffer from is only to be found in temperance in eating plain food; and abstinence, total and entire, from the luxuries of the cook, and pastry of the confectioner. Think over those things, dear reader, and tell us if we are not right.

"PUNCH"

ON VEGETARIANISM.

Our London eotemporary describes his visit to a vegetarian saloon in the following humorous strain:

The immense success of the late Vegetarian Banquet at Leeds has induced an enterprising enthusiast to start an Eating House, conducted entirely without the assistance of the Butcher. But not only is the Butcher renounced, but also the Fishmonger, on the principle that it is wrong to catch fish: for vegetarianism professes to be an improvement on that doctrine, the first-approprators whereof were fishermen. The Poulterer is excluded likewise; for not even eggs are tolerated: it being considered cruel to rend the tie which exists between them and hens, if not cocks also: and, although this objection may not apply in the case of ducks, by reason of the indifference of those birds to their eggs, yet it is thought that to eat ducks' eggs would be to take a shameful advantage of the ducks' neglect of their eggs. Recourse is not even had to the Dairyman; to drink cow's milk is to rob calves; and if the cow has no calf, to milk her is to weaken her, by creating an artificial drain upon her constitution. Milk quite sufficient for the composition of puddings and pies is obtained from various plants, and the requirements of the tea and breakfast-table are completely met by the milk of the cocoa nut.

In short, the Baker, the Greengrocer, and the Grocer in ordinary, purvey all the materials which form the bill of fare provided at these novel Refreshment Rooms: the staple of the kitchen is derived entirely from the kitchen garden. The beverages—for the establishment is teetotal as well as vegetarian—essentially consist of the unfermented juice of the pump.

We have honoured this Vegetarian Eating

House with a visit, and on inquiring what there was ready, were informed by the waiter that there was "some very nice grass just up." "Do you think," we cried, "that we are going to be such geese as to eat that?" "Niece young grass, Sir," he repeated: "new cut."

The idea of grass made us ruminate a little. "Any hay?" said we. "No 'ay, Sir," answered the waiter blandly. "No 'ay, Sir; but beautiful grass—sparrow-grass."

"Peas, Sir," suggested the waiter. We ordered peas. "Two peas—thoroughly done?" shouted the man, down a pipe.

"What will you take to drink, Sir?" he asked, returning to the table. "There's toast-and-water, there's apple-water, lemonade, ginger-beer."

"Any ale?"

"Adam's hale, Sir: very old; first liquor as ever was drunk."

"Bring us a pot of Adam's ale apiece; we prefer it mild."

"Yessir." So saying the waiter disappeared; and presently returned with our dinner; for which, however, we found our two peas insufficient, so we demanded what else there was. "Kidneys, Sir—fine kidneys. Marrow."

"Marrow."

"Come," we said. "This is better than we thought. Kidneys and marrow. Bring a couple of marrow-bones."

"No bones, Sir. Vegetable marrow."

"Two kidneys then."

"Two kidneys, Sir, yessir."

"Let them be devilled."

"Very sorry, Sir; don't devil our kidneys.

Red-nosed kidneys, or kidney-beans, Sir?"

"Red-nosed kidneys!" we exclaimed.

"Yessir. Tatars, Sir?"

"Potatoes with red noses!" we again exclaimed, "in this abode of Temperance! Well; never mind: bring us some of your debauched potatoes."

"'Ow will you 'ave them, Sir. Plain?"

"Hey?—no. *A la maitre d'hotel*—that is, with parsley and butter."

"Parsley, Sir, we 'ave; but no butter.—Butter a haniual substance. He, Sir."

"One wants something else with potatoes," we observed.

"You can 'ave," replied the waiter, "minced turnip, or 'ashed carrot, cabbage 'art stuffed, scolloped hartichokes, stewed broccoli, fricasseed cucumber, roast onion, carried endive, truffle and mushroom pie, beet steaks, pumpkin chops." We chose a slice of roast onion; and when we had eaten it, the waiter inquired whether we would take pastry or cheese. "How is it you have cheese," we demanded, "and no butter?" "Damon cheese, Sir," was his reply. We had some bread and Damon cheese; and then asked what was to pay. "Yessir.—Two peas is eight, and kidneys is five—that's thirteen—and two roast onions is one shilling, two and a penny; and bread and cheese four: and two waiters a peny is two and fivepence apeny."

We settled this account without any demurrer; and under the excitement of the generous fare we had been partaking of, gave the waiter half-a-

crown, telling him to keep the change, which amounted to a half-penny for himself.

[The writer might, doubtless, have added to this that he felt much better after dinner than usual. A cigar and a nap were probably not so indispensable as after Roast beef, plum pudding and Hale.]

CASES OF ELECTRO-CHEMICAL TREATMENT.

BY G. H. TAYLOR, M.D.

The invalid, and the cautious unprofessional public, will raise the inquiry, whether the good effects predicated in theory of this practice, are meeting with a satisfactory realization. In considering this question, two things at least are to be kept in view: first—that all sorts of unscientific and even preposterous things, have been said of it by persons prompted either by a blind enthusiasm, or by sinister motives; and secondly, that in *any* mode of medical practice, however philosophical, and however clever and experienced the physician, he finds himself dealing with a something of which he has always an inadequate, and often an unjust conception, and for which, in a comparison with other things, objects of sense, he has no proper measure; that something is *vitality*. Between these, the patient is oftentimes disappointed and deceived, and the physician errs in his diagnosis and conclusions. In view of the medical charlatany always so rife, and scarcely less so in this day of enlightenment, it is the safest to give *every* pretension the benefit of a serious doubt.

But in one respect, the Electro-Chemical treatment differs from any that has hitherto been proposed, and in that, challenges our attention. It is extra vital—the changes wrought by it are, up to a certain limit, in no way dependent on vitality, and are, hence, thus far unequivocal and certain. I refer, of course, to the act of decomposition within the body, and in contact with vital elements, through the agency of a non-vital and perhaps non-physiological force, in which the treatment essentially consists. When proved anti-physiological, this use of force is to be condemned. No attempt is to be made to reverse or to oppose the laws of nature working out our existence, each must have its perfect fulfilment,—there can be no benign result in the absence of conformity with instituted conditions. Consequently, those who use this measure as an essentially medical one, in the old acceptance of the term, are bound signally to fail, as they previously did in the hap-hazard use of hot and cold bathing. It should be distinctly understood, that none of the effects of drugging are attendants of this treatment, such as temporary derangement, or excitement, involving differently the various functions, and hence there is none of the undue waste of vitality that is the necessary concomitant of the measures alluded to.

Hence it is often eminently adapted to the very weakly, in some of its numerous modes of application, especially as preparatory to the usual Water-Cure processes. It is even a safer process than the simple cool or cold bath; the nerves

are not violently impressed, the circulation scarcely changed, no imperative "react or suffer" is imposed,

In regard to the classes of cases for which the treatment in question is applicable, they are inferred to be generally the chronic. And in estimating the prospect and amount of success, the inferences or theory previously set forth, will be found to serve as an admirable guide. For instance, rheumatism, in some of its forms at least, yields slowly, for it is well known to depend on a certain principle in the fluids of the body (lithic and perhaps lactic acid), that is already transformed to the extent to which it is capable in the body, but in a line differing from the normal course of change. Hence, as a morbid principle, it will be but little affected. But some cases called rheumatism receive signal benefit. Again, the variable results attending treatment of nervous affections, when traced out will be found, I think, to depend on whether or no the nerve centres are involved in organic and irreparable change.

For ague and fever it may be deemed, speaking after the old manner, *specific*. I have treated numerous cases of this disease in all its various phases, and always, I believe, with success; oftentimes but a single operation is required. Dumb ague and affections of the liver and spleen, also yield to the treatment.

Scrofulous sores, eruptions, enlarged lymphatics, and skin diseases, generally, yield; but these cases of constitutional, and most likely hereditary disease, require care and perseverance. I have had several cases of incipient consumption, when the benefits of the treatment were decided and conspicuous.

Dyspepsia, of some kinds, sore throat, &c., are highly benefited by improving the quality of the juices of the body by this means. The coated tongue is noticed to become clean, and the taste of the mouth improved before leaving the bath. Of course the effects thus gained, are valueless, unless followed up by an appropriate hygiene.

There is a large class of invalids who complain of the absence of health, rather than the presence of any special disease, who have a general lack of functional vigor and enjoyment, who have too long lacked the vivifying influences of appropriate air, exercise, diet, and cheerful society, and with whom much pain-taking is requisite, to bring these causes of health efficiently to bear, that are readily restored by the aid of the baths, and encouraged to go on in a truer life.

I would correct numerous erroneous impressions that many inquirers seem to labor under. They talk of shocks, charges, &c., as though it were really a formidable matter; naturally connecting the effects of the electrical bath with the sensations produced by the interrupted current of the Electro-magnetic machine, they are apt to suppose the bath to be unpleasant. The fact is, that a very large quantity of electricity may be made to pervade the body, polarizing all its non-vital conducting constituents, without at all affecting the ordinary sensations. A slight pricking sensation is felt, not produced by the electricity, however, but by the new product of decomposition affected by it, acting on and corroding vital elements. This sometimes produces

a sort of puncture or pustulation, if exposure of one spot be long continued, followed by no unpleasant consequences, however. It is frequently remarked that pain, of greater or less severity, is felt in parts afflicted with disease, when under the influence of electricity.

I subjoin a few cases of results of treatment, where the effects are incontrovertible and decisive.

Case 4. *Syphilis*.—This was a young man who was an object of mingled pity and disgust, from the effects of secondary syphilis. As usual, he had exhausted over and over the vocabulary of medicine, in his efforts to become absolved from the penalties of his early wild career, and he now found himself at death's very door, and his new aspiration for life and usefulness checked at their inception. I found him a perfect pathological museum, illustrating nearly every feature of his disgusting affection. He had eruptions of various kinds on various parts of the body, enlarged cervical glands, ulcerated throat, old and extensive ulcerations in the neck, caries of skull, nodes, enlarged joints, and rheumatism in all his joints, so that he could move only with great difficulty, excessive neuralgic pains that quite destroyed his rest at night, a muddy complexion, and sickly odor of person, extreme indigestion, and strength that would permit him to walk but a short distance. He had taken some water treatment at another place, but from his almost utter incapacity to react, had become much weakened. His expectation of living was quite lost. I considered his case quite opportune for experiment with the Electro-chemical bath, and so recommended him to Vergnes (it being previous to the completion of my arrangements.)

He began to improve, and was soon able to take gentle water treatment, which, with a rational plan of diet, inspired him with new courage. He stopped seven or eight weeks (in October and November), and took thirteen baths—a portion administered in my institution—gained most remarkably in spirits, flesh, and strength, was able when he went away to walk for his usual exercise, from three to eight miles without difficulty; all his symptoms were improved, and some of the worst disappeared entirely, and gave in every respect most remarkable proof of the efficacy of the treatment in similar cases. He returned to his profession in another city, and I often hear indirectly of his present appearance, and his ability to pursue his usual avocations.

Case 5. *Neuralgia*.—This was a gentleman from a southern city, who had been afflicted with the fevers common to the climate, for which he had been treated in the old way, the result of which was he was a constant and extreme sufferer from general neuralgic pains, and especially of one limb. He had also an open ulcer upon one ankle, attended by much swelling of the part, which caused him to go lame, and prevented his wearing a shoe. He was completely restored by three or four baths, he gained flesh and strength, the neuralgia ceased, and the ulceration of more than a year's standing healed. The permanency of his cure is confirmed by patients he has sent me.

A similar but much worse case I have now un-

der treatment, of a lady who was confined to her bed from March to July, the neuralgia being attended by spasms at times "cartloads" of medicine had been used for her. The pains ceased, strength and appetite returned, and she was soon able to be about the house and city. Water treatment was also used in this case; in the preceding case water treatment had been used ineffectually previous to his taking the Electro Chemical baths.

Case 6. A young lady of foreign birth, with an excellent constitution by inheritance, became affected by injudicious attention to study, with an affection of the eyes, for which mercurials were administered. This was followed by the usual consequences, and she had suffered for four years with severe indigestion, vitiated secretions, loss of strength, depression of spirits. Various measures for relief, including coming to this country, had been resorted to, all to no purpose. She made use of the Electro Chemical treatment alone, and improved from the first, and after three or four baths was quite transformed, the strength, flesh and vivacity returned, and she was restored to society, of which she again became the ornament.

In order that the treatment shall not be mere child's play, the operator should see that he really has a suitable amount of the Electrical force at his command, and will aid its efficacy, by *diminishing the resistance*, as previously pointed out, according to the nature of the case. The *Electrical Sitz bath* is a favorite measure with me in many cases of visceral obstruction, and disorder of digestive and pelvic organs. This mode of application is particularly useful in weakly subjects, the full effect is secured, with a great economy of the feelings and strength.

Doubtless an active imagination on the part of the patient is a valuable adjuvant, in this as in every other treatment, especially in cases where its mode of application is defective; but the well-informed physician need resort to no clap-trap to aid facts in securing the confidence of his intelligent patron. There is a power in the electrical force, now proved beyond cavil, competent to become the auxiliary of physiological actions in their aim to perfect the health, when this force is properly managed. But I repeat again, that unlike medicine, it offers no premium for vice in the promise of evading its penalties, and is, I verily believe, only properly useful when sanctioned by, and made secondary to those measures that are more obviously, and *par excellence*, Hygienic.

WHEAT WITH COCKLE IN IT.—The *Family Messenger* says: "The Scalp is down on HYDROPATHY and VEGETARIANISM. So sensible an editor ought not to let his prejudices make a fool of him. When the facts in the case are that HYDROPATHY, properly applied, cures a greater number of cases than any other three systems combined, and that many a most good-for-nothing physical system are built up and made better than ever by abstinence from all kinds of animal and greasy food, it discloses weakness of a rather inexcusable stamp to scoff at either of them. Dr. Dixon's very excellent wheat has now and then a grain of cockle in it."

[We do hope the cockle—little pills, powders, plasters and so forth—may be got out, and kept out. Then, indeed, would the wheat be fit for market.]

THE DISCUSSION.

DR. CURTIS TO DR. TRALL.

"MY DEAR DOCTOR:—I hope you do not intend to misrepresent me on the character of our discussion; but, some how or other you very often do both. The whole force of your last article, page 4th, is based on forgetfulness, misunderstanding, misquotation, and misrepresentation. You copy from your 112th page, (to which you should have referred, so that your readers could have seen the connexion, and judged for themselves of the fairness of your quotations and inferences.)

"I never contended, as you have labored hard to make me say, that these drugs produce the *vital* manifestations that follow their use. I have distinctly told you that they [many of them] often stimulate the vital impressibility [or force] to the performance of those acts [of which I had spoken], but some of them, as tannin, salt, and alcohol, actually produced these [astringent] effects on dead matter as well as living fibre. Here you have changed my words 'many of them,' which I wrote, to, 'they often,' which I did not write, you have left out the words 'or force,' which I wrote, and put in the word 'matter,' which I did not write. I now insert the word 'astringent,' to designate the effects to which I alluded, as you have neither copied nor referred to the context (pp. 111, 112) which makes it all plain. Is not your conduct in these particulars that which makes my work seem 'queer' to you?"

"I have also, in your showing, page 15) the editor of the 'Criterion,' for leaving out the word (*nearily*), and saying that on account of this omission, 'there is no such expression in the book,' and that, in leaving out this little word ('nearily'), 'the Criterion has not done a gentlemanly thing, but he has made something to fire his firewater defender at; what shall I say of the paragraph you ascribe to me, the original of which you have so mercilessly mangled, (compare Recorder page 53), and what of your conduct in so strongly mutilating my paragraphs? Is it not just as you would do to me?"

"But thirdly, I had been speaking (W. C. J., pp. 111, 112) of the known astringent effect of alcohol on the brain, and of tannin on the hides of dead animals; the effect in these cases, I said, was not of vital action; but that the chemical power which produces it, strives to produce the same astringent effect in the living body as in the dead, and does produce it so far as the vital power does not successfully oppose the chemical. But, that when the vital action is so feeble as to yield to the chemical, the alcohol succeeds in astringing the tissue to an injurious extent, and in destroying its power to manifest so well afterwards its physiological properties, while the tannin coming only astringing to the degree and in the manner required, to bring the tissues to a healthy condition.

"The alcohol, as the fact proves, acts injuriously, and the pure astringent acts beneficially, or in harmony with the vital efforts in the debilitated system, producing the very contractions which the vital power is striving in vain to produce; and, therefore, it 'acts *medicinally*.' When 'these drugs' are given, they not only excite in the tissues their own work, but they exert the vital force to commence its work of opposing them or acting with them, according to the demands of their properties, or of their improper or their proper use. Alcohol excites the vital force to produce, while it can, excitement of the tissues, manifesting itself in irritation, fever, and inflammation; but as soon as the power of alcohol becomes greater than the vital resistance, all these extra tissue manifestations are overcome, the tissue becomes prostrated, and the excitement ceases: so the tannin excites to contraction; but if that contraction is not wanted, the vital force resists it so successfully that it does no harm. Thus we learn that alcohol is an injurious narcotic, and that tannin is a harmless astringent, useful when its effects are wanted.

"Now let me give the sentence as, if you had carefully read what preceded it, pages 111-112, W. C. J., or 50-4, P. M. Recorder, you would have understood it.

"I have never contended, as you have labored hard to make me say, that these drugs 'alcohol, opium, cayenne, salt, tannin, &c.' produce the *vital* manifestations, the non-existence and derangement of the circulation that follows their use. I have continually told you that many of them stimulate the vital organs to the performing of those resisting or those harmonizing acts, according as their character is bad or good, or they are improperly or properly used; but that some of them (as alcohol, salt and

tannin) actually produced these (not vital, but) narcotic or these astringent effects, in dead fibre as well as living.

"You will please now to look at the MS. sent you, or at the P. M. Recorder, page 58, and you will see that you have 'garbled' my paragraph, by leaving out several words, adding some, and exchanging others, so as to make me *appear* to say just what I did not say. If you charge that the 'Criterion,' by leaving out the little word 'nearily,' has done you a gentlemanly thing, is unjustifiable, what should you say of yourself, who have thus savagely mangled my whole paragraph? Is not this your 'queerer'! But further:

"Before you could find any fault with my paragraph, which, in connection with what preceded it, was as clear as the above paraphrase, you were obliged to confound the vital force with the chemical, and make me mean the former when it was clear that I meant the latter. Though my position from the beginning—the one you have labored to deny rather than refute, is, that the body acts on the drugs, and the drugs on the body, the former generally, the latter always; you have been tried to make me mean by all the different terms I use, but here and the same action. Is this your 'queerer'?"

"Drugs stimulate the nerves to the vital excitement, called irritation; yet the drugs do not produce that irritation, and the heart and arteries to that which is called fever and inflammation, yet, not the drugs but the vital force is the 'whaf' that produces irritation, fever, and inflammation. Dr. Trall stimulated my mind, and that mind my hand, and my hand moved the pen to write this article, will be contented that he wrote it? He could with as much propriety contend that as drugs produce irritation or fever, He occasioned it; was he therefore the cause of it? 'To occasion,' does not mean 'to produce,' any more than to point a rifle at it means to kill the game. A narcotic poison often occasions delirium, but it produces only stupor.

"Finally, I see, by reference to the May No. of the Journal, published when I was absent, and that I had not seen till to day, that by raising (page 11) questions about disease, fever, &c., you have given me great occasion to show you my errors on these subjects. But you will not produce such an exposition, simply because you have acted so unfairly in the present controversy, by omitting some of my articles, and misquoting and misrepresenting others, and pretending that you have many times answered what you have never attempted to answer by any other argument than your mere dictum. I feel that no good can result from discussions thus conducted. What answer can be given to the remarks, 'Disease is the operation of the *vis medicatrix naturæ*, in relation to bad conditions or morbid materials; Disease is *vis medicatrix action*.' Is not fever disease? The miasm, brandy, &c., are causes of disease [fever, &c.] 'Their presence occasions disease;' and 'the manifestations of that action, (the fever, &c.) are called the symptoms of disease.' How can an act be, at the same time, a disease, a symptom of disease, and a remedy for it? and how can anything be at the same time a cause of an effect (producing it), and the occasion of it? that is, a circumstance favoring such a production? See your present article, p. 14. For want of a critical knowledge of language, and of the nature of your subject, your inconsistencies and errors are really intolerable. To answer all these questions would require an argument for almost every paragraph, and many arguments for some. If you or your readers wish my sentiments on the subjects of disease, fever, inflammation, symptoms, &c., you will find them in my criticisms of medical systems, in language so plain that it needs no explanation. Again I repeat, please publish all I say on any subject, and as I say it, and then make what comments you please.

"Very respectfully yours,

"A. CURTIS."

DR. TRALL TO DR. CURTIS.

"DR. CURTIS, DEAR SIR:—Having received the above article fresh from your pen, I publish a reply to it at once, which renders it necessary to defer one of the 'deferred articles' to a future number.

"In the first place I have to assure you most solemnly and positively, that I have never, on any occasion, altered one word or letter of your articles, nor added nor subtracted aught. They have been handed over to the printer precisely as received from you; and if any mistakes have been made of any kind, it is the printer's fault, not mine.

"But I do not see that your explanations make the matter a whit better on your side. Indeed, it seems to me that

You grow more and more confused, and that every attempt you make to clear away the confusion, only renders it worse confounded.

"I do not quote your words at length. They are before our readers; and whether I interpret them correctly, or put on them a legitimate construction, our readers can probably judge for themselves. I am not bound to know what you mean or intend. Only profess to present the grammatical and logical import of your language.

"Of one thing, however, I am absolutely certain; that all medical theories, based on the promises you advocate (and which are the common doctrines of the medical profession), are a promiscuous medley of contradictions and absurdities, and that you cannot possibly on such premises, make anything like a clear, consistent and intelligible argument. You may do all that man, or scholar can do, but the thing is an impossibility in itself.

"I do not propose to reply extensively to your mercerisms and complainings; and as to your arguments, I confess I cannot exactly get hold of them, they seem so much like a crooked rail, which we have heard of, so crooked that when placed on the fence it wouldn't be still!

"Whenever I misrepresent or misinterpret your language, why in the name of nature can't you tell us what it is that you do mean?

"I will, however, notice one or two points in your communication. I submit to our readers whether I have not always kept a clear distinction between vital and chemical forces. All your talk on this subject throws it into inextinguishable complexity. You say drugs stimulate the nerves to the vital excitement called irritation; yet the drugs do not produce that irritation, and the heart and arteries to that which is called fever and inflammation, yet, not the drugs but the vital force is that 'what' that produces irritation, fever, and inflammation, &c.

"To my mind, all this and the like is arrant nonsense, and yet it is just such stuff as medical books and medical doctrines are generally made of, and if you live to be as old as I am (figuratively speaking), you will see it so.

"A correct statement would make the whole subject plain, simple, and intelligible to anybody. Thus, drugs do produce or occasion irritation, fever, and inflammation; the irritation, fever, and inflammation, being the action of the vital force in resistance to the drugs, or, in other words, the remedial efforts of the organism to get rid of the drugs. A fever or an inflammation, then, is an 'effort of nature' to get rid of something morbid or poisonous; hence we can have, and do have drug fevers, and drug inflammations, and drug irritations, now-a-days, quite as often as we have them from marsh miasms or gross alimentation.

"But this explanation (which I defy you successfully to controvert) entirely upsets again your theory of disease.

"You define it to be 'inability of organs to respond to the vital force.' Your grand mistake consists in placing the vital force outside of tissue. No, sir, *Disease is itself vital action*. But it is vital action in relation to things abnormal, whereas health is vital action in relation to things normal and useful! *Disease is disordered physiology*, not a state or condition. Digestion is vital action in relation to the appropriation of food, and its formation into tissues. Disease is vital action in relation to poisonous or morbid matters in the system, contemplating their expulsion from the organic domain.

"This, Dr. Curtis, is the very first thing for you to learn. Until you do this you will never understand, nor be able to explain the modus operandi of medicines; and when you understand it, you will at once appreciate the merits of the main question between us, and see *how it is*, and *why it is*, and that drugs *never* act on the living system, and how it is, and *why it is*, that the living system always acts on them.

Your nicely-drawn distinctions between 'occasion,' and 'produce.' I do not see the relevancy of, or propriety of, if our readers do, you may have that advantage. The words may be used synonymously or distinctively.

"But I really hope you will reconsider your resolution not to expose my errors in relation to the theory of disease. If I have given you the occasion, do, for the cause of truth's sake, produce your exposition.

"Those errors which you please to denominate intolerable (you don't mean to kill any one for heresy, do you?) are to me self-evident propositions, and capable of positive demonstration, as you will see, if not confess, before I have done with you.

"Let me, in conclusion, unbecom your mind a little, so

that you may be looking a little deeper into those mysteries until our pens meet again.

"You ask: how can an act be, at the same time, a disease, a symptom of a disease, and a remedy for it? I answer by a familiar illustration. Give a patient half a pint of tincture of lobelia, in three minutes or less it is swept out again. The action which expelled the poison is called vomiting; it is the operation of the *vis medicatrix naturæ* to defend the system from morbid influences, and it is a remedial effort (successful, too) to get rid of a poison.

"The action or effort is the contraction of the respiratory and abdominal muscles; the action is attended with pain, nausea, cramping, &c., which are symptoms of the disease, or remedial effort, in other words, the pain, nausea, cramping, and vomiting, are manifestations of the way in which the vital powers expel lobelia. Do you comprehend this, or don't you?

"Yours truly,
"R. T. TRALL"

LETTER

FROM MISS COGSWELL, M.D.

MESSES. EDITORS:—I have frequently noticed an invitation in your columns to send you our experience, or report cases. I propose to avail myself of this opportunity to say a word to the numerous personal and supposed friends of Hygieopathy, which I hope will do some good, and particularly to the ladies. I wish to say several miscellaneous things—and as to the case I wish to report, you will please allow me to take my own way to get at it, for although I profess to be somewhat acquainted with the nosological arrangement of disease as given by Good, Dunglison, Dr. Trall, yet I find nothing in their works that precisely answers the diagnosis I shall give. From the 11th of Jan. up to June 10th, I have been travelling as a lecturer, and for pleasure. During my lecturing tour, I met with many, very many good and intelligent people, as well as some funny ones. Found one lady who consented to come to three of my lectures, but could not consent to let her young daughters come, for fear they might learn something opposed to the allopathic system—if so, it might make her trouble if they were sick, if 'they got new-fangled notions in their heads.' 'Madam,' said I, 'do you know anything about our system?' 'No! nor have not one particle of sympathy with it.' Strange! Found an old bachelor of 40, whose nervous system was nearly paralyzed with narcotics, yet he would use tobacco; I told him he ought to suffer, and to live where he couldn't see a woman, for no thinking woman would ever bind herself out for life to clean spittoons. Found one sensible thinking young lady, who inquired all about where, and what works to get to, to make her thoroughly acquainted with all the duties and relations of matrimony. Of course I recommended the incomparable writings published by your house. She, nor no other girl that reads those, will ever marry a tobacco-box, I'll venture. Young sisters, send and buy.

It was my pleasure to visit several Water-Cures, in all of which I saw much that was good and cheering, and many valuable improvements. One of the number came up very nearly to my ideas of a real genuine health institution.

I am happy to state that Dr. A. Smith, of Bethlehem, Penn., has recently opened a house, where the strict principle of Hygiene, as taught in the Hydropathic College, are well carried out; and I would strongly recommend to some other cures, to send their cooks to Mrs. Y., to learn how to make bread. I can truthfully say, that in no house, public or private, did I ever eat better bread. Dyspepsia can't live long on that fare.

I was very much surprised to find so many of our Cures bound down yet to the shackles of medicine. What does it mean? Are not our principles what we profess, or do we not understand their application yet? Come, brother Jackson, give us another article on the absurdity and ridiculousness of Hydro-drug-apathy, or of sailing under false colors.

I have long suspected and am now convinced, that one great reason why so many of our Cures have to resort to drugs, is because they understand so imperfectly the true principles of dietetics. Most of them seem to have only one idea, that cracked wheat constitutes a hygienic diet, and in the very article of all others, good bread, they are lamentably deficient. Of nature's only true bread, pure, unadulterated, many of them scarcely have heard, and those

who have, make such insipid, hard stuff. I do not wonder their patients demur. Again, very few give any teachings at all on dietetics. One eminent W. C. Dr. told me, 'he never saw unadulterated bread, or heard a lecture on diet during his medical course, nor had he ever given the subject one particle of attention.'

Oh, how hard he was working to wash out through the skin, what he was daily permitting to be swallowed from his table. Another physician told me he paid very little attention to such things, yet nowhere in his teaching department so extensively carried on. But I did not wonder so much at these honest confessions, for these gentlemen were educated under Meigs and Dunglison, Jefferson College, Penn., not Trall and Taylor, N. Y. One lady told me she had been three years at a Water-Cure, and had never heard a lecture on diet. She did not know there was any principle about eating and drinking.

Methods Dyspepsia, Constipation, and Rheumatism, will long be 'Americanisms,' unless our professed teachers learn to practice our principles better.

Young disciples of Hygieopathy, see to it, I entreat you, that none of these things rise up in judgment against you. Arm yourselves well with the theory of our principles, and then sustain your arguments by actual practical works. Faith without works is as dead here as everywhere. It is principles as old as the creation of man we teach, not a system that began with Priestnitz. If you believe unadulterated bread to be the healthiest best food, learn to MAKE it, and then eat it every where that it is possible, and so of all the minutiae of hygiene. Lecturers go into the kitchens, and teach the ladies how to cook plain wholesome dishes, and you will do more in one half day's practical labor of that kind, to enforce your theories, than by two or three finely-written lectures on dietetics. It is one thing to teach the people our principles, but it is quite another thing to show them how to carry them out. If the people are ever reformed we have got to work very hard; be instant in season and out of season, and, if any of you have not counted the cost, and dread the labor, I advise you to go home, dig ditches, and wash dishes a spell longer.

But to my case. En route for Ohio, I passed through several cities, in one of which I called to spend an afternoon with a very refined and learned lady, whose society I enjoyed very much; but from whose table, may I fear, I preserved me ever more! Green tea, hot biscuit, very salt dried beef, preserves, old cheese, apple sauce soured with lemon, and last, but not least, some half-baked cream of Tartar, fine flour bread [cold], served up at 7 P.M. on a long June day. What could be done? There was no resort but in submission to the bread and apple sauce, or a flat refusal of all food. Shades of Dyspepsia! would I had chosen the latter. But alas! sheer exhaustion drove me to the former. Two hours thereafter, my stomach, having submitted as long as it could, began to react most energetically against such abuse. For three long hours it kept up the contest, conquering most completely. The taste of the last ejection reminded me of the days of my childhood, when my father used to ply me regularly once a quarter with Emetic Tartar for the sick headache. But do not understand me as insinuating anything. With all due respect for my venerable and esteemed friend, Dr. Curtis, I must think the action in this case was entirely on the part of the stomach, for the food was not changed in the least except to acidity.

Perhaps I should say the bread invited the stomach to act on it. Granted. And because the poor inanimate heavy, sour stuff, could not accept of the invitation, and get out of the stomach, true to itself, 'put it out, with an action that was very apparent for several days to my poor strained muscular system, at least.

My diagnosis in the case is simple—emetic cause, whose proximate cause was indigestible aliment—remote cause, hunger and an ignorant educated lady—exciting cause, eating. Her husband was an awful dyspeptic, and the children very delicate. Does anybody wonder? The next day I pursued my journey, resuming the only accident of my long journeyings, and cogitating on the words of the wise man, 'with all thy getting, get understanding'; to which I would add—get bread making girls.

P. S.—I would inform my numerous correspondents that I am now located in Hudson, Ohio, where I expect to devote the summer to the care of a sick sister, professional advice—and practical domestic science, particularly.

Early in the fall I hope to resume my labors as a lecturer, in which I so truly delight.

Yours, &c.
A. S. COGSWELL

The Month.

NEW YORK, SEPTEMBER, 1856.

TOPICS OF THE MONTH.

BY R. T. TRALL, M. D.

MEDICAL EDUCATION FOR THE MILLION.—It is not Water-Cure Establishments alone, nor these with all the Water-Cure physicians, male and female, who can be sent into the field, that will suffice to achieve our great reform, unless, at the same time, the people themselves are educated: for so long as they do not clearly comprehend the principles of our system, they cannot have full and persistent faith in its practitioners.

We do not mean that all persons of mature understanding, must be posted in the multitudinous details of the medical science, either theoretically or practically; but that all such should be familiar with its fundamental premises.

Appearances are often very delusive; and, as we have frequently had occasion to say, medical experience, without a rule or principle to which to refer its facts and data, is but a "blind leader of the blind." The experience of the most eminent medical men of all ages, as well as of the present time, is full of inconsistencies and contradictions, in proof of which we need but point the reader to any of the medical journals of the day.

To illustrate: a person has an ordinary case of "Ague and Fever;" an allopathic physician gives him a dose of calomel and jalap, followed by repeated doses of elixir vitriol and quinine. In a week he is cured; that is to say, there is ague and fever no longer.

Another person with the same disease is physicked out with mandrake and blue flag, a *la* "Eclecticism," and toned up with bitter herbs, brandy and beef-steak, and in a week the ague and fever is no more.

A third subject is subjected to a *relaxing* course of lobelia and steam, with contracting doses of cayenne, bayberry and unicorn, and in about the same time is free from ague and fever.

And a fourth one is given plenty of pure water to drink, packed in the wet sheet in the hot stage of the paroxysm, allowed no food for a day or two, and then only a little gruel, with a crust of bread, and in a week or less is entirely rid of his ailment.

Here are four methods of cure—all successful. Are they all equally proper? Or do they stand to each other in the relation of bad, good, better and best, a good, bad, worse and worst, and if so, which is which?

These are awkward questions to settle, and so far as experience without theory goes, never can be settled at all. The naked facts are just as much in favor of one practice as the other.

But there is a way to determine this matter in "short particular metre," and this is what we want the people to understand, because doctors, like everything else in the social relations, are governed by the "law of demand and supply;" and the people will have just such doctors as

they demand; and the demand will be regulated by their own notions of the theory on which the doctors of the different schools practice.

Let us go right back to first premises. What are calomel, jalap, vitriol and quinine, in relation to the vital machinery, and what is the rationale of their action?

They are incompatibles, rank poisons, and the system struggles violently to expel and cast them out, and this struggle is called their action, whereas, in truth, they have have no medicinal action at all! Thus we demonstrate, clearly enough, that the ague and fever is cured by the substitution of a drug disease; or, in other words, the struggle of the vital powers against morbid matters in the system, which constitutes the original disease, is changed to a more complicated, and hence more exhausting struggle to overcome the original causes of the disease, and the poisons which the doctor has introduced under the name of medicines.

Can we not all see, now, that it is easier for the system to expel one poison than many? to overcome one cause of disease than several?

The same explanation precisely applies to the Eclectic and the Thomsonian, or Physio-medical practice, with the qualification that the remedies of the last two are better, that is, less injurious, just in proportion as they are more easily ejected or expelled from the system.

Then as to Water-Cure, the hyeopathic plan. This effects the cure without a particle of anything incompatible or poisonous. It merely supplies the proper conditions and circumstances of things themselves essentially normal and useful. There is no artificial disease induced. There is no unnecessary wear and tear of the organism; there is no useless expenditure of vital power; no poisons rankling in the blood and bones forever after.

And thus, by directing the public mind to the true explanation of these seemingly equally good cures, do we prove, in a way which the non-professional can understand, that there is a vast difference in the final results of the various ways of doctoring.

OUR CLASS NEXT WINTER.—We are receiving abundant assurances of a much larger medical class for the Winter term, commencing November 1, than that of any preceding term. This is owing in part to the increasing interest in the subject of having the world supplied with a race of doctors, who will teach the people how to preserve as well as how to regain health, and partly, no doubt, to the improved state of financial affairs.

We are encouraged by these indications, and shall make corresponding arrangements to secure a course of instruction which will answer the *revolutionary* end we have in view; and prepare all who come to us as students, for usefulness to themselves and to others.

Our Summer class, though small, has been very pleasant and harmonious, and as industrious and intelligent, to say the least, as any medical class ever assembled here, or elsewhere. We have nearly fifty students already for the winter term; and as an example of the "stuff they are made of," and the motives they have had to enlist in our cause, we subjoin an extract of a

letter just received from a young lady, residing in one of our far western States:

"I have long and anxiously wished that a way might present itself, so that I could attend on lectures at your school, and now the way seems open before me, and I intend to be one of your class next winter. Having felt the necessity of female physicians to administer to the wants peculiar to our sex, and also of those who could teach the mothers of this land what and how to do to prevent disease, I can see no way of accomplishing these results so well as by inducing all who will to read your works, and all who are properly qualified to attend your school.

"To be a teacher and physician of the 'revolutionary' stamp, is to be the greatest benefactor of the age, and I long to be enlisted in that noble-hearted and philanthropic band.

"We have been readers of the Water-Cure Journal seven years, and during that time no doctor has been called in our family to give or prescribe a dose of drugs; I will not say medicine, for my idea of that term is, something to relieve pain by removing the cause, and that is what the articles of the drug doctors never do, so far as I have been able to see.

"I, too, could tell 'a tale of horrors,' from doctoring 'scientifically,' that would wring the heart of many a fond parent, but as such occurrences are so common, I forbear.

"I have pointed many to the efficacy of the 'Hyeopathic' system, and have urged them in the strongest terms, as they valued health and life, to 'throw physic to the dogs;' and all who have followed this advice, have been gloriously rewarded.

"Some look up unwillingly, as though one was speaking in an unknown tongue; but when they are assured that all diseases which are curable at all, are curable by the hyeopathic appliances alone, they begin to wish for faith like unto ours.

"O, how I have regretted that I could not send a club of subscribers for the Journal. But there is any number of 'old schoolers' here, and they do all in their power to keep the people in ignorance of themselves, and the nature of their *poisons*, and the result is, they have the majority of the people to their own liking. Yet there are some who begin to think all is not right, for the doctors lose about half of their patients, whilst the other half are crippled for life; and this state of affairs certainly cannot last always. If the doctors do not change their mode of action, the *people will*; and so far as talking and spreading the *documents* among them will accomplish the work, it *shall be done*."

Apromos: It is interesting to notice how rapidly the newspaper press is coming over to the idea of female physicians. One of our city papers of a late date, says:

"Again the field for the practice of medicine is gradually contracting. People are beginning to know something of the laws of health, and hence are becoming their own doctors. They do not, therefore, so much need the assistance of the physician as they do to be taught hygiene. Hence, we hail the advent of the female M.D. as a teacher. She will soon learn that this is her true sphere; and can she be so selfish as to not

impart the necessary knowledge where she sees it is needed? She will make a good living; but if she is a true woman, she need not expect to get rich. But let her be true to her nature, and she will find a home wherever she goes. Everybody will love her, because she will be everybody's friend and instructor, and everybody will say, 'God bless her!'

Let us have female doctors, then, the more the better. They will not be needed to open shops and ride through the country in business style. No—woman was never made for business. A female M.D. is wanted in every neighborhood, and she has a much more important office to fill there than has the parson or the district school-master. It will be her duty to mingle with the family circle, teach them physiology and the laws of life, and by her loving example make them kind, virtuous, noble and unselfish—and she will find an ample reward for her labor in the good she does; and plenty of warm hearts will cluster around her to protect her, provide for her, and make her comfortable and happy.

"Thus, in a generation or two, how completely could the world be changed for the better, by a few loving, generous hearts! The time is not quite yet, but such an era is coming, and female doctors, or rather teachers, have a most important part to play in the reformation. Let them bear this in mind, and prepare themselves well, not for making money, but for making the world wiser and better."

THE DOSIA POWDER.—In Commodore Perry's narrative of his recent visit to Japan, we find a marvellous account of the more marvellous effects of a most marvellous medicine, known there as the *Dosia* powder. It is said to possess the supra-preternaturally marvellous power of rendering the rigid muscles of a dead person, long after the life principle has ceased to hold dominion, as flexible and elastic as those of a live man, if not more so.

This, if true, is a very marvellous circumstance, and conclusively settles the question in dispute between us and Dr. Curtis, in his favor.

For this reason, among others, we suspect it can't be true; yet we commend the marvellous story to the Doctor's attention, that he may have all the benefit of the data it affords.

The following extract gives the pith of what we marvel at:

"Some of their medicinal preparations are very remarkable, producing most singular effects. Of these there is one spoken of by Titsingh, who saw its application and its consequences; and from some of the officers of our own expedition we have heard of this preparation, of which, we believe, they have brought home specimens. Titsingh thus writes: 'Instead of inclosing the bodies of the dead in coffins of a length and breadth proportionate to the stature and bulk of the deceased, they place the body in a tub three feet high, two feet and a half diameter at the top, and two feet at bottom. It is difficult to conceive how the body of a grown person can be compressed into so small a space, when the limbs, rendered rigid by death, can not

be bent in any way. The Japanese to whom I made this observation, told me that they produced the result by means of a particular powder called *Dosia*, which they introduce into the ears, nostrils; and mouth of the deceased, after which the limbs, all at once, acquire astonishing flexibility. As they promised to perform the experiment in my presence, I could not do otherwise than suspend my judgment, lest I should condemn, as an absurd fiction, a fact which, indeed, surpasses our conceptions, but may yet be susceptible of a plausible explanation, especially by galvanism, the recently discovered effects of which also appeared at first to exceed the bounds of credulity. The experiment accordingly took place in the month of October, 1783, when the cold was pretty severe. A young Dutchman having died in our factory at Dezima, I directed the physician to cause the body to be washed and left all night exposed to the air, on a table placed near an open window, in order that it might become completely stiff. Next morning several Japanese, some of the officers of our factory, and myself, went to examine the corpse, which was as hard as a piece of wood. One of the interpreters, named Zenly, drew from his bosom a *santook*, or pocket-book, and took out of it an oblong paper, filled with a coarse powder, resembling sand. This was the famous *Dosia* powder. He put a pinch into the ears, another pinch into the nostrils, and a third into the mouth; and presently, whether from the effect of this drug, or of some trick which I could not detect, the arms which had been crossed over the breast, dropped of themselves, and in less than twenty minutes, by the watch, the body recovered all its flexibility.

"I attributed this phenomenon to the action of some subtle poison, but was assured that the *Dosia* powder, so far from being poisonous, was a most excellent medicine in child-bearing, for diseases of the eyes, and for other maladies. An infusion of this powder, taken even in perfect health, is said to have virtues which cause it to be in great request among the Japanese of all classes. It cheers the spirits and refreshes the body. It is carefully tied up in a white cloth and dried, after being used, as it will serve a great number of times before losing its virtues."

The point in the above most mysteriously marvellous to our understanding is, its great medicinal virtue in "perfect health." Think of this, you who question, doubt, or disbelieve in the marvellous and miraculous! You who have perfect health have only to take a pinch of *Dosia* (perhaps a dose of *pinchis* would do just as well), and your health will become straightway *perfect*!

Our advice to all believers generally, and to all doubters particularly, is, to go to Professor Fowler and have the bumps examined, especially marvellousness, and the "region roundabout."

GIRLS, DO YOU HEAR THAT!—A late writer, in remarking on the better bodily development of English than American girls, says:

"The English girl spends more than one-half of her waking hours in physical amusements, which tend to develop, and invigorate, and ripen

the bodily powers. She rides, walks, drives, rows upon the water, runs, dances, plays, sings, jumps the rope, throws the ball, hurts the quoit, draws the bow, keeps up the shuttlecock—and all this without having it forever pressed upon her mind that she is thereby wasting her time. She does this every day, until it becomes a habit which she will follow up through life. Her frame, as a natural consequence, is larger, her muscular system better developed, her nervous system in better subordination, her strength more enduring, and the whole tone of her mind healthier."

When will American girls become thus sensible?

VEGETARIAN PRIZE ESSAYS.—We direct, with pleasure, the attention of our numerous Vegetarian writers, to the announcement made by the English Vegetarian Society, of its intention to award TEN POUNDS (nearly \$50) each, for Two ESSAYS on the following subjects:—

"The importance of Vegetarianism in Connection with the Physical, Intellectual, Moral, and Social Improvement of Society."

"The Best Methods of Promoting the Stability and Zeal of the Members of the Vegetarian Society, with suggestions for removing the hostility of their own Families to the Practice of Vegetarianism."

Competitors to forward their Essays to the Secretary of the Society by the first of November, 1856, the competing Essays to be the property of the Society.

The prizes to be awarded on the judgment of President, Treasurer, and Secretary of the Society, JOHN SMITH, Esq., of Malton, and the Rev. W. M. CALFE, M.D., late of Philadelphia, America, and now of Salford.

It is desirable that the best productions of permanent value, on the above subjects, should be printed and circulated. The Essays should consist of from 16 to 24 pages each, of foolscap, 8vo, leaded brevier type (requiring about 400 words for each page of matter.) Let YOUNG AMERICA at least bear off one of the prizes.

WATER-CURE IN IOWA.—Dr. S. S. CLEMENT, who is now permanently located in Iowa City, writes:

"The good work is progressing finely in this place. Iowa is determined not to be hind any State in the Union, in anything pertaining to good of the human race.

"A Water-Cure or Hygeopathic establishment is, however, very much needed, as there is not one in the whole State, and it would pay. I may be able to get one started in another year. I have a beautiful building spot; all that is wanted is the money to build, which is here worth 20 to 25 per cent.

"I have the Electro-Chemical Baths in full operation. They work well. Some remarkable cures seem to have resulted from their use."

LIFE ILLUSTRATED.—A new first-class Family Newspaper, devoted to News, Literature, Science and the Arts; to Entertainment, Improvement and Progress. Published Weekly at Two Dollars a year, in advance, by FOWLER AND WELLS, New York.

To Correspondents.

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

CALOMEL AND VACCINATION.—M. J. W., Medina. The paralysis which deprives one of your daughters of the use of one of her feet, is no doubt owing to the calomel she has taken, and there can be little doubt that your other daughters have been seriously injured by vaccination. These things have been greatly aggravated by the manner in which they have been trained and educated. Going to school at three years of age, and being confined to study and teaching, ever after, is a sure way to destroy constitutions and induce consumption or some other fatal termination. You ask for specific remedies. There are none. The general plan to benefit them all is, to give them a daily bath, a plain vegetable and fruit diet, and just as much out door exercise as they can bear. In a word, follow the laws of health in all respects.

CHRONIC BRONCHITIS.—A. S., Gorham, Me. "Is there any remedy for chronic Bronchitis? I have a good appetite almost all the time. At night I am oppressed for breath, with wheezing." Your liver is at fault, probably enlarged. Treat the case as laid down in the Encyclopedia for liver complaint. Your food is the most important thing to attend to.

EPILEPSY.—A. W., Springfield, Ill. "A young lady is afflicted with epilepsy; she was eight years old when taken sick, has been sick twelve years. She has black hair and eyes, a clear complexion; she has been a good figure, with a good form, but now quite the reverse. Spine curved, one shoulder more prominent and higher than the other; has voracious appetite; will eat raw meat, or soap, if she cannot get anything else. Her mind is very much impaired, but is considerably clearer when her fits cease a week or two—she never has her bowels regular, but is in a constive order; urine of a milky color. Symptom of a fit is a very bad feeling in stomach and throat. The meneses are regular, and she sleeps well. Her friends are very kind to her, they give her everything to eat that she wants; she is kept very still; is never allowed to have a stir or blow on her because it makes her look blue. She emits a strong odor from her body resembling milk. She sleeps in a warm room, badly ventilated. Her friends wish she might get well; have tried everything for her relief (Water-Cure excepted); have become discouraged; said they would send her to a water-cure, but that some one of the family would go to and stay with her, and that they could not do. Will Dr. TRAIL please tell them, through the WATER-CURE JOURNAL, whether there is any hope for her recovery or not, and what they must do, and what she must eat, &c. Please be plain with them, for they need encouragement. The mother is the only one that thinks watercure will do any good. She has treated her daughter hydropathically, three months now, to the best of her knowledge; we cannot see any difference in her disease yet. We are subscribers to the WATER-CURE JOURNAL. I wish you all the success in the world."

The above is another example of the great difficulty we have in making people understand what our system really is.

Here is a patient treated hydropathically three whole months, yet allowed to eat all manner of trash, confined to the house when she ought to be running about, heaven's air excluded as much as possible, and the bowels kept constipated with improper food. Good people, just drop the word *hydropathy*, which you seem to think means "water alone," and adopt *hygeopathy*, which means attending to all the circumstances of health.

ENLARGED LIVER.—H. C., Manitoba, O. "FOR a number of years my wife, aged 26, has experienced a sensation as of something rising from the stomach into the throat, at times amounting to a choking or suffocating feeling, as would be caused by a large worm coming up to the stomach. It sometimes lasts for a few days, sometimes a week, and then several weeks, but always the same, and lasts a day or two, generally, in spite of everything taken to relieve it, or to let nature do as much good; the act of swallowing what it is down, but it comes back again, and so on for a day or two. Her general health has been good most of the time. Now, as it is felt oftenier than two or three times a week, it is reasonable, we would like to know what causes it, and if water treatment, or any other will cure it. We have read the WATER-CURE JOURNAL, and similar works so much, that we are now converted into vegetarian, but not quite—eat some meat yet, but very little pork."

Such symptoms frequently attend persons who have torpid and swelled livers. The prosoxyms may be relieved by cold cloths to the throat, and fomentations to the abdomen.

The remedial plan is a plain, opening vegetarian diet, a daily tepid bath, frequent hip-baths, with enemias, if there is constipation.

DRUG DISEASE.—L. A. S., Washington. "A colored girl, aged 20, complains of sickness and nausea, pain in the right side continually, headache all the time, eats scarcely anything, a slice of bread lasting her two days, is growing weaker and emaciating. She has had fevers and taken all kinds of medicine."

She is laboring under a combination or complication of drug diseases: that is to say, the system is expending all its energies in trying to get rid of the drugs the doctors have given her. Whether her constitution will finally conquer or be worn out in the struggle is very uncertain. We see patients every day who are *dying* in the same way. Bathe her in *cool* but not cold water when she is feverish, apply wet cloths when there is local heat, and keep her on a strict farinaceous and fruit diet. You say the "Allopathic eyes are on you." Yes; and if she dies they will declare you killed her, just because you would not let them poison her, *secundum artem*, on to the end.

DYSPEPSIA.—M. J. D., Richmond, Mo. "Please inform me how to cure to adopt in order to be helped of the distress with a soreness of the stomach and throat; deglutition is quite difficult; for the most part of the time I am obliged to rinse my food down. My spine is diseased, and has been for a good many years. I have taken a great deal of medicine for the last ten years, all to no effect. I have great faith in water treatment for all diseases, and think it would benefit me if I knew how to apply it judiciously. I have bathed in cold water for two years every morning on leaving the bed. Last winter I took the hint from the water-cure and sniffed cold water up my nostrils at night, which cured. This is as far as I dare go without direction from a physician."

We find the medicine you have taken has been to some effect; the very bad effect of diseasing the liver and thickening the mucous membrane of the throat. To alleviate your ailments you must depend mainly on a very careful diet, so as to keep the bowels always free, and a daily bath. If you could take a half dozen Electro-chemical baths, they would be of advantage.

DISEASED LUNGS.—M. S., Geneva, O. "I have a slight cough, raise considerable matter, much of it yellowish, with a sweetish taste. Are the lungs diseased? If so, what should I do?"

The lungs are diseased, and you require a strict and judicious application of our system, or incurable consumption may be the result. If you are not well posted in Water-cure appliances, you had better resort to a good Water-cure at once.

LONG HAIR.—L. M. B., Palmer, Mass. "Do you think it injures the health of children to wear the hair long. Some people say, and among them are educated physicians, that children, especially boys, should wear the hair very short."

Educated physicians generally get their notions about what is healthful and what is not, from observing the ways of uneducated people, and, as a general rule, professional and unprofessional persons are about equally intelligent on all matters pertaining to health. Long hair is not unhealthful, whether worn by girls or boys.

PEE PLANT, MILK & EGGS.—A. S. A., Morris, N. Y. "Have not people been poisoned from eating rhubarb and plants? Is it a proper article of food, and safe to be cultivated in every man's garden, to be cut and used by hired help, &c., indiscriminately? Upon what principle do you recognize the use of milk and eggs as different from flesh? Can a person be considered a vegetarian who uses milk?"

Rhubarb may be entivated and used under precisely the same regulations as the potato. Neither is poisonous. Yet both may be injurious if used indiscriminately.

Milk is an animal secretion, and is therefore not flesh, and does not contain the effluvia matters of disintegration, as does flesh. And the same is true of eggs, which are animalized. Indiscriminately between milk and flesh. We do not consider eggs good diet, nor milk best diet for adults.

UTERINE HEMORRHAGE.—M. L. To restrain hemorrhage and prevent miscarriage, take only such gentle exercise as the body can bear without feverish heat or fatigue; eat the plainest food, and use tepid but not very cold sitz baths once or twice a day. The Encyclopedia which you will have information as to "stricture of the stomach," &c. The stricture in your case is undoubtedly in the stomach, and may be organic or spasmodic; if the latter, it is curable.

YELLOW FEVER.—A. J. D., Norfolk, Va. "Can you advise a course of conduct which, if pursued, will exempt me from the yellow fever, when it rages so fearfully as it did in this city last summer? What would be the Hydropathic treatment of the disease? Could it be uniform, or the same in each case? Almost every case presented different, and even opposite symptoms."

The only protection from yellow fever, as well as from all fevers, is in correct habits of living, such as we are trying to teach you the world continually. Th Hydropathic treatment you will find explained in the Hydropathic Encyclopedia. All cases are treated on the same plan, but the particular applications are just as different as the symptoms are different. We go by the law, but not by routine. We have a general principle, yet it has special applications. You are mistaken in saying that almost every case presented opposite symptoms. This is impossible. Each case had symptoms unlike any other, yet all had similar circumstances.

CHOLERA MORBUS.—N. W., Fairview, Ky. "Please inform me what is the cause of cholera morbus, and the best remedy for it?"

The cause is bad eating and drinking, or drugging. The remedy is plain water-drinking, opium enemias, wet cloths to the abdomen, and sitz-baths, &c. (See our Standard Books.)

SORE BREAST.—A. W. "What is the cause of a woman who nurses a child being troubled with soreness in the breast?"

The cause is unhealthy habits of some sort. What particular bad habits this patient has, we do not know, simply because you do not tell us. If you did you would answer your own question. The cure consists in the application of wet cloths to the part, and the correction of whatever habits that are unphysiological.

COPIOUS INJECTIONS.—Y. F., Beacon Falls. "Dr. TRAIL, in your Encyclopedia, in speaking of the treatment of various diseases, you say, give copious injections." I wish to know how much water can be given, and what is the mark by which to cease."

Different cases and parties can employ different quantities. The rule is to throw into the bowels all the water they will conveniently receive.

ELECTRO-CHEMICAL BATHS.—S. A. P. "Dr. Jackson has kindly advertised that he has discontinued the use of the Electro-Chemical Baths. Has he found them useless? Other Water-Cure doctors, I notice, speak highly of their good effects. How is this?"

It is just no how at all. Dr. Jackson has not advertised any discontinuance. You read too carelessly. Dr. Jackson says he never has used them, and never shall. We have used them, and shall continue to do so. We are not oracles to judge of what Dr. Jackson has not seen; nor he the oracle to pronounce on our experience. He thinks, as he has a right to, that he can cure all curable cases without them. We think we can cure some cases better and much quicker with them. Certainly there is not going to be much of a "storm" about this matter.

WORMS.—J. S. S., Albany, N. Y. "I have a boy, seven years of age, who is much troubled with worms. What should be done?"

Feed him on bread made of pure meal and water, with good fruits in abundance, and vegetables in moderation. Everything to be cooked without salt, pepper or grease.

NOSE BLEED.—J. S. S. In the case of the aged lady you mention, the hemorrhage from the nose is consequent on a disease of the liver. Keep the bowels very free with enemias and coarse food, and use the wet gridle and sitz baths.

WATER DRUGS.—A. H. Clay, Phoenixville, Pa. "Will you inform me through the WATER-CURE JOURNAL, how the tetter can be cured by water. And also the effect of the Iodide of Potash, and the Iodide of Mercury and Arsenic upon the tetter when taken inwardly."

To cure tetter and all other skin diseases, adopt a very plain vegetable diet, and bathe once or twice a day. As to the effect of the drugs you mention, it is sufficient to say that, as they are poisons of the rankest kind, their effect is very injurious. If you wish to know how and why, get the Standard Hydropathic books.

SPASMS OR FITS.—C. A. J. D., Tipton, Io. Your case is probably curable, but requires very careful management, both as respects dieting and bathing. You had better try a Water-cure for two or three months.

ULCER OF THE CORNEA.—M. E. R. VEVAY, Ind. "What is the best treatment for a child, between two and three years of age, who has an ulcer on the sight of the eye, which one doctor says is from serofulous blood, and recommends blistering and the application of caustic to the eye."

Avoid the blister and the caustic, as you value the child. Some eyes recover despite such treatment; but thousands of them are totally destroyed, as our best surgeons and oculists confess in their lectures. Bathe the child daily, apply a wet cloth over the eyes whenever they are hot or painful, and keep it on the strictest fruit and farinaceous diet. For the rest nature will do much better than any doctor.

"TOO NUMEROUS TO MENTION."—S. S. B., of Selma, Ala., asks us a long letter full of questions, to answer which would require a dozen or two of longer letters. Nearly all of them are, however, fully explained in the Encyclopædia, which it seems he has, but does not find time to read. We refer him to the book because he can read the information desired there in one-quarter of the time required for us to re-write it. The hoarseness is either from unbalanced action of the respiratory muscles, or from laryngitis induced by the drugs you have taken. If the former, it is curable by a proper course of vocal and gymnastic exercises. If the latter, it is dangerous, and requires a very strict and abstemious diet. The Alcoholic Controversy is "complete," price 25c.

THE DISCUSSION.—J. S. B., Alabama. "The friends of Dr. Curtis assert that he is gaining or has gained the advantage of Dr. Trall, in that controversy. How is this?"

Of course they do. They declared before he commenced that he could, would, and should, and during the discussion they asserted that he was getting it, and now it is in human nature that they should swear that he has got it. Unfortunately, however, he has not yet discussed the real question between us at all, and what is more, *he never will.*

ALCOHOLIC COMBUSTION.—C. E. D., Fairbault, M. S. "Dr. TRALL. Please give your readers your opinion in brief upon the use of alcohol, as a 'combustible material,' as Dr. Carpenter recommends; who, in the case of Capt. Bitch's crew, thinks 'the administration of a few drops of spirits was of the most important service, both as sustaining combustible material, and as enabling the powers of their system, already seriously depressed, from being fatally injured by the privations to which the party was subjected.'"

Our opinion is that Dr. Carpenter is entirely mistaken, and his whole theory a fallacy. This we have proved in the small work called "The Alcoholic Controversy," which will give you a full exposition of this vexed question.

SUGAR IN DYSPEPSIA.—J. F. S., Alfred, N. Y. "Are syrups and sugars unhealthy for a dyspeptic, and if so what may be eaten with unleavened bread, corn cake, cracked wheat, &c.?"

Yes. Good ripe fruit may be eaten.

ANONYMOUS INQUIRERS.—We are receiving continually all sorts of questions from persons who either have no names or do not like to use them. If such persons do not find answers to their numerous inquiries, they will please understand that we are not bound to recognize anonymous correspondents.

CRAMP IN THE STOMACH.—R. P. F., Alfred, N. Y. "I am troubled with cramp in the Stomach. I can cure the attacks, but they frequently return. How can I prevent this? The water here is hard, but this I am used to. Can any harm come from drinking freely of hard water?"

You have not yet learned the first letter in the Hygeopathic alphabet. If you do not know that hard water is unwholesome. If very hard, it is enough alone to cause cramp in the stomach. The only healthful water is that which is pure, and if pure it may be soft. Your eating habits ought to be guided by the rules given in the Hydropathic Cook Book.

FIGS AND RAISINS.—W. A. L. "Are figs and raisins, such as are sold in this country, wholesome as a portion of the diet of either a dyspeptic or healthy person?"

When in good condition they are wholesome for well persons, and will answer for some few dyspeptics. The majority of dyspeptics can, however, find much better articles among our indigenous fruits.

CONGESTIVE CHILLS.—J. R. K., Tennessee. "Will Dr. Trall give us the treatment for congestive chills?"

The whole plan is comprised in the idea of balancing the circulation. Apply warmth to the extremities, give warm sitz and foot baths when the body is chilly, and sponge over the surface with tepid water whenever the heat is preternatural generally. Keep the bowels free by enemata, and restrict the patient to a very plain and rather abstemious diet.

SWEET MILK AND SOUR MILK.—H. T., Dakota, Wis. "Is much milk a healthful article of food for a person troubled with an affection of the liver and kidneys? Is buttermilk healthy? Ought it to be used by any person? It is contended by some that sour milk and butter milk are very nourishing and healthy because the Germans use them, and are considered a healthy people."

And so the Germans use a good deal of lager beer and tobacco, but if they have health it is certainly owing to some other cause. Milk is not good for liver and kidney complaints, nor is sour milk or buttermilk as good food and drink as bread and water, although there is nothing very injurious about them.

ULCERS OF THE BOWELS.—H. C. B., Freeport, O. The excrescences which you sent us examples of, and which your doctors call ulcers, are undoubtedly pile tumors. They are cured by thorough water-treatment combined with a little surgery [either refrigeration or cauterization, or both], but this you could not attend to at home.

ASTHMA.—L. Kirby, Madison, Wis. "I have had the asthma for these four years. I have taken several kinds of medicine, have had many doctors doctor me; I can eat hardly anything without breathing very hard and coughing. These spells last from two to three hours, have had them three times in twelve hours, but now at evening; morning and noon an very weak, have cold feet and hands, dizziness in the head, &c., as usual in such cases. Will you inform me in your next WATER-CURE what I shall eat and drink to prevent these distressing spells, which is being troubled for breath? I sweat some at the same time; my age 55; I cough after the hard breathing."

Your difficult breathing is owing to a disease of the liver. Eat the plainest farinaceous and fruit food you can get, unleavened bread made of unbolted flour or meal, apples, potatoes, &c. avoid flesh, milk, butter and sugar.

BRAIN FOOD.—M. W. "Will Dr. Trall please give his opinion in the WATER-CURE Journal, on the article, 'What to eat, and why,' by a Physician, in June number of *Phrenological Journal*. I have been a thorough vegetarian for three years, and my appetite does not fail for the articles he mentions as 'brain food,' and which I had considered more as brain stimulants than necessary food; but perhaps my total abstinence from them accounts for the epithets 'fanatic food,' 'crazy,' &c., that are applied by those that are bound by the chains of appetite."

We cannot look up articles in back Journals to give opinions about. Ask us specific questions and you shall have plain answers. We will, however, express an opinion which may perhaps cover the whole ground of your question, that the very best brain-forming foods in the whole world are apples, pears, pumpkins, squashes, potatoes, tomatoes, onions, beans, barley, corn, wheat, rye, rice, millet, buck-wheat, carrots, beets, parsnips, asparagus, turnips, cucumbers, &c., &c., &c.

SHORTENING FOR PIE CRUST.—R. E. H., Griggsville, N. Y. "Will you please tell us what is the best and cheapest article to use instead of lard to shorten pie crust when sweet cream cannot be had? Is olive oil healthful?"

Mealy potatoes are the best "shortener" in the world. Olive oil is comparatively healthful, but potatoes or meal are still better.

INDIGESTION, NERVOUSNESS, &c.—M. G., Elkton, Ia. You ought to be away from the comfort of home and its cares for a little season. You could get cured in this city, or at any good health establishment. If you undertake home treatment, pay particular attention to the cook book.

POETRY.—We like good poetry, and are always glad to publish the inspired thoughts of the world's reformers. Who will give us the best poem on Health? We have spiritual and religious poetry without end, but we want something of a physical or worldly character as well; we cannot expect to stay long in this world without food. Let us have poems on Life and Health, on Humanity as well as on the ethereal world. Who will give us the poetry of LIFE?

Literary Notices.



THE SCIENCE OF SWIMMING, as taught and practiced in Civilized and Savage Nations, with Particular Instruction to Learners. Illustrated with Engravings. By AN EXPERIENCED SWIMMER. Price, prepaid by mail, only 12 cents. Published by FOWLER AND WELLS, 303 Broadway, New York.

"Leap in to swim into this angry flood,
And swim to yonder point!"—SHAKESPEARE.

A capital little book for boys, and now is the time to read it. Parents who would have their sons—and daughters, too—learn to swim, should lose no time putting them in the way to learn.

The capability of the human race for swimming, is generally understood. The human form is better adapted to it than that of any animal not absolutely aquatic; and the inhabitants of warm latitudes excel most amphibious animals in the water, fighting with the shark, diving with the alligator, and remaining for a long period in profound depths in search of coral, pearls, and other treasures of the sea.

Dr. Franklin was an excellent swimmer, and his instructions for learning to swim are copied at full length in this work.

At the burning of the steamboat Erie on Lake Erie, of the hundred or more persons lost, every one might have been saved had they been able to swim; but even the captain of the boat was indebted to a negro who could swim for an hour which saved his life. In a hundred such melancholy disasters on our great lakes, rivers, and the ocean, valuable lives might have been saved by a little pains in learning to swim.

In the work under notice, full particulars as to times and places for swimming are given, also aids in learning, with illustrative engravings, showing all the various positions from plunging, thrusting, treading, to floating and swimming on the back, together with causes of cramp, drowning, and how to avoid them. All these with important remarks on health, bathing, etc., render it important for all to read. The little book may be sent, postage prepaid, to any post office.

NARRATIVE OF THE EXPEDITION OF AN AMERICAN SQUADRON TO THE CHINA SEAS AND JAPAN, performed in the years 1852, 1853, and 1854, under the command of Commodore M. C. Perry, U. S. Navy, by order of the Government of the United States. Compiled from the Original Notes and Journals of Commodore Perry and his Officers, at his request, and under his supervision, by FRANCIS L. HARKES, D.D., LL.D. With numerous Illustrations. One vol., large octavo, 624 pages. Price \$5. New York: D. Appleton & Co.

This important work is now ready, and will meet a great demand, from the craving desire of Americans to obtain exact and reliable knowledge of these mysterious and heretofore almost unapproachable people. It is panoramic, biographic, geographic, and historic, as well as descriptive narrative, and intensely interesting from the beginning to the end. An abridgment of this work should be introduced into schools.

AID TO TEACHERS AND STUDENTS IN NATURAL PHILOSOPHY. Being the Key to Johnson's Philosophical Charts, accompanied with fac-similes of the Charts on a reduced scale. By Frank G. Johnson, A.M., M.D. Price 50 cents. 69 pages, 12mo. A. Ranney, New York.

THE HUMOROUS POETRY OF THE ENGLISH LANGUAGE.—FROM CHAUCER TO SAKE. Narratives, Satires, Epigrams, Burlesques, Parodies, Travesties, Epitaphs, Translations. Including the most celebrated Comic Poems of the Antidochin, Eusebius, Aristotle, the Lombardy, Legend, Blackwood's Magazine and Punch. With more than two hundred Epigrams. And the choicest Humorous Poetry of Voltaire, Trabel, Cowper, Holmes, Saxe, Willis, Thackeray, Aytoun, Moore, Swift, Hood, Lovell, Gray, Prior, Southey and others, with notes explanatory and biographical. By J. Barton. New York: Mason Brothers. 8vo, pp. 689. \$1.20.

It is surprising that no one ever thought of making a collection like this before, and it is fortunate that the idea, having been conceived, has been carried out so thoroughly. Here we have a perfect magazine of wit. It is a volume entirely made up of the sportive effusions of men of genius, and contains more wisdom and good sense than many a book of graver pretensions. All that there is of gracefully harmless wit and sterling fun in the shorter poems of the English language, is here embodied. It will be a delightful volume for reading aloud in the family circle. In a collection so extensive there is of course a bit for everybody and everything. Probenology comes in for its share in the following good-humored stanzas from *Punch*:

THE PIRENOLOGIST TO HIS MISTRESS.

Though largely developed my organ of Order,
And though I possess my Distractiveness small,
On suicide, dearlest, will I force me to border,
If thus you are deaf to my vehement call.

For the Veneration is daily extending

On a head that for want of wit once was quite flat;
If thus with my passion I find you contending,
My organs will swell till they've knocked off my hat.

I know, of Perceptions, I've none of the clearest;
For while I believe that by thee I'm beloved,
I'm told at my passion thou secretly seest;
But oh! may the truth unto me ne'er be proved!

I'll fly to Deville, and a cast of my forehead
I'll send into thee—then upon thee I'll call.

Retraction—alas! the lover how horrid—
When "his passion that *ignora nimis*, 'tis bitter as Gall!"
The work is so fully described in the title page, which we have copied in full, that it is unnecessary to enlarge upon it further. The volume contains over six hundred poems, and among them all there is none devoid of merit, and few that are not of classic excellence. It is published in the usual elegant style of the Masons, and forms a handsome volume for library or centre table.

ELEMENTS OF LOGIC ; or the Basis of Lectures by William Barron, F.R.S.E., Professor of Belles-Lettres and Logic in the University of St. Andrews. With large supplementary additions, chiefly from Watts, Abercrombie, Brown, Whately, Mills, and Thompson. Edited and compiled by Rev. James R. Boyd. One vol. 12mo, 243 pages. Price 75 cents. A. S. Barnes & Co., New York.

This is the comprehensive title of a book on Logic, designed for scholars, now given to the world.

SANDERS' HIGH SCHOOL READER ; embracing a comprehensive course of instruction in the principles of Rhetorical Reading, with a choice collection of exercises in reading, both in prose and poetry. For the use of the higher classes in schools of every grade. By Charles W. Sanders, A.M., author of "A Series of School Readers," etc., etc. One vol., 12mo, 523 pages. Price \$1. Iverson & Phinney, New York.

LATE AMERICAN HISTORY ; containing a full account of the courage, conduct, and success of John C. Fremont, by which, through many hardships and sufferings, he became the Explorer and the Hero of California. By Emma Willard, author of "History of the United States." One vol., 12mo, 277 pages. Price 75 cents. A. S. Barnes & Co., New York.

PETER GOTT, THE CAPE ANN FISHERMAN. By J. Reynolds, M.D. 259 pages, 12mo. Price \$1. Boston: John P. Jewett. New York: Sheldon, Blakeman & Co.

PROCEEDINGS OF THE PENNSYLVANIA YEARLY MEETING OF PROGRESSIVE FRIENDS, held at Longwood, Chester County, Pa. Octavo. 84 pp. Price 15 cents.

LIFE, EXPLORATIONS, AND PUBLIC SERVICES OF JOHN CHARLES FREMONT, With Illustrations 366 pages, 12mo. Boston: Ticknor & Fields. For sale by Fowler & Wells, New York. Price, by mail, prepaid, 85 cents.

THE MODERN STORY TELLER. The best Stories of the best Authors; now first collected. 324 pp. Cloth, 75 cents; paper, 50 cents. G. P. Putnam & Co., New York.

It is published in good style, on good paper, clear type, and in a handsome form. The stories are short and entertaining.

MOORE'S RURAL NEW YORKER ; or an Original Weekly Agricultural, Literary, and Family Journal, conducted by D. T. Moore, with an able corps of assistant editors. Published in Rochester, N. Y., at \$2 a year in advance.

HERTHA. By Frederika Bremer. Translated by Mary Howitt. Authorized American Edition, with the author's dedication. One vol. 12mo, 383 pages. Price \$1.25. Putnam & Co., New York.

'98 and '48—THE MODERN REVOLUTIONARY HISTORY AND LITERATURE OF IRELAND. By John Savage. Price \$1. New York: J. S. Redfield.

THE CHILD AND THE MAN ; or, Anniversary Suggestions. By Dr. R. T. Hallock. An oration delivered in New York, July 4th, 1856. Ellinwood & Hills, 342 Broadway. Price 20 cents.

THE POETICAL WORKS OF ALFRED TENNYSON, Poet Laureate, etc. Complete in one vol., 515 pages, 18mo. Price 75 cents. Boston: Ticknor & Fields.

The publishers have well performed their part in this beautiful book—a collection of Tennyson's poems. All his friends can now gratify their desire of obtaining these their favorite pieces.

THE CAPTIVE YOUNG OF JUDAH. A Story with a Moral. By Rev. Erasmus Jones, of the Black River Conference. One vol., 12mo, 165 pages. Price \$1.25. Derby & Jackson, New York.

Miscellany.

BUSINESS NOTICE.—We are pleased to observe that the professional business of our friend, DR. G. H. TAYLOR, has so increased as to compel him to have additional assistance, and he has associated with him his brother, C. F. TAYLOR, M. D., an accomplished medical scholar and gentleman, who is now travelling in Europe for a few months, visiting the principal medical institutions, for the advantage of the patrons of the establishment. We expect to receive accounts of some of the incidents of his travel for the benefit of our readers.

OUR MILL IN MINNESOTA.—A subscriber residing in Red Wing, Goodhue County, writes as follows:

I received the Hand Mill—set it up, and ground a grit. The mill performed well. It is a first-rate article for the country; several have looked at it, and like it much. The cost, altogether, to get it here was \$8, but I would not take \$10 for it. We can only obtain superfine flour here. Therefore, every family ought to have a mill of their own. Turning the crank gives good exercise. M. V.
[The new CANAL BEER MILL, which we now offer, grinds faster and much more easier than the old one. EDE.]

WHERE THERE'S A WILL THERE'S A WAY.—One of our fair friends, when ordering the WATER-CURE JOURNAL, says she has told her other half, so many times, "You must send for the JOURNAL," and had heard in reply, "Yes, my dear," without doing it, that she took the matter in her own hands, and of course accomplished what she undertook. She is now the happy recipient of the WATER-CURE JOURNAL. It is said of woman, "When she will, she will, and you may depend on't!" Every day brings us more and more to its realization. We do hope we may live to see the day when woman shall be co-equal with man, and CAPABILITY be the rule by which all are measured. Furthermore she tells us, that he sometimes forgets his pipe, even though very fond of it. Ah! we fear the use of the "weed" will steal away his health, as it certainly seems

to have destroyed his powers of memory. When we get our Anti-Tobacco Society fully "before the people," we hope to do away with that luxury! In the meantime, we have several Tracts on the subject, which would benefit all who are in like manner afflicted, would they but persevere them, and profit by the admonitions and advice therein contained. Let us tell you what they are: "THREE PRIZE ESSAYS," by Dr. TRALL, Dr. SNEW, and Rev. Mr. BALDWIN.

Circulate these documents, all ye who wish to have a hand in staying the flood of sin and sickness, in their day and generation. We will furnish them at mere cost of paper and printing. Come, one and all, to the rescue. But don't forget to subscribe for the WATER-CURE JOURNAL. Your wife needs it far more than you need *smoke*.

TOBACCO AND CIGARS.—A French chemist has recently been trying some experiments on the smoking of tobacco and cigars, to discover the reason why a cigar, when partially smoked, extinguished for a short time, and lighted again, has such an unpleasant flavor in comparison with what it had when first smoked. His intention also was to ascertain the quantity of nicotine absorbed by constant tobacco smokers. The apparatus used consisted of a stone jar, in which the tobacco was made to burn, connected with a series of bottles communicating by tubes. The bottles were either empty, or contained some water mixed with a little sulphuric acid. From a few experiments, it was found that in the smoke of the tobacco extracted by inspiration, there is ten per cent. nicotine. Thus a man who smokes a cigar of the weight of twenty grains, receives in his mouth seven grains of nicotine mixed with a little watery vapor, tar, empyreumatic oil, &c. Although a large portion of this nicotine is rejected, both by the smoke puffed from the mouth, and by the saliva, a portion of it is, nevertheless, taken up by the vessels of the buccal and laryngeal mucous membrane, circulated with the blood, and acts upon the brain. With those unaccustomed to the use of tobacco, and nicotine, when in contact with the latter, produces vertigo, nausea, headache, and somnolence. From further investigation, it was found that the drier the tobacco, the less nicotine reaches the mouth. A very dry cigar, while burning, yields a very small amount of watery vapor, the smoke of it therefore cools rapidly in the cigar while passing from the point of ignition to the mouth; hence it is that the first half of a cigar smoked is more milky than the second, in which a certain amount of watery vapor and nicotine, freed by the first half, are deposited. Smoking through water, or with long tubes and small bowls, after the manner of the Turks, prevents, in a great measure, the nicotine from reaching the mouth, and being absorbed.

Our advice, young men, is to shun the vile weed as you would a poisonous serpent. The *use* of tobacco is the great evil of the age.

THE BLOOMER GIRL.

Proudly the Bloomer girl lifts up her head,
Joyous and bright is the pathway she treads;
Singing so blithely the song of the free;
Tripping so lightly o'er meadow and lea.

No long skirts to bind her, no stays to oppress;
But fitly she's robed in a sweet Bloomer dress.
Dime Fashion may frown, and her votaries smile,
While malice and slander are busy the while.

Life and health is her motto, as onward she bounds,
She regards not the follies which doth her surround;
His drinks of the beverage nature provided,
And breathes the fresh air in the verdant hill side.

The volume of nature her text-book hath been;
And obeying its mandates she ever is seen.
She needs no supporters; no wadding or stays;
Nor sine, pork, tobacco, nor coffee or teas.

For reason has taught her to woe and to be clean
In the waters of Jordan, or some other stream.
The bloom on her cheek and her bright happy smile,
Shows the Bloomer girl's right all the while.

A HINT TO REFORMERS.—The trees must be cut down before the ground can be tilled, and bounteous harvests reward the husbandman's toil. The old structures must be demolished and the rubbish removed, before Truth can lay her deep foundations, and build her palace to the skies. In the work of Reform, then, we need the woodman whose

sturdy blows shall lay the ancient errors low, as well as the ploughman turning up the virgin soil, and the sower scattering abroad the good seed. We require the piller down who needs must make a noise, no less than the silent builder, skilfully rearing the soul's habitation. Shall the ploughman quarrel with the wood-chopper, because his vigorous blows and the crashing trees disturb the forest's quiet? or shall the chopper blame the sower because he aids him not in making war upon the giant trees?

PETITION.

To the Honorable Senators and Representatives of the State of New York, now in session, for a repeal of all laws restricting the practice of Medicine to any particular class of physicians.

Ye wise men of the Empire State,
And who have convened to legislate,
And make all laws for public good,
I most sincerely wish you would
Attend these very just petitions
Of the Irregular Physicians;
No longer let a favored few
Of licensed quacks their arts pursue,
And treasure up their stores of wealth
At the expense of life and health
Of those to whom they give their drugs
Fit only for destroying bugs.
They tell us they can make us well
With Arsenic, Zinc, and Calomel;
But the result, nine times in ten,
Makes good Barometers of men,
Who, by their writhing pains and groans,
Produced by Mercury in their bones,
'an any moment tell you whether
We shall have fair or stormy weather:
And during life they're ten times more
Children of sorrow than before.
Too long has this empyric band
Of Esculapian cursed the land,
And swept as with a ponderous broom,
Thousands to an infinitely tomb;
And if the injured e'er complain
Of husband, wife, or children stain,
They claim that all was done by rule—
Established by the great high school,
Where they received an education
To fit them for their occupation.
With much importance they appeal
To parchment with a great broad seal,
Conferring on them the Degree
Of a Professor or M. D.,
And claim from that they have the skill
To cure by rule, by rule to kill;
And from your pockets they will draw
Enormous sums by force of law—
And fill with gold their silken purses,
But had you called the aid of nurses,
You would not now have had to mourn
Your children from your bosom torn;
Yourself reduced, infirm, and weak,
The bloom of health torn from your cheek;
Your eyes deep sunk within their sockets,
Your money taken from your pockets;
Your constitution gone to wreck,
The victim of a licensed quack;
But cease my muse, you write in vain
While our unequal laws remain;
Therefore address our Legislature
In earnest but in right good nature;
And while they with such ardent zeal
For Ireland, cry *repeal!!!* *repeal!!!*
Ask them to grant the just petitions
Of the Irregular Physicians:
Entreat them calmly, but insist on it
That they in all things be consistent.
Let all physicians in their way
Attend the sick and get their pay,
And use such methods as they please
To cure all manner of disease.
If they allay the burning fever,
Cure diseases of heart or nasond their,

Make *blindness* see the light of day,
And *cripples* throw their crutch away
And trip on light fantastic toe,
And skip and bound like antic roe,
Make *palsy* shake its fetters off,
Consumption heave away its cough,
Dyspeptic stomachs solve their meat
And every substance that they eat.
And *mearles*, *whooping-cough*, and *gravel*,
And *scrofula* be made to travel,
And *cholic*, *pleurisy* and *gout*,
And *rheumatism* are put to rout:
No matter what the forces they use
So they the wished-for end produce:
No matter where they got their knowledge,
In forest wild or learned college,
I claim they should not be debarred
A reasonable and just reward.
And therefore I with ardent zeal
Implore your honors to repeal
All partial and unequal laws
And gain yourself a great applause,
And you'll receive the approbation
Of every good man in the nation.
And much improve the sad condition
Of an IRREGULAR PHYSICIAN.

A VOICE FROM ENGLAND.—We are permitted to make the following extracts from a letter from London to one of our friends:

I had this spring a consumptive attack brought on by neglected colds, which, joined with the rheumatism in both legs, confined me at home about ten weeks. Had you seen your humble correspondent going about with a long sweeping brush under one arm for a crutch, and a broomstick in the other hand, when at the worst, hobbling along as best he could, being almost five minutes in setting down, as many more in getting up, and as long when up, before pointing a foot or venturing a hop, you would have thought it "Dickey Pink" with him almost. Many thought and said as much, but then I was concerned in the matter, and it didn't exactly suit my ideas to make up my books and finish off at that point. By the daily use of cold water in the shape of washings, bandages, &c., and also by confining myself to about ten ounces of solid and exclusively vegetable food per day, and aided by my natural cheerfulness—and I never was more cheerful in my life, and never could sing so well before nor since—I got well, and am at present as hearty, and more fleshy than ever I was in my life. And I would recommend any one who is suffering under disease of any kind, to be as abstemious as possible—almost to starve. It gives the system a chance of ridding itself from any impurities which it may be clogged with. Perhaps the troubles you and your brother have had are to be attributed to your conforming too much to Yankee customs in eating; for which the only specific, and certainly it is cheap enough, is abstinence. Talking of eating and drinking, are not the diseases and deaths of most emigrants attributable more to over-indulgence in these matters than anything else? I think so. And this brings me to say a few words about the Yankees themselves, and the average of human life in America. I believe the climate is more exciting than ours, and thus, as it impels them to action wears them out sooner. Yet I am inclined to think the difference arising from this source trifling.

In calculating the duration of life in all countries, account is taken of persons dying in all causes. Yet to attribute the result thus obtained to climate, and pronounce the country unfavorable to longevity, is unjust. Many meet with their death by accident, and your Yankee friends can burst more steam-boilers, and blow more people to atoms by their steamboat racing, and their reckless driving on railways, than the rest of the civilized world put together. The high living, and inveterate smoking and chewing of tobacco, are another fearful source of death, besides inducing premature disease and death in their children, rendering the matter thus still worse. Again, others living in newly-populated and only partially drained and cultivated places, suffer from agues, fevers, &c. But I have said enough already to show that a great proportion of the deaths in America are to be traced to preventable causes, and were those causes removed it would be found, perhaps, that there would be small cause for objection to the country on this score. I have found in the papers you have sent instances of people over one hundred years of

age; I believe two were old soldiers, a mole of life not more congenial to longevity than others certainly. So the climate will allow, if it does not promote long life.

We are greatly indebted to you for the specimens of American literature that you have sent us. They have been useful in correcting many erroneous ideas which we had gathered from other less authentic sources. The advantage will be on our side here; I am sure we shall not be able to send you anything so interesting to you as they are to us. Some of our newspapers surpass yours in the getting up and general arrangement. But *Life Illustrated*, and the *Phrenological and Water-Cure Journals* are excellent, and equal if they do not surpass anything we can boast. Place them side by side with the best we can boast, and they lose nothing, but rather gain by the comparison. So long as you have such papers as these you can never feel the loss of Chambers' They are as interesting as anything they ever sent out, and of a far more progressive character. Two such Journals as the *Phrenological* and the *Water-Cure* could not be kept alive here three months. The little that is said about Hydrophobia here is what is found in the Temperance publications. These Journals have had no small influence on the American people, as is evinced by the quantity of *Water-Cures* in every State nearly. By the way, what a lot you there. I never dreamed till I saw the *Water-Cure Journal* that there were a twentieth part there is. This fact alone points to the fact that Americans are more intelligent, or that they are more ready to adopt improvements than most people. One more word about papers and I have done. If an individual were to confine himself to reading nothing but American authors, would he be behind the spirit of the age? I am persuaded he would not.

But you are for the West, to become a "jolly farmer," and grow your own corn and potatoes. I was going to say corn, wine and oil, but you are a total-temper. Well, you can grow apples, plums, pears and peaches, and that will do as well.

But wherever you settle do not as some of the Yankees. Whenever you reap a crop return its equivalent. Don't sell your crops and the fertility of your farm together. I am inclined to think large quantities of land are spoiled in America yearly by neglecting this thing.

I remain, yours respectfully,
Cheapside, Oct. 14, 1835.

J. B.

WOMEN AND WATER-CURE.—It is gratifying to note with what a hearty zeal our women friends urge the claims of Hydrophaty. They have *tried* it and approve it. Mrs. A. M. S., of New London, Chester Co., Pa., has sent us a club of subscribers from that place. She "considers the Journal an inestimable blessing in every community." She adds, "you are doing a great work in enlightening the world, your books and Journals are found in the hamlet of the poor, as well as in the halls of the rich; through them you are exerting an influence which shall make multitudes rise up and call you blessed."

"I WON'T AGAIN—I WON'T AGAIN."—We clip the following interesting incident from *The Lily*, and commend it to all ambitious little boys—to Pa-pa's, to Ma-ma's, and to "nice young men." It is so pretty:

"Once, it was not long ago, a gentleman came to chat with us one pleasant Sunday afternoon. As he came in he took from his mouth with his thumb and finger, a clear and after daintily knocking off the ashes and fire with the tip of his little finger, laid it on the Franklin. We were called to tea, and left our eldest boy, six years of age, to watch the infant in the cradle. In a short time we returned. The babe still slept, but my boy, my bright-haired boy, lay stretched upon the floor, pale, and apparently lifeless. With a cry of anguish I caught him in my arms, and taking him to the open air, laid him on the grass. We dashed him with cold water, and he moved, he opened his eyes languidly, while his whole frame seemed suffering and shivering with agony, and moaned out, 'mother, I'll never smoke again.' The truth all flashed upon me: he had tried smokes the gentleman's cigar! The blood that had receded, frozen, to a mother's heart, now rushed back with a mother's indignation, to my burning brow. All night long I held my vigil by my suffering child. But never since, to my knowledge, has a child of mine tasted the hateful thing. And if a mother's tears, a mother's earnest teaching, can prevail, they never shall become so lost to every feeling of delicacy and kindness, as to breathe an unpleasant odor in a lady's face, or spit on her robes!"

FRANCIS D. GAGE.

A MOST DEPLORABLE CASE.—We quote the following from a letter just received from Copiah City, Mississippi. H. M. T. renews his subscription, and writes:

"I have now been several months without the WATER-CURE JOURNAL. I consider it of more service to me than all the doctors I have ever had. I was brought up a drunkard, from my youth up, because the doctor, Dr. Pease, Frear, and school-teacher, all drank whiskey for their health. I thought there was nothing so wholesome as bacon and brandy. Pork and pills, grease and groceries, were my confidants, and I thought I had a part of civilization, for it seemed to have the sanction of Christianity, and I knew it had the sanction of all the drug doctors. One of the worst objections to botanic doctors is their whiskey tinctures, and brandy toddies. Ten years ago I put my name on the superannuated list, but your Journal and books galvanized me, and I can now plow as much in a day as any other man, young or old. I am only 53 years of age, and have been sober four years; the longest sobriety I ever had since I can recollect. These doctors grow down south, are stealing your thunder, but as you have plenty of it left, I don't suppose you care. A Texian has written a doctor's book in which he recommends alcohol as a basis. This idea I am confident he didn't get from Hydropathy, although he recommends the wet sheet highly."

Have any of our other readers had a similar experience, and would they "own up" if they had? We have no doubt there are hundreds of like cases. It is not a long time ago, when liquor drinking was as common and as fashionable, as tobacco-smoking and tea-drinking now is. But we shall try to do away with some of the absurdities, and introduce a new order of things. Who will help?

PRAYER WITHOUT FASTING.—The greatest objection that the dear people have to the water treatment, as it is called, so far as my experience extends, and it is by no means limited, grows out of its anti-mysteriousness. They want something not mysterious, but absolutely terrifying and repugnant to their feelings; they care nothing about its unnaturalness. So the physician who gives the largest doses of poisonous drugs, bleeds and blisters for every little ailment, and makes the patients believe that this is really the best, is generally called the "great doctor." The physician who proposes to treat diseases on strictly physiological principles, which means nothing more nor less than supplying conditions of health, and keeping their patients comfortable, is commonly looked upon as the prince of quacks, or the greatest of fools. How long such a state of things shall exist, I will not attempt at this time to predict, but my honest conviction is, that ere it is long, this barbarous practice of giving sick folks poison, which is not only the greatest of humbugs, but the greatest of evils, will be numbered among the things that were. People generally want to eat too well to make good water-cure patients; they want to be cured simply by the laying on of hands without denying themselves any luxury whatever. They have a natural antipathy for any thing like a hunger cure. Such was the case with a gentleman who drove up to my humble residence, a few days ago, in a carriage, similar, I imagine, to the one in which old Naaman went to the prophet. I could not but think of Naaman when I first saw this man with his servant. He sent his servant to request me to walk out to his carriage. I went immediately. After the usual salutation he began to tell me what he wanted in the following manner:—"You water-cure folks I understand do not like to be trifled with, speak to the point, and waste no words." At the present time, I shall endeavor to be as brief and pointed as possible. Four months ago to-day, I was taken with a very severe pain in my left leg, which extended from my hip down to my ankle. For the first two months it was intermittent, only paining me in the forenoon. I have tried several doctors, and a great deal of patent medicine, but nothing that I have tried has done any good. My leg now pains me incessantly. I want you to be candid and honest with me. Can you cure me?" Ever and anon during this time, he would ejaculate, "and have mercy on me." I told him that I thought I could cure him provided he would submit to the treatment. He declared that he would, no difference what it might be. I then said to him, "Suppose I could scald all the skin off your leg and then freeze it, would you submit to this?" He assured me that he would. I then told him that I never tortured my patients, and that I considered such things entirely useless under all circumstances, and that if he was willing to be cured naturally, and have his whole body entirely and thoroughly regenerated, and would give me time to do it, I would undertake his case. He then inquired what I would do, and what he must do, and how long it would take. I told him that the precise length of time I could not tell, but that it was my

opinion that the pain would cease under an entire fast of two or three days in connection with the baths that I would give him. "An entire fast of two or three days!" said he, "why, indeed, your remedy is much worse than this disease, and I can assure you of one thing, and that is: if I never get well of this pain until I starve it out, I will never get well of it. I have had all the trouble coming here just to listen to such stuff as that. I could have done all you recommend, and more too, at home if I had been so disposed." He became offended, and went away in a rage. I thought that he was giving in "in some way," and that he missed one meal, and afterwards acknowledged that he felt better by it than he had done for months before, but he could not be prevailed on by his friends to try it again. Such is human nature, especially with people of the pork and gravy diathesis, and such it will continue to be as long as they are so awfully gulled by the drug givers.

J. W. STEELE, M. D.

WATER-CURE AMONG THE INDIANS.—We have received a letter from an INDIAN CHIEF, of the Ottawa tribe, in which he says—

"I have spent most of my life in gaining a knowledge of the healing art, for the benefit of my nation. I now wish to obtain a situation in one of your Water-Cure Establishments, so that I can become acquainted with the system, the mode of treatment, diet, etc."

THE CHIEF proposes to give his services for the privilege, such a situation would afford him. When sufficiently experienced, it is his intention to return to the West, and introduce the Water-Cure among "his people." He encloses the following paragraph:

A PLAN.—Manatualah, Chief of the Ottawas, located some 300 miles west of Great Bear, on the Saskatchewan River, gave us a short "talk" last night at the Court House, in reference to the situation of his tribe, their faith, manners, customs, prospects, etc. The character of the soil he represents to be quite similar to that of Illinois, and the natives have already made some considerable progress in agriculture, and they have a school among them. His proposition to take a company of white people out with him, and settle them on alternate sections with the Indians, that the latter may thus be induced to cultivate the soil, and learn the art of the white man of civilized life. Not a bad idea for an Indian or white man either.

We hope some one will do him the favor of granting the request, and thus open the way for our great reform among the tribes of our American Indians.

ALMOST, BUT NOT QUITE CONVERTED.—The signs of the times are ominous for good, when such "organs" as the *Boston Medical and Surgical Journal* become converted to the truth as it is in Water-Cure. We may well wonder and exult. Think of it. One of the oldest and most orthodox Allopathic Journals in the United States—now in its fifty-fourth volume—advocating Hydropathy, and recommending a water-cure establishment! We quote, that our readers may read for themselves, for it would be too much to believe without positive proof:

HOME FOR INVALIDS.—An establishment has long been needed which should combine the beneficial effects of water in the treatment of many chronic diseases, with the remedial agents and means as are excluded from the practice of what is called "hydropathy." We take pleasure in announcing the advertisement of Dr. Denniston's Water-Cure. Dr. Denniston does not rely exclusively upon water as a curative agent in the treatment of disease. We feel confident that many cases which have heretofore failed at home will be benefited by a change of this establishment, where patients have the advantage of pure air, combined with judicious treatment, and the pleasures of refined society. We need hardly refer to the certificate of several of the most eminent medical men of this city as a guarantee of the standing of Dr. Denniston as a practitioner.

Said an officer in the English service, while conversing of the superiority of the water-form in the war between us and the *Half of the crew were British sailors.* "We do not understand," was the reply, "how that detracts from the Americans, for all yours were British, and if with only *half* Americans they licked you so completely, what would have been the result if our whole force had been Yankees?" If by treating patients *partially* hydropathically, produces results which merit the commendation of the *Boston Medical and Surgical Journal*, how would the editors of that venerable sheet be astonished at the effects where nothing but Hydropathic means are adopted? "Water-Cure," known to man, are "excluded" from the practice of "Hydropathy." But, on the contrary, all REMEDIAL AGENTS are included. Drug

doctors would have their patients believe that nothing but cold water was ever used by our practitioners! Was there ever such stupid, perverse, and willful misrepresentation? But never mind. Let us be thankful that they notice us, and concede so much.

The advertisement of Dr. D. referred to, reads as follows. We copy the first and most material part of it:

Dr. DENNISTON would respectfully invite public attention to his establishment for the relief and cure of chronic diseases, which, during an existence of eight years, has attained unequivocal success. It has been his effort, while making his house "a home" for those who are unable to use, in their behalf, a knowledge which an experience of thirty years has enabled him to acquire. Among these, a strict application of those hygienic laws, commonly called "Water-Cure," stands prominently forward; long experience and observation having convinced him that, while much may be done by active interference to save life in the acute stages of disease, a judicious management of the vital powers can alone be successful in that large class of prevailing chronic ailments.

That is to say, *Drugs never do*, but that "a strict application of Water-Cure" will be relied upon "in the treatment of" prevailing chronic ailments.

Here is the testimonial referred to, which leads us to infer that the leading professional men of Boston are almost, if not quite converted, to the truth, beauty, and superiority of Water-Cure over drug treatment. We quote:

The following card from the leading professional gentlemen of Boston, is offered as a testimonial of their confidence in the course of treatment proffered by Dr. Denniston:—"We are induced to recommend Dr. Denniston's establishment for the treatment of chronic diseases of various kinds, from a knowledge of the principles upon which he proposes to conduct it. We believe it to contain all the advantages of similar establishments, and have confidence in the skill and judgment, experience and prudence of Dr. D., to direct the application of the various remedial treatment according to the exigencies of the individual case."

J. C. Warren, M. D. John Ware, M. D.
George Hayward, M. D. John M. Warren, M. D.
Edward Reynolds, M. D. M. S. Perry, M. D.
Jacob Bigelow, M. D. John Homan, M. D.

There; we submit the question, Do these gentlemen endorse the Water-Cure or not? Is the *Boston Medical and Surgical Journal* a convert to our doctrines or not? We will wait for further confessions before taking them into membership, lest they "back-slide." Meanwhile, we solicit the — best wishes of all true believers in their behalf, and hope for a full, free, and uncompromising acquiescence in the true faith, the glorious principles of Hydropathy. Doctors of Boston! you shall have the benefit of our most earnest prayers, and our highest hopes.

What a glorious thing it is, that,

"While the lamp holds out to burn,
The vilest sinner may return."

COME OVER AND HELP US.—A correspondent in Western New York, while ordering Journals, says: "If there are any Reformers in this part of the State, that gives free lectures, I wish they would come to Millport. The friends of reform are so few, and being laboring men, they could not afford to pay on what they ought to have, and those not interested cannot even afford to take the Journals at 50 cents a year. But the benefit I have received from their personal, has been so great, that I consider myself well paid for my time spent in getting subscribers."

FROM NEBRASKA.—Thanks to our Liqueur Law, we have but little drunkenness, but we have plenty of drug doctors, who kill most that die.

Water cure is almost unknown. Only a few know anything about it. The country is remarkably healthy. Persons of correct habits can scarcely be sick at all.—E. C. TAYLOR.—Letter from Nebraska Territory.

We are now sending a few hundred copies of the W. C. J. to this new and promising territory. When once before the people, we are confident that Hydropathy will be adopted, and drug doctors abandoned.

DURATION OF VEGETABLE LIFE.—Lord Lindsay, in the course of his wanderings amid the pyramids of Egypt, stumbled on a mummy, proved, by its hieroglyphics, to be at least 2,000 years old. In examining the mummy after it was unwrapped, he found in one of its enclosed hands a turnip or bulbous root. He wished to know how long vegetable life could last, and he therefore planted that root in a sunny soil, allowed the rains and dews to descend upon it, and in the course of a few weeks, to his astonishment and joy, the root burst forth and bloomed into a magnificent dahlia. Egyptian dahlia, of a new variety, originating from seed thousands of years old.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms: For a full page, on month, \$75 00 For six columns, on month, 30 00 For half a column, on month, 15 00 For a card of four lines, or less, on month, 1 00 Payment in advance, for transient advertisements, or for a single insertion, at the rates above named. Copies of this JOURNAL are kept on file at all the principal Hotels in New York City, Boston, Philadelphia, and on the Steamers.

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

Water-Cure Establishments.

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

There is pure soft water for baths, electro-chemical, galvanic, and all the medical facilities of a model Institute. The best opportunities in the treatment of all classes of disease, especially of the throat, heart and lungs. For further particulars, send for a Circular. Address in full, to avoid mistakes.

SYLVANUS STRONG, M.D., REMEDIAL INSTITUTE, Saratoga Springs, N. Y. REFERENCES: Rev. Jesse T. Peck, D.D., N. Y. D. D. Wheeler, Thomas Carlton, John M. Howe, M. D., Prof. H. Mattison, Black River Conference, George Cole, N. Y., L. A. Smith, Saratoga Springs, July 17

ROUND HILL MOTORPATHIC WATER-CURE, at Northampton, Mass., is in a charming location. Invalids in pursuit of health, and others seeking relaxation and pleasure, will find in it what they desire.

The water is supplied in great abundance from mountain springs, and the bathing facilities embrace every modern improvement for the medical application of it, including Verges' Electrochemical Bath, for extracting mineral substances, &c. These, with its combined use of Motorpathy, which secures the most obstinate organic weaknesses with ease and certainty, not only greatly enhance the results resulting from the use of the water, but the cure more speedily as well as sure. Circulation free to any address. *Expulsion of Motorpathy* posted free, on receipt of ten letter stamps, or *Motion-Life* on receipt of six. Address as above. H. HALSETT, M.D., Aug. Northampton, Mass.

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

The medical department is conducted by Dr. S. Rogers, and has never been limited to the ordinary use of water in those cases which seem to require treatment. Every facility is supplied for the administration of the Electro-Chemical Bath. There has recently been erected a first-class Gymnasium upon the grounds adjoining to this institution, which is under the charge of an experienced teacher. For terms, &c., address F. ROGERS, Superintendent. Office hours 2 to 4 P. M. July

MERIDIAN MOUNTAIN HOME—This place, delightfully situated, midway between Hartford and New Haven, is five hours by rail from New York City, will be let or leased to any suitable party who will keep it as a Water-Cure or Health Institute. The grounds comprise fifty acres of meadow land, grove, park, garden, orchard, &c. Address: R. T. TRALL, New York, N. Y. July

WATER-CURE FOR LADIES.—DR. AMELIA W. LINES receives boarders and patients at her residence, No. 50 north Fifth St., N. Y. Consults, Electro-Chemical, Galvanic, &c. July 17

WATER CURE FOR FEMALES EXCLUDED at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, send for Circular. May 17 W. SHEPARD, M.D.

WATER-CURE AND HYDROPATHIC MEDICAL COLLEGE,

15 Light Street, New York.



The location is quiet and airy, and but one door from the beautiful promenade grounds of St. John's Park.

R. T. TRALL, M.D., PROPRIETOR.

At this Institution, which has accommodations for more than one hundred persons, diseases are treated on strictly Hygienic principles. Especial attention is given to the management of female diseases. Stammerers are permanently cured by mechanical instruments with vocal exercises. Cancer is treated successfully on a new plan, combining cauterization and congelation. The Electro-Chemical Baths are applied for the eradication of mineral grains and infectious viruses, and various Rheumatism, Neuralgic, Paralytic, and Nervous Affections. Boarders are accommodated with a physiological diet. Students are educated for Hygienic practitioners, and Health-Resort Lecturers. Instructions given in Electro-Chemical Bathing, and all the requisite material supplied.

We have just introduced a battery much more simple, economical and manageable, than those in common use, and so arranged as to be taken apart or recharged in a few minutes, and also to admit of increasing or decreasing the power of the circuit at pleasure. Price \$10. FICKES—PATIENTS, \$5 entrance fee, and \$10 to \$15.00, or upwards, per week, according to rooms, of which we have great variety. Boarders, \$5 to \$7 per week. THOMPSON FEE, \$1 to \$1.50 per day. Student, \$50 tuition for the Summer Term, and \$75 for the Winter Term. Terms can be got hold of the Institution at reasonable rates. Prescriptions for Home Treatment, verbal or by letter, \$5. Each subject treated or advice, \$1. E. P. Dr. T. has competent male and female associate physicians for general practice in city and country.

DR. TAYLOR'S WATER-CURE AND KINESIOPATHIC INSTITUTION,

650 and 652 SIXTH AVENUE, NEW YORK CITY.



In addition to the usual appointments of a first-class Water-cure, carried out here to the degree of perfection that the present state of medical science will admit, there is supplied the ELECTRO-CHEMICAL BATH, now proved to be so indispensable in the treatment of a large class of cases of chronic diseases, under Dr. Taylor's personal supervision.

KINESIOPATHY, or exercise reduced to a science, and adapted to secure the nutrition and promote the strength of the most weakly, is also practiced. This is the only place in America where this branch of the healing art is applied in a scientific manner, and is now in charge of C. H. SWARSD, M. D., in conjunction with Chas. F. TAYLOR, M. D., who is at all present in Europe.

Address, GEO. H. TAYLOR, M. D., 650 Sixth Avenue, New York City. Sept.—17.

HIGHLAND HOME WATER-CURE, at Fishkill Landing, N. Y., is again open for the reception of patients, under the charge of O. W. MAY, M. D., Resident Physician, and R. TRALL, Consulting Physician. June 16

NEW GRAFFENBERG WATER-CURE AND KINESIOPATHIC ESTABLISHMENT, (near Utica, N. Y.) For full particulars address R. HOLLAND, M.D. June 16

JAMESTOWN WATER-CURE, at Jamestown, Chautauque Co., N. Y. For particulars see the April Number of the Water-Cure Journal. Address: DRs. PARKER & MICKEL. June 16

ATHOL WATER-CURE.—Full printed particulars sent free to all who address GEO. FILD, M.D., Athol, Mass. Feb 17

WM. C. ROGERS, M.D., GREEN ISLAND, ALBANY CO., N. Y., has fitted up an establishment, and is now prepared to administer ELECTRO-CHEMICAL BATHS, for the cure of Neuralgic, Acute and Chronic Rheumatism, Paralysis, Sciatica, Epilepsy, Functional Displacement of the Liver, Intermittent and Remittent Fevers, and all diseases caused by the presence of minerals in the system. Green Island is one mile W. of Troy, and six miles N. of Albany, and is easy of access by rail-road, steamboat, and canal. July 17

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

BINGHAMTON WATER CURE, Binghamton, Broome County, N. Y.—DRs. O. V. and Mrs. H. H. THAYER, having withdrawn from their connection with Mount Prospect Water-Cure, have fitted up their own residence for the reception and treatment of invalids, a limited number of whom they are now prepared to receive. They trust that this long experience in hydro-pathic practices, as well as their known success in treating disease while at Mount Prospect Cure, will be a sufficient guarantee of the merits of the new establishment. In addition to treating all ordinary curable forms of disease, particular attention will be paid to Affections of the Lungs, Complaints peculiar to Females, and minor Weaknesses of all kinds. For terms, &c., apply, personally or by letter, to either of the Physicians, Binghamton, July 24, 1856. Sept. 17

ELMIRA WATER CURE.—This Institution continues to receive a large patronage. Dr. S. O. and Mrs. R. B. GLASSCOCK have the entire charge and management of the Cure. Mrs. G. has been "worn out" to some extent in the cure of so many ladies as has been under her special treatment. But she is so far recovered as to be able to assume her responsibilities. She deemed it necessary to resign her position, and to leave the management of the Cure to her husband, and all others who have greatly feared that her large and growing practice would permanently break her down. She has, however, resumed her former duties to treat all former diseases as formerly. Address, S. O. GLASSCOCK, Elmira, N. Y. July 17

GLLEN HAVEN AND ITS 100 PATIENTS.—

GLLEN HAVEN is a place, by reason of its great salubrity, of its exceedingly pure air, and the abundance and softness of its water, together with its location, not equaled in the United States for a Water-Cure, and nine years ago, when we helped to... and it determined to build up for it, as a Health Establishment, a character that should bring it to the notice of sick men and women from every part of our Republic. That determination we have carried out, and this, AUG. 1, we have 100 patients under treatment from 22 States of this Union and the Canadian West, from the month of successful treatment of disease. So, therefore, if you have an expectation of a full water-treatment, at GLEN HAVEN, come this winter and make the trial. It matters not how warm the climate is at which you live; if you will commence your acclimation in this fall, you will get along well enough. At GLEN HAVEN you will find every thing countrified, and water-treatment rooms well warmed, bath-houses well warmed and large, and climate milder in THE GLLEN by 10 or 15 degrees than in most places of the same latitude. Last winter we treated at the same time in 100 cures about 60 patients, and we have had a very successful... Our object is to cure the sick, to show water-cure to be the natural cure for sick folk, to restore to health where other modes of treatment fail. We do not labor to make GLEN HAVEN the most famous Water-Cure in the world, and if our lives were to be sacrificed to make it so, we would not care. Our object is to cure the sick, to show water-cure to be the natural cure for sick folk, to restore to health where other modes of treatment fail. We do not labor to make GLEN HAVEN the most famous Water-Cure in the world, and if our lives were to be sacrificed to make it so, we would not care. 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DRESS REFORM TRACTS.—Tract No. 1 of the National Dress Reform Association can be obtained on application to the Corresponding Secretary, Dr. H. N. CARY, Glen Haven, Cayuga county, N. Y., at 43 per hundred, or five cents the single copy. Sept 17

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do 20, usually sold at 20.
do 10, usually sold at 10.
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do 2, usually sold at 2.
do 1, usually sold at 1.
do 1/2, usually sold at 1/2.
do 1/4, usually sold at 1/4.
do 1/8, usually sold at 1/8.
do 1/16, usually sold at 1/16.
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Varieties.

THE BOSTON SOCIETY FOR MEDICAL IMPROVEMENT recently met at the residence of one of their members. That our readers may see in what way these old school doctors conduct their meetings for "medical improvements," we copy the following "Report" from the *Boston Medical and Surgical Journal*:

"To say that the evening passed off pleasantly, is too tame an expression—joyously, hilariously, gloriously, are the proper adjectives.

"Should you ask me what was done there, Why the doctors made a run there, Whether they had any fun there, If they made a single pun there; I should answer, I should tell you, I should read and I should spell you, All the jokes and stories spun there, By the sage and solemn members, Members all of our profession, Of our noble, huge profession, Noble in its ends and aims, Huge, indeed, in its proportions! I should say and I should sing you, I a hint or two should fling you, How we ate the hivalys spicy, And the creams and sherbet tory; How we quaffed the 'laugling water,' Water poured from long-necked phials, Phials labelled—phials corked well—Corked—but uncorked very freely, Causing laughter—singing stories, Mingling stories with the laughter, And the laughter with the stories, Separate, yet all together, All together—yet divided—Many more things I might tell you, Tell you other things and sundry; How unto the same said laughter Echoing rang each jolly rafter, Of the roof—of this—'Hereafter!'"

[Oysters and champagne may conduce to "hilarity," but we don't see what they have to do with "medical improvement." But we may get this information—in a horn—'Hereafter.']—*Life Illustrated*.

ABOUT HOOPS.—A lady, whose garments formed an immense circumference, entered a store in Boston, and in doing so prostrated some dozen of flower pots containing valuable plants, which were ruined. The storekeeper intends to sue the lady for damages, so that the law may settle how large a space a lady's circumambians may occupy.

A gentleman remarks, says the *Albany Argus*, that while riding in an omnibus, the other day, the vehicle was stopped at a crossing, when three or four females entered, who, on taking seats, commenced such a patting of the sides of their dresses, that for some time (being ignorant of the real object), he was under the impression that they were going to crow.

We see in Broadway windows, says the *Times*, a "seamless skirt" for ladies, advertised. Good. Anything that will make their skirts seem-less will be grateful to gentlemen, and to ladies, too, who have to pass through hoop-frequented streets.

THE HIGHER LAW LADIES.—A correspondent at Wakeham, Huron County, Ohio, informs us that they have had quite an excitement in their usually quiet town the past week. A man had been selling whiskey in the place for a number of years, and a short time ago he left standing in his wagon several barrels of the "critter." The ladies, taking the matter into their own hands, mounted the wagon, and cut the hoops, and let the fluid flow. This very much enraged the dealer, who said he would sell as much and to whom, as he pleased. In a few days he obtained several more, and notified the ladies of the fact. They, nothing daunted, went and took it. In all, there were about thirty of the ladies. After a "hard fight," in which one of the ladies had her hand badly cut, they succeeded in demolishing everything that contained liquor.

They were cited before a magistrate in Norwalk, and after two days' hearing, the case was decided in favor of the ladies.

The popular feeling was so strong in favor of the defendants, that long before the decision was made, the dealer's friends left the court-house, and when the Judge pronounced

"No cause of action," the cheers were long and loud. We regret the necessity of such measures, but when wives, mothers, sisters and daughters, have suffered till forbearance ceases to be a virtue, what may they not do?

A SUBSCRIBER.

[From *Life Illustrated*.]

FASHIONABLE STREETSWEEEPERS.

BY J. I. FEASE.

Air.—"Hop 't' Hoode Do."

SPLASHING through the gutters,
Trailing through the mire,
Mud up to the ancles,
And a teetle higher;
Little boys uproarious,
"Cause you show your feet!
Bless me! this is glorious
Sweeping down the streets!
Bonnet on the shoulders,
Nose up to the sky,
Both hands full of founcees,
Raised a la Shang-high;
Underskirts bespattered,
Lirk amazing neat;
All your socks get "watered,"
Sweeping down the street!
Street-sweep at the crossing,
Says you'll spoil her trade;
Guesses you're the patent
Street-sweep ready-made;
Gives you a slight jostle
While she joins your suite;

Gracions! what a bustle
Sweeping down the street.
Heaps of dirt and debris
Close behind you trailing;
Joker says, "wet dry goods
Make first-rate retelling";
Straws, cigar-stumps "catch it,"
And augment the fleet;
Goodness! what a freshet,
Sailing down the street!
If men admire such fashions
I wish to heaven they'd try 'em!
If they'll agree to wear 'em,
We'll agree to buy 'em.
They flout our understanding,
They fetter fast our feet,
Till we're not left a hand, *en
Passant* down the street.
What man could mount Fame's mountain
Fetter'd in that fashion?
Or climb old Bunker's stare-case
And not get in a passion?
What man sits down—extinguish'd
'Neath whale-bones, hoops, complete,
Content to grow "distinguish'd"
Sweeping down the street?

Oh! what's the matter—"GODEY?"
Oh! what's the matter—"GRAHAM?"
Are blooming girls so plenty
That you must help to stay 'em?
Then will you give the Bloomer,
With a grand French namo to fit?
If ye love the fair, don't doom her
So LONG to sweep the street!

COLOR OF PAPER FOR READING AND WRITING.—Many afflicted with weak eyes, suppose that writing on white paper strains the eyes more than paper of a green or blue color. They also suppose that books printed with black ink on a white ground, are more difficult to read than if the paper were colored green or a light blue. This notion is a mistaken one. Chevalier, in his great work on Color, states that black and white contrasted, as black letter on a white ground, are the most favorable to distinct vision. He says: "black letters on a white ground present the maximum of contrast of tone, and reading is made in a perfectly distinct manner, without fatigue, by suffused daylight." Gray tinted paper is the most unfavorable to

distinct vision, for printing on. Next to white paper, on which to print black characters, light yellow and light green are the best colors for distinct vision; the green paper is better than the yellow for reading by candlelight, but the latter is the best for reading by day.—*Scientific American*.

THE MODERN BELLE.

[Sung by the BROTHERS HUTCHINSON. It should be committed to memory, and repeated occasionally.]

The daughter sits in the parlor,
And rocks in her easy chair,
She's clad in her silks and satins,
And jewels are in her hair;
She winks and giggles and stimpers,
And stimpers and giggles and winks,
And though she talks but little,
'Tis vastly more than she thinks.

Her father goes clad in his russet,
And ragged and seedy at that;
His coats are all out at the elbow—
He wears a most shocking bad hat.
He's hoarding and saving his shillings,
So carefully day by day,
While she, on her beaux and poodles
Is throwing it all away.

She lies a-bed in the morning
'Till nearly an hour of noon;
Then comes down snapping and snarling,
Because she was called to soon.
Her hair is still in the papers,
Her cheeks still dabbed with paint—
Remains of her last night's blushes,
Before she intended to faint.

She doats upon men unshaven,
And men with the "flowing hair,"
She's eloquent over moustaches,
They give such a foreign air;
She talks of Italian music,
And falls in love with the moon,
And though but a mouse should meet her,
She sinks away in a swoon.

Her feet are so very little,
Her hands so very white,
Her jewels so very heavy,
And her head so very light,
Her color is made of cosmetics,
Though this she will never own;
Her body's made mostly of cotton,
Her heart is made wholly of stone!
She falls in love with a fellow,
Who struts with a foreign air;
He marries her for her money—
She marries him for his hair;
One of the very best matches—
Both are well matched in life!
She's got a fool for a husband,
And he's got a fool for a wife!

BONNETS AND SKIRTS.

BY JOHN GROWLER.

LITTLE head and little bonnet!
Little pate with nothing on it!
(One might say "with nothing in it,"
But that you charm me every minute!)

Little lady now I know
Why maidens let their ringlets grow;
For otherwise—as bonnets go—
Their heads would freeze, and that is so!

Little wals and monstrous bonnets!
How the silk seas waves and bonnets!
How the hoopings billows quiver,
Like a lovely rustling river!
Oh, wondrous watered silken-sea,
What whalchones in your depths must be!
What loves of gold—all wastefully
Squandered on you—bright silken-sea.