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Physiology, Hydropathy, and the Laws of Life.

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General Articles.

REVOLUTION.

TO ALLOPATHIC PHYSICIANS:

Gentlemen.—Mortal revolutions never go backward. The wheel does not turn that way. Its force is such as to impel *the People* onward, and so they advance in knowledge and the will to do that which is right. You, gentlemen, stand in one department of knowledge, confessedly, by general assent, at the gateways of human influence. Before you, *the People* pass. To you they make their compliments. Your word is law. You frown they dread. Not inferior in the power you wield over Human destiny to the lawyer and the Priest, a shrewd writer years ago, in allusion to the great influence these three professions wield, denominated them “*THE TRINITY,*” and one not less shrewd and having your *fear* not before his eyes, affirmed that *these three* constituted the Devil’s Trinity. I do not much wonder at the wicked way. The satire is a keen one, and has its modicum of truth, for in no country that has a history, has the record ever shown the Doctor, Lawyer, and the Priest, (I do not mean the Christian minister), forgetting in their love for the People, their professional status.

In support of this statement, gentlemen, so far as the professions of the Law and the Priesthood are concerned, I have no disposition in this paper to prefer proofs, but it is quite legitimate to my object in addressing you, to say that *your* record is on my side. At any point, the evidence is abundant: I need call attention to one department only, and that is, *the deplorable ignorance of the people on the subject of preserving their health.* For this you are responsible, because to you they are educated to look. As, in matters connected with their knowledge of individual and public rights, they look to gentlemen of legal learning, and in matters of religion to men wearing the sacerdotal vestments, so, in matters of keeping themselves out of the grave, they look to you. You are “*the regulars.*” To you no taint adheres, on you no suspicion falls. You date back to Hippocrates, you have *age* and that covers multitudes of de-

ficiencies. Few unprofessional men charge you with quackery. The idea is abhorrent to them. It would break up the links of their associations; and their minds are trained to maintain their balance chiefly through their power of association: so strong is this feeling, that it has maintained your claim to be considered the medical faculty, with an earnestness and force disproportionate altogether to the justness of it; and it has taken great labor to break the spell, and bring the public, to a limited extent, to admit that it is possible for you to have pretensions to knowledge not borne out by evidence. As far, therefore, as you can be judged by proof rendered, what do you *know*, gentlemen, about keeping the people from being sick? At this point I do not inquire what you know about curing them. But what do you know of what Physicians call *Hygiene*? Not in extraordinary circumstances, not in cholera times, nor in Yellow fever, nor in great epidemics—but in common, every-day life, what do you know about the means of preserving the health of the masses of men, women and children in this country? Do you affirm that you know a good deal? I inquire, who is aware that you know it? Where are your essays, your lectures, your printed thoughts on this subject of health? In your neighborhood, who of your parishioners knows from anything you have said, or that he has dreamed you to have said, how to preserve his or his family’s health? So far as his knowledge derivable from your teachings to him and others is concerned, is not the idea, that it is *not necessary to be sick*, the sheerest fiction? I am sure it is. Proclaim to a group of persons that it is *needless to be sick*, that human beings *ought not to be sick*, that it is a *sin and a shame* to be sick, will they not laugh the idea and its advocates to scorn? Certainly they will, for the people—and by the people I mean all classes—the intelligent as well as the ignorant—entertain exactly the converse idea. They think that sickness is the rule and health the exception to man. And it is not surprising that they think so; for as far as facts go, they bear that aspect. Who of you knows a population of 500 souls where disease has not gained a residence? Where a practitioner of your school does not have business enough to give him, at moderate charges, a good living? Men of your school are every-

THE JOURNAL IN ATTON, ILLINOIS.—J. A. W., a good friend to the cause, writes:—“I have obtained about thirty names, as a renewal of my old club for the JOURNALS, but hope to add some more.

“It is my earnest wish that these JOURNALS could be read by every family; yet, wide as your circulation is, comparatively few among us can be induced to wish to know more of the ‘Laws of Life’ than to eat and drink and cultivate the animal.”

This is the voice of others, but we are confident that a “change for the better” will come over the people ere long, and that they will study to preserve life and health, and to avoid disease, doctors, and premature graves.

AFTER HARVEST is always a good time to sell books in the country. The abundant crops of the present year, the great activity in all branches of business, and the general prosperity, furnish the means for mental culture, as well as for physical comfort. To develop the mind and store it with knowledge, BOOKS are essential, and now is an excellent time to obtain them. Agents, Book-sellers, and others will please make out and forward their lists in order to get a supply for the Fall and Winter. Catalogues forwarded to all who desire. Please address, FOWLER and WELLS, Book Publishers and Wholesale Dealers, 308 Broadway, N. Y.

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where present, ministering to the sick. Nevertheless, the people are ignorant how to get well, and how to keep well.

Now, gentlemen, I am willing that you should have of the public confidence and consideration, all that you can justly claim. I have no jealousies whereby I am aroused, no disappointments on whose surface my criticisms are ground to an edge, no personal piques to awaken me to say several things of you. By early training, by thought within the sphere wherein your own thought dwells, by association and by sympathy, strong powers are sympathetically at work for you within me. And nothing would induce me to say a word to lessen your position in any one's esteem, were it not that I entertain a deep and earnest feeling that as representatives of the healing art, you are unworthy of the public regard. As men I respect you for your talents, your private worth, and your generally good characters. But as physicians, I dislike you, and abhor your cruel, bloody, and barbarous practice,—a practice that has brought death into tens of thousands of families, where but for it he would have found no entrance for a long time to come.

To deal honestly and frankly, what do you as a school know of what you call *Hygiene*? What position and standing do you give her? What are her resources in your view? I make bold to say that she is an abstraction with you, she is *water talking* about—that is all. She takes no rank in your classification of forces, by which disease is to be kept out, or driven out from the human domain. Could I get to the bedsides of your patients this morning, I should find them shut up in pent rooms, with sweaty clothing, parched lips, blistered backs, wounded arms, and purged bowels. Full of distress and agony, many of them call, but in vain, for *water* to cool their tongues. You have stuffed them full of poisonous drugs and medicines, in the vain hope that, by some mysterious process, incomprehensible alike to you and to them, these poisons are to cure them. If, in spite of your drugging, and under favor of a good constitution, they recover, they hear nothing from you of the follies, the indulgences, the dissipation which in one form or another produced their lapse from health to sickness. You know you never instruct a recovered patient how to live so as to avoid recurrence of illness. To do so, enters not into your qualifications as physicians, nor your moral obligations as citizens and men. And yet to know how to prevent disease, to be able to keep in health a community of which one is a member, is a mission far superior to that of *setting up* as particularly qualified to cure human beings when sick. And for this reason, that he who can keep well can get well. Suppose a man well versed in the knowledge of the laws of his being. By some circumstance he is led into their violation, and is made ill. He knows that obedience to them, would have been a guarantee against his illness, and a return to their authority, will ensure his restoration.

To this there is no exception. Obedience to law brings life along with it always; violation of law brings death with it always. True, it may take a longer or shorter time to bring about

results, but *there are* the results when produced. Now, the individual in the case supposed finds himself suffering from departure of the laws of his organization. What is the remedy? A return to them. If he is a thoughtful man, and heeds the warnings which nature early sends out to remind him of his error, his sickness gets no farther along than illness, which readily yields to cessation of the causes producing it. If he has been foolish and blind, his illness develops into sickness severe and perhaps dangerous, and then the aid of men who are skillful in detecting the causes that are at work to kill him becomes needful. But wherein lies their skill? Evidently in bringing the laws of his being into authority over him anew, for, inasmuch as he would not have been sick, had he not broken loose from them, so he cannot remain sick when again under their sway. If he does not get well, it arises either from his not being, or his not being *able to be*, brought into subjection to them. No matter how sick he is, as soon as his body and the laws that should govern it are brought into their appropriate relations, his recovery begins. For the forces that keep alive and well a human being, are the only forces in the universe that can restore to vigor and health a human creature lacking health. This is a self-evident truth, and only wants looking at to commend it to your and the popular acceptance. Here I stand today, with the full blush of health on my cheek. What keeps me in health? The life-forces operating *normally* on my organization, thus preserving the balance of power between supply and demand undisturbed. To-morrow I am sick. What has made me so? The intervention of some cause, which has produced a loss of balance of power. What will cure me? A restoration of that balance. What are the appropriate remedies? Only those which operate to keep the balance undisturbed when in health, for the art curative and the art preservative are *one*. And thus I am brought to *issue* with you, and all who like you hold to the notion, that what will make a well man sick, will make a sick man well. You hold to that theory, the other drug schools follow you, the differences among you on minor points being of no material account.

And it is because you hold to this most astounding absurdity, that I deem you unworthy of the confidence of the people, and makes me determined on every proper occasion by open and manful means to create as deep distrust of you as possible. What! shall I contend against the Rumseller, the Tobacco merchant, the dispenser of narcotic beverages, and let the druggist and the Drug Doctor go unrebuked? Why should I? You slay as many, in proportion to your whole number dealt with, as any class of men in the land dealing in articles contraband of health. Why should not the people be told of your doings? I must do all I can to fasten the conviction in the popular heart, that the worst thing possible for the sick to do, is to allow a *medicine-giver* to approach their bedsides and tamper with life, as you do when you administer poisons. I cannot now argue with you at length, on the falsity of your theory: simply to state it, is to insure its condemnation. For what is *more* absurd than gravely to affirm, and solemnly to incorporate

into one's medical creed, the statement that *poison* given to a man prostrate in energy and weakened by disease, will invigorate him, and make alive, while given to another man strong in vital energy, and with all his powers in full blossom, it will debilitate and perhaps kill him? O! were it not for the sorrow that such fatuity awakens, its absurdity would be so glaring to *open eyes*, as to create the loudest laugh—the wildest ridicule. But, as I have said, the statement is its own confutation; if not, let *facts* decide.

At Glen Haven this day, July 29, 1856, I have one hundred patients. They are from all parts of our Republic and Canada. You can see here the California miner and speculator, the planter from Western Texas, the teacher from Maine, the merchant from New York, the clergyman, the doctor, the lawyer, the working man, and all classes from the different States and Canadas. They vary in age, in temperament, in sex, in habits, in professions, and pursuits. They have had operating for or against them climatic influence, as social impulses, religious excitements, political successes or defeats; they have lived fast, have eaten and drunk inordinately, have toiled excessively, and are broken down. They are marked by different degrees of culture, and show outwardly as great variety of aspects as it is possible for persons to show, who, inhabiting the same continent, have anything in common, and so are expected to assimilate somewhat. With very few exceptions, they have tried your skill, and the skill of the schools who think there is *virtue* in poisons. They have been abandoned as hopeless. Some of them have been sick for fifteen years, and so all along down to the last six months. It is more romantic the narration of their histories—than Jane Eyre or Clarissa Harlowe.

What constitutes the pith of a novel—its fiction—is stern overbearing *fact* with them. To hear their statements would make an old callous surgeon shed tears. How utterly their lives have run to waste! Years have come and gone, and on their faces the marks of agony, of suffering, of unintermitted endurance, of disappointment where fruition was looked for, of hope crowded out by despair, are easily seen. Poor creatures; many of them women, when young, beautiful, now—thin as a shadow, moving about, if not confined to their beds—like skeletons, by mistake left on earth, after their mission of life had ceased. Others, men, young men, just ready in years to commence life for themselves, yet palsied in achievement, and bankrupt in expectation. Here, in my home, are fifty men to day, inside of thirty years. Put them in range with the same aspects of countenance as on their arrival, and they would lead one to suppose them to be tenants of the grave exhumed. Not so much from the ravages which disease had made and stamped on their lineaments, as from the utter and irretrievable hopelessness that had settled on their faces. And their language on their examinations was correspondent to their looks. They talked as if they were *doomed*, as if nothing was wanting in their cases but their closure up of life, and this was only a question of time. Scarcely a man comes to me free from this gloom. It is not wonderful to me that he is thus

affected, for he has consulted and tried the remedies of the best physicians his community affords, and not unfrequently the best by reputation his State affords; yet, like the woman in the Bible, he is nothing bettered, but rather made worse. Now, how stands their cases after a month or two's residence at the Glen? A great change has come or is coming over them. No longer in despair, they look better. Relieved in some cases of the more desperate symptoms, and in other cases of slight symptoms, they gradually conceive that it is possible for them to live, and then comes the *Re-action*. O! how they detest their drug-giving! O! how warmly they affirm their conviction, that but for your *poisons*, they would long ago have been well; and they vow by all that they hold sacred in health, never more so to live as to render your services necessary. To show you truly how this process of treating disease without medicine works, let me say that (1) in all the cases I have ever treated, I have never given a drop or particle of medicine, (2) that of the thousands I have treated at least 95 per cent. have either recovered and have gone away in health, or have improved before leaving, and have gone away to get well after leaving. In the earlier part of this month, July, I called my patients together—numbering then about 90 persons. Of these, perhaps there were 20 who had come within a month, leaving about 70 who had been under treatment longer than a month. To these I stated that I was satisfied that they were *all* doing well, but I would like to know their own opinions; and if any of them felt, or imagined, or thought he or she was *not* doing well—was *not* better than on their arrival.—I would be greatly obliged if they would inform me by rising. **NOR A SINGLE PERSON AROSE!!!** But this is *not* quite all. Full one-half of those who had been with me less than a month, were willing to testify that they already felt better. You may laugh at this, and say, "O, you conjured up their feelings, or excited their imaginations, or made them believe that they were better, when they were *not*." Very well; take your interpretation of it. Was the like ever known of *your* practice? These gentlemen and ladies declare, that while they took your exhibitions, they felt *worse* instead of better. Now, under my treatment they feel better instead of worse. You had these sick ones long enough for you and them to become mutually tired, and, thus related, all along the period of the intercourse, they positively declare they *grew* worse. They have been my guests only long enough for us to become mutually interested; and I know and they feel that they are better. Let me relate some cases: 1. A lady who was three months ago unable to walk. The best physicians in Northern New York had tried their skill in vain. There is no fiction in the case. For 8 weeks she was carried by others wherever she went. Now she walks without help, up stairs and down stairs. When she came to us she was a skeleton. Now she has gained many pounds of flesh. By onlookers who know not how mighty Nature is in her ministrations, her recovery is deemed well-nigh miraculous. To us who witness the great results accruing daily from return to natural conditions, the case wears no air

of marvel. It is, we say, just what might have been expected.

2. A gentleman of high standing as a professional man, whose name, were I to mention it, many of you would recognize, was taken suddenly insane, some eight to ten months since. His friends sent him to one of the most celebrated Asylums for the Insane in the United States, and kept him for 6 or 7 months. Under the treatment administered to him, which consisted of exhibitions of medicines assiduously made, his progress was so slow as scarcely to be perceptible; and whether he had made any real progress or not, was doubted by some who knew him intimately. At any rate, his chances were so poor that it was thought best to consult other physicians, and I became acquainted with his former condition and treatment at the Asylum. I did not hesitate to say that it was ill adapted to his case, and to say that there was no insuperable obstacle to his recovery. When asked if I would take him, my reply was "yes," and he was brought to me, and to-day is as well and sound a man in all his reason and judgment as he ever was, and has gone this day as a witness to court. 3. Congestion of brain. A lawyer of high standing was in the hands of allopathists for two years, who declared the case at last hopeless; and then he came to Glen Haven, and stayed four months, and now is well, and pleading law with all his might. And so through the whole range of disease. I could—were the columns of this Journal open to the exposition—relate and have attested, were it needful, cases of diseases of females who have been sick for years on years, with ailments peculiar to their sex, that would astonish you. I solemnly declare that the Glen Water-Cure has restored to sound health more than 400 women who had been deliberately, and *in council* of physicians, pronounced incurable; and I have never given a true of medicine. Let me add what is no less true, that hundreds on hundreds of females, ranging from the child to the woman of seventy, have been cured without medicines—after medicines had failed. It makes no difference with what sort of disease man, woman, or child is smitten, Water-Cure will restore the person to health, provided the disease is *not* incurable. The most incredulous of you would yield your incredulity, if you would take pains to examine and look into its claims before you decide against it. I do not believe it possible for the most bigoted Old School Doctor to come to Glen Haven and stay one month, watch persons on their arrival and pass judgment on them, and then look at them one month from their arrival, and not say that some mysterious power was at work, producing great changes for the better. He would not understand it, for he has not been educated to understand the might and power of natural law operating on the human organism, and though it is patent to his senses, he is not reconciled to the admission of what he sees.

Gentlemen, it is the mission of truth to conquer, but it is also her destiny to be *laughed* at in the midst of her victories. This she can abide, and so can her representatives. They are patient, if they are Christians, knowing full well that error is not displaced suddenly, that prejudice is not easily overcome, that the defenders

of false systems are not in good condition to perceive truth, and so must change from wrong to right slowly. Some *never* will change, but the people will; and every year that glides by, will make your present mode of treating the sick more and more unpopular, and our mode more and more acceptable. Between us, as in all Revolutions, will be a class who will plume themselves on their prudence, their discretion, their judgment, in not going to either extreme, but in selecting what is good from Allopathy and putting it along with Water, and so make a system of practice which shall be safe. They are just as wise and as far-seeing as a man would be who, wishing renown as a temperance lecturer, should take part of the temperance *creed*, and put it with a part of the drunkard's *practice*, and offer it—in these times—to the general acceptance. Fortunately for you, Allopathy gains the credit that such men achieve. No doctor ever took a sick person and united Drugs and Hydropathy in the treatment, that the general opinion did not give the medicines administered the credit of the cure, and leave Hydropathy without any. At first thought, a superficialist would regret this. But I do not. I say, let the drug administrators dwell together. They may call themselves Water-Cure Doctors, but Water-Cure must win its victories and lay its permanence by no associations with your theories. Hydropathy and Allopathy are antagonisms; one or the other must perish. They are at war, they are not parts of a great restorative scheme, occupying different fields of labor, but having a common end. On the contrary, they have nothing in common; and though it is the lot of the former to *struggle* to the light, to overcome opposing force, and to make progress slowly, yet I am sure that all that you can do with "THE MIDDLE MEN" to help you, will not be enough to keep this Revolution from bringing Truth into the ascendant.

As human beings come to understand the laws of life better, there will be less sickness; as sickness diminishes your influence diminishes, and the influence of Truth rises; and so will come to be seen the foolishness, the uselessness, and the wickedness of putting poisons into the body to expel disease. When this day *shall* come, your occupations will change, and you will have to do as I am doing, restore the sick to health by natural means, or abandon your professions.

The more I practice Water-Cure, the greater is my faith in it. I do not believe there is in the world so powerful an agent as soft, "living" water, in changing the conditions of the human body, or producing results which surprise the neophyte. Properly applied, judiciously administered, it will work in harmony with the vital forces, and cause such alterations in the particles of matter of which the various tissues are made, as to awaken wonder. Gentlemen, I could show you a sight such as was never given to you to behold in all your practice, were you here to-night. Over 60 of my patients are having effective skin crises at this time; and only three of the whole hundred are confined to their rooms. Now, if I know my spirit, I do not state these things for my own glory. Why should I? A little while, at farthest, and I shall cease to live. Years go rapidly after middle life is reached, and, live as

long as I may, I shall come to the harvesting by and by. But while *men die*, principles *never die*; and, knowing this, I am justified in claiming for them all that their inherent worth will warrant. If I boast, it is for *Water-Cure*, not such as you conceive it to be, nor yet such as it is generally represented to be, but such as it is inherently. Not *Water-Cure*, mingled up with a dozen things intended by *their* use to throw it into *disuse*, but *Water-Cure* as it is intrinsically, with the strength of nature in it. You—perhaps without exception—have very imperfect ideas of *Water-Cure*. I am sure you do, because you advise your patients not to try it. This is your counsel to them, even after you own to inability to cure them. You imagine the processes to be severe and unpleasant, using up vitality rapidly; you speak of it as though old and young, man and boy, woman and infant, were put to one monotonous service, whereas *the Routine practice* belongs to you, and is not known to a *true Water-Cure* physician in these United States. Gentlemen, awake! the people are awaking, you must also awake; and take this counsel from me in all kindness and respect, that if you ever feel desirous to know, by your own observations, what virtue there is in *Water* as a remedial agent, do not do these or either of these things: 1. Do not subject your patient to a mixed treatment—that is, administrations of baths and drugs. 2. Do not take the testimony of men who practice after that mixed form. 3. Do not give too much treatment; the thing is often *overdone*. I seldom give over 2 baths a day. 4. Do not use *hard water*, but try *water alone*, try *soft water*, make your treatment mild, and watch changes, and you will find that there are things on earth “not dreamed of in your philosophy.”

I am yours, and man's truly,
J. C. JACKSON.

DR. DIXON ON HYDROPATHY.

The last number of Dr. Dixon's "Sealpel," contains an article by which it seems the doctor, weary of the unprofitable and interminable task of exposing the peccadilloes of his medical brethren, has essayed a tilt with us—"poor, half-educated men and women," yelep Hydropathists. There must be some cause instigating the sanguinary thrust he has made, more than the fear that public health will be endangered by the increasing "insanity" on the subject of *Water-Cure*; and this undoubtedly lies in the fact everywhere so apparent, that the tide of popular fervor is just now setting strongly against medicine, and consequently in favor of the more consistent practice of *Hydrophaty*, to the serious damage of the prospects of the old-school practitioners, in matters of honors and profits. When the most respectable and best-paying patrons of medicine begin seriously to inquire after the better way, it is time for those in its interests to take the alarm.

It is only with those who have as yet received no other light on matters pertaining to medical science, but such as flows from Allopathic sources, that the Doctor's declamations can have any in-

fluence; and it would not be singular if the evident perturbation he exhibits would lead many to really inquire as to the merits of our system, while the design is to frighten them by a detail of the dangers of bathing. It is hence described as fraught with ills of every kind, or, to use the Doctor's own graphic language, "who can measure the consequences of the shock to the internal organs—the lungs, intestines, and the great internal linings of the chest and abdomen? how many pleurisies attack the former? how many slow inflammations the latter? why is the throat raw, and what are these stiches and wandering pains in the abdomen? what but the feeble blood-vessels gorged with the thin and watery blood driven suddenly from the whole surface of the skin?"

Doubtless, now, the sallow-visaged votary of the draught and pill, is sufficiently horrified at the sad case of those who eschew his detestable prescriptions—but the *Hydropath*, he who truly and practically understands "the whole affair to be a matter of chemistry and chemical physiology," is not controlled by such dogmatical, contradictory, egotistical and shallow views of the subject. And the public, on which the Doctor deems it necessary to bring his batteries to bear, has, through a long experience with drugs, acquired some notions on this subject, enough to guide them tolerably correct in their selection of the source whence they expect to derive their information and advice in these matters.

Science, as well as common sense, establishes the proposition, that while drugs of every species have one common property of being inimical to life, this same life can be sustained only by regular use of the agencies employed in *hydrophaty*. To be sure, these agencies may be, and doubtless are, oftentimes so indiscreetly employed as to produce serious and even disastrous effects, but the Doctor will not allow that when drugs are "abused," that an argument is derived therefrom against their judicious employment. In the same way, *Hydrophaty* is in nowise responsible for the bad practices that are carried on under its name.

It is a notable fact, that those who attempt to oppose the *Hydrophatic* principles, whether professional or not, are sure to betray the most lamentable ignorance of those principles, as well as their application. They not only *suppose* that the use of water produces in the physiological system effects exactly contrary to what are well known to be produced, and to what *must be produced*, according to certain laws upon which the harmony of the economy is founded, but also enter the gratuitous assumption that its advocates—those who know most of the practice, are least competent to apply it. Hence the special advice, contained in the article for the benefit of those who *will be hydrophatists*, to "bathe the body with tepid water in four sections, ending with the flesh and nail brush"—"all other kinds of baths are always precarious, and often, very often, deadly to the delicate person."

The particular point overlooked, is the one so palpable, except when professionally obscured, namely, that any capacity exists on the part of the system to respond to impressions, calculated to promote its development, as well as to those

that are harmful. They talk learnedly about the operation of physic (as though the physic could really operate), but utterly ignore the fact that the system can do *anything*—especially in the direction of development, by the use of its own proper materials and incentives. By losing sight of some of the plainest physiological principles, such people indulge the greatest horror of the effect of blood driven in by contact with cold, and all the lamentable consequences that might follow, while a little reflection would show that it is the temperature relations of the body that causes the blood to *flow out* to its utmost boundaries, or into local parts, in proportion as this incentive is employed. And in this way art can re-supply, in some small measure, the conditions that art denies in the ordinary habits of civilized society. Nobody but an Allopath can mistake in this matter, and the practical blunders to which allusion is made, flow from the Allopathic side.

To give weight to his arguments, the Doctor alludes to a case in which, according to his statement, "a fatal pleurisy and congestion of the lungs was at last produced, after a long use of cold baths applied under *Hydrophatic* advice."

We happen to be acquainted with the case mentioned, which is as incorrect in its statement of particulars, as is the principle it is intended to illustrate, and is altogether a most unfortunate one for the Doctor's purpose. None could be selected better to illustrate the disparity between the two practices; and we only wish the public could be made acquainted with enough more similar ones that never see the light, and the drugging system of medicine would soon be consigned to the oblivion it is destined ultimately to reach.

The lady referred to was extremely delicate from childhood—trouled with frequent palpitations, faintings, &c. At the time of her marriage, which was quite early, she was supposed to be quite gone in consumption. But going to an extreme southern climate (Florida) with her husband, her health became improved by it, and the new and more congenial life: but the husband soon dying, she returned to the north; when the old pulmonary difficulty returned again, and, with all its death-telling symptoms, threatened a speedy dissolution. At this juncture she resorted to the advice of a well-known *Hydrophatic* practitioner then in the city, and thoroughly followed out, in a domestic way, the judicious course marked out for her for several months, when she found her health, to a good degree, renewed. For twelve years thereafter, though never quite strong, she enjoyed a very tolerable state of health, suffering in the meantime very little with pulmonary difficulties. During a portion of that time, the writer has known her as having a delicate constitution, that was kept in tolerable health by her customary hygienic habits. In the early part of the present season, during a very hot spell, she went to visit some friends on Long Island, and while there, the temperature of the atmosphere took a very sudden and extreme change, for which she was utterly unprepared by adequate clothing; she was attacked with pleurisy and pulmonary congestion, was treated by the old drugging plan,

and had no hydropathic advice, as the Doctor avers—and in four or five days, died. Very fortunately for science and truth, a post-mortem examination was held, which showed a somewhat rare but not unprecedented state of things: a portion of one lung was cicatrized, contracted and useless, from the effect of previous disease, but quite free of indications of any recent affection. Otherwise the chest presented the usual appearances of subjects dying of acute inflammation.

We have in the sequel of this case a palpable, flat contradiction of everything that Dr. Dixon labors to establish, and equally as plain and practical demonstration of the Water-Cure principles. What further need be said? We could give names and references of parties, but on account of their standing in society it would be improper to do so publicly. G. H. T.

THE SCIENCE OF MEDICINE.

NO. II.

BY AN EX-ALLOPATH.

CALLING upon my friend Dr. A. one day on professional business, I found three or four other M. D.'s collected together conversing on topics connected with our ancient and honorable calling. Of those present Dr. A. was full thirty years the senior of all, a man of large experience, great learning, and benevolent disposition, and the most unaffectedly religious man I ever knew. Dr. B. was not far from thirty, a radical progressive of the rough and ready cast, whose surplus vitality found frequent vent in adjectives of the superlative degree, not usually found in the dictionaries. He was an industrious student, well posted up in all matters pertaining to his profession, and also an indefatigable reader of the general literature of the day. He hated quacks with an indescribable luxury, and rolled his anathemas of them as a sweet morsel under his mental tongue. Dr. C. was a young man, twenty-five or six years of age, remarkable for nothing except the faculty of echoing the opinions of his preceptor, Dr. A. The writer of this article made up the fourth of the professional quartet, and for convenience sake we will dub him Dr. D. In the course of our conversation sentiments the same in import, and almost precisely the same in language, were uttered by us. I would here add, that had they known "there was a chiel amang 'em taking notes," they would not have spoken so unreservedly, and my conscience smites me somewhat in thus violating their confidence; but, as I believe it is a rule in social ethics that a man may unbosom himself freely to his friends, if his friends promise to keep his secrets inviolate, and as I hold all the readers of the Water-Cure Journal to be my friends, though thousands never knew me, and probably never will, and as, furthermore, they are a discreet people, who keep their knowledge to themselves for their own entertainment, I feel myself justified in making a clean breast of the council we held that day—always provided that you don't mention it.

Dr. A. We were speaking of remedies, and

their comparative value, Dr. D., as you entered. On what remedies, and on what combinations of remedies, do you rely in your treatment of diseases?

Dr. D. I have very little faith in them at best. I rely mostly on those remedies which promote the secretions and allay undue excitability. A pail of water, a sponge, a sheet, an injecting instrument, an occasional dose of morphine, of run, antimony, or the iodide of potassium, together with a plentiful array of placebos, constitute about the whole of my materia medica.

Dr. B. That's all very well; but what the devil do you stick out that pail of water, and that sponge so prominently for? Hydropathy is not going to gain another convert, is it?

Dr. D. Before I answer your question, Dr., answer mine. On what remedies do you rely?

Dr. B. Calomel, opium, ipecac, antimony, blue pills, bread-pills, and pills made of soap and soda. These singly, or in combination, will do about all that can be done. I occasionally branch off into the tonics and cathartics, but not often.

Dr. A. You are right, both of you, gentlemen. Calomel, opium, ipecac, and antimony, are invaluable. We are powerless without them. And I am of Dr. D.'s opinion as to the efficacy of water, though I would not place it first on the list. The fact is, it won't do to use it very prominently. It is suggestive of blue noses and the chills, and the great mass of patients are too sick or too indolent to work hard enough to bring on a reaction. In fevers it is invaluable.

Dr. B. There's my medicine case, and there's my pill case. I fill them both not more than twice a year. I use more ipecac and bread-pills or placebos than anything else. The fact is, we must know more of pathology than we do now, or medicine will degenerate into the purest empiricism.

Dr. A. Is it not there already? There are a few things in medicine we know positively; the rest we must take for granted. In midwifery and surgery we have positive science: in general medicine we have pure empirical knowledge, and even that is most likely to fail us when we need it most.

Dr. D. I am glad we are coming to an understanding on these subjects. It must be evident to all that the practice of medicine is more safe and harmless in the hands of those who know its utilities and its futilities, than in the hands of those who have unbounded faith in its general and special principles. And now, while I think of it, gentlemen, let me ask you your opinions as to the *modus operandi* of medicines. Do they act on the system, or does the system react against them?

Dr. C. They act on the system, of course.

Dr. B. That's a question more easily asked than answered. I have thought on the subject a good deal, but cannot come to a conclusion.

Dr. A. I think your question, Dr., cannot be answered as it stands. Make two questions of it and we can more readily get at it. Medicines unquestionably act upon the system, stimulating or repressing its functions, or even destroying the integrity of its parts. Take the acids, for example. Moderate doses of muriatic acid re-

lieve certain forms of dyspepsia by supplying the acid which nature prepares, but which is wanting in this disease. In immoderate doses, however, this same acid destroys the parts with which it comes in contact. It unquestionably acts upon the system. Then again the system not unfrequently reacts against the remedies, as in the case of emetics. Here the presence of an active poison stimulates the stomach to reject the intruder, and vomiting ensues. As your question stands the proper answer would be, *both*.

Dr. D. Let us take the action of that class of medicines styled expectorant. A patient comes to you with an incipient bronchitis, and you give him an expectorant—a tartar emetic, for example. The system recognizes it as a poison as soon as it enters the circulation, and strives to reject it. The skin carries off some of it in the shape of perspiration; the bowels carry off some of it, as do also the kidneys; but, from the peculiar character of the medicine, and the peculiar character of the structure, by far the largest amount is carried off by the mucous membrane of the bronchial tubes—the parts affected—in the form of *sputa*. Now, if your patient swallow, instead of reject their *sputa*, they will accumulate in sufficient quantities in his stomach to cause him to vomit—a conclusive proof, in my way of thinking, that the system was offended by the presence of the intruder, and sought to hurry him out through the mucous membrane of the bronchie.

Dr. B. There's force in your reasoning; but I must take time for reflection. It's a knotty point, that has never yet been unravelled. But suppose you establish your theory that the system reacts against the remedies, what conclusions are you going to draw from it?

Dr. D. That it is unphilosophical to attempt the cure of disease by the internal administration of remedies. The system of a patient is already oppressed by disease. It does not perform its various functions, as in health, and pain is the result. Now, to cure this disease, to relieve the system of a present grief, you impose an additional burden upon it. It must stagger under the weight of the disease and the remedy.

Dr. B. Well, you've come to that conclusion, what are you going to do? Where's your materia medica with which to combat disease?

Dr. D. I am compelled—

Dr. A. (interrupting.) Admitting your theory to be correct, Dr., the question arises, Is it never expedient to administer medicines with a view of creating a minor disease for the purpose of curing a major? In curing constipation of the bowels by cathartics we establish a diarrhoea which nature, in time, cures of herself. Here is a case of positive medication producing not only positive disease, but also a positively beneficial result.

Dr. D. Would it not be more reasonable to cure the constipation by injections?

Dr. B. Undoubtedly; but are you green enough to suppose every body is going to eschew medicines and take to squirt guns because you have an idea that medicines are not at all times beneficial, or that their action is unphilosophical?

Dr. D. I am green enough to suppose, Dr., that if they had as much light on these subjects

as we have, they'd think as we do. When you are sick do you take much medicine?

Dr. B. No, by —, I don't. You don't catch me gaping over a spoon. I go to bed, stop eating, drink what cold water nature seems to demand, and if I suffer much pain, find comfort in morphine or opium; and I'd treat other folks so if they'd let me. The fact is, Dr., you *must* dose them, or you *must* starve, and no mistake.

Dr. A. Well, there's little certainty in it, at best. We used to do as well as we can, under the circumstances, and trust to nature and hard study until we know more about it. If I was a young man again, I think before I—well, no matter what. Drive the horse 'round, James. Good day, gentlemen.

Dr. B. Good day; and while we're learning, this, and the Lord only knows how many more generations, must fall victims to medical science.

That's the way the money comes!
Pop goes the patient!

REPORT OF CASES.

BY W. T. VAIL, M.D.

CASE I.

BLINDNESS RESTORED. Miss K. Braley, Stoughton, Mass. "The days of miracles are passed," said a lady relative to Kate, as she proposed to visit our Cure: "They can no more be performed at a Water-Cure than elsewhere." This lady had no very great faith in hydropathy. But it was somewhat otherwise with Kate, as she sat, day in and day out, blindfolded, in her darkened apartment, with every contrivance surrounding to keep out the light; for, not only was her vision completely obscured, but the softest light was extremely painful to her eyes. Kate was hopeful. She still fancied something might be done for her good, and she was haunted with the notion that that something was the Water-Cure. True, she had never heard of a case like hers having been restored; but how could *she* give up the idea of *seeing* again? Just eighteen, the season when life has so many charms for the young, how could *she* think of sitting in darkness during the remainder of her days, utterly dependent upon her friends for everything she enjoyed, and wholly unable to occupy any useful or desirable position in life? Friends, relatives, and physicians, felt it their duty rather to aid her in becoming resigned to her fate than to encourage her with any hope of recovery. Physicians of every school, a Water-Cure physician among the number, gave her over as incurable. Under these circumstances it was that I permitted her to come to the "Granite State," to see if, perchance, in so unpromising a case, there might be a shadow of hope still remaining.

The history of the patient's case is as follows: She was of a highly nervous temperament, and of a delicate organization, yet capable, under favorable circumstances, of very considerable endurance. From five to fifteen years of age she had been afflicted a good deal with weakness and soreness of the eyes, supposed to be caused, in part at least, by some hereditary taint. She

had suffered a good deal at times in her general health also. Three years since she was attacked with measles, which lasted her about two weeks. Before she had perfectly recovered, little tumors began to form upon the eye, which finally burst and discharged, leaving the eye in an inflamed condition. These tumors formed near the junction of the iris with the sclerotic coat. This state of things continued for about six months, when the sight of the eye became seriously affected; dimness and mistiness first affecting one eye, then the other. A month or two later this loss of vision became more permanent, affecting both eyes, increasing until she could not distinguish one person from another, while, at the same time, the light became more painful, and a dark room became necessary for her comfort at all times.

This condition of the patient had continued for nearly two years, when she came to us.

At the time of her entering the establishment we found great debility of the general health also, the patient being unable to walk but a short distance at a time. There was considerable œdema of the feet and ankles, showing a dropsical tendency, and much heat, and great pain about the forehead and eyes continually. The patient had not only lost her sight, but she was unable, through paralysis, to raise the eyelids. Both the outer and the deep structures of the eye seemed hopelessly involved in disease. I promised the patient nothing but an improvement in her general health (holding out to her the idea that this would put her in condition to recover the use of her eyes, if the thing was possible); nor would she or her friends have been at all disappointed if they had realized nothing more.

Treatment: Shallow bath in the morning, and sitz bath at 11 A. M., at 86 degrees. A foot bath at 98, followed by a cold dash upon the feet before retiring, as the feet were much inclined to be cold. This was followed for the first two weeks. Then the following: Shallow bath at 80°, followed by a dash of the cold shower on the forehead and eyes in the morning; sitz bath at 80°, 20 minutes, at 11 A. M., and dripping sheet at 4 P. M. at 80°, with the foot bath, as before. Cold wet cloths were kept to the forehead and eyes continually, from the beginning. The improvement in the patient's strength, and in her ability to exercise, was very marked in four weeks, and her eyes had become much less painful. After four weeks, packs were prescribed once and twice a week. After two months, the patient could bear light enough in her room to enable a person with good eyes to read, and she fancied she could see a little herself, but nothing distinctly. The above treatment, with a little modification of temperature, and the substitution of the cold douche occasionally for one of the other baths towards the last, constituted our course.

After two months the improvement in the patient's eyes was unexpectedly rapid. Light and buildings became discernible, and the light quite tolerable to bear on a cloudy day. One window in her apartment could be opened without oppressing her. In four months and a half she was

able to discern persons about the room, and saw her physician for the first time. In a little less than six months she returned home to see her mother, whose countenance she had not beheld in two years. Five months have since elapsed, and her improvement has continued without interruption, as a short letter in her own handwriting has recently announced to us.

Will water cure? Is there anything in hydropathy? Are hygienics a humbug? and will human nature forever hug the delusion that deadly drugs have some peculiar virtue in them, designed by the Creator to befriend us in the day of our calamity, when disease, as the result of our transgressions, or from any other cause, has laid its withering hand upon us? We fancy one case like unto the above, well authenticated, is worth a thousand theories and discussions about the abstract merits of the two modes. That we have not overstated this, either in regard to its hopelessness, or the remarkable success which attended the treatment, the lady or her friends will be ready to testify. C.

CASE II.

HEART DISEASE. Miss Emily Shipman, Sugar Hill, N. H. There is a common impression that heart diseases are incurable. Whether this be true or not, many patients who have most formidable symptoms of this malady, are perfectly curable by water treatment. The above is the case of a young lady sixteen years old. I was first called to see her in mid-winter at her own home. She was considered dangerously ill, and justly so. She had had frequent attacks for several years previous, each one apparently growing worse and more alarming than the former. I found her laboring under the following symptoms: Palpitation, with irregular beating of the heart, difficulty of breathing, some cough, and pain in the left side of the chest; much paleness, with loss of appetite, flesh, and strength. She had been some time ill, and seemed evidently on the decline. As an experiment, I had been called. I directed the following treatment: Shallow bath in the morning at 80 deg.; sitz bath at 11 at 80°, 15 minutes, and wet jacket at night; a half pack, also, three times a week, and a plain vegetable diet, with water only as drink. A very decided improvement was apparent in a few weeks. The above treatment was continued, with slight variations, till spring, when the young lady was well enough to engage in teaching. Her health not being perfectly recovered, however, and having returning symptoms of her old malady, she visited our Cure on the following spring. She recovered perfectly in a few months, and is now one of the healthiest young women in her neighborhood. This was undoubtedly a case of heart disease, as her mother before her had been long troubled with a similar affection. Other methods had been tried with no avail, but the water treatment was triumphant.

CASE III.

C. A. Kenney, of Claremont, N. H. During the past five years, out of the many hundreds who have resorted to our Cure, it has occurred to us in three instances, and in three only, to record the death of our patient. Unfortunately,

the above is one of these three. For the sake of showing what we claim for hydropathy, and what we do not claim for it, we give the particulars in regard to the nature of this case, and the treatment pursued by us.

This patient had a fine mental organization, he had applied himself rigidly to books, was an excellent scholar; had graduated at Dartmouth before he was 21 years of age (about a year ago), but had not been able to attend college exercises during the previous term on account of his health. His father died suddenly, a year since, of heart disease, in middle life. His mother went to an early grave some years ago. Inheriting a feeble physical organization, exhausting it by study and a neglect of out-door exercises, and still more by that secret error which tempts so many of our best young men to physical ruin this patient came to us in a sad state of nervous prostration. Nevertheless we hoped for him, and was willing to hazard something for his good, well knowing that neither ourselves nor the Water-Cure will always gain laurels in the treatment of such cases. I should have mentioned, also, that the patient had typhoid fever a year ago, from which he had only partially recovered. The treatment we pursued was almost entirely of a tonic character, consisting of dripping sheets, with much hand-rubbing thereafter, and sitz baths of short duration, always moderate in temperature and amount. Under this course the pulse, which at first was very low and slow, improved; headache, which had been continuous and severe, diminished, and a catarrhal affection of long standing entirely disappeared. In these respects there was a decided improvement; and, although the bilious coating of the tongue, and the dyspeptic symptoms still remained, there was reason to hope for an improvement in these also in time. After the patient had been about ten weeks under our care, he was attacked with a dysenteric affection of the bowels. (Dysentery was at that time prevailing somewhat in the neighborhood; but whether this had anything to do with the patient's case, I cannot say.) This reduced him greatly, both in flesh and strength, and was the first real intimation of danger in his case. Under a free use of injections, and a strict diet, this affection gave way, and there was reason to hope that, with no untoward circumstances, he might still be saved. Ten days afterwards, difficulty with the bowels again occurred, attended with signs of ulceration. This left us no hope for our patient. His strength was already exhausted, and we saw plainly that the little vitality he had left would soon fail, and death would close the scene. He died in three days after the last attack.

Though this case was a fatal one, it may not be less interesting to the readers of the Journal, than the most triumphant cure. Hydropathy will not cure everything, and no truth ought to be better borne in mind. We may abuse these bodies in a thousand ways, and bring disease, and pain, and suffering upon us; we may poison ourselves with drugs for months, and even years, in obedience to a false system of medication: we may, after all this, recover our health in a good measure by the potent resources of hydropathy;

yet there is danger of so ruining the physical man as to make recovery very improbable, and, under some circumstances, quite impossible. Let the young take heed how they sap the foundation of life, or exhaust in any way the vital resources. There is a point beyond which they may not go, or fatal dangers will thickly beset them. We feel assured, had the above patient possessed an ordinary amount of vitality, the affection of the bowels, which proved so rapidly fatal, would have been overcome with the smallest difficulty.

[Franklin, N. H.

HEMORRHAGE OF THE LUNGS.

The writer has taken up his pen to state *one* fact, which all the subtlety of opposition cannot gain-say. It is a fact which is in itself a triumph of the "Water-Cure regimen"—a fact which the "regulars" admit as a triumph.

I was *always* opposed to drugging, yet in sickness often got drugged a good deal. I remember as being in very close connection the following horrible things—fever, calomel, salivation, cholera-morbus, jalap, nauseous pills, diarrhoea, pain-killers, continual aches, and continual dosing, until health was partially restored. Pretty well I used to think myself, if I passed the year with having only the cramp-colic once every month, cholera-morbus once in the summer, constipated bowels half of the remaining time, while I battled successfully with those grateful aperients, "Epsom salts" and "castor oil," spells of vomiting in which it was impossible to keep down food. I got along pretty well, I thought, at first. But, finally, even such a state of things did not suit me. Saw rawy health sitting upon the cheeks of others, and was not at all satisfied. I eventually and happily fell in with Priessnitz's experience of the "Water-Cure," and went practically to work. With a small wash-basin I bathed every other morning, sometimes every morning—wiping the skin always dry and red with a linen towel; and though I scarcely altered my diet, I soon improved one hundred per cent. in health, and kept so.

Soon after, I commenced studying at one of our Western colleges. Striving to excel in the exercises pertaining to the school, I neglected physical exercise almost entirely. I read, studied, and taught in close rooms almost incessantly, unheeding the warning voice of approaching disease, until last year hemorrhage of the lungs ensued. I persevered faithfully in the application of *water* externally, and internally—pure cold water. Eschewed meat, tea, coffee—everything which I thought might stimulate.

To use a familiar term, I was not able to do a "stroke" of work. Still pallid and weak, though without pain or cough, I concluded to change climate, and what seemed strange to the people generally, and the "regulars" especially—concluded to emigrate three hundred miles north, "way up" into the region known as the Territory of Minnesota. Every one said I would die. Despite the entreaties of friends, I removed to Minnesota.

Here, more faithfully than ever, I practiced the regimen of nature. I am about to tell you how I practiced it, and the results. I arrived here late in the autumn of last year. Early in the winter I added a new item to my course. Every night, on going to bed, I changed my day shirt for a clean one; wet my chest with pure cold water; then wet the shirt completely, as much as covered my chest, and in this plight went to bed; slept upon a husk bed, upon my back, and slept quietly and sweetly until morning. Soon after, I added another item. It must be remembered that the winter of 1855-'56 was extremely severe. As soon as I arose in the morning, I went out into the cold air and for some minutes continued the process of inhaling and expiring, as directed by some of our writers. All this course, in addition to strict adherence to plain and temperate living, worked the most glorious deed for me imaginable. Every winter before I had been the subject of severe colds, upon my throat and lungs. This time, with a slight exception in the fore part of the winter, I escaped colds. My lungs grew much stronger. Long-established dyspnea almost vanished. I could lecture for an hour, and my lungs be stronger for the effort. Early in the spring I commenced farming—and engaged with all the ardor of my improved health. The spring passed away, so pleasantly indeed, that I experienced less sickness or pain than any previous spring of my life. I have worked, so far, this summer without meat or stimulant of any kind. I have been much better able to stand the heat of the season, than those who had been always robust, and who used meat, tea, and coffee.

So much for my opposition to drugging—so much for the triumph of the "Water-Cure regimen."

My former residence, Hartsville, Bartholomew county, Ind. I now live at Hastings, Minnesota. I have many friends who will attest the truth of what I say.

L. N. COUNTRYMAN.

MEDICINE A HUMBUG.

"MAGENDIE" says: "Medicine is a great humbug; doctors are mere empirics, when they are not charlatans, ignorant as men can be who knows anything in the world about medicine." Again he says: "Who can tell me how to cure the headache? or the gout? or disease of the heart? Nobody. Oh! you tell me doctors cure people. I grant you, people are cured. But how are they cured?" He says, "Gentlemen, nature does a great deal, doctors do—devilish little—when they do no harm." True, as any passage of Holy Writ. The doctor says, "I divided my patients into two classes; with one, I followed the dispensary, and gave them the usual medicines without having the least idea why or wherefore; to the other I gave bread pills and colored water, without, of course, letting them know anything about it; and occasionally, gentlemen, I would create a third division, to whom I gave nothing whatever. These last would fret a good deal, they would feel that they were neglected, (sick people always do, unless

they are well drugged—the fools,) and they would irritate themselves until they got really sick ; but nature invariably came to the rescue, and all in this class got well. There was little mortality among those who received but bread pills, and colored water, and the mortality was greatest among those who were carefully drugged according to the dispensary." This should be a good lesson to young allopaths, who think, because there is an appearance of cure, and of good occasionally, that the system is not founded in error. It has been truly said, "There is no error so crooked, but that it hath some lines of truth ; nor is there any poison so deadly that it serveth not some wholesome use." We should be honest in medical matters, as much as in any other. A kind of mysterious, solemn, deceptive appearance, when called to visit the sick, but aggravates the symptoms ; but let us be cheerful, open and frank on all occasions. Do good. This is the way to enjoy life, and to—

"Make onr lives sublime,
And, departing, leave behind us
Foot-prints on the sands of time ;
Foot-prints that, perhaps, another,
Sailing o'er life's solemn main,
Some forlorn and shipwrecked brother
Seeing, shall take heart again."

The popular idea that for every ailment something must be taken, is erroneous. Not long since, I prescribed for a young lady who was quite sick. I was sent for again, when, as soon as I had entered the room, her attendant says : "For God's sake, if you can do anything for her, do it!" Seeing there was no real cause for alarm, I took everything cool, and ordered a sponging in cool water. The patient asked if I was not going to give her something, as she felt weak and faint. I replied, take the sponging as directed, first, and explained, as well as I could, the nature of the complaint ; that she would soon be better, and needed nothing to take. "Well," said the attendant, "perhaps it is so ; but it seems as though she ought to take something." This is the force of habit. Now-a-days, if a physician wishes to be thought much of, he must go through with his Latin phrases, and jaw-breakers, that his patient knows not the meaning, or himself either. To illustrate : A country physician called on a man afflicted with apoplexy. Dr. Bolus gazed long and hard, felt his pulse and pockets, looked at his tongue, and his wife, and finally gave vent to the following sublime opinion : "I think he is a gone feller." "No, no!" exclaimed the sorrowing wife, "do not say that."

"Yes," returned Bolus, lifting up his hat and eyes heavenward at the same time, "yes, I do say so ; there arn't no hope, not the least mite, he's got an attack of the nil bil fit in his lost frontis."

"Where?" cried the startled wife.

"In his lost frontis, and he can't be cured without some trouble, and a great deal of pains. You see his whole planetary system is derat'ged ; firstly, his *tox populi* is pressing on his *ad valorem* ; secondly, his entacharpial cutaneous has swelled considerably, if not more ; thirdly, and lastly, his solar ribs are in a concussed state, and he ain't got any money, and consequently he is bound to die." O. K.

LIFE AND DEATH.

THE SCIENCE OF MEDICINE. DIALOGUE BETWEEN TWO
"REGULAR PHYSICIANS." A CONFESSION.

BY ONE OF THEM.

"Doctor!" said I, one day, to Dr. Blank, a friend of mine, who enjoys the enviable reputation of being the first surgeon, and second to none as a physician, in a city of forty thousand inhabitants, in the Empire State, "Doctor, how many have you killed in the course of your twelve years of practice?"

"To tell you the truth I don't know, but one thing I do know : I killed a man last week as dead as Julius Cesar, and have had the horrors over it ever since. He was a large, lusty, powerful man, in the prime of life, and had never had a day's sickness, to his knowledge, in his life. Last week, Monday, he was attacked with inflammation of the lungs : Tuesday I saw him : his pulse ran high, breathing oppressed, and pain exceedingly acute. I put him on narcotics and antimonials, and saw him again the next day. He was no better—if anything, worse ; and, as he was so powerful, and his strength so little impaired, I bled him, and, by —, he was buried last Monday afternoon. Why I ain't put to the cobler's trade, I can't tell."

"Well, that's a hard case, Dr., but you felt no worse in losing him than I did in losing a miserable old rummy, who came into the hospital about three weeks after I entered, to walk the wards. He had congestion of the lungs, and it did not seem to me that he could live the day out. I bundled him over to the ward, bled him to the extent of about twenty-four ounces, and left him as comfortable, to all appearances, as I was myself. The next day I went over, and found him picking the bed-clothes. That night he was raving with the delirium tremens ; and the day after I entered the ward and found him boxed. He had died during the night, but whether it was from the bleeding, or the opium I had administered for the tremens, or from the latter disease, I never could tell."

"Probably from all three," said Dr. Blank. "I lost three or four just that way, until I learned that congestion of the lungs in drunkards, required brandy or ammonia, and not depletion. Since then, I have not lost one in a dozen cases. But the whole practice, at the best, is a superlative humbug. There is a thousand dollars worth of books on those shelves, and aside from the imperfect physiology they contain, they are not worth as many cents. When I get puzzled, I never think of going to them. I shut myself into a room with my common sense, and if I can't solve the problem, then I give it up."

"Well, Doctor," said I, "I have found myself puzzled a hundred times, to tell whether my last patient got well by virtue of my medicine, or in spite of it. I have not seen more than three or four cases in as many years, where there was not more room for doubt than for faith on the point."

"Too true! too true! I never stop to inquire. I rest satisfied with knowing that the patient recovered. I have had more than ordinary success for the past five or six years, from the fact

that I, about that time, adopted the expectant plan—or rather, the do-nothing plan of treatment. There's a large jar of soap and soda pills, which is emptied oftener, and with better satisfaction to myself and my patients, than any other in the office."

"Well, Doctor, a word more, and I must be off. During the past year and a half, I have administered drugs so diluted with Hydropathy, that the drugs have had the credit, while the water, exercise, diet, &c., &c., has done the work."

With that we bid each other good day ; I, to go to the Association Rooms, to read Kant and Schelling, and he, to visit between eighty and ninety patients during the day. As I was going along, my head and my heart were full. Here was a man of brilliant parts, fretting away his life in a pursuit which satisfied neither his intellect his conscience, nor higher soul-wants, unable to find certainty or satisfaction in his labor, and driven by a press of business which left him neither time nor inclination for reflection, so that his hours of recreation were spent in dissipation and excess, as the surest and readiest relief from care and responsibility. And let me assure the readers of the Water-Cure Journal, there are thousands of such in the land, and could they or would they open their mouths, they would reveal an experience as harrowing as that which has wrung my own soul, and tortured from my friend the wish that he had been a cobler, anything, rather than one on whose shoulders the responsibilities of life and death should rest.

But my mind was too full to read, so I left the Association Rooms, and called round on Doctor H—, a young friend of mine, with a comfortable practice, and a handsome living aside from his labor. The conversation soon turned to the great subject—"the profession," and I found, somewhat to my surprise, that the Doctor was even more liberal than myself ; that he used Hydropathy extensively in his practice ; that he was a great stickler for a physiological diet, and that, rather than dose against his convictions, he would turn his patient over to another less scrupulous or less enlightened Philistine. "If the fools," said he, "will have drugs when they only need diet, they may get them of some one else. I won't sell myself so cheap."

After leaving him, I called on Dr. B. W., a man about thirty years of age, who had recently located in the city. After a few preliminaries, I cautiously introduced the great subject, and to my satisfaction found that he, too, was a medical heretic ; that while he attended the church-medical, he rejected the creed, and was his own interpreter of the truth and error, as it is in the revelations of the disciples of Hippocrates. After leaving Dr. W. I went home, and in stooping to pick up my little one, to caress, my medicine case fell out of my pocket, and on opening it, I found that the vial containing pulverized opium was broken, and the opium spilled. "Good!" says I to myself, "one temptation the less," and I went out on my afternoon rounds with a lighter heart.

I am aware that in penning the above I render myself amenable to criticism, and not only myself, but the great mass of the profession to which I belong ; but the truth must have a voice,

especially when there are thousands of ears open to receive, and thousands of minds prepared to digest the wholesome outpourings thereof. Nor is the profession of medicine alone, open to the charge of secret and open heresy and schism. Our churches throughout the land are filled, Sabbath after Sabbath, by infidels, impostors and hypocrites, with here and there devout worshippers of the Only Living and True. And the same infidelity is at work throughout the length and breadth of society. It has its foundation in a desire for truth, is a part of the intellectual activity of the age, and will eventuate not only in a true science of medicine, but in a pure and holy religious system and faith, the regeneration and rejuvenation of society, and the onward and upward advance of humanity.

While there is room for doubt, let doubters live and labor.

PROSPECTS OF VEGETARIANISM.

SOME there are, among us, who suppose, or seem to suppose, that Vegetarianism, because less noisy just now than formerly, at least in the United States, is dead and buried. Such individuals may know, to the contrary—that it is not dead, but only sleeps—by the notice, in this paper, of an annual meeting of the American Vegetarian Society, in September next, in this city. They might also know that it still breathes, and more than breathes, has a large and liberal growth, by the reports of the Vegetarian Missionary in Great Britain. The Societies, of this kind, in Accrington, Birmingham, Bolton, Boston, Darwin, Edinburgh, Glasgow, Hull, Liverpool, London, Leeds, Malton, Manchester, and Salford, and Rawtenstall, and Crawshawbooth, number about 1,000 active members; and the number is rapidly increasing.

But we have other evidence. The writer of this article, in a letter received from Rev. John A. Brooks, Missionary in Africa, dated at Boom Falls Station, M. M., Mo. Tappan House, April 11, 1856, has the following intelligence:

"Close observation *establis* me in the confidence I have before expressed, that an anti-carbonaceous diet is the only proper one for this country. . . . My late experience, together with my former convictions, have led me to adopt a vegetable diet and adhere to it as a religious duty. I am now using vegetables, with a little goat's milk, and feel more free and happy."

And yet a worthy physician and his wife, belonging to the mission, both insist on his using flesh, fish, and fowl, in a recent or fresh state, very freely, and also wine! Such is the strength of prejudice, especially when it encounters the dangers of fever in Western Africa. But Mr. Brooks adds to the foregoing statement the following reflections:

"Had I been wise and well instructed in the nature and effects of different articles of food, and so well imbued with principle as to be able to confine myself to such things as I know to be good for me, I might have saved myself doubly—very much suffering, and rendered myself doubly efficient in the great cause in which I have the honor to be employed. The suffering it would

have saved me, however, is of little moment, when placed in comparison with the idea of crippling myself by self-indulgence. Could we feel, as we ought, our responsibility to God for our health, as well as our obligations to preserve it, in order that we may the better serve Him and our fellow-man, it seems as though we could not, knowingly, pluck the forbidden fruit, when it consisted in nothing more inviting than flesh. . . . Wherein I have sinned, in this particular, in times past, I repent and forsake; and am determined to lead a new life. If I cannot be well, I will not make myself more ill by eating flesh."

I have met, of late, with Prof. E. C. Langdon, an eminent and well-known teacher of gymnastics, in this region, who bears testimony to the truth and importance of Vegetarianism, and only regrets that his wandering mode of life prevents him from following out more perfectly what he has been, for five or six years, the convictions of his mind on this subject. While I was with him, however, (or rather, while I was at the same public house,) viz.: Mansion House, at Boston, Mass., he appeared to carry out his vegetarian principles; though I regret to say that he used some tea and coffee. Yet, I have seldom examined a person physiologically, who gave greater evidence of perfect health, especially in the muscular system, with a single exception, which he himself attributed to his occasional indulgence in the use of narcotics. His muscles, I repeat, were as firm almost as ivory.

A Mr. Storrs, also, whom I had the pleasure of examining very lately, is thirty-five years of age, has been for some time a member of the Theological Seminary at Andover, Mass., and has been for fifteen years a vegetarian. He entered upon the system in perfect health, and has ever since remained healthy. I have seldom seen a better specimen of humanity than Mr. Storrs. Besides keeping up with his class, he has for several years cultivated a few acres of land, near the village, on which, by his own labor, he raises produce enough, as I was credibly informed, not only to sustain himself (he has no family), but to enable him to lay up from one to two hundred dollars a year. At this moment he has, as he says, 20,000 trees; and they are as fine ones as ever I saw. These trees, at the low rate at which he has lately offered them to the Kansas Emigrant's Aid Society, are worth, at least, \$1,000. Indeed, they are richly worth much more; but he has offered the whole, in a lump, for that sum. His muscles are nearly as good and firm as those of Prof. Langdon.

I have also seen very recently, a man fifty-two years of age—a man of intelligence—by the name of Downs, in Bradford, Mass., who professes to have been, in theory, for many years a vegetarian; and only regrets that his travelling mode of life does not enable him to carry out, more fully, his principles. He is in fine health.

Indeed, there are evidences, like these, all over the country, which goes most fully to prove that Vegetarianism only sleeps. Perhaps, if the old adage is true, that the darkest of the twenty-four hours is just before the break of day, Vegetarianism may, ere long, break forth upon us with all the brightness of the morning sun. Perhaps the

gathering of its friends, at New York, in September next, will be a more interesting occasion, as well as more auspicious to the cause, than any which has hitherto taken place in this country. For one, at least, I hope so. W. A. A.

Auburn Date, ass.

FACTS AND SUGGESTIONS.

BY G. E. KIMBALL, M.D.

SINCE my last communication to the Journal I have lectured in several places of considerable importance in this State. I find everywhere a growing interest in the Water-Cure. People are discarding the use of drugs and drugging, and turning their attention to the Water-Cure as a more sane, safe, and efficient mode of treating disease.

I have not been in a single place yet but what I have found some persons investigating and applying the Water-Cure treatment, and many others who would like to know more about it if they had an opportunity. As a general thing, I find the majority of people ignorant of the simplest facts in Anatomy and Physiology, and they seem to have no definite knowledge of the facts from which our health-rules have been deduced. Among the many things which the people heretofore require information upon, is Anatomy and Physiology, and following these the symptoms and effects of various diseases incident to this country, with the Water-Cure or Hygienic method of treating them. Many people are taught by the doctors, to believe that it would be impossible for them to obtain sufficient information to treat ordinary diseases unless they went through a full course of study and lectures. A little more lecturing will convince people that the greater portion of this kind of knowledge can be more readily acquired than is usually supposed. The majority of persons waste more time and effort in learning useless things than would have been sufficient for these more important matters.

The greatest difficulty heretofore has been that all our books and other means of instruction have been adapted only for the few; consequently incomprehensible to the masses. This has checked, on the part of the people, all efforts to learn, and with the aid of mercenary, illiberal, and anti progressive physicians, has given rise to the notion that these particular branches of knowledge were necessarily mysterious and difficult, and they have come to be looked upon by the masses the same as magic was in ancient times.

Thanks to Dr. Trall for writing, and Fowler and Wells for publishing that truly great and comprehensive work, the *Hydropathic Encyclopedia*. It is a work divested, as much as possible, of medical technicalities, and within the comprehension of every reading person. It contains all the positive principles of Anatomy, Physiology and Dietetics, and gives the nature, cause, and treatment, Hydropathically, of every known disease. Every person, and especially every family, should have that work, for it puts the means for treating the sick within their own power and under their own control, thus saving

many valuable lives and enormous bills of expense. I find that people generally in this country consult their physicians as those who are skillful to prescribe medicines that will *kill disease*. They expect the medicines to act on the disease the same as an alkali to an acid, or an antidote to a poison. They pay no sort of regard or attention to the condition and action of the various organs of the body, or to their dietetic or other voluntary habits. Many people seem to think their physicians can *take disease out of them and put health into them by the direct application* of some poisonous drug which is both chemically and physiologically incompatible with the structures of the body. Many people think that there is in the drug itself, when skillfully chosen and applied, a health-giving potency, which, of its own intrinsic virtue, *directly and immediately* imparts health to the body. These exceedingly erroneous notions lead people to disbelieve that their own dietetic and other voluntary habits and actions have anything to do with the preservation of health and the prevention of disease. When diseased, they expect to be cured by the power of drugs alone. They do not believe that any particular regimen can of itself be of any great importance in promoting their restoration to health. Now, what is the remedy for such an evil? Simply the instruction of the people themselves.

If the fact was honestly stated to them by their medical advisers, that the *Drugopathic Medical Art* is remarkably *uncertain and imperfect*, and that the cure of disease can *never be made sure*, or even *probable*, they would be more careful to remain well, and would soon acquire that knowledge which would enable them to do so. The amount of knowledge requisite for this purpose is not so great nor difficult to acquire as many people suppose. This is well known to *Allopathic Physicians*, and is the *chief reason* why they object to any popular instruction on such matters at all. Away then, I say, with blind faith and unquestioning obedience, and let all be taught something useful about themselves, so that they may know what they should or should not do, and the reason for what others advise them. How can the enlightenment of the people on those interesting subjects on which their health and happiness depends, be best accomplished? It is impossible for all the people to go to medical colleges to obtain the required information.

From my own experience, I know of no better way of accomplishing the matter than by popular public lectures for the masses, so simplified and divested of technicalities as to be adapted to the comprehension of all. One man and woman well qualified with natural and acquired abilities for lecturing, with a good apparatus, can do more in a single season to enlighten the people in regard to the laws of life and health than all of the old *conservative monopolists of medical knowledge* and learned doctors have done since the days of Adam and Eve.

Such a reform is demanded. Will not every intelligent man and woman in Iowa, especially of the Water-Cure faith, do all in their power to secure a course of lectures on the above subject in every town and village in the State? To make such lectures the most interesting and

instructive, an expensive apparatus must be had for illustrating them, which but few who lecture are able to procure, except they are well sustained by the people.

Let all in favor of medical reform, of acquiring a knowledge of their own organizations, and the Water-Cure system of preventing and treating disease, take immediate steps for securing, the coming lecture season, a course of scientific and practical lectures on the laws of life and health.

I presume there are scores of individuals in almost every town in the West who would do all in their power to secure a course of lectures on health subjects this Fall and Winter, if they could procure the services of competent lecturers. Now, friends, all you have got to do is to signify your desire for a course of lectures, and I am confident you can have it gratified.

Since the establishment of the Hydropathic College, many health-reform lecturers have been, and are continually being sent out to supply the demand, and I think it would not be a difficult matter to get some one or more of them to canvass particular localities, if sufficient inducements were held out. Let every place and community, then, have a course of lectures for the benefit of the whole people. It will cost but a little each, while the benefit resulting will be incalculable.

I have devoted all of my time the past year to lecturing, in my feeble way, and I have met with a good reception in every place where I have lectured. The people everywhere are anxious to know more about the Water-Cure, and will *amply compensate* any man or woman who will give them the desired information. I wish we could have a dozen competent, persevering and energetic lecturers in this State the coming lecturing season. If we could have them in this State only one year they would revolutionize the State, and place the Water-Cure far above all other systems. I have furnished thus far between five and six hundred volumes of Water-Cure works, between three and four hundred Journals, and one hundred and ninety self-acting syringes. I intend during the coming Fall and Winter to accomplish double what I did last season.

I have ordered from Paris several Anatomical models, which will more than double my present lecturing apparatus, and make my lectures more instructive and interesting. In every place I have been in, I have found a strong desire on the part of many females to consult an educated female physician in regard to their ailments. To meet the above demand, I have made arrangements to have Mrs. Kimball accompany me this Fall and Winter. We shall spend a week in each place, and longer if our services are required. Will all the friends of the Water-Cure, who have friends and acquaintances in diseased conditions, inform them of our intentions, and see that they avail themselves of the opportunity presented of testing the efficacy of the Water-Cure? We ask for only such as are given over by others of the Medical Profession, or such as are satisfied that the *treatment heretofore received has not, and will not cure them*. A new, safe, and sure remedy will be placed within their reach. Respecting our system of practice, we claim that it is an

embodiment of *Nature's Remedial Agents*, and is the only system which can promise a certain and genuine cure in all the various manifestations of acute and chronic disease. Mrs. Kimball will lecture to the ladies, and go prepared to treat the various diseases incident to females and children.

Mrs. Kimball has treated during the last year, in Iowa City, more than a hundred cases of female diseases of almost every form and variety. Her success has not been excelled by any one in the Western country. Scores have found relief at her hands after having tried many physicians and a host of remedies, and failed of a cure till they came under her care. Women doctors succeed by far the best with the diseases peculiar to their sex. I have one thing to ask of the friends of the cause, and that is this—I have found it very difficult to procure the proper kind of food and lodgings at many of the Hotels where I have been compelled to stop. We prefer to be in a private family if we have to pay the same as at the tavern. Will the friends in the places we propose to visit secure us a situation in some private family. Let us hear from you before we commence our Fall tour, the first of September, so that we shall know where to go.

We shall make two tours during the lecturing season. The first, South, commencing at Sigourney, passing through Oskaloosa, Pella, Knoxville, Edgelyville, Ottumwa, Fairfield, (Keasauqua and Bentonport if desired,) Mount Pleasant, (Salem, if desired,) Denmark, (Fort Madison, if desired,) Burlington, Wapello, Muscatine, and Davenport. The second, North, or up the Rock River valley, in Illinois and Wisconsin. If the friends in Illinois and Wisconsin are desirous of having us make that tour, and will inform us, we will make our arrangements to do so. Let us hear from you at once? [Iowa City, Iowa.]

THE INSTINCT OF APPETITE.

The unperverted appetite is, no doubt, the highest authority in matters of diet. In fact, its decisions should be considered final, and without the privilege of appeal. Nature makes no mistakes. Her laws are harmonious and perfect; but we, as yet, understand so imperfectly the language in which they are written, that we make many blunders in our attempts to read and interpret them.

The plant selects from the soil which its roots permeate, the chemical elements necessary to sustain its life and promote its growth and perfect development, rejecting with unerring certainty every particle which would prove harmful or useless. The wild animal chooses, with equal certainty, the various kinds of food adapted to the wants of its nature, never poisoning itself by eating or drinking anything inimical to its life or health. And the wild animal is, as a general rule, never sick. The few exceptions believed to exist, doubtless grow out of general climatic disarrangements, against which no individual instinct is a sufficient defence. Our domestic animals have lost, in a greater or less degree, this discriminating instinct. Their relations with Nature are less intimate, and the appetite, perverted by man's intermeddling with

the instincts of the animal, is no longer an absolute authority. Still, where any freedom of choice is left them, they seldom err very widely, and when they, by any means, become sick, instinct is pretty sure to point out the means and method of cure. When a cat or a dog is ill, he either abstains wholly from food, and seeking so to quiet place, lies down and trusts in Providence—that is in the *vis medicatrix naturæ*—the recuperative powers of nature, or seeks some particular plant, which its instinct teaches it will supply the elements necessary to restore the equilibrium of the system or neutralize the hostile substances already in the stomach.

Man, alas! has wandered still further from Nature. Wholesome food—the natural diet of the race, is often distasteful to him, and he thinks “sought out many inventions” to pander to false and fatal tastes. The fat and blood of animals—even of that greasy, nasty, disgusting beast, the hog, are devoured with the greatest gusto. Plain dishes, made up of the fruits and farinae, give place to unwholesomely-prepared meats, highly-seasoned puddings, and greasy pastry. The natural appetite seems almost wholly lost. We eat, not to sustain life and promote the harmonious development of the system, but to poison the very fountains of our being, and implant in our blood the seeds of disease.

But the voice of Nature, speaking through the instinct of unperverted appetite, is seldom or never entirely smothered by false habits, or drowned by the clamor of artificial tastes. It makes itself heard at times, especially when an utter disregard of its teachings has subjected us to the dominion of pain and disease. It is well for us if we heed it even then.

This brings us to the point we were aiming at. However oblivious we may be while in health—or that we call health—of any higher law than that of our artificial appetites, *disease is sure to open our ears to an admonitory voice to which we were before deaf. We disregard it at our peril.* If we heed it there is yet hope. Its first word is, generally, “abstain.” We have “no appetite.”

This is equivalent to the most authoritative command to eat nothing. If this prohibition continue for days or weeks, no matter. It is still binding. If left to ourselves, we generally obey; but here, kind friends, or old foggy doctors, wiser, in their own conceit, than Nature, step in and insist that we must “take a little nourishment,” some gruel or a slice of toast at least. We force something down against the most emphatic protest of our own feelings, and disarrange in a moment all the wise plans of nature for our recovery. What we took into our stomachs as “nourishment,” failing to be digested and appropriated, (because the vital machinery in the digestive department has been stopped for repairs,) becomes rank poison, and instead of feeding the system, feeds disease, and retards our recovery indefinitely—in fact, often proves fatal. *This eating without an appetite is one of the most fatal of common errors.* The stomach, through the instinct of appetite, will ask for food quite as soon as it is needed. Never “force down a little food”—much less a great deal.

When, after a period of abstinence, the system has measurably recovered its tone, and is in a

condition to receive and appropriate a small quantity of nutriment, the appetite asks for it, and generally for a particular kind of nutriment. “A strange appetite,” we sometimes say, such a one, who is recovering from sickness, has. Strange as it may seem to us, ten to one it is a natural instinct, and consequently right. I would sooner trust it than the deductions of our fragmentary and often erring science. The ailments which appetite calls for, in such cases, are generally just those which the system requires. Nature now holds the reins. By-and-by, when we have fully recovered, our artificial habits may again resume their sway. I shall not pretend to say that there are no exceptions to the rule just laid down. There doubtless are such; but I think they are rare.

How often do instances occur, in which persons supposed to be past recovery, have by some means got access to the pantry, and have eaten largely of some food which medical science would have pronounced entirely inadmissible in any quantity; or to the water pail and drank immense quantities of water, and immediately began to cover. I recall an instance lately related to me by a friend.

He was watching at the bedside of a young man sick with a violent typhus fever. The physician had declared that there was no hope of his recovery. Medical science had exhausted its resources in vain. The disease brooked no control. An internal fire seemed to be consuming the patient, who was enduring terrible agony. It was autumn, and in the country, and near the house stood a cider press, from which, through the open windows of the sick-room, came the sound of the sweet apple juice dripping into the vat. About midnight the sick man, whose fever had showed no signs of abatement, begged for a glass of sweet cider. No other drink would satisfy him. His appetite demanded that and nothing else. His request was refused at first, but his pleadings became at last almost frantic, and the watcher, believing that he must die, in any event, finally brought him from the press a tumbler full of the cider. He called for another and another, till five or six had been swallowed, in rapid succession. He was soon covered with a profuse perspiration, fell into a quiet sleep, and began at once to recover.

“Nature,” says *Hall's Journal of Health*, very aptly, “is like a perfect housekeeper, and knows better what is wanting in her house than anybody else can tell her.” Happy are they whose ears are open to her voice in health, as well as in disease. Remember that true undepraved appetite is the “asking for” of Nature.

THE DISCUSSION.

DR. CURTIS TO DR. TRALL.—NO. III.

DEAR Doctor.—Your No. 2 has just arrived, and I am happy to find in it something for discussion. You “regret that I could not shape my definitions in some way that would not be the question.” I regret that, in quoting my definitions of poisons, remedies and food, you should have left out two-thirds of the first, and one-half of the second and third (which omission completely nullifies them), without making a reference to them, or even inserting an “&c.” to show that this is not *all* my definition; but I am glad that you have tried your own hand at it, and we shall see whose definitions are the best. Please, hereafter, either to quote me fully and correctly, or refer the

reader to my own statements. I do not write so loosely that you can leave out many words without injuring the sense.

I do not see that I assume anything to be proved. You asked me to define the words poison and remedy, and I answered *defined below*, and “largely in lobelia,” merely for illustration, and I think with great propriety.

I learned, when reading Thatcher's W. P. C., Barton's and later Alcott's works, that lobelia was as corrosively sublimated as a deadly poison. I knew no better till I proved that false, when, like the venerable Tully, I did not hesitate to give up my credit for my present “medical profession,” and to place lobelia, in my logic as well as my medication, where it belongs, among “articles which invite or excite the organs to physiological action, without *forcing the issue on the functions*” (which latter clause you have improperly omitted). But for this clause, the definition would be loose, indeed, for it would cover small doses of poisons, as well as food and medicines. I gave the article as illustrations; you may show that lobelia is not apt, if you can. But as you have given your definition, I will accede to your wish, to drop for the present the illustrations, and reason awhile in the abstract. We agree that corrosive sublimate is a poison; you deny that lobelia is innocent, yet you declare that neither of them “acts on the body!” If so, they must both be innocent, for that which does no act can do no harm, for harm is the result of a wrong act.

Now for your definition of the terms:—

1st. “Poisons are,” &c. (See it.) This implies that “agents which are in and out of the body, and convertible &c. are not poisons, like the definition needs some qualification, which it has not. You know that carbon, oxygen, hydrogen and nitrogen are, in some form or other, constituent into many of the structures of the human body; that oxygen is employed in the function of changing ozone blood into arterial, &c. Will you deny that, in the form of ozone, acid (2C + O = A), prussic acid (HC + 2N), morphia (3C + 2H + N + 6O), strychnine (41C + 2H + 2N + 4O), &c., these agencies are “deadly poisons,” or destructive to the vitality of the body? On the other hand, will you pretend that common salt (Na. Cl.), which is not converted into tissue nor used in the performance of function, is a deadly poison? This definition is very loose. Doctor, many articles of different characters will creep through its meshes. Your next is some better: “Poisons are chemically incompatible with the structures, and physiologically incompatible with the functions, &c. See *concordia* needs correction. It does not include all poisons, and states errors respecting some poisons. It means or says that all poisons are both chemically and physiologically incompatible with their functions. In this last clause, your definition agrees essentially with mine. But whether it is, or is not, correct, it will not include lobelia, or castor oil, which you propose to prove “are absolutely poisons.”

2d. “Remedies,” &c. (See it.) This definition is good so far as it goes, but it does not include the convertible, &c. It excludes some of the best “hygienic agencies,” as: animal magnetism, cheerfulness, electricity, &c., which supply losses and remove unfavorable conditions. You admit, you admit, that they are not poisons, which would be fatal to your argument. In my definition, I include all kinds of remedies and admit no poisons. do not say *how* you will exert action, supplying conditions, or removing obstructions, &c.; that will be done hereafter.

3d. Food, &c. Here, Doctor, I am sorry to see that you are greatly in fault. The elements of all the most deadly mineral, vegetable and animal poisons, as oxygen and several of the bases of the acids and alkalies, many of the active vegetable alkaloids, and the vesicating Spanish fly, are “substances whose elements are convertible into, and do form, the constituent matter of all the most valuable and never date out at ages, or of animal meal in your house, never it be composed of the above substances, and others whose elements I know are convertible, &c.

Instead of attempting to nullify my definitions of poisons and medicines, and to slow their fallacy, you simply misquote and deny them. You quote only the circumstantial part of my definition, and then you give me a characteristic *viz.*, “the nutrition,” and then only “deny it.” Must I take your mere assertions and denials for arguments and denials? No, Doctor. As you have given me nothing else, I will sustain my positions respecting food—those respecting medicines having been abundantly sustained in former numbers. I will then answer your present questions.

1st. You “deny that food has anything to do with the quantity eaten.” I once had the dyspepsia, and was advised to “diet,” as it is called, or to eat a very small quantity of food. I did it till my stomach was so much contracted to accommodate itself, I suppose, to the minute supply that it could not secrete the necessary fluid to digest it, the little that I took. I drank but little, and my blood became so thick, and my surface so contracted and full of effete matter, that the latter could not secrete through its natural channels, but was concentrated upon internal organs not designed for its elimination. I perceived this condition, and resolved to try to do something to destroy the vascular organs to their natural dimensions. The result was, that I was soon separated and cured; and I have since cured many a miserably diseased man, by simply restoring him to eat and drink a suitable quantity of his ordinary food, and so to conduct himself in other respects as to enable the system to make the best use of it. I have “denied” the quality, “has anything to do with food, but you will not convince me of a sad experience, like mine, that the quantity of food and drink is not almost as essential as the quality. You deny that food contains anything

matter," yet you make your patients eat the bread of the "cracked" loaf for no other reason, than I can see, than that the fine flour alone would "irritate" or excite the stomach to a sufficient extent. You give them acid drinks, to the same end, if it be not the case. You "dilute" the food acts upon the stomach or the system in any manner, whatsoever." My leading article, in this number, proves this position. The "action" of the stomach is in relation to the elements of the tissues in the body that they do to the same elements out of the body. Of course, when introduced into the system, they do not undergo the chemical changes. They act on the stomach, but the vital force opposes those changes, overcomes the chemical action, and uses what it wants of those articles for its own purposes. Thus the acids on the stomach, and the alkalies on the food; but, the food being of such a nature as to excite the stomach to a physiological action and to supply its wants, it is not poisonous by its constitution. The same holds good in medicine. In disease, the body does not want food so much as a condition to enable it to use food and enjoy it. If the nature of the medicine is to relax the tissue, as do warm water, lobelia and nerverines, sage and catnip tea, the irritated nerves, the dry surface, lungs, tongue, &c., will be relieved by its action, and the medicine is said to "act in harmony with the vital force," which always does these things itself if it can. If the tissue be too lax, an astringent, or, if too languid, a stimulant will act in harmony with the vital force, and, in this case, be endeavoring to restore the tone or tension of the tissue. This is not merely my opinion, but a deduction from experiment, a real demonstration, and not a mere theory. The acids act on the body, why is it that one is followed by a relaxing, another by an astringent, and a third by a stimulating, effect? But I will not discuss this question.

The food "excites" the stomach to pour forth its gastric juice, and to "churn it," as you learned Dr. Paris says. The result, comparatively, of nature's supply of matter, and the action of the stomach, and its secretion, is the formation of chyme. The stomach undergoes a change from comparative inertia to actual physiological action. There can be "an action on the stomach," and yet the stomach be the same all the time, just as well as there can be action on the heart, brain, muscles, &c., by the vital force, and yet these organs be the same all the time. The stomach was not made to wear out any faster than the other organs of the body. All action on an organ does not necessarily decompose it.

As I never denied that the stomach acts on the food, you need not trouble yourself to prove it. And, as I perceive that I know quite as well as you do what effects it produces, I shall not discuss these questions, but I will ask you, but I will ask questions when I do not know. Please tell me how many vital powers you suppose that you observe in man, and what their uses are? I ask you, what is lobelia as *pro*, when it is *pro* food, but a medicine? It is not defined to nourish the body, though, according to your definition of food, it must be good even for this purpose, for it is the same element. [The definition of H.] are convertible into, and do form, the constituent matters of the tissues," but it is a medicine designed to relax constricted tissue, and to relax the element. [The definition of H.] promoting the secretion—curing disease. If you will produce evidence that it is climinated, or chemically incompatible with the organs, or physically with the tissues, I will forthwith cast it out of my materia medica. I have shown that neither your definition of poisons nor that of food condemns it, and yet your definition of food and poisons includes it *only in your opinion*. No proof is offered, and I have not agreed to yield to a mere yes or no on these all-important questions.

Nausea is a regular physiological action, always produced by the vital force, excited by the medicine, whenever any great and sudden relaxation of the tissue is effected. And vomiting is another physiological act, performed by the same force, whenever anything very offensive to the stomach is to be removed. Well, then, you will say, "lobelia is a regular, sensitive, and irritable, and throws it out." Not so fast. When you have used lobelia as much and observed as accurately its effects as I have, you will have learned that the system receives strength in its whole organism, and does not throw it back, but it induces its specific relaxing, soothing, sudorific and antifebrile effects, long after the foal nature of the stomach has been acted on, and the patient is allowed to vomit, but has rested and relished his food! Pardon me, Doctor, I have used too much lobelia to accept either your assertions or denials as to its qualities and effects, and yet your definition of it, including, sneezing, &c., is no proof that they are not physiological functions. They are as much nature's efforts to remove offensive matter as the action of nausea, urination, parturition, &c. Your "guessing" that they are a regular does not make them them. The lobelia relaxes the stomach and passes into its substance, and the stomach acts on the relaxing matter, and throws up the morbid matter. I repeat, the lobelia is *not* thrown out of the body, unless so much is given that it cannot all be used till the vomiting takes place—in which case, the rejection of food, more should be put into it, to be kindly received as a friend and not an enemy. I may as well say that the lobelia acts on the medicine expelled, and I will say, as you say, that the stomach acts on the lobelia, when, as is often the case, the relaxing effects of lobelia are produced without emesis. If you want any more proof that lobelia acts on the stomach, and the stomach acts on lobelia, you will do better to take it yourself and candidly watch its effects, as I have done, than attempt to drive me by ridicule from a scientific, but unimportant, question.

Drink.—You may define drink by *inferly naming* a simple article of drink, if you choose. I prefer to describe its essential characteristics in its nature, and in the uses or things or actions, must consist of their essential properties or capacities for use. Whatever you may call it, drink

does "dilute things and carry them off." and in these qualities, it differs from either food or medicine. It is, therefore, a good, an indispensable, medium for the full use and distribution of those articles. You may drink water alone, if you prefer it to any other. You may also drink it properly diluted in it as milk, ginger, vinegar and sugar, lemon juice and sugar, flour or corn meal, in porridge and gruel, and in many other ways, especially in fevers. These I will call "fluids" because they flow, and do not stand. I do not eat them, and I want enough of them to defend the vascular system to its proper dimensions, relieve it of irritants, and thus aid it in performing its proper functions. The medicinal virtues of the "fluids" reside chiefly in the *medium* in which those fluids hold in solution, the fluids themselves, not excepting water, are medicinal.

I think "the primary question" was not, "How do these things affect the living food or medicine?" but, "Do they affect it at all?" You say, in the Life Illustrated, No. 3, "Dr. Curtis says medicines do act on the body; I say they do not." No question can be more simple and direct than this. Yet, in the same article, you wish to know *how* they act—the rationale of their action; you have, of course, given up the point that they do act somehow. Q. E. D.

As I have shown both that they do act and how they act, I suppose you will consider the discussion ended, unless you can conjure up some new question to ask me. I must be a little more explicit in my replies, so many topics of fictions and answer questions for the ignorant, yet, when I come into contact with such men as you, I wish to learn something more. I am not willing to do all the work of teaching and admonishing. You will please, therefore, in your next, to omit assertions, denials and questions, and either answer my assertions, or give me some of your own, and I will oblige your friend.

THE CHARACTER OF EVIDENCE.—Dr. Trall makes so many declamatory flourishes, and presents to my mind, by his doubts, questions and qualifications, so many topics of discussion, that it would require a "blanket sheet" to pay them all particular attention. Among the strange things, very "ill regarding" to my own personal experience as to the sensible effects of drugs that we may have swallowed, as of the likely consequence in the discussion" note, p. 125 which is to determine the character of those drugs! All that is known to be true in regard to the character of food, medicine or poisons, their action on the body or its action on them, *has been* determined by the personal experience of somebody, and whose experience can we trust better than our own? If Dr. T. prefer the experience and opinions of others, he should still be an Allopathist, for that system has the highest authority in its support. If he followed his own in leaving the matter to the public, he must not complain of my following mine in preferring lobelia as an antispasmodic. But he has asked me how my own experience answered the question, and I have answered you, nor Trall, but from my own personal experience, and I have the modesty to prefer to that of all other men.

DR. TRALL TO DR. CURTIS.

DEAR DOCTOR.—The above article is the third of those "omitted articles." The fourth is, fortunately for our readers, very short. It will appear, accidents excepted, in the next number, when, if you have nothing more to add to the merits of the main question between us (which, pardon me if I offend you in a sin asserting that you have not yet reached), I shall at once dispose of the controversy, as I promised to do in the first place, by *demonstrating my side to be true beyond all controversy*.

I have nothing to say to your present article, except by way of correction. I do not accuse you of garbling and misrepresenting my positions and arguments, but I do not think you understand fully yet. Your *misapprehensions* are intolerable.

In my concluding demonstrations I shall tell you so plainly you cannot either mistake or dodge what food is, what medicine is, and what poison is; hence I need not controvert you on those points further at this mark.

You make me say that food is anything to do with quantity, and then proceed to demolish what I have said, by your personal experience in the matter of quantity.

I can't imagine how you could make such a blunder. I never said anything which will bear such a construction. I did say, however, and now repeat, the *nature* of food was not to be determined by the quantity used. You have misunderstood me to say or mean that the *effects* of food has nothing to do with quantity, an absurdity I had rather not to have been with, if it will suit you just as well. And so you have been all through our wordy controversy, continually confounding the *nature* and the *causes* and the *actions* and *effects* of things, or what is practically the same, mistaking such one for any of the others, in spite of all I could say to keep their proper distinctions clearly at all times before your eyes.

I sincerely sympathize with you in your sad experience of a diet, dry in quality, and ineagre in quantity. I am glad you were wise enough to learn a better way by experience, and so have lived to discuss an important question which will, in the end, work a still greater conversion in your notions.

I also approve your second sober thought in *drinking*, as well as in eating enough "to distend the vascular organs to their natural dimensions." That is what I do, and what I will advise all other persons to do, if they get the wherewith.

My whole argument about the *philosophy of quantity* was simply this: Food is food, whether a person eat much or little; and so I would argue that drink is drink, whether a person takes too little or too much, or just enough. Its *nature* is not changed by use or abuse. [Don't mistake *nature* for *effects* again, I earnestly beg of you.]

And so I believe drugs are drugs, and poisons poisons, whether they operate mildly, like catnip and castor oil, or severely, like lobelia and antimony. [Don't mistake *operate* for *action* on the body.]

A word more about your *elements*, and then I leave the subject for the present. You intimate that I confound *chemical elements* with *alimentary elements*. I do not. I make a clear distinction. Chemical elements, as oxygen, hydrogen, nitrogen and carbon, may unite so as to form alimentary elements, as sugar, starch, gum, gluten, fibrin, albumin, &c. These are nutritive elements, or, in strict chemical language, proximate principles. All aliments, all foods, are compounded of these proximate principles, and they are compounded of the ultimate or chemical elements. This is the order of nature, and I do not propose in any way to alter or improve it. Yours truly,

R. T. TRALL.

POPULAR EDUCATION.—[The following notice is copied from the (Windsor) Vermont Journal of April 24th, 1856. It was written by Rt. Rev. Carlton Chase, Bishop of New Hampshire. As the lecturing season is approaching, we give this high commendation of a worthy laborer in the lecturing field, that yeomans and other associates may if they choose, avail themselves of his services on the theme of education, or any other to which his taste and talent may direct him.]

I had the pleasure, a few evenings since, of listening to a lecture on the theme of common school, which stood out far in advance of the best things I have heard. It was delivered by the Rev. J. B. Willard, at present, as I am informed, residing in Windsor, [Now in Still River, Mass.] such pure, pitiful, polished, and classic English, conveying thoughts full of living and useful energies, and beautiful to all minds—such affluence in the variety of illustrations and felicity in the choice, constituted an intellectual treat, which it has not often been my privilege to enjoy, on that subject. The lecturer had proceeded but a little way in his work before it became evident to an attentive audience, that he was a man of eyes, ears, and understanding—one who had before an acute and judicious observer of the operation of impulsive and controlling principles in the growth of the mind of the young. His suggestions in this particular struck me with great and novel force.

"A mind so rich in beautiful and useful suggestions should often be called by an intelligent public to the desk of the lecturer. Here is an uncommon opportunity for giving the cause of popular education a good lift in this quarter. That his friends will not be remiss in calling to their aid the attentive address and the valuable suggestions of this gentleman, I sincerely hope." C. C.

LIFE AND DEATH.—We call attention to an article in the present number, with the above title. We can vouch for the *truth* of the statements, as giving the words used by the parties. Our non-ideal readers will judge how much reliance to place in the every day mode, skill, and utility, of drug-giving practitioners.

Clergy are said to be a right-down, o'ly good fellows, who, together out of their robes, and relate their various worldly experiences with a gusto. So it is with doctors. They do not hesitate to talk over matters with each other, and to tell the truth, where they do not fear exposure. "Confessions" of this sort are becoming every day more common, and, as the people become enlightened in regard to the Laws of Life and Health, the whole truth will finally come out. THE WATER CURE JOURNAL will tell it.

SUBSCRIBERS' RESIDENCE CHANGED.—Subscribers to this paper will have occasion to change their residence and desire to have a corresponding change in the direction of their papers, must not fail to accompany their requests with their previous Post-Office address, it is often possible to refer to them among the thousands whose names are on our books.

The Month.

NEW YORK, OCTOBER, 1856.

TOPICS OF THE MONTH.

BY R. T. TRALL, M. D.

ONE THOUSAND DOLLARS REWARD!—Some two years ago the publishers of this Journal offered to pay any duly-accredited allopathic physician *Five Hundred Dollars*, if he would discuss, with some hydropath, whom they would select, the differences and merits of our respective systems, and have the same published for the benefit of the public.

This was certainly liberality worthy of all praise, and evinced a sincere desire to elicit the truth, and the whole truth, which no man can gainsay. But no one responded.

We now offer to pay any Professor of any Allopathic Medical School in the world, who shall be endorsed by the Professors of either of the Regular Medical Schools in New York as competent to do justice to their side of the controversy, who will discuss this subject with us, the sum of ONE THOUSAND DOLLARS.

The question or questions to be argued, shall be so stated as to involve the truth or falsity of our respective theories, and the rationality and success of our respective practices; and as we give the challenge, we are willing to have the questions so stated, as to place us on the affirmative.

To place our proposition before the Medical profession in a tangible shape, we will submit the following formularies, as covering the whole ground of argument. We affirm:

1. A true and successful Healing art must be founded on a knowledge of the *nature of disease*, and a knowledge of the *action of remedies*.

2. The doctrines of the nature of disease, as taught in all of the Allopathic Medical schools, and as generally recognized in the text-books, and by the practitioners of those schools, are *essentially false*.

3. The doctrines of the *action or modus operandi of remedies*, as taught in all their works on Materia Medica and Therapeutics, are *false*.

4. Nearly all their problems in Pathology and Therapeutics are based on the above *fundamental falsehoods*.

5. All the standard authors on Chemistry and Physiology, and also all the authors of the standard works on the Medical Sciences, have mistaken the *resistance* of the living system to the causes of disease, and the actions of the vital powers *against* their medicines, for the actions of the causes of disease on the system, and the actions of medicines on the system—mistakes which render their whole system fallacious and its practice entirely *empirical*.

6. The Hydropathic Medical School does teach the *true theory of disease*, and the *correct modus operandi of all remedial agents*.

7. Hygienic agents are the only proper remedial agents, except for surgical purposes, all drugs being essentially poisonous, and only *curing one disease by producing another*.

8. The Homœopathic law of cure—“*Similia similibus curantur*,” and the Allopathic law of cure “*Contrarii contrariis curantur*,” are essentially the same, and both *misunderstood* by their advocates.

9. The true theory of the Healing Art consists *always* in supplying favorable conditions for the successful remedial action of the vital powers of the living system, and *never* in inducing new diseases by the administration of drug poisons.

10. The whole philosophy of the popular system is denounced as absurd by its own most eminent authors, and its practice is declared to be *uncertain, injurious, experimental, fatal, and murderous*, by its own most experienced practitioners.

We are ready to prove each and all of the above positions. And we are willing to have them all reduced to a single proposition, or placed in any other phraseology, provided their intent and meaning is preserved.

Our opponent, or opponents, shall agree to continue the discussion through, at least, twelve consecutive numbers of the Water-Cure Journal, each article to occupy not less than one, nor more than two pages; and as much longer as he pleases. And it shall be our privilege, also, to publish the discussion in as many newspapers as we are willing, and in any other way that will bring it before the public.

We will give security for the payment of the money when the controversy is concluded.

We name as among those who stand high in the profession as authors and teachers, and to whom we personally tender this offer, Martyn Paine, M. D., LL. D., author of the “*Institutes of Medicine*,” and Professor of Materia Medica and Therapeutics in the New York University Medical School; John W. Draper, M. D., LL. D., Professor of Chemistry and Physiology in the same school, and author of a standard work on Physiology; John T. Metcalfe, M. D., Professor of the Institutes and Practice of Medicine in the same school; David M. Reese, M. D., LL. D., late Professor in Albany Medical College, and now editor of the New York Medical Gazette; Robley Dunglison, Professor in Jefferson Medical College, Philadelphia, and author of several standard works on Medical subjects, or either of the other Professors of either of the schools in New York, Philadelphia, Boston, or elsewhere; provided the Professors of any one school will unite in certifying that he is an honest advocate of their system, and a capable expounder of it.

We name the above persons specially, because they are the authors of the standard Medical works which teach and expound the very doctrines, the truth of which we deny and offer to disprove. Moreover, they are experienced writers, ready speakers, accustomed to teach, and are, no doubt, familiar with all the lore of the Medical and collateral sciences which could be available on their side.

Gentlemen, who of you wants a thousand dollars?

VEGETARIAN CONVENTION.—The Seventh Annual meeting of the American Vegetarian Society was held at the Lecture Room of the Hydropathic Medical College, 15 Laight street,

New York, on the 10th ult. The occasion was an interesting one to the friends of this cause, and added about a dozen more names to our band of earnest and radical dietic reformers.

Dr. Alcott, President of the Association, was in the Chair, and Joseph Metcalfe acted as Secretary.

The forenoon was occupied in reading letters of sympathy and encouragement from distant friends, and the admission of new members. Letters were read from J. P. Brooks, now in Africa; Dr. A. Bronson Alcott, Walpole, N. Y.; Dr. Field, Athol, Mass.; Joseph Wright, Philadelphia; and Rev. William Metcalfe, Corresponding Secretary, at present sojourning in England. The Rev. Mr. Metcalfe stated that the cause was making good progress in England.

Dr. Trall then gave a Lecture to the Society and the members of the Medical class, on “*The Relations of Chemistry to Vitality*,” in which he explained the true scientific basis of Vegetarianism, and refuted the fallacies of Liebig, and other chemists and physiologists, as well as the numerous errors of the Medical Schools on the subject of diseases food and medicines.

In the afternoon, addresses were made by Dr. Jackson, of Glen Haven; Dr. De Wolfe, of Philadelphia, and the President, Dr. Alcott.

Dr. Jackson explained the superiority of Vegetarian diet in all its bearings as a Medical question, and dwelt eloquently on the advantages of a pure and simple diet in elevating the character, exalting the intellect, and improving the moral disposition of the human being. His own personal experience was related with good effect, and his remarks elicited much applause.

In the evening, Dr. De Wolfe gave a Lecture on the Scriptural arguments, analyzing, critically, all the grounds usually alleged by flesh-eaters, and proving that the *fish*, of which it is said (brist parotok, and which his followers caught, was an *aquatic plant*, instead of an animal. We have no room for even a synopsis of his “*points*,” but would commend his lectures to the public as an unanswerable demonstration that the Bible authority is on the side of Vegetarianism.

Remarks were also made by the President; Dr. W. F. Reh, of New Orleans; Dr. W. T. Kays, of Hamburg, N. J.; and the veteran Vegetarian, Dr. John Grimes, of Boonton, N. J.

The following preamble and resolutions were discussed and adopted:

Whereas, Practical Vegetarians have proved to themselves (and can demonstrate to all intelligent investigators) that its expenditures are more economical, its effects upon the physical man are more healthful; and that through it the physical, intellectual, moral and spiritual natures of man are more harmoniously and naturally developed; therefore,

Resolved, That we, in confidence, present the dietic reform to the world as the basis of all reforms, aiming, as it does, to promote harmony, establish justice, and promulgate equity and brotherhood on earth.

Resolved, That all truly valuable vegetarianism must have truth for its basis; that all vegetarian practice, to be successful, must be conducted in that harmony with the great truth which lies at the foundation; that without a strict observance of this rule, our vegetarian practice will be always fluctuating, and vegetarians themselves under the influence of appetite and interest, will be inconsistent in practice, and thus degrade the cause which they profess to love and advocate.

Resolved, That because an idea is laughed at, it is thereby not proved to be untrue; nor because it is applauded is it proved to be true; and Vegetarianism is entitled to no less consideration because FLESH-EATERS laugh at it or sneer at it.

Resolved, That vegetarian diet is superior to flesh diet in any and every aspect in which it can be viewed. Human beings are more free from disease, and clearer in intellect, and that as far as facts go they show this statement to be true.

Resolved, That the Corresponding Secretary be solicited to make earnest efforts to increase the membership of this Society by incorporating into it the numerous friends of the cause scattered over the United States and Canada; to solicit at their hands pecuniary aid, that this Society be enabled to place its principles before the minds of the people.

Dr. JACKSON, of Glen Haven, followed, with a speech occupying about an hour and a quarter. The following persons were elected officers for the ensuing year:

President.—Dr. W. A. ALCOCK, Mass.
Vice-Presidents.

Dr. R. D. MUSSEY, Cincinnati, Ohio.

Dr. R. T. TRAIL, New York.

Miss A. Ann Bishop, Jamestown, Chautauque Co., N. Y.

Dr. J. C. JACKSON, Glen Haven, N. Y.

C. H. De Wolfe, Esq., Philadelphia, Pa.

Mrs. Harriet N. Austin, Glen Haven, N. Y.

S. E. Legate, Durham, Canada West.

Henry S. Clubb, Esq., Neosho, Kansas.

Mrs. Oldrich, Providence, R. I.

W. T. Kays, Esq., Hamburg, N. J.

Mrs. Mary J. Whitaker, West Philadelphia, Pa.

Dr. W. F. Reh, New Orleans, La.

Miss Huldah Page, Augusta, Me.

Dr. John S. Grimes, Boonton, N. J.

David Jackson, Esq., Bentick, Canada West.

Treasurer.—JAMES BROOKS, Esq., Aramingo, Phila.

Corresponding Secretary.—REV. W. METCALFE, Kensington, Phila.

Recording Secretary.—JOS. METCALFE, Frankford, Pa.

Before adjourning, a resolution was passed admitting the members of the British Vegetarian Society as honorary members of the American Vegetarian Society.

UNLEAVENED BREAD.—Alice G. Bradford, of Twinsburg, O., sends us the following, as the result of her experience:

As I perceive, by occasional inquiries in the Journal, as to the method of making unleavened bread, that quite a number of your readers have failed of attaining to any satisfactory results in their experiments, I will give the *modus operandi* by which I have succeeded in obtaining a delicious article.

It should be mixed with warm water into as stiff dough as may be, and well kneaded—ten or fifteen minutes will answer for a small quantity—then made into loaves of any convenient size, but not more than an inch and a half in thickness, and baked in a very hot oven, for an hour and a half, at least. I think the most of those who do not succeed, fail in the last particular. Unleavened bread requires to be baked longer, and at a much higher temperature than raised bread, or it will be solid and adhesive.

EXTRAORDINARY CASE OF RHEUMATISM.—A correspondent has sent us the following "extraordinary" case, which he clipped from the *Prairie Farmer*, and asks us to comment on it:

THE HEALTH OF DR. KENNICOTT.—It gives us pleasure to state that the "Doctor's" health has so far improved that he was able to go to Alton the last week to attend to the interests of the State Agricultural Society. He is, however, quite feeble. For nearly five months he has been confined at home—unable to use his limbs—over his hands—and most of the time suffering excruciating pain from acute rheumatism, with which he has been afflicted. He is still unable to use his hands—requiring help to dress himself. Nothing but his unquenchable zeal in behalf of the Agricultural Society would have induced him to have left home in his present state of health.

We feel very sorry for the good doctor's great affliction. We have cured scores of such cases in

a single week, and have no expectation of ever meeting a case that will not yield to our system in a very few days. But under Allopathic practice such cases are far from being extraordinary. They are apt to run months or years, and then leave the patient a miserable cripple for the remainder of his days. There are scarcely any diseases in which drug medicines, bleeding, drastic purgatives, and narcotics make more horrid work than the complaint known as acute rheumatism; and yet there is scarcely any severe disease that can be named, which can be more rapidly and thoroughly relieved by our hygeopathic appliances than this. But doctors of the old school can't be expected to believe much in the new; and so, like all unbelievers, must be condemned to a very lasting torment.

TEXTS FOR THE ANGELS.—Clergymen are "ministers to a mind diseased," and they should be ministering angels, not only to diseased minds, but to depraved bodies. The talented and influential clergy of our country could do a world of good, could renovate society in a single generation, and christianize mankind more rapidly than the most enthusiastic philanthropist has ever dreamed of, if they would only preach purity of body as well as "holiness of heart," and connect the example of "Christ and him crucified," with the example of personal conformity to all the laws of their own being; laws which it is just as *unlawful* to transgress, as though they were called moral or spiritual. Some one has sent us a couple of glorious texts, which would serve admirably as the foundation of Thanksgiving and New-Year's sermons:

The future of civilization must depend upon the union of a SOUND MIND WITH A SOUND BODY.

As a Nation, we Americans are in danger of ruin, from neglect of the body.—*Rev. Samuel Osgood.*

GWANUS ON MODUS OPERANDI.—It is certainly very curious, and almost amusing, to see how easily men who consider themselves scholars, logicians, and critics, are befogged with false premises. Since our discussion with Dr. Curtis commenced, we have had a flood of questions, doubts, perplexities, objections, &c., sent in upon us, all of which we hope to dispose of in due time. The following communication is a fair specimen:

Dr. TRAIL, SIR:—IN THE WATER-CURE JOURNAL for August, I see it stated as your opinion, "that Drugs do not perform any action or operation upon the living system." How, then, do you account for it, that "Benzoic Acid" is converted in the urine into Hippuric Acid; for the fact we have the authority of *Ure and Liebig—sile appendix* to "Liebig's Chemistry applied to Physiology." As the elements of Benzoic Acid and Hippuric Acid are very different, it is certain that the Benzoic Acid has combined with some constituent of the living system; or at any rate, some constituent of the blood, which I conceive is the same thing. I am no advocate of the Drug system, but at the same time I cannot conceive how the action of many medicines can be explained, except by supposing they combine with some constituent of the living system.

Very respectfully yours,

"GOWANUS."

"Gowanus" must not be offended if we show that he, in following Liebig, has blundered just as egregiously as Liebig did. He says, "benzoic is converted into hippuric acid in the urine." Very well; all right—let it be so. The urine is not living tissue, nor is it any part of the living system. It is an effete substance. It is the

debris of disintegrated tissue and other impurities on their way out of the living system. The urine is a solution of dead inorganic materials, and has no more to do with life and vitality than a stone, or a dose of Epsom salts, or a glass of lager beer, or congress water has. When "Gowanus" will tell us *what* constituent of the living system either of those acids combine with, he will have made a point for us to meet. But merely to suppose they combine with something, is very poor ratiocination, and very far from being legitimate evidence.

WATER-CURE ESTABLISHMENTS.

THE CLEAN AND THE UNCLEAN.—[In giving place to the names of some *professed* Water-Cure Physicians, in our Directory, and in the advertising department, we wish it distinctly understood, that we endorse only the *real* true WATER-CURE PRACTITIONERS. This Journal is not the advocate of drugs, nor of drug doctors. That man who professes WATER-CURE, and at the same time gives his patients poisonous drugs, sells under false colors, and has no business on board the noble ship HYDROPATHY. Let him who deserves to, go where he belongs—among the blisters, bleeders, vomiters, into the filthy slops, the bitter pills, greasy cod-liver whale oil, and other abominations; but *we* will keep to the crystal waters, the pure air, healthful food, exercise, and such other appliances as are found to be in *harmony*—and not at war—with THE CONSTITUTION OF MAN.—Eds. W. C. J.]

We have deferred publishing the following DIRECTORY, partly on account of its incompleteness, but other establishments will be added to the list when heard from.

DR. TRAIL'S WATER-CURE AND SCHOOL, 15 Light Street, New York, has accommodations for over one hundred persons, and is very central in relation to the business parts of the city. F. H. HAYES, M.D., and Miss ANNE IRELAND, M.D., are employed as associate physicians in the establishment, and teachers in the school department. Terms: Commutation or entrance fee, \$5; patients, \$5 to \$12 per week; boarders, \$4 to \$7 and upward; students, \$15 for tuition winter term, and \$50 summer term. Students can board in the institution at reasonable rates.

DR. TAYLOR'S WATER-CURE AND KINESIOPATHIC INSTITUTION, for instruction and practice in the means of restoring and preserving health, is situated at the corner of Thirty-Eighth Street and Sixth Avenue, in the most elevated and airy part of the city. The Crystal Palace and Distributing Reservoir are in the immediate vicinity. In addition to the usual hydropathic appointments, Kinesiology is extensively employed at this establishment, it being the first to introduce this treatment in this country. This department is now under charge of CHAS. H. SHEPARD, M.D. Electro-chemistry is also employed. Address GEO. H. TAYLOR, M.D., 650 Sixth Avenue, New York city.

THE WATER-CURE FOR LADIES IN WILLIAMSBURG, Eastern District of Brooklyn, is situated at No. 50 South Eighth Street, and is near the ferries to New York. The establishment being small, and the number of patients limited, much more personal attention is given by the physician than is usual at water-cures. Electro-chemical and vapor baths are applied in connection with the other treatment. Terms, from \$7 to \$10 per week. AMELIA W. LINES, physician.

GEORGE F. ADAMS, M.D., HYDROPATHIC PHYSICIAN, receives patients and boarders at his residence, No. 141 Myrtle Street, Brooklyn, between Henry and Clinton. The house is located in one of the most desirable streets in the city, easy of access from New York, being within three minutes' walk of South Ferry, and the Greenwood cars from Fulton Ferry pass within one block and a half of the door. Terms: For board and treatment, \$10; for board, from \$5 to \$10; consultation fee, \$1; consultation, with prescription, \$5 00.

THE MOUNTAIN GLEN WATER-CURE is situated in Plainfield, N. J., amid the most lovely scenery, with an abundance of pure water, and is of easy access to New York city. One hour and three-quarters ride by Central Railroad, Pier No. 2, North River. Address A. UTTER, M.D., Plainfield, N. J.

SOUTH ORANGE WATER-CURE is situated in the centre of the village of South Orange, Essex Co., N. J., fourteen miles from New York, four from Newark city, twenty from Dover, and eighty-five from Philadelphia. Terms: \$10 per week. For the first consultation a fee of from \$3 to \$5. Address all communications to Dr. WEDER, South Orange, N. J.

DR. E. J. LOWENTHAL'S WATER-CURE, BEYCON HEIGHTS, HUDSON CO., N. J., is situated on one of the finest spots on New York Bay, and can be reached from New York is less than half an hour, by either the Hoboken or Jersey City ferries, from where stages run by and near the house. Direct letters to E. J. LOWENTHAL, M.D., No. 4, Hanover st., N. Y.

THE SARATOGA SPRINGS WATER-CURE, by Drs. BERNOTHA and HAMILTON, is located on Broadway, nearly opposite Congress Spring. Is prepared to accommodate 150 patients. The magnetic and electro-chemical baths are used in practice. Dr. BERNOTHA, the proprietor, has the general charge of the medical department. Dr. E. HAMILTON devotes his attention particularly to females. Miss MARTHA FRENCH, M.D., is now employed as an assistant. Trains leave New York per Hudson River Railroad, at 7 and 12 A. M., reaching Saratoga Springs in about six hours. Terms, \$7 to \$12 per week. For circulars, address the physicians, Drs. BERNOTHA and HAMILTON.

REMEDIAL INSTITUTE, SARATOGA SPRINGS, N. Y.—This institute is located on Circular Street, being the building known as the Massachusetts House. Prices vary from \$7 to \$12, depending on the room selected and attention required. Communications should be addressed, SYLVESTER S. STRONG, Saratoga Springs, N. Y.

THE GLEN-HAVEN WATER-CURE is located in a quiet, secluded spot, where pure mountain air and soft water are abundant. Accommodations ample for over 100 patients. Strict attention is paid to regularity in the administration of baths, and all the voluntary habits. ROUTE.—From East or West, come on New York Central Railroad to Syracuse, thence by Syracuse and Binghamton Railroad to Homer, then to the Glen by Ives, Or, from East or West, on New York and Erie Railroad to Binghamton, thence on Syracuse and Binghamton Railroad to Homer, and so on to the Glen by Ives. Post-office address is Scott, Cortland Co., N. Y. Address to J. C. JACKSON, M. D., or HARRIET N. AUSTIN, M.D.

THE ELMIRA WATER-CURE is under charge of the well-known Dr. and Mrs. S. O. GLEASON, who who have been over ten years practically demonstrating the efficacy of Hydropathy. The large patronage which this Institution has received, shows the value which is placed upon their skill. The Cure is open at all times, and they treat all forms of disease. For particulars, address S. O. GLEASON, M.D. Elmira, N. Y.

JAMESTOWN WATER-CURE, at Jamestown, Chautauque Co., N. Y. For particulars, address Drs. PARKER and MIXER.

BINGHAMTON WATER-CURE, at Binghamton, Broome co., New York. For terms, &c. apply to Dr. O. V. TRAYER.

MOUNT PISCATAWAY WATER-CURE, Binghamton, Broome Co., N. Y., is situated midway between New York city and Dunkirk, upon the line of the New York and Erie Railroad. Binghamton is accessible by railroads from all directions. Terms from \$5 to \$10 per week. Address H. M. RANNEY, M.D.

DR. FRANKLIN'S ORIENTAL HYDROPATHIC INSTITUTE is now in operation. Terms, from \$5 to \$8 per week. For circulars, address D. D. FRANKLIN, M.D., Fredonia, Chautauque Co., N. Y.

THE HIGHLAND HOME WATER-CURE is located at Fishkill Landing, on the Hudson river, directly opposite Newburg—two hours from New York, three from Albany, and one from Chester on the New York and Erie Railroad. The prices for board and treatment vary from \$7 to \$12 per week, according to the amount of attendance or accommodations wanted. Address O. W. MAY, Fishkill Landing, N. Y.

THE MODEL WATER-CURE is located at Dansville, Livingston Co., N. Y. The building is ample and well furnished. Access may be had by various stages—by the Buffalo, Corning and New York Railroad depot, at Wayland; by the Buffalo and New York City Railroad depot, at Burns. Terms: From \$5 to \$10 per week, according to the case and room occupied. Address Dr. J. CATTIN, Dansville, Livingston Co., N. Y.

GENEVA WATER-CURE AND HYGIENIC INSTITUTE, located in the beautiful village of Geneva, on an eminence overlooking nearly the whole village. It lies on the New York Central Railroad *via* Syracuse, Auburn, Canastota, and Rochester. The building is one of the largest in the Union, lighted with gas, and has spacious, well-ventilated rooms, enough to accommodate 300 patients. Electro-chemical baths, in conjunction with the electro-magnetic machine, applied. Terms, from \$6 to \$9 per week. Address A. B. SMITH, M.D., Geneva, Ontario Co., N. Y.

ONEIDA WATER-CURE, located near Rome, N. Y. Terms from \$4 to \$8 per week. Address S. CURTIS, M.D., or H. R. BENHAM, M.D., Proprietors, Lowell, N. Y.

NEW GRAEFENBERG WATER-CURE IS NEAR UICA, N. Y. For full printed particulars, address R. HOLLAND, M.D., New Graefenberg, N. Y.

THE GRANITE STATE WATER-CURE, DR. W. T. VAIL, proprietor, situated in the village of Franklin, N. H., 92 miles by railroad from Boston, directly on the route thence to the White Mountains. It is accessible from all directions by railroad. From Northern New York, Vermont, and the Canadas, patients reach it, by northern routes, *via* White River Junction; from the West *via* Springfield, Nashua, Concord, &c. Terms, from \$4 to \$8 per week. Address the proprietor, Franklin, N. H.

DR. WESSELOFF'S WATER-CURE is at Brattleboro', Vermont.

THE WORCESTER HYDROPATHIC INSTITUTION is situated on Arch and Fountain Streets, Worcester, Mass. The location is healthy, and of easy access from all parts of the city. The Medical department is conducted by Dr. S. ROGERS. Every facility is supplied for the administration of Electro-Chemical Baths, and a first-class gymnastium is under charge of an experienced teacher. The proprietors will receive patients and boarders at greatly reduced prices, until their new and more commodious institution is erected. The present accommodations for winter treatment are unsurpassed. Address E. F. ROGERS, superintendent, Worcester, Mass.

DR. MUNDE'S WATER-CURE ESTABLISHMENT, at Florence, Mass., three miles west from Northampton Railroad depot, about 20 north from New York, 50 south from Brattleboro', 60 east from Albany, and 70 west from Boston. The new, light, and well-ventilated buildings, with more than 500 feet piazza, large parlors, billiard-table, dining-room, sixteen bath-rooms, and upward of 100 lodging-rooms, together with the Doctor's farm cottage, are able to receive upward of 150 boarders. Prices, \$6 for patients, and \$7 for boarders.

THE ROUND HILL WATER-CURE AND MOTORPATHIC INSTITUTE, at Northampton, Mass., opposite the celebrated Mrs. Tom and Holyoke, is a large and well-furnished establishment. Its situation is delightful, overlooking a rich portion of the valley of the Connecticut River. Terms, from \$5 to \$16 per week. Children and nurses, boarded at nurses' table, and not occupying extra room, \$5. Northampton is accessible by railroad from all parts; in four hours from Albany and Boston, and in five from New York. For references, circulars, &c. gratis, address H. HALSTED, M.D., Northampton, Mass.

THE ATHOL WATER-CURE, at Athol, Mass., is accessible by railroad from all directions. From the southwest *via* Springfield and Greenfield, Northwest *via* Brattleboro' or Keene, North *via* Concord and Fitchburg, Northeast *via* Lowell or Boston and Fitchburg, Southeast *via* Worcester and Fitchburg. Terms, per week, common patients, \$6 to \$7; boarders, \$8 to \$4. A circular, containing full particulars of the establishment, sent gratis, upon addressing GEORGE FIELD, M.D., Athol, Mass.

THE MERIDEN MOTORPATHIC WATER-CURE is open for the reception of invalids at all seasons of the year. For particulars, address Drs. ARCHER and TAYLOR, Meriden, Ct.

THE NEW MALVERN WATER-CURE is in Westboro', Mass., 32 miles from Boston, 12 from Worcester, on the railroad connecting those cities. Terms, from \$3 to \$6 per week, exclusive of washing. Address the Resident Physician, Dr. J. H. HERO; Consulting Physician, Dr. GEO. HOYT, No. 77 Bedford Street, Boston, Mass.

THE PHILADELPHIA MODEL WATER-CURE IS NOW on the South-east corner of Spruce and Twentieth streets, near the Rittenhouse Park. Electro-Chemical bathing in full operation. Address S. M. LANDES, M.D., Proprietor, Philadelphia, Pa.

DR. C. C. SCHEFFERDECKER has an Establishment at the corner of Pratt and Entaw streets, in Baltimore, Md.

THE PITTSBURG WATER-CURE ESTABLISHMENT is on the banks of the Ohio river, below the city, near the Haystack station of the Ohio and Pennsylvania Railroad. Its conductors, Drs. H. and S. and Mrs. CELIA P. FRESSE, M.D., are well known to the readers of the WATER-CURE JOURNAL. The electro-chemical baths have been fitted up in this establishment. Terms, from \$6 to \$8 per week. By addressing Drs. FRESSE, Box 1,304, Pittsburg, Pa., further particulars can be obtained.

THE BETHLEHEM WATER-CURE HOME is most delightfully situated on the Mountain side, near the banks of the Lehigh River, within a few minutes' walk of Bethlehem, Pa. Mount Airy, just above the Cure, affords one of the most lovely views in the State, and many places of interest are within a short distance. The cars pass just below the Institution from New York by the Connecticut Central Railroad, and from Philadelphia by the Norristown Pennsylvania Railroad, only a few hours' ride from either city. Terms: \$7 to \$9 per week. Address Dr. A. SMITH, Bethlehem, Pa.

THE EPHRATA HYDROPATHIC INSTITUTE, is located at Ephrata, Lancaster Co., Pa.

THE MERCER WATER-CURE is under the management of Dr. N. H. PUTNAM and LADY. For particulars, address Dr. N. H. PUTNAM, Mercer, Pa.

DR. JOHN RITTLER'S WATER-CURE ESTABLISHMENT is one mile and a half East of Brownsville, a short distance from the National Road. Terms: \$7 per week. Address Dr. JOHN RITTLER, Brownsville, Pa.

THE CLEVELAND WATER-CURE ESTABLISHMENT has been in successful operation for the past eight years, and treated over three thousand patients from different parts of the Union. This establishment was the pioneer of the new treatment in the West. During the past year the establishment has been enlarged and improved, and the Electro-Chemical Baths have also been added. JOHN J. STURGIS, M.D., and CORDELLA A. GREEN, M.D., assistants. Address T. T. SEELYE, M.D., proprietor, Cleveland, Ohio.

COLUMBUS WATER-CURE. For the reception and treatment of Invalid Females. This Institution, for the special treatment of the above class of patients, has been over three years in operation, and well patronized and successful. Terms: \$7 per week when no nurse is needed, and \$10 when the services of a nurse is required. No patient received for a less time than six weeks. Boarders not received. Address W. SHEPARD, M.D., Water-Cure, Columbus, Ohio.

THE CINCINNATI WATER-CURE is located five miles from the city, on the Cincinnati, Hamilton and Dayton Railroad, a few rods from the Carriage station. Terms, from \$7 to \$10 per week. Address D. A. PRASE, M.D., Carriage, Hamilton Co., Ohio.

THE PAINESVILLE WATER-CURE is situated in the village of Painesville, Ohio, which is thirty miles East of Cleveland, on the Lake Shore Railroad. Address DAVID MATTHEWS, M.D.

CANTON WATER-CURE is situated in Canton, Fulton Co., Ill., 2 miles north of Liverpool, on the Illinois river, 16 south of Elmwood, on the Peoria and Quakaa Railroad, and 24 south-east of Prairie City, on the Northern Cross Railroad, connected with all by daily coaches. Terms moderate—\$4 to \$6 per week. Address JAMES BRISON, M.D., Canton, Fulton Co., Ill.

THE GRANVILLE WATER-CURE, for the treatment of Chronic Diseases, is three miles from the Union Station, on the Ohio Central Railroad from Columbus to Newark, and six miles from Newark. Terms, from \$6 to \$10 per week. Address S. D. JONES, M.D., Granville, Licking Co., Ohio.

THE LAKE VIEW WATER-CURE, situated near Chicago, Ill., is open for the reception of patients, summer and winter. For particulars, address Dr. JAS. E. GROSS, Chicago, Ill.

THE ROCKFORD WATER-CURE is corner of Peach and West streets, Rockford, Ill. Miss E. M. SNOW gives special attention to Females. This Establishment was the first in introducing the Electro-Chemical Bath west of New York. Terms, from \$7 to \$10 per week, for board and treatment. Address E. W. GANTT, M.D., Rockford, Ill.

THE CHICAGO WATER-CURE RETREAT, 208 West-Lake street, is open for the reception of patients at all seasons of the year. J. WEBSTER, M.D., Chicago, Ill.

THE GALESBURGH WATER-CURE AND HYGIENIC INSTITUTE.—This establishment is beautifully situated about half a mile from the business part of Galesburg, 168 miles from Chicago, 83 from Burlington, Iowa, 100 from Quincy, Ill., and 49 from Peoria, Ill. Terms, from \$6 to \$11 per week, payable weekly. Address Dr. J. B. GULLY, or T. JENNINGS, Galesburg, Ill.

THE MISHAWAKE WATER-CURE. Address Dr. JOHN B. GULLY, Mishawakee, St. Joseph's Co., Ind.

Geo. C. WOOD, M.D., has a Water-Cure Establishment located at Evansville, Ind. For terms, &c., address him as above.

JANESVILLE HYDROPATHIC AND ELECTROLYTIC INSTITUTION is situated in the flourishing city of Janesville, Rock Co., Wis., 14 miles from Beloit, 45 from Madison, 73 from Milwaukee, and is accessible by railroad from nearly all directions. Terms, from \$6 to \$10 per week. Address Drs. KEED and HUBBARD, Janesville, Wis.

THE KENOSHA WATER-CURE is within two hours' ride of Chicago or Milwaukee, by the Lake Shore Railroad. Address A. T. SHELLEY, M.D., Kenosha, Wis.

THE LAKE SIDE WATER-CURE, near Madison, the capital of Wisconsin, is a new Establishment, having been constructed without regard to expense, for a model Hydropathic Institution. It is abundantly furnished and warmed throughout with steam heat. It is delightfully located on the margin of a beautiful lake, and is in full view of the city of Madison, which is opposite, about a mile distant. Terms: For board and treatment, \$3 to \$12 per week. Address E. A. KITTRIDGE, Madison, Wis.

THE FRANKLIN WATER-CURE, eight miles west of Winchester, Franklin Co., Tenn., is situated on an elevated spot, remote from ponds, marshes, and other places that generate noxious vapors, and where there is a free circulation of bracing and healthful air. Terms: treatment and board, \$6 per week, payable weekly. Full printed particulars sent free to all who address Dr. J. PARKS, Winchester, Franklin Co., Tenn.

THE GEORGIA WATER-CURE, at Rock Spring, near Marietta, Ga., is open Summer and Winter. Terms: \$41 per month. C. Cox, M.D., Proprietor.

SPRING RIDGE WATER-CURE, Hinds Co., Mississippi. H. J. HOLMES, Sr., M.D., H. J. HOLMES, Jr., M.D.

THE BOWMANVILLE WATER-CURE is situated about a mile from the flourishing little town of Bowmanville, in the township of Darlington, Canada West, about forty miles east of Toronto, from which city several steamboats call every day. In connection with the Cure are the electro-chemical baths, with the latest and best improvements. For further particulars apply to JAMES BEERT, M.D., Bowmanville, Canada West.

[We shall be happy to complete this DIRECTORY by adding all other Water-Cure Establishments now in operation. PROPRIETORS will oblige by reporting to this office at once. Announcements for the winter should be made soon.]

To Correspondents.

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

BEES—HONEY—SPINAL IRRITATION—FRUITS—WALKING.—C. E. C. STOVER, Jr. "Will you please answer a few questions through the WATER-CURE JOURNAL. If you consider them worth answering, and if not, just let them slide and say nothing about them.

1. What kind of beds are the most healthy to use at all times?
2. Is honey unhealthy to use as an article of diet?
3. Will you tell me what kind of treatment to pursue for a slight spinal irritation, caused by over-exertion?
4. Are fruits from tropical climates useful in our climate?
5. If a woman lives in the country, does housework, and is on her feet a good part of the time, is well supplied with fresh air, is it necessary for her to walk for the benefit of her health?

1. Straw, hay, hair, corn-husks, cork, &c. 2. No. 3. Exercise and rest of the right quantity each. 4. Yes, if gathered when fully ripe and eaten before decay commences. 5. She does walk, according to your own statement, "a good deal of the time," and probably sufficient for her health, as far as walking is concerned.

DIETARY FOR DYSPEPTICS.—S. M. VILLENOVA, N. Y. "Please answer through the WATER-CURE JOURNAL, and oblige:

1. How can I determine the right quantity of food for a most voracious appetite?
 2. Are raspberries conspirating?
 3. Is the two, or three meal system preferable?
 4. Please name some kinds of food which are best for one of morbid, craving appetite.
 5. Is a good dose of the Hunger-Cure salt for such a class of emaciated dyspeptics?
1. You must judge by the sense of fullness or heaviness in the stomach and head, when you have over-eaten. 2. No. 3. One is as good as the other, if all the meals are proper in quality and quantity. 4. Apples, dry bread, parched corn. 5. No.

HYDROPHOBICITY. &c.—C. A. S. OTISCO, N. Y. "Is it true (as some of our *druggists* unhesitatingly affirm) that *antidotes* which physicians make use of, *medication* in all *operative cases*, in conjunction with water, having no faith in *water alone* at such times? I consider a mere fabrication, having not the least foundation in truth, and for the sake of truth and humanity I am compelled to make this inquiry.

2. Our M. D.'s say it is not safe for one to use injections only in extreme cases; is it so?
3. Is there any harm in using a little warm water when I am 'sick at my stomach'?
4. What is your treatment for *yellow jaundice*?
5. Are cookies, as they are generally made, a healthy article of diet for children?

"6. Are cucumbers, fresh 'from the vines,' 'good for man,' when used without either 'vinegar, salt or pepper'?"

1. It is not true that all professed hydropaths give drugs. We know at least one who never does. But it is true that a majority of so-called Water-Cure physicians do use medicines to some extent, a few of them to a large extent. And it is true that some of them have no faith in the system they attempt to practice; indeed, they do not know what it is.

These moralists and ignorances are the greatest obstacles we have to contend with. 2. No. 3. No. 4. A daily, full bath. The wet girde, hip-baths, and a diet of unleavened bread and fruit. 5. No. 6. Yes. The young man you speak of should be sent to a Water-Cure as his only salvation.

DISEASED LIVER.—A. M. T. "I am very much troubled with a sour stomach, and have been since my early recollection. I have used water in various ways, and it seems to relieve me for the time. I have several pints in my shoulders, head, back and hips. I use air baths frequently, and wear the heating corset. When exposed to the air, I take cold very easily. My diet is principally vegetable. Please tell me in the next JOURNAL what to do. Also, what is the reason that some persons eat and drink everything the appetite craves, and even smoke and chew tobacco with impunity, and yet enjoy good health, while a poor dyspeptic, who drinks nothing but cold water and eats only the coarsest and plainest food, has very poor health?"

It is because one is a "poor dyspeptic" that he or she is obliged to take heed to her ways or die, while the person of good constitution may hold out and appear healthy for a time, under a great amount of physiological transgression. If you would cure your liver, use the tepid sponge and sitz-baths as often as agreeable to the temperature, and eat plain food as well as coarse food. The same plan is adapted to sore eyes, with the addition of a cool wet cloth when they are hot and painful.

VEGETARIANISM.—S. D. North-East, Mass. "1. Are there not men and women in this land who have lived without flesh-food from birth, and are healthy and strong?"

2. Was not Howard, the philanthropist, a vegetarian from his youth?
3. Would bread and syrup be a good diet for a person out of health, if good fruit could not be obtained?
4. If a person has too high a flow of spirits for his bodily frame, would not a diet of fruit and milk be better than any other?
5. Our boy of eight years of age complains of being tired many times, and does not appear very strong. I suppose he grows tall so fast, or the effects of medicine he has taken in infancy?

1. Yes. 2. Yes. 3. No, the bread is better without the syrup than with it. 4. We do not believe a person can have "too high a flow of spirits." Keep the "spirits" healthy, and the higher "the flow" the better. Such persons as you allude to should exercise the muscular system more in proportion than the nervous and mental. 5. It may be growing fast, or drug medicines, or unphysiological habits, to which he is addicted, or all together.

BILIOUS FEVER DURING PREGNANCY.—J. W. KEY WEST, Florida. "Is bilious fever necessarily more dangerous when the subject is in a state of pregnancy? If so, do you think that every such case must of necessity prove fatal? The Allopathic physicians in this place lose every such case, and I wish to know if they all prove fatal under Hydropathic treatment?"

It is true that all fevers are more severe during pregnancy, but not necessarily dangerous. The danger is from the doctor's drugs, which, in such cases, produce more destructive consequences than in almost any other. We have treated many such cases, and never lost one; and this is true of other hydropathic practitioners.

BREAKFAST AND DUNIONS.—A. G. B. TWINSBURT, O. "I rise at five, and commence a sedentary occupation at eight; would it be best to take out-door exercise before or after breakfast? When I take much before eating, it seems to make me feel weak and tremulous. Is it injurious in such cases?"

Is there any way to cure bunions, or to remove the deformity occasioned thereby? Exercise before breakfast, but not so long nor violently as to occasion much fatigue or trembling. Frequent foot-baths are the best things for bunions and their consequences, which are admissible in home-treatment.

W. A. B.—GINGER POULTICES AND TOOTHACHE.—These are of no further benefit than they serve to keep the face warm. Cloths wet in cold water, and frequently changed, would be quite as useful, and less objectionable.

W. B. H.—KINESIPATHY is a Greek compound, meaning motion applied, or motion done unto you. It was first reduced to a science by P. H. LING, of Sweden.

H. A. B.—Your question is not stated with sufficient clearness for us to reply definitely. We would, therefore, refer you to Dr. Shew's Midwifery and Diseases of Women. Price \$1 25.

V. B.—We do not approve of Tooth Powders, at least any we have seen. A soft brush and tooth soap will keep your teeth clean, if properly used. If you will leave off eating meats and other filth, rinsing your teeth in clean water will be all that is necessary.

SIGNS OF A TORPID LIVER.—E. N., Penn. "It would greatly oblige many of the readers of your excellent JOURNAL, if Dr. Trall would please tell us what are the signs of a torpid liver." He mentions in the *Encyclopædia*, in several places, that "if the liver is torpid," &c. the treatment is to be slightly different; and there are some who would not know whether it was or not; I mean of those who do not consult a physician. If I am not asking too much, I would like to know all the predisposing causes of an *obstructed* liver, and whether that is the same as a torpid one."

The signs are yellowish, dingy, mottled, blotched and dry skin; heavy, dull or sleepy-headness; headache, vertigo, "nervous debility," high-colored urine, heaviness or sense of fulness of the right side, inability to lie on the left side, sour stomach, heartburn, palpitation, with others too numerous to mention. All the predisposing causes of torpid liver are summed up in the words, *unphysiological habits*.

ITCH.—D. T., Hemlock Ridge. "About a year or fifteen months ago, I unfortunately caught the itch, which spread all over my body. Being away from home, and not being able to practice "Water-Cure," I applied to an Allopath, who gave me some *Powder*, which I supposed to be Sulphur and *Cream Tartar*, and a box of ointment, which I used. They, however, failed to make it entirely disappear, and it ran, in my opinion, to what I should call a chronic eruption of the skin. I had never met with a character of the real itch, that I know of. It makes its appearance in any and every part of my body, not enough to be very troublesome, but still able to be so. Sometimes I almost despair of ever getting rid of it."

It is very often a slow and difficult process to cure the itch or any other eruption, after the doctors have fastened it on the constitution by their poisonous drugs and ointments. Bathe daily, as usual, and use only unfermented coarse bread, with fruits and vegetables. Avoid milk.

DIRETRES.—W. O., Cleveland, Tenn. "Do you really recommend the two-meal-a-day system for everybody, whatever their occupation? And at what time of day do you locate the meals? Do you advise total abstinence from *meats*, and if not, what are the most wholesome kinds and the best methods of cooking them? Without meats and in the absence of garden vegetables, what diet would you recommend? For persons slightly dyspeptic are molasses, milk (sweet or butter-milk) and butter wholesome? As a table-drink, is milk as good as water? Is all limestone water hard? Is it better; is there any corrective for it? Are any one of your books good? Give directions for the preservation of health? If so, which is it and what is its price?"

All of your questions are answered and explained in the *Hydropathic Encyclopædia*, published by FOWLER AND WELLS. Price, pre-paid by mail, \$3.

HOME IN THE WEST.—P. K. J. H., Hadley, Mass., who is dyspeptic, wants to know how a residence in Iowa or Illinois will affect her health, provided she obeys all the laws of being, &c., to which we answer, it makes little difference where one resides when all the laws of being are regarded. In some places, however, it is easier to do so than in others. But good health may be had in either place. She asks, also, the best course to pursue in regard to diet, on removing to the west. This question is already answered. Eat such food as is according to the laws of being, as explained in our books.

BLEEDING DURING PREGNANCY.—B. S., Conn., says that although a "Water-Cure woman," she yielded to the advice of numerous friends and allowed the village doctor to bleed her, about a month before confinement. She has had a hard getting up, is unable to nurse the child, and is afflicted in various ways, and now asks an opinion whether bleeding was in her case necessary? It is necessary in no case, but is always injurious. She will find the rules for dieting physiologically, and also for the treatment preparatory to parturition, in *Hydropathic Encyclopædia* and *Cook Book*.

GLOBES HYSTERIC.—Julia, Albany. "I am about twenty-four years of age, and with one exception enjoy good health—and that is something that I have been troubled with from girlhood, but not so much so as at present; it appears like something that starts from the stomach and moves up into the throat, causing choking, swallowing and a distortion of the face for a few seconds. It is readily relieved for the time by a swallow of cold water. What is the disease, what is the cause, and what is the remedy? Would gestation make the spasms more frequent?"

The immediate cause is a spasmodic action of the respiratory muscles. Keep the bowels entirely free with proper food, and enemas if need be. Gestation will not make it worse, but may prove remedial.

HYGIENE VS. WATER-CURE.—S. L. G. "I have been a reader of your WATER-CURE JOURNAL for a year and a half, and have become thoroughly convinced of the truth of most of the principles therein inculcated, but I have thought ever since I first read your paper that it was not rightly named. The name seems to indicate water and water treatment in toto, when it is hygienic principles that are taught through its columns. I have often had to defend it against the one idea which its name indicates, when asking people to subscribe. If its last title was its first and another for the first, it would not do it. It is some prejudice which stands in the way of its circulation."

It is most unfortunate that the name of this journal does not express its character. We shall change its name as soon as we can so familiarize the public mind with another, as we are to be suspected of a change of principles.

ITCHING AFTER BATHING.—M. D., of Baltimore, complains of an intolerable itching after taking a bath, also a feeling of fulness of the abdomen, and wants to know the cause. She says her habits are "correct throughout." Now, as people differ with regard to what correct habits are, she must tell us the particulars of her habits before we can give an opinion. We remark, however, incidentally, that salted meats, repelled curries, and drug medicines, very frequently occasion such symptoms.

BATHING DURING MENSTRUATION.—B. N. H., Bruceville, Ala. "Can a female take in cold water during the menstrual period, who has a delicate constitution with nervous debility, and who is in the habit of bathing in cold water from one to three times per week?"

No. She should use at that time very mild or tepid water, 80° to 90°, or else omit bathing entirely.

DISCHARGE FROM THE EAR.—J. T. T., New Bedford. "What course would you pursue for an occasional discharge from the ears, caused by scarlet fever several years ago? The patient is quite deaf. An Allopath M. D. says he will thrice daily compound of Quinine Sulf., Iron by Hydrogen, Ext. Gentiane, &c., which the patient is not disposed to take, being a convert to the Water-Cure doctrine."

Attend well to the general health, avoid drugs, and the ear will take care of itself.

DYSMENORRHEA.—A. B., New England. "In a case where it is found, by a speculum examination, that the neck of the uterus is nearly closed by a membranous formation, would the treatment of peripneumonia, by hygienic treatment, alone effect a cure? If not, what course should be pursued? Is burning the part affected with a hot iron, a proper application?"

Warm water, with the dilating tent, if necessary, are the proper appliances.

SORE LIPS.—J. A., Highland, Wis. "Will Dr. TRALL tell us through the WATER-CURE JOURNAL what is the cause of sore lips and their cure? I have had them this summer, and I have seen several others with them, and their ailment was otherwise apparently good."

The cause is impurities in the system, and the cure consists in removing them by bathing, diet, &c.

PALPITATION.—F. G. M., Tenn. "I have been afflicted for several years with the palpitation of the heart; also with a ringing noise in my head, for the last twenty months very badly. Can you do anything for me? I am getting very uneasy. Do you think washing and bathing with cold water will do me any good?"

It depends entirely how you wash and bathe. Tell us what diseases you have had, what medicines, if any, you have taken, and what habits of life, occupation and domestic relations you have, and then we can answer your questions.

AFTER PAINS.—J. M. A., Minnesota. "Will you please inform me, through the WATER-CURE JOURNAL, why a female who has once been troubled with after-pains, is almost certain during her next confinement to suffer still more from the same cause?"

The same causes which existed in the first instance, may exist in the subsequent ones. The remedy consists in gentle manipulations, to induce equal and firm uterine contractions.

HYPOCHONDRIASIS.—W. P., Neshonoc, Wis. Your disease is clearly Dyspepsia, attended with a very torpid liver. Get the *Encyclopædia*, and in the chapter on Indigestion you will find the proper directions.

SEMINAL LOSSES.—M. C. B., Boston. A little water, "Home Treatment for Sexual Abuses," which you can get of FOWLER AND WELLS, for thirty cents, will direct you how to treat yourself.

ENLARGEMENT OF THE LIVER.—J. L. C., Mount Washington, O. The disease about which your doctors differ so much, and for which they have given you a "horse-load" of different drugs, is an ordinary case of enlarged liver. Treat it according to the directions you find in the *Hydropathic Encyclopædia*, in the chapter on Indigestion. If you do this, you will have no further occasion to pay "hundreds of dollars" for bad advice and worse medicines.

SWALLOWING A PEBBLE.—M. L. C. "What would result from the swallowing by a child two and a half years of age, of a pebble about one-fourth of an inch in diameter? What should be done in the case?"

Do nothing. The probability is that it will work its way, or rather be worked, through the alimentary canal.

SPECULUMS.—M. R. H. The conical and bivalve speculums can be had at most of the shops where surgical instruments are manufactured or kept. The price is \$1 to \$1 50 each.

SPRAINED KNEE, &c.—S. S. Shullsburg, Wis. There is a fair prospect that the Electro-Chemical Baths would benefit you. You would have to go to some Water-Cure, where they are employed.

CATARH AND SWELLED TONSILS.—J. H. T., Aurora, Ill. In your child's case, the main treatment is general. The diet is more important than all else. It should be as strictly physiological as possible.

ONIONS AND CUCUMBERS.—C. D. "Were onions and cucumbers made for man to eat?"

Cucumbers we think were. We are dubious about onions.

Miscellany.

BOOKS WHICH ARE BOOKS.—"We give a list of some of the principal works on the great questions of the nineteenth century—questions comprehending all human interests—Humanity itself. Books in which the PHILOSOPHY OF MIND is clearly elucidated, and the laws which govern life and health are plainly unfolded, and made intelligible to every reader.

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Varieties.

SOMETHING FOR BOYS.—Boys, listen to *Uncle Toby*, while he talks to you of the evils resulting from the use of tobacco, and resolve that you will never touch this poisonous weed.

A KIND WORD TO LADS ON TOBACCO.—A boy named West, living in Swansea, picked up a bit of cigar, and, putting it into a pipe, smoked it. As a consequence, he was taken suddenly ill, and died in a few hours.

TOBACCO HAS SPOILED THOUSANDS OF FINE BOYS, (inducing a dangerous precocity, developing the passions, softening the bones, and injuring the spinal marrow and whole nervous fluid.) A boy who early and freely uses tobacco, never is known to make a man, in the true sense; he generally lacks energy of body and mind. Boys, if you wish to be anybody, DESPISE TOBACCO, name and thing.

SMOKED TO DEATH.—Three young men formed a smoking club, and they all died within two years after forming it. The doctor was asked what they died of. He said, "They were SMOKED TO DEATH."

A youth of sixteen fell dead, with a cigar in his mouth in a dram-shop. What caused his death? The coroner's inquest said,

"It was a mysterious act of God."

The minister, at the funeral, consoled the friends by saying much the same thing. Physicians said it was "heart disease," and said nothing about the cause of the disease. A sensible woman, knowing the boy's habits, said, "Tobacco killed him."

It deranged the action of the heart; it ceased to beat, and the victim fell!

DR. REEB'S QUESTION.—Who can see a group of boys, six or eight years old, in our streets, smoking, without anticipating such a depreciation of our posterity, in health and character, as can scarcely be contemplated without pain and horror?

LITTLE ROBERT REED.

I'll never use tobacco; no

It is a filthy weed;

I'll never put it in my mouth,

Said little Robert Reed.

Why, there was idle Jesse Jones,

As dirty as a pig—

He smoked when only ten years old,

And thought it made him big.

He spend his time and money, too,

And made his mother sad;

She feared a worthless man would come

Of such a worthless lad.

O, no! I'll never smoke or chew,

'Tis very wrong indeed;

It hurts the health, it makes bad breath,

Said little Robert Reed.

THE PHILOSOPHY OF SNEEZING.—A sneeze always indicates that there is something wrong. It does not occur in health unless some foreign agent irritates the membranes of the nasal passages, upon which the nervous filaments are distributed. In case of cold, or what is termed influenza, these are unduly excitable, and hence the repeated sneezing which thus occurs. The nose receives three sets of nerves, the nerves of smell, those of feeling, and those of motion. The former communicate to the brain the odorous properties of substances with which they come into contact, in a diffused or concentrated state; the second communicates the impressions of touch; the third move the muscles of the nose—but the power of these muscles are very limited. When a sneeze occurs, all these faculties are excited in a high degree. A grain of snuff excites the olfactory nerves, which dispatch to the brain the intelligence that "Snuff has attacked the nostrils!" The brain instantly sends a mandate through the motor nerves to the muscles, saying, "Cast it out!" and the result is unmistakable. So offensive is the enemy besieging the nostril held to be, that the nose is not left to its own defence. It were too feeble to accomplish this. An allied army of muscles join in the rescue; nearly one-half of the body arouse against the intruder; from the muscles of the lip to

those of the abdomen, all unite in the effort for the expulsion of the grain of snuff. Let us consider what occurs in this instantaneous operation. The lung becomes fully inflated, the abdominal organs are pressed downwards, and the veil of the palate drops down to form a barrier to the escape of air through the mouth, and now all the muscles which have relaxed for the purpose, contract simultaneously, and force the compressed air from the lungs in a torrent out through the nasal passages, with the benevolent determination to sweep away the particle of snuff which has been causing irritation thereon. Such, then, is the complicated action of a sneeze; and if the first effort does not succeed, then follows a second, a third, and a fourth; and not until victory is achieved, do the army of defenders dissolve their compact, and settle down to the enjoyment of peace and quietude.—*Journal of Medical Reform.*

WATER-CURE LINES.

PARCHING with a fever,

On my bed I lay;

Servants round me ever,

Watch from day to day.

On my pillow turning,

In my aching breast,

Fiery fevers burning,

Drive away all rest.

Doctors in attendance,

Counsel with great skill—

How to make amendments;

Rather how to kill.

Now with nauseous jalap,

They my stomach fill;

Now my bowels gallop,

From effects of pill.

Still the fever rages,

Gathering new strength,

Naught its force assuages,

Death will come at length.

Now they gather closer—

Doctors—friends, most learned;

Ah, it is a "poser,"

Why the fever burned.

Oh, what horrors seize me,

Life is sinking fast;

Friends would fain appease me,

Hoping to the last.

Still no arm doth save me,

I am left to die;

All the good they gave me,

Fades—for death is nigh.

Ha! what form now enters?

Blissful is his smile;

Hope within him centres,

I revive awhile.

Now his cool, moist fingers,

Feel my pulse and brow;

How that sweet smile lingers—

I am half-well now.

He no noxious doses

Gives. But cooling draughts;

Water pure—that gushes

To my parched lips, wafts.

Oh, how bright and sparkling—

Who would e'er deny it?

Who but mind so darling,

Could refuse to *try* it?

But why detain you longer,

Reading o'er my rhyme?

Daily I grew stronger,

Water all the time.

Blessings on pure water,

Blessings on the cure;

Try it sure we ought to,

Nought can be more sure.

L. N. O.

REST.—Rest is a very fine medicine. Let your stomachs rest, ye dyspeptics. Let your brain rest, ye wearied and worried men of business. Rest your limbs, ye children of toil. You can't? Cast off all superfluities of appetite and fashion, and see if you can't.

SWIMMING.—It is certainly most absurd to live all the day's of one's life at the mercy of any one of the elements whatever, more especially water; and, in most instances, people who are drowned deserve death. In much of the interior of Africa, and in the central deserts of Arabia, swimming is of no use, owing to the general aridity of the soil, and want of atmospheric moisture. But people like us, who are rarely out of sight or sound of stream, lake, and sea, ought to be amphibious. In angling, no man is called a master who is not a swimmer. There is not a bridge at every turn of a river—river boats are rare—and fords are deep. Over with you, therefore, like a sagacious Newfoundland dog, back and forward from shady and sunny bank, according to the flow of flood, and giving yourself a shake, drop the fly lightly above the snout of trout, grilse, or salmon. In lake fishing, wherever you see much of the shallow stretching along the deeps, a strong and shelving shallow stretching along the deeps, have instant recourse to natation, and you will fill your panners with pounders, while land lubbers are in vain flogging from the shore. Don't talk to us about danger. The wave is tepid as milk, so no chance of getting cold; cramp is a mere bugbear; and as every man knows his own strength, he is just as safe while he keeps within moderate limits in the water as on the land. We have, indeed, heard it seriously mentioned in conversation, that people who can swim run a greater risk of being drowned than those who cannot; and, no doubt, people who cannot swim do not often plunge into pools twenty feet deep, just as people who cannot ride are rarely seen on horseback. In all accidents with boats, the good swimmers, it is said, are uniformly drowned. That, in the first place, is a lie; but when it does so happen, pray who drown them but the knaves who cannot swim a stroke, and clutch hold of the legs of better men, and drag them to the bottom? A prime seaman is not worthy the name who cannot swim, nor can he discharge all his duties. In shipwreck during a storm, and on a less shore of precipices, swimming cannot greatly avail, and the sea will dash to death a thousand men upon the floating fragments of a vessel; or fire will consume the ship from the face of the sea; "and the strong swimmer in his agony" knows that he shall never behold the setting sun. But, to say that men in shipwreck have not a better chance of their lives if able to swim, is about as rational as to say that men, in balloon ventures, would not have a better chance of their life if able to fly.

HINTS TO WORKMEN ON HEALTH.—1. Abstain from all spirits and dram drinking. Spirits relax the muscles, diminish the strength of the body, and render men susceptible of disease. 2. Let your food be coarse and plain. Concentrated and highly-seasoned food is, if possible, as injurious as liquors. 3. Where (well filtered) water does not disagree, value the privilege and continue it. Pure water is a far better beverage for the sedentary, and those who take but little exercise, and for those whose labor or exhausted strength do not require stimulants. 4. The quantity (of most things) is always more hurtful than the quality. 5. Take your meals at regular hours always. The human frame is capable of being changed from sickness to perfect health, by a well-regulated system of diet. 6. Avoid everything, however agreeable to the palate, that from experience you find to disagree with you. 7. Make daily ablation the first thing on rising; you will feel stronger and more refreshed from it during the day. I fancy I hear you say that you have not the time to do so. My answer to you is, rise ten minutes earlier, dip a coarse towel in cold water, ring it out, and rub the whole body over. "Cleanliness is next to godliness." 8. Never quack or tamper with your constitution by taking patent medicines; they are offered for every kind of disease, for many of which they are decidedly prejudicial, producing very often fatal results. If slightly indisposed (and if it is possible to do so), remain quiet, avoid all excitement, and abstain from all meats and fermented liquors for the day. In headache, and slight fever, this plan mostly effects a cure. Never use purgatives. 9. Take exercise if you value your health, but proportion it to your strength. 10. Never learn to smoke; snuff tobacco in all its forms. It stunts the growth, when taken at too early an age; it is a great promoter of indolence and laziness; it causes nervous trembling of the hands, and nervous debility; it has nothing nourishing or stimulating in it, but is merely a narcotic, of which the moral and physical effects upon those who use it are of a very dubious character.—*Correspondence of the Builder.*