

# WATER-CURE

## JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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Chicago said, "by no other way can men approach nearer to the gods than by concurring health on men."

Dr TRALL says, "when the people become thoroughly indoctrinated in the principles of Hydropathy, and make themselves acquainted with the LAWS OF LIFE AND DEATH, they will have very little need of physicians of any sort."

### VALEDICTORY FOR 1856.

BY R. T. TRALL, M.D.

READERS AND PATRONS—We have journeyed together pleasantly, and, we trust, profitably, through the changes of another year.

But a few weeks ago all nature was clothed in her gayest drapery and richest verdure. The fields were beautifully green; the flowers were lovely and bright; the trees waved inspiringly their tremulous leaves, and all the earth seemed exuberant of life and joy.

A few days more, and how changed the scene! The harvest was done; the golden grain had been reaped; the rich fruits had been gathered; the green valley had become like the dry stubble; the flowers had nearly all faded; and the leaves were "sere and yellow"—all was "passing away."

And now it is winter. The leaves and the flowers have all gone to rest; the tall trees stand, as it were, naked and shivering in the blast; the hill-side looks drear and desolate; and the fast-gathering snow-flakes are whitening, as with the shrouds of death, all that was, just now, so lovely and so fair.

Such is life. The seasons of the year are symbolical of our terrestrial existence. We have our Spring-time of Youth and development; our Summer of

Manhood and culture; our Autumn of Rest, with its ripening experiences and spiritualizing influences; and our Winter of Death, and—IMMORTALITY.

On the top of yon loftiest mountain peak, see the storm-defying *evergreen*. On the moss-covered rock it grows and flourishes for centuries. Nor chilling blasts nor scorching suns can mar its beauty nor destroy its fragrance. *It never fades.*

And the evergreen is a fitting emblem of *truth*. The elements of the world—all of its material forms—may fade, may perish, may pass away; but truth lives, "the same yesterday, to-day, and forever."

And so, kind reader, does the cause we have advocated through this Journal, during many sunny and cloudy seasons; through the varied and commingling fears and doubts and hopes of friends, still live; *for it is truth, and will live forever!*

We know it to be the cause of human redemption from disease and misery, and their consequences, poverty and crime. We know it to be the cause which is to develop the human being out of his present condition of ignorance; and to enable him to understand the symbols and expressions of nature correctly, and thus to become in harmony with the laws of his being.

When this is accomplished, all men will see the great truths of the universe essentially alike, and each individual will reflect the truths of nature as they are—perfect and beautiful.

We assure our subscribers and friends that we shall, in the ensuing volume of

**OUR NEXT VOLUME.**—We feel no hesitation in saying to our readers they may expect in the year 1857 one of the best Water-Cure Journals ever issued. We have made arrangements with some of the best writers among our Hydropathic friends, to furnish us with articles on all the different branches of Hygienic Reform; and we shall endeavor in each number to present a store of practically useful as well as theoretic information relative to the laws of life and health.

We shall, in the January number, commence the publication of a Story written expressly for the Water-Cure Journal, by one eminently qualified, in which will be taught the duty of all relative to the preservation of the health, without the technicalities of science or dryness of labored essays of professional men.

**THE WINTER** is always a good time to send 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; while the long winter evenings, and the many stormy and inclement days, afford time for mental improvement which cannot be taken in the more busy seasons. To develop the mind and store it with knowledge, Books are essential, and now is an excellent time to obtain them. Agents, Booksellers and others, will please make out and forward their lists in order to get a supply for the Winter. Catalogues forwarded to all who desire. Please address, FOWLER and WELLS, Book Publishers and Wholesale Dealers, 209 Broadway, N. Y.

the WATER-CURE JOURNAL, labor to this end, with equal zeal, with greater strength, with brighter hopes, and with more efficient co-workers than ever before.

If they will aid our circulation according to their ability and opportunity, and work for humanity in their appropriate field, as we strive to do in ours, many of them and some of us may live to witness the magnificent spectacle of a people, who know nothing of fevers, nor palsies, nor gout, nor rheumatisms, nor choleras, nor spasms, nor scrofulas; nor consumptions, nor dyspepsias, nor debilities, nor deformities, and realize anew the golden age, when men "gave up the ghost," when they "slept," and when they were "gathered to their fathers," in the natural order.

## General Articles.

HEAR Contributors present their own Opinions, and are alone responsible for them. We do not endorse all we print, but desire our readers to "PROVE ALL THINGS" and to "HOLD FAST" only "THE GOOD."

### THOUGHTS IN SPARE MINUTES.

BY HARRIET N. AUSTIN.

WATER-CURE patients, whether at home or in Institutions, err in attaching too great value, comparatively, to the use of *water*. This error is very readily accounted for. The very name, which has obtained so universal use—*Water-Cure*—implies that it is the agent to be relied upon in this system of treatment; and the idea has become almost universal, in this drug-taking generation, that when a person is sick, his *cure* is to come from some *external* agent, instead of from the *internal forces* of the system. Thus many who have become convinced that *poison* cannot cure, very naturally *make water a mere substitute for medicine*; and as it is not poison, they conclude the more they use of it the better. As the drug-doctor *relies on his medicine*, setting aside all physiological law and all natural instinct, so these *rely upon baths*; and their treatment is no more in harmony with nature than his, and no better, except that his medicine is poison—theirs is not.

Patients in Water-Cures, can satisfy their consciences in regard to irregularities in everything else, provided they get their baths all right. They must have their prescriptions ready, so as to *begin* at once—they must have all the treatment they can stand—the attendant must be ready to give the bath at the moment, just as the prescription says, and on no account must one bath be omitted; but if a new ache or pain is felt, no matter from what cause, an *extra bath* must be had. All other things are of minor importance. If the day happens to be rainy, "why, it is not pleasant to exercise, and they can sit in

the house;" if it is chilly, "it is more comfortable to have the windows closed, and the air is not *very bad*;" if the dress is not warm, or comfortably and healthfully made, "it is some expense and labor to alter it, and perhaps it will do;" if a letter is to be written, and it is bed-time, "no matter, if they sit up two hours after the usual time at night, they can lie two hours later in the morning;" if they over-eat, "it is not of much consequence, should they feel badly they can take more treatment." The grand idea of *getting well*, has *baths* for its basis, and *baths* for its key-stone.

I would not speak lightly of water as a curative agent. The physician who has tested its potency in inducing changes in the living organism, must value it above price. Changes are produced in a few months with it, which could only be produced without it by many years of rigidly correct habits, and in many cases could not be produced at all. Prudently and skillfully applied, it is made to answer every indication which is ever sought to be answered by medicine. It is truly a wonderful aid to the living forces. The fault consists, first—in attributing to it the *recuperative power* which resides only in the *living body*. This mistake often leads persons, in home treatment (acting on the principle that if a little is good, a great deal is better), to use water in so frequent and cold applications, as to overpower and destroy the vital energies. And, second—the fault consists in giving to other agencies too little comparative consideration. Men have yet to learn to *trust nature*. They want to do the cures, instead of letting her have it her own way. *She does not despise small things*. *She makes much account of pure air*, of light, of healthful exercise, of simple food, of proper clothing, of *rest*, of *regularity*.

We know she makes much account of *pure air*, because it is everywhere so abundantly supplied. Shut it out of our houses as we will, it comes creeping in through every crevice about the windows, and through the key-hole, and when the door is opened but for a minute, it rushes in, as if determined to save us in spite of ourselves. Life cannot be sustained at all without it. Every breath we draw, a portion of it is decomposed in the oxygenation of the blood, and if by an airtight covering it should be entirely shut off from the body, the person would soon die in agony. And yet many Water-Cure patients seem to think they may as well breathe in a close room as out of doors. They make less account of pure air than nature does.

Nature makes much of *sunlight*. Every plant, and every animal that lives, would teach us that it is essential to healthful and vigorous growth. Close investigation, by scientific men, in the last few years, has satisfied them that the free admission of light into factories would obviate, to a great extent, the ill health and depressed spirits of the operatives. Gentle ladies close their blinds and draw their curtains, admitting only a *softened* light into their parlors and drawing-rooms, thus to make their complexions appear more delicate. They do more—they *actually make* the complexion and the life more delicate, for sunlight is essential to vigor. Therefore patients should make the most of it. They should

be much out of doors; they should admit it *freely* to their rooms, and, *above all*, they should accept *day and night* as nature has made them, and not turn day into night, or night into day.

We know that Nature makes much of *exercise*, because it is pleasurable; because man is so constituted that his simplest and constantly recurring wants make it necessary; and because without it, any organ, or the whole body, immediately loses its vigor and becomes inefficient and powerless.

Much might be written, and much is written, to prove that nature is in favor of a *simple diet*. But one little fact is proof conclusive that she would have her patients eat very plainly. She takes away the *relish and enjoyment* of food from all who eat a large variety habitually, or who live on high-seasoned dishes. She does not take away the *desire* for food; for such persons have a great craving for their accustomed niceties, and cannot be satisfied without them. But any person who has lived for any length of time on a very plain and uncomplicated diet, taking but two or three articles at a meal, knows that he eats even the simplest thing with a relish which those who eat a complicated diet know nothing about.

And so *this physician*, this "Mistress, gentle and holy," makes her ways very plain and straight to those who would know them. She teaches them that it is herself that heals their diseases, and that nothing she requires is unimportant. They must not *dress* in such a way as to interfere with her freedom; they must *rest* as she indicates; they must learn, from her own operations, that regularity should be observed in all things. Such will attach significance to other agencies besides water: they will think it as wrong to eat too much, or dress uncomfortably, as to lose a bath.

There is one other agent, more potent than all the rest, which many patients know nothing about, but which belongs essentially to Hygeopathy. It can scarcely be called an agent, properly, because it is at the foundation of health, and good health cannot be attained without it. It is a cheerful, hopeful, trustful spirit. Patients do not appreciate this, and very few physicians have anything like just conceptions of it.

Our ideas of cure are too material. Physicians and patients need to be reminded daily, that sadness, despondency, doubt, and impatience tend to death—while patience, faith, hope, and courage tend to cure. Were this well understood, many an impatient, dejected, hopeless case, which haunts the halls, piazzas, and bath-rooms of Water-Cures for weeks without the least apparent improvement, would grow bright and round, rapidly. There must be *faith* in something, or somebody. Either the patient must have such faith in God, as to make him content and happy whether life or death is before him; or he must have such faith in the system of treatment, as to be at *rest* as to the result of his case; or he must have such faith in his physician, as to be able to throw the whole responsibility on him, and do cheerfully and trustingly whatever he directs. If neither of these is his condition, he need take no more baths. They have no power to cure him. They are simply an aid to nature. But her *sheet-*



anchor is a quiet spirit; and without it, even she has no power to save him. [Glen Haven, Oct. 1856.]

### POISONS:

THEIR UNRESTRAINED SALE BY DRUGGISTS.

The *Medical World* says: Horrible crimes are continually being perpetrated in the United States by strychnine, arsenic, prussic acid, and other poisons which are on sale at all the drug stores; and whoever calls for either, as a general thing, obtains the article he asks for, without being very minutely questioned. This is doing the whole community a great wrong. It is putting it within the power of a wicked wretch to murder any man, woman, or child, against whom he has a grudge, by the most subtle of all life-destroying agents known to science. There should be immediate legislation upon this important subject. Dreadful, indeed, have been the developments in England, of late, in regard to the criminal use of strychnine; and if it has not already come to light here that the same means have been employed with murderous designs, every individual is equally exposed to the dark, insidious approach of those who have no fear of God before their eyes. An attempt was made in the Legislature of Massachusetts in the session of 1848, for the enactment of a law to oblige druggists and apothecaries to register the names of all persons to whom poisons were sold, their places of residence, and the intended use of them. If the applicants were unknown to them, unless a certificate of some well known, responsible citizen accompanied the application, the poison should be withheld.

Similar as it may appear, this very proper, and certainly judicious precaution, was made unpopular in the House of Representatives, and voted down. Wiser action, it is to be hoped, will characterize the doings of a future Legislature, since the danger is becoming more imminent from an increase of crime, and the impunity with which it is perpetrated. Druggists themselves, we doubt not, for their own protection, would prefer to be licensed by the civil authorities to sell these terrible poisons.

[Considering the utter worthlessness of poisonous drugs as medicines for human ills, we protest against their use altogether. Banish the whole paraphernalia of the craft from the sick room, and from the family, and then we shall be free from this danger. Besides the direct murders committed, as above described, there are many thousands of accidental deaths every year, caused by taking drug medicines. Again, there are cases among us of partial poisoning—in fact there are but few men, women, or children, in our drug-taking community, but have more or less "mercury in their bones." Our teeth, as a nation, are rotten, breath foul, heart, liver or lungs affected, kidneys and skin diseased—heads bald, short sighted and blind. That much of these evils come of poisonous drugs, we do know, and so does the reader. Still, the trade goes on; premature deaths increase. *Forty thousand children, under five years of age, are annually slaughtered, and few mothers are permitted to live out half their days. We think it high time to put a stop to the poison-trade, and shall work with all our might for that end. Reader, will you help?]*

### CASES FROM MY NOTE-BOOK.

BY E. A. KITTRIDGE, M. D.

Mrs. — came to "Lake Side" about the first of June last, laboring under the following difficulties: nervous dyspepsia, accompanied by chronic inflammation of the bladder and neighboring parts; the which kept her in constant pain, and very much of the time the pain was very severe indeed, making her life a burden.

She had spent several months before this in a "Water-Cure"—at least that was the name of it—where she was prohibited from drinking cold water, swallowing only one tumbler daily, and was daily subjected to that most intolerable and wickedly useless, not to say highly injurious practice, of cauterization, which so increased her agonies as sometimes to create spasms! As may be supposed, she grew worse continually, especially when we take into the account that she was not only allowed, but ordered to eat the most stimulating food!

When I first saw her, she had a morbid appetite, which was constantly urging her to eat. When the bad taste in her mouth, and the lassitude, &c., after eating, told her she ought not to. I persuaded her to stop eating for nine days, and to drink as much water as she could, without fatiguing the stomach, and she drank from fifteen to twenty goblets a day, the which relieved her internal inflammation in a most wonderful manner to her at least. At the expiration of this time she commenced eating slowly, the pain having entirely left her, and all her symptoms greatly improved. It is now four months since she began, and she is, comparatively a well woman, being free from that pain, and enabled to enjoy the pleasures of her own beautiful home as never before, at least never since she became afflicted in this way, long years ago.

This case was one of those in which the caustic is invariably applied, but always to the great injury of the patient. And the point I wish to make is, that more was effected in those nine days by the proper use of water and fasting, than in any previous nine months by other means.

They tell a great deal about local inflammations being cured by caustic, but I have yet to see the first case that has been anything more than temporarily relieved by its use.

Many cases, I am aware, get well while it is being used, but that does not prove anything in favor of the caustic, it only proves that the patient possessed great recuperative powers, the which in all cases does the work, as every water-cure person well versed in hygiene knows.

The ulcerations and inflammations come not without a cause, and stay not without reason. And the reason of their staying being unremoved, you might as well, in its palmist days, have attempted Sebastopol with a potato-pogun, as to think of driving away, by local applications, an inflammation once confirmed.

But, says the friend of escharotics, "We have seen many a case of bronchitis and other local inflammations relieved immediately, and apparently cured, by the application of caustic." So have I, but I have generally found, upon inquiry,

that the "cure" was only apparent, though I am free to confess that in some cases—very severe cases too—the soreness, and even ulceration, goes away and stays away under their application; but I have almost uniformly found that in these cases there were certain obstructions, biliary and others, that the inflammations, &c., were dependent upon, and these being removed by the attention at such times usually paid to the diet, &c., accounted for the disappearance of the ulcerations, &c.

For many years it was my custom to use escharotics in these cases, and with the usual success—cures being the exception—failures the rule. For the last ten or eleven years I have used no local applications save water, and making but little dependence on that, relying chiefly on the ability of the recuperative power to take care of all local difficulties, taking it upon myself to see that the patient was in such conditions that said power could have free chance to glorify itself, by removing, as it always will—in decent constitutions—all local disturbances that are susceptible of cure by any earthly means.

I have now under my care a lady who for years has been afflicted with all sorts of inflammations and ulcerations peculiar to her sex, and for which she, for months and months at a time, has been subjected to the torturing and disgusting—not to say indecent—plan of applying caustics, and with the usual result. By being very careful in her habits she had not got much worse; but being a woman who emphatically believes in progress, she was not content with this, and came to "Lake Side" about three months ago. I found her, as most ladies are similarly afflicted, locally, suffering from chronic inflammation of the liver and the digestive organs generally, with an irregular appetite, and what she ate did her more hurt than good. I recommended her to fast till her appetite became natural, and her liver, &c., in good condition. She went twenty-one days, though very thin in flesh when she commenced fasting, suffering far less during her fast than before it, and then began slowly to eat, and ever since she has an appetite that "would tempt a dying anchorite to eat," and her food does her good when she does not eat too much, which is very seldom, for she is a woman of ten thousand in every respect, and has suffered so long and severely, that she is anxious to get entirely well, and I see no reason why she should not. She is already cured of all local inflammation and ulceration, and "feels like a new woman," and life instead of being a burden to her is full of promise and joy.

Now, in this case, scarcely any local application, even of water, has been applied, for even the use of a syringe was painful, and what is true of this case is true of hundreds. Now let me ask all who are thus afflicted, to ponder their footsteps, to stop their foolish practices of trying to force nature, and to try the only true way of ridding themselves of these tormenting and destructive local difficulties. Those who would like to know more particularly about this last case, let them direct to me at Lake Side, Madison, Wisconsin, and I will give them the address

of the lady in question, the pleasure of having saved whom, is sufficient to reward me for the suffering some half a dozen others have caused me by their wicked disobedience, &c., for she is one of those who is emphatically worth saving, and who can tell her own story if necessary.

I have had any number of cases similar to this, and the result is always the same. And now let me ask our allopathic brethren why they persist in using these unnatural stimulants, whereby they only add insult to injury?

No matter how directly local the cause of these inflammations, &c., may have been, they cannot exist any length of time without involving the general health; and the general health being affected—and it generally is woefully being affected—and it generally is woefully being affected they apply to a physician—it will be readily seen, by those who are willing to see, that these exceedingly severe local irritants will, as a matter of course, greatly increase the disturbance in the system at large, and thus the general health is constantly giving away, though the local disease may temporarily be removed.

Now, why not try the simple, and it seems to us, *only natural course*? We will not stop to enumerate the agonies of various kinds induced by the use of caustics, nor dwell on the outrages of delicacy thus offered, but will conclude by simply assuring all who may be concerned, that they are all unnecessary, and that the worst kinds of ulcerations and inflammations—that are curable by any means—can be cured without the least exposure, or offence to modesty in any way, and without the least pain; on the contrary, the whole treatment, if properly applied, is productive of the highest kind of pleasure, as it is in perfect accordance with all the laws of nature.

### DRINK LESS WITH YOUR MEALS.

ONE great error, we drink too much at our meals. Before we have sufficiently masticated and insalivated our food, to enable us to swallow it, we force it down by taking water or warm drinks. This not only dilutes the saliva, but weakens the action of the gastric juice after the food gets into the stomach. Most persons take a swallow of fluid with almost every mouthful of food. Look along the side of the dinner-table in any of our hotels, and you will be surprised at the quantities which are drank during the meal; and, if your mind be not too much taken up with observing the errors of others, you may discover the same evil in yourself, and thus be led to correct it. This habit, sooner or later, ends in producing dyspepsia and constipation, than which there are no affections more destructive of comfort and health. When we are thirsty, at our meals, or at other times, we should drink to allay such thirst only. All solid food should be thoroughly ground and mixed with saliva in the mouth, unaided and undiluted by water or other drinks. Rely upon it, this apparent necessity for drinking is a mere habit, which we can correct at will; and all who prize health at its true value, will not consider its preservation or purchase too high at the cost of attention to so simple a matter.

In this age of tobacco-smoking and chewing,

the salivary glands seem to be turned to a new office—that of cleansing this filthy narcotic from the teeth and gums. Were they endowed with language, verily might they exclaim—

“To what vile uses have we come at last!”

Who can wonder at the hollow and wan cheeks of mankind, when such a continuous drain is established upon them—a kind of perpetual *catarrh* or *lachrymosis* of the mouth. Take warning by what we say. If you would have good digestion, proper action of the system, and full, ruddy cheeks, eat slow, masticate your food better, drink less at your meals, and you who smoke, if smoke you will, avoid spitting as much as possible. The latter have a two-fold reason for observing our last injunction: they will save, at the same time, their own health and the feelings of their friends.—*Selected.*

### TRUTH PROGRESSING.

—  
BY SOLOMON FREASE.

[AFTER an intermission of nearly two years, DR. FREASE renews his intercourse with the public, through the JOURNAL. During this interval, he has been occupied removing from Ohio, and establishing a first-class Cure in Pittsburgh, which promises, in every point of view, to be a success. We hope now to hear from him often, as of yore.—Eds. W. C. J.]

DURING the past few years, the cause of progress and reform has been onward; and the Health Reform, the greatest of all, underlying, as it does, all others, has advanced quite encouragingly. Its champions have sowed seed which fell upon good ground and produced an abundant crop. A truth once boldly spoken, never dies. It lives, and works its way among the errors and falsehoods that surround it; sometimes it may be cast down and obscured from sight, but only to rise again with increasing power.

This day thousands are rejoicing in health, who, two years ago, were suffering with disease. But for the Water-Cure system, they would still be sick. They drugged, and leeches, and blistered; they spent their summers at fashionable watering-places, faring sumptuously every day—but grew no better. The huge doses of the Allopathists—the ginger and lobelia of the Botanics—the infinitesimal pellets of the Homeopathsists—the much-extolled pills of Brandreth, and Morrison, and Ayres—the sarsaparilla of Townsend and Bristol, were all brought into requisition, to no purpose. There were still pains in the stomach—there were rheumatism, and gout, and neuralgia—there were headaches and colic pains—there were torpid liver and piles—there were pains in the chest, and cough and expectoration, all the same. It is certainly remarkable that disease should be able to stout it out against such powerful agencies, peculiarly adapted, as we are told, for the very ailments for which they were taken. One would think that the most stubborn aches and pains would be willing to yield at the mere mention of the name of such formidable enemies, and that their real presence would cause a surrender at discretion. But it was not so. Human nature was human nature still. Poisons were

poisons still, and produced their legitimate effects upon the system, just the same as if they had been administered to kill the patient, instead of removing disease; and dyspepsia, and rheumatism, and scrofula, and consumption, and liver-complaint, and sciatica, with any number of superadded symptoms, still continued to afflict the sufferer. What was to be done next? Could anything else be done? Had not everything been tried that could possibly remove disease? The neat papers in which had been folded the calomel and jalap—the little phial containing the homeopathic globule—the bottles of all sizes, variously labeled, and scattered irregularly around the room—the marks upon the arm left by the lancet, all give evidence of the energy and perseverance with which those troublesome afflictions had been assailed. Vain and foolish mortals! think not that the laws of your being, as established by God himself, can be violated with impunity! God gave you natural instincts, and those instincts, unless corrupted, reject all poisons as enemies to the welfare of the animal economy. You vainly, ignorantly sought to violate those laws, and not only escape the just consequences of such violation, but expected health in return for your transgressions. You failed to receive it, of course. It now became necessary to look about you and see whether there was not a more rational way to seek health than the one you had been pursuing. You had heard of the Water-Cure, only to ridicule and despise it for its simplicity. But you are now in a strait, and persuade yourself to try it. To your astonishment and delight, after being a few weeks or months at the Water-Cure, you find yourself well, or greatly improved. You still wonder, and are in doubt whether to trust your senses. Can it be possible that the simple agents of the Hydropathists can have power to cure the diseases that have resisted all the powerful agencies of the medical pharmacopœias? Yes, it is possible; and if you had exercised your reason and common sense long ago, you might have known that it would be so. But you learned a lesson, and, though late, it is better than if never had been learned. Henceforth you can appreciate the beauties and harmonies of nature, and by obedience to her laws, enjoy the blessings of health.

Let it not be thought from what I have here said, that we can cure every case of disease that is presented to us; for we can do no such thing. There is a limit to the endurance of the human constitution—a point beyond which all efforts at restoration must prove of no avail. See to it, that that limit is not passed by delay and indulgence in drugs, before it is thought necessary to try the Water-Cure.

In succeeding articles, we will report to you cases illustrative of the views herein set forth.

*Pittsburgh Water-Cure.*

UNIVERSALITY OF WATER.—Water is the most common and abundant of all material substances on the face of the earth. About three-fourths of the whole globe is encircled with it. In its plenteousness it is to be looked upon as just such an agent as an all-wise and benevolent Creator would naturally bestow upon man. HYDROPATHY ONLY ASSESTS THE SUPREMACY OF GOD.



LETTER TO CONSUMPTIVES.  
NUMBER 11.

SINCE writing my former Letter to Consumptives, I have received several communications by mail, requesting to know the precise *modus operandi* of my treatment. Also many questions, which I cannot well answer, as to the proper quantity of food and exercise for a consumptive, and the temperature and number of baths to be taken.

I have, therefore, again addressed you in the pages of the Journal, as my time is too fully occupied to admit of my replying to each separately.

First, *procure Dr. Trall's Encyclopaedia*. That will give you all necessary information; and I do not see how one can err, who reads it carefully, and follows its teachings closely.

My treatment was, at first, very mild; increasing in quantity as I could bear. *The wet compress, sitz-bath, and dripping-sheet, I derived most benefit from*; but one can soon tell if a bath is beneficial or otherwise. As to the proper quantity of food and exercise, you can tell better than any one how much you can bear. I trust no one whom I am addressing will delay till the eleventh hour, before drugs are discarded. I doubt not, had I sooner commenced hyeopathic treatment, years would have been added to my life—years sacrificed on the shrine of Fashion and Prejudice.

To the question, "why I do not approve of going to a Water-Cure," I would reply: I do approve. It is the best, and, for many, the only way to regain health; but many cannot do this, and think because they are sick they must do something, and therefore take medicine. The idea that, in sickness, "something must be done," if not the right thing, the wrong—at any rate, something *efficient*—has hastened thousands into eternity. It is better to do nothing, than to poison your systems, thus preventing nature from coming to your aid. A gentleman recently conversing with me on this subject, remarked: "When I am sick, I want a doctor who will give me a large quantity of medicine, the *more the better*, so that I may soon recover;" as though a speedy recovery depended on the quantity of drugs administered!! Yet this is just the idea many have, that the more medicine taken, the sooner health will return.

I regret to say that often the true Water-Cures cannot be distinguished from the false, by their names or advertisements; but there is as wide a difference between the clean and unclean, and the results of their treatment, as in Hyeopathy and Allopathy. It is this mingling of drugs and water, that neither I nor any consistent believer in Hyeopathy approves; and I would say to all seeking health, "from such, turn away." J. A. B. Orwell, Vt.

**A PALPABLE HIT.**—The following item is taken from the *Memphis Christian Advocate*, and is emphatically a good hit: An invalid once sent for a physician, and after detaining him for some time with a description of his pains, aches, &c., he thus summed up: "Now doctor, you have humped me long enough with your good-for-nothing pills and worthless strappings; they don't touch the real difficulty. I wish you to strike the cause of my ailments, if it is in your power to reach it."

"It shall be done," said the doctor, at the same time lifting his cane and demolishing a decenter of gin that stood on the sideboard.

## QUALIFICATIONS OF PHYSICIANS.

BY GEO. HOYT, M. D., BOSTON.

In my last communication, I touched briefly on the necessity of high qualifications on the part of physicians, to enable them with absolute certainty to determine the exact cause of disease. I illustrated the subject by reference to an *acute* case of difficult diagnosis. Allow me to refer again to the principle in its bearing upon the management of *chronic* disease.

I am aware it is deemed by many not at all necessary to a correct administration of hydropathic appliances, that a physician should be deeply skilled in diagnosis, or, in other words, should be discriminating and positive as to the *nature and cause* of disease. It is supposed a comparatively slight variation in the routine of ordinary treatment, will insure, in most cases, equally happy results. Give us "practical men," it is said, "men of sense," and let theorists alone, etc. To this popular demand for "common sense" I most cordially agree. If there be dolts in the community, for humanity's sake keep them out of the "medical" profession. Let us have men with strong minds. This is necessary at the outset. But I see not how *good sense* can be a substitute for knowledge. Both are indispensable, and whoever attempts to separate and individualize them in the responsible position of physician, will do so at the expense of health and life.

It is contended that Preissnitz was unlearned, and had never the advantages of high educational and "professional" influences, etc.; all which, and more, is admitted. Indeed, it is problematical whether society would not have suffered loss had it been otherwise. His, however, was an extraordinarily original mind, and had it been at all trammelled by theories of the "schools," it is very questionable whether he would have developed his magnificent system of *Water-Cure* with anything of its present certainty. The presumption is he would not. But his case does not touch the point. I am not aware that he discovered any additional facilities for aiding investigation as to the *cause and nature* of disease generally, nor indeed that he was specially expert in defining the nature of cases which came under his supervision for treatment. Besides, he managed most of his patients on a general principle, and would not receive into his establishment those of *low vitality*. Having a host from whom to select, he occupied an independent position, compared with which all "modern" Water-Cure physicians are thrown far into the shade. It is known, however, he made mistakes. One author testifies to his having "treated" an ankylosed elbow under the apprehension of its being curable—a condition impossible, as the bones of the joint had become solid by union.

Let it not be supposed, however, from the tenor of these remarks, that I have any desire to detract from the merits of Preissnitz. I yield to no man in admiration of his inventive and original genius. I consider him a true reformer, and one whose light will shine with greater brilliancy

in future generations than at the present moment. The crowning charms, however, of Preissnitz's efforts was *remedial*. Having demonstrated an improved mode of obtaining *curative* results in patients of *high and medium* vitality, it remains for others to determine the special conditions under which those modes are applicable in persons of *low vitality*. This brings us to the point at issue, to wit, the impossibility of treating a class of patients intelligently, and, therefore, successfully, except the exact condition of each be first ascertained. Allow me to illustrate:

Two patients visit a Water-Cure at the same time, and submit to an examination. Supposing it to be general, as is sometimes the fact, rather than special, the following symptoms will be prominent in each case: both are feeble, and present to the eye a general outline of wasted vitality and exhaustion. Both are emaciated, and cough. Both have muco-purulent expectoration, with occasional streaks of blood. Both have rapid respiration, with more or less pain in the chest. Both have a quick and frequent pulse, are restless at night, often sleepless, and have more or less night-sweats. Both have a red tongue, partially coated, an irritable throat, a relaxed uvula, enlarged tonsils, chronic inflammation of the nasal cavities, a dyspeptic stomach, irregular bowels, incidental febrile symptoms, a husky voice, etc.

Agreeably to the detail of symptoms now given, many would classify these cases as having not only a similar form but the same disease, and place them on the same list for treatment. Viewed from a general point, both may be called consumption, and considered fair illustrations of that terrible malady. Yet such may, or may not, be the fact. As already suggested, the symptoms enumerated are *general*, not special, and may indicate either *bronchial inflammation* or *tubercular consumption*. Now it is notorious that these diseases, while they have a family resemblance, are totally *diverse in origin*, arise from *different* causes, and are the result absolutely of *opposite* pathological conditions. If so, it follows inevitably that the same treatment applied to both, while it may benefit one patient, will be positively injurious to the other.

The special cause of disease in the chest, as well as its *exact nature and degree of development*, are generally susceptible of demonstration; and he who places his patient under treatment without having made a *verification* of the facts, endangers his life, and is guilty of more than neglect. The necessity for careful discrimination will appear obvious from the following propositions:

Bronchitis is inflammatory in its origin and subsequent stages.

Consumption arises from scrofulous deposit; the inflammation, when it exists, being accidental and of low grade.

Bronchitis is located in the mucous membrane of the bronchial tubes. Its extension into the air-cells is not a necessary consequence.

In consumption, the scrofulous deposit is made in the substance of the lungs, including the air-cells, and often the mucous membrane.

Bronchitis indicates an excess of arterial ac-

tion, which, strictly speaking, is of *sthenic* character.

Consumption, while it increases the velocity of the circulation, indicates a condition essentially *asthenic*.

Bronchitis may be, and often is, accompanied by an excess of red corpuscles in the blood.

Consumption *always* shows a deficiency of red corpuscles.

In bronchitis, the fever is more or less active, and always primary.

In consumption, the fever is simply irritative, and always secondary.

Bronchitis passes through its changes of *inflammation* and *ulceration*, destroying the parts involved, as in other tissues of the body.

In consumption, the process of disease is noted, first, in tuberculous deposit; second, in its softening; third, in its expectoration; fourth, in the decay and change of the lungs,—the *whole* character of which is scrofulous and cachectic.

The pathological conditions of these diseases might be still further contrasted. Enough has been said, it seems to me, to show their distinct characteristics, a necessity for thorough examination, and the exercise of a cautious discrimination.

In the present article, I have not proposed to consider the mode of treatment adapted to each supposed case. To do so would give to it too great length. My purpose has been to stimulate the "profession" to a higher standard of effort, and, particularly, to hold up to juniors in the field, the dangers and responsibilities by which they are surrounded.

I may be allowed to state in general terms, however, that the mode of treatment will be suggested by the principles of each case.

In *acute* bronchitis, the inflammatory action must be subdued. This is ordinarily (not always) accomplished by the exhausting or reducing process—frequent packs, cold sitz baths, cold drip sheets, cold frictions, cold compresses, etc.; the object being to take the calories from the surface, stimulate the capillaries and exhalents of the skin to higher action, and to bring the blood from the centre to the periphery of its circle. This course, so modified as shall meet the indications, should be cautiously and perseveringly pursued till the fever abates, the pulse is subdued, the respiration relieved, and the cough quieted.

When the disease has passed to its secondary stage, and has issued in ulceration, it presents a different phase for action. Severe efforts are inadmissible. Even packs are of doubtful propriety; for unless a healthful reaction ensue, the danger is increased. The course on which we must now rely is, emphatically, the *alterative*; not reducing the system, but aiming to change its condition. Hence, all our efforts and appliances should be mild—stimulating all the functions by gentle means. Tepid sitz baths, and particularly shallow "half baths," with active hand friction, are exceedingly valuable. An occasional full, *brief* bath, of *high* temperature, is sometimes indispensable in order to bring into activity the vessels of the surface. This being effected, we strive to give *tone* to the system, and to furnish it with such healthful, hy-

gienic influence as shall promote recuperation, and heal the ulceration. When this is accomplished the patient is cured.

Consumption, as already shown, presents to us a condition entirely opposite to that last considered; each case, on account of its liability to complications, requiring much thought and study. When idiopathic, no efforts can avail which are not essentially and emphatically *tonic*. Being a disease of debility, with *all* the vital functions below par, every influence whose tendency is reduction, exhaustion, or loss of vitality, will multiply the dangers of the patient. Every bath which shall add to functional activity, strengthen the capillaries, and give tone to the exhalents, is desirable. The pack, plunge, douche, shower, etc., are rarely admissible. A cold sitz bath, to be advantageous, should be *brief*, and accompanied with active friction. High functional stimulus is the point at which we should aim.

The nutritive function demands *special* consideration. Such kind and quality of food as will furnish to the blood the greatest amount of elements for red corpuscles, is the best, remembering always that any approach toward the "hunger-cure" as a restorative process, should be prohibited.

I need perhaps hardly suggest the necessity of pure air, of active, healthful exercise, of quiet sleep, the absence of high intellectual efforts, freedom from active emotional influence, or the great efficiency of mechanical distension of the chest, etc.

## MARRIAGE.

THE philosophic Buffon observes that, after puberty, marriage is the proper state of man, and most consonant to his nature and circumstances. In youth, says Bacon, wives are our mistresses, companions in middle-age, and nurses when we get old; so that a man has always reasons in favor of matrimony. But the author who has most fully dwelt upon this subject is Hufeland. He considers the marriage state as indispensably requisite for the usual perfection of mankind. He contends that it prevents debilitating dissipation on the one hand, and cold and unnatural indifference on the other: that it moderates and regulates enjoyment, whilst it provides domestic joy, which is the purest, the most uniform, and the least wasting of any; the best suited to physical as well as moral health; and the most likely to preserve the mind in that happy medium, which is the most favorable to longevity. It also lays the foundation, not only for the happiness of the present generation, but for that of the future; since it is the matrimonial union alone that produces to the state well-educated citizens, accustomed from their youth to regularity and an observance of the duties they have to perform.

It has been said, that by far the greatest proportion of those who have attained to great age were married; and though sailors and soldiers have no particular inducement to enter into the connubial state, yet, out of a hundred and twenty-seven aged people who are pensioners in the Hospitals of Greenwich and Kilmainham, there were only thirteen bachelors; the remaining one hundred and fourteen had been married men.

Few monks, it has been remarked, get old; and few nuns reach any length of years.

Marriages, however, are not to be indiscriminately approved of: to make them answer the purposes of health, and the other objects to be kept in view in the connubial state, there ought to be a parity of station, a similarity of temper, and no material disproportion in point of age. It is owing to the want of some of these most essential requisites that the married state proves so often the source of misery instead of joy or comfort.—*Journal of Health.*

## A VOICE FROM THE STOMACH.

[We extract the following from an article in *Hutchins' California Magazine*. Now that this important and too much imposed upon member of the body physical has begun to speak, we hope it will cry aloud and spare not—Eos. W. C. J.]

"I have gently hinted that *this* don't suit me, and that *that* don't please me; that *this* comes too late, and *that* too soon; that you give me too little of 'his, and too much of that; and, rather than complain without cause, I have worked off load after load, time after time, until I can bear it no longer—and I won't. I hate to complain as much as you hate to hear me; but if you take me to be a sausage-mill, and able to chew up anything—from a rat to a sea-lion, or from sheet-iron beef-steak to India-rubber cheese—I say, again, that you are mistaken.

"Now, I want to ask you, in all candor, what you take me to be? A stomach—a stomach to digest food—to make whatever you choose to give me into good, healthy blood, so that you may have the materials for building up a vigorous and healthy body, and which my neighbor, the heart, can receive, and circulate to every part of it, for that purpose.

"Now, let me ask why you—knowing me to be a stomach, and a stomach only—will impose upon me the duties of the *teeth*?

"Would you like to do another's work, when it is quite as much as you want—and perhaps a little more—to do your own? No; I know you would n't. Then why do you seek to compel me? *You don't compel me?* But I know you do; at least, you leave me but one alternative—to digest whatever you like to give me, in whatever shape it comes, or pass it to my neighbor for him to work off; and rather than do *that*, I have many times *cast up my accounts, and thrown up the contract*; and I want you to understand that if you are your servants, we are not your slaves—or, at least, we ought not to be—and as we are fellow-servants, we do not wish to be so mean as to shirk our part of the labor—to put it on the shoulders of the next beneath us—and it is *your* fault that the teeth do it, and *they* are not to blame.

"*You han't time?* Shame on you! Have you time to live—time to suffer all the pains that we necessarily inflict upon you? You find time to loll about; time to pick your teeth; time to smoke cigars, or chew tobacco; in short, you find time to *do nothing, yet everything* you should n't.

"Then, again, do you suppose that I can make



good blood out of anything? everything? or nothing? *You don't suppose it?* One would think that you did suppose it, by the vast varieties of odds and ends you give me, but which, often, your dog would not eat!

To be a reasonable kind of stomach, and a good servant, and it may be possible that if you are willing to do what is right by me, I may do my best to serve you. I do not want to be all the while grubbing, and giving you headaches, colic, dyspepsia, and, in short, nearly every disease to which men are subject, but wish to lead a peaceable life with you as well as with my neighbors."

The STOMACH throws out a few suggestions as to how it thinks it ought to be treated, some of which certainly seem very reasonable and proper:

"As soon as you are out of bed, give me a glass of good water.

"In about half-an-hour after that I suppose you'll want your breakfast, and I some work to do, as I don't believe in working with an empty stomach any more than you do, when I am well. You sit down, then, to breakfast, and give me something tender and nutritious, as meat, and something light and wholesome, as bread; and I suppose you would like a cup of coffee, but I don't need anything of that sort. Be sure to be very moderate. Do not, as the head of the firm, keep importing cargo, because there happens to be plenty, nor keep *stowing* it down as though the warehouse was made of India-rubber; because, if you do, I have no alternative but to put it in some place that does not belong to me, or unship it by the way it came; neither of which is very pleasant either to yourself or to me.

"At dinner, also, be very moderate. Soup, if good, is not amiss; I prefer this to cold water, for the reason that cold of any kind lowers my temperature, so that I cannot work willingly until I am warmed up again.

"Then, after soup, take something I can do something with. Don't load me with all sorts of messes and mixtures, from all parts of the world, merely because you would appear of importance to those who may be on a visit to you. I am in such a case, and at such a time, of much more importance to you than can possibly be your guest, and I wish you to remember that; and the moment I begin to be felt, let nothing tempt you to giving me more, for I have then as much as I know well what to do with.

"At supper be most careful, for as the day draws to a close, I, as well as other members of the firm, am weary with my day's labor, and do not like to be taxed with additional work when I should be at rest; therefore, give me something very light to do, and something that does not want steam employed for its transit, that I may not torment you with horrid dreams, or tossing and unrefreshing sleep. What I have suffered from this cause no one can fully tell; for, will you believe it, even late at night, I have been obliged to bear piles of heavy and indigestible stuff, that I could not dispose of in a morning, without fatiguing me with more labor than I ought to be called upon to perform all day. And then my next-door neighbor lays the blame at my door. If all sorts of diseases arise, as they do, from my being abused, do you not think the 'time' and at-

ention well employed that is bestowed upon me?

"Ye, verily it is; and when you arise next morning with a violent headache, and a mouth uncomfortable, with heaviness and languor having possession of your whole body, don't you put the blame on me, for you are to blame, and you only. For, if you will overload and overtask and abuse me in all sorts of ways, by all kinds of things, then remember that sooner or later I shall serve you out—perhaps in some way you don't expect of me.

"Then again, when you—my professed master—are doing comparatively nothing, do you suppose that I need just as much to supply me, as those who receive their supplies from me, as though you were a hard working man?

"Certainly not.

"Yet you have acquired the habit of eating much, when, perhaps, you worked at the hardest kind of labor, and follow the one habit, that of eating, after you have abolished the other habit, that of working. Now I say that you ought to be more consistent—you had. I must say, too, that I am always better, healthier, and stronger with a working-man than I am with a man that don't work. The worker always has good, plain, wholesome food, (excepting some very heavy bread sometimes,) and as soon as he has finished his meal, he don't keep eating all sorts of foolish and indigestible messes, as some do. And moreover, with him who labors I am always at home, for his labors very much assist mine."

### PRESCRIPTION HUNTERS.

A GENTLEMAN happening to frequent a coffee-house in London, which was also the resort of an eminent physician, addressed the latter one day in the following terms: "Doctor, I have been for a long time troubled with a want of appetite—pains in my stomach, and a strange swimming in my head; pray, what would you advise me to take?" "Take," says the doctor, resuming the newspaper which he had laid down when first addressed, "why, sir, take advice!"

This anecdote has been frequently repeated, and the doctor has as often been praised for his cunning in not prescribing without a fee, like the attorney who could not be made to understand the case of a client until his powers of comprehension were rendered more clear by the sight of a guinea. We, however, take a very different view of the subject; we consider the reply to have been in the highest degree judicious, and calculated to benefit the inquirer far more than if the doctor had given him, as is usual under such circumstances, some off-hand prescription, which is as liable, in most cases, to be misunderstood and abused, as to be strictly complied with.

The sick gentleman appears, in fact, to be one of that numerous class of persons who are ever ready to catch at verbal and written "cures," for every current name of disease; and who cannot accidentally meet with a physician without endeavoring to extort, openly or by stratagem, some portion of medical advice; upon the authority of which, they set about treating their own or their neighbors' complaints.

Dr. Beddoes described one of those "prescription hunters" in the following dialogue:

"What is good against the headache, Doctor?" "Health, madam!" "Well, if you feel no interest in an old woman like me, Marianne there, you perceive, has been hacking all the evening; do tell her of some simple thing that is good against a cough." "Health, madam." "But are you resolved not to give a more satisfactory answer? In that case I shall take the liberty of guessing why." "Poh! Mrs. W." cried a grave person in spectacles, from behind a full hand of cards, "you should know that it is the trick of these gentlemen never to speak plain, as some great man says; and if they will not in a *tête-à-tête*, can you expect it from them before company?" "I am not conscious," replied the doctor, "of having uttered any enigma; I am sorry for the ladies, but I must still answer—health, sir—health, madam!"

A very common question asked of medical men, by the class of people here referred to, is, whether this or that remedy would not be proper for a fever—a cold—a pain of the side, or some other disease. Now the most judicious answer to such an inquiry is certainly the one given by the physician in the anecdote first noticed—*take advice*. That is, place yourself regularly under the care of some respectable physician, and comply strictly with the directions he may lay down for your treatment. Should a more direct answer be attempted, it would necessarily be guarded by so many provisos and restrictions, and comprise so many precautionary details, that no one, excepting a physician, ought to feel himself authorized to act upon it. We believe that well-meant but inconsiderate replies to similar questions have been productive of no little injury to the sick; while the professional reputation of the physician has occasionally suffered, from opinions thus offered being carried into effect under circumstances very different from those to which they had reference.

### COSMETICS.

LADIES who use cosmetics should be good chemists. Their action is thus described by "one who knows":

A want of attention to the chemical action of colors has sometimes led ladies into an embarrassing predicament. Bismuth powder, sometimes sold as a substitute for genuine pearl-powder, has the property of turning black when in contact with the fumes of sulphur, or with sulphuretted hydrogen gas. A lady who painted with this cosmetic, happened to bathe in a mineral water impregnated with this gas; and the consequence was, that the artificially whitened skin turned nearly black, and so remained for several weeks: Another lady, who used the same cosmetic, attended a lecture at Harrowgate on mineral waters; and the lectures handed round a bottle containing sulphuretted water, that its odor might illustrate the point on which he was directing attention. The lady did as other ladies did—smelt at the bottle; and the result was that she became, not merely figuratively, but literally, "black in the face." Even the coals of a

common English fire often contain enough sulphur to produce, in a slight degree, an analogous effect. Several instances have been known in which a lady, seated near a large fire at Christmas time, has had one side of her white neck tinged with a darkness which puzzled all except those who were aware of the effect of sulphur fumes upon bismuth cosmetics.

### A TURKISH BATH.

ITS MYSTERIES, MISERIES, AND DELIGHTS.

In my last I brought down the retrospect of my overland journey to the last moment when I alighted at the door of the head bathing establishment of Grand Cairo. Behold me now in the vestibule of a genuine eastern hammam. Two tall Numidian slaves assist me to disrobe, and in the place of my multiplied garments, attire me in a piece of loose cloth, buttoned just above the hips. Thus denuded I am mounted on a pair of wooden clogs, or pattens, about ten inches in height. I am then supported on either side, while I make my way over the glassy marble floor to a bathing saloon, No. 1. Here I am stretched upon a plank, covered by a white cloth, and recline at an angle of forty-five. The room is then filled with vapor, and in about ten minutes I am perspiring profusely through every pore. I grow faint, the vapor is turned off, a few buckets of tepid water are thrown over me, a cup of coffee is administered, and a few whiffs at a chibouque. I am revived, and am straightway conducted into bathing saloon No. 2. Here, sitting on the side of a marble reservoir of hot water, I am drenched with buckets of the scalding liquid. I am then laid down and scrubbed from head to foot with woollen gloves, and a sort of fuller's earth. Then drenched again. I am next submitted to the operation of *peeling*, a process which removes all accumulation of dirt and scurf upon the surface; which, in fact, seems to take off an outer skin. The peeling over, I am drenched again. The next stage is that of pumace-stoning—applied to the inside of the hands, and soles of feet, and the heels, until all horny and hard parts are rubbed down to a delicate softness. Now comes a season of comparative leisure and repose. While on my back, the operator is cutting my finger and toe-nails, and carefully extracting from every part of my body whatever is extraneous, unsightly, or inconvenient. I am next made to sit up, and in my sitting posture am shaved—the hairs carefully pulled out of my nostrils—my ears are picked—my hair is cut—my whiskers and my moustache are trimmed, and my head is at last declared to be finished. To these processes succeed that of shampooing—namely, moulding the flesh, cracking the joints, and loosening every integument in every socket throughout the frame. Then a lathering all over with a peculiar kind of agreeable emollient soap; and then another drenching. The time is now come to be introduced into bathing saloon number three. The atmosphere of this, after the temperature of the last, is gratefully cool, and here I am permitted to immerse myself in a large cistern of moderately cold water. Oh! how refreshing and restoring, after the sweatings, rubbings, scrubbing, scaldings, pullings, pinch-

ings, kneadings, crackings, hair-tweaking, betherings, and pumice-stonings of Nos. 1 and 2. I am reluctant to quit my present quarters, but am commanded to get out. I do so, and my tender and new-born-infant-like skin (as susceptible as the surface of a skinned eel), is gently wiped down, and enveloped in a sheet—then mounted once more on my lofty pattens, and, supported as at first, I am led back to the robing saloon, where, laid upon a mattress on the floor, with my head raised by a pillow, and a quilt over me, I am presented a cup of coffee and a Persian kulian. A sip, and puff, and dose, and puff, and sip; and I am of opinion that, after all I have undergone, my present state of bliss has been cheaply purchased. I am roused from my reverie by a polite inquiry if I will be a second time shampooed; to which I answer—"Certainly not." In half-an-hour, or thereabouts, I rise and dress, and leave the hammam. And now it is I feel the benefit of my bath. I seem to have gone back to the days of my childhood. My body is lighter and more elastic than a feather. My spirits are exuberant. I am conscious of breathing the circumambient air through millions of pores. I am ready to shake hands with a donkey, and caress the boy. The external world never looked so beautiful. The future never so cheering. I am ready to do anything in the universe a good turn. So ends my Turkish bath.—*Indian Cor. respondent of the Morning Star.*

### THE DISCUSSION.

DR. TRALL'S CONCLUDING DEMONSTRATION.

My friend, Dr. Curtis, having ceased to publish my articles in his Journal, and having discontinued sending my articles for publication in this, I am bound to consider the controversy as closed on his side. It therefore devolves on me to dispose of the question in issue by demonstrating, according to promise, the truth of the proposition I have advocated. To the satisfaction of many readers of the Water-Cure Journal, this has already been done. More than a hundred persons have written me that they regarded my arguments as already conclusive. To such, therefore, all I have now to say will be supererogation.

But there are those, even among our own friends and partisans who do not see this subject as I do; and for their benefit, and especially for the benefit of Dr. Curtis, I will now endeavor to present the question in a light so plain, that the wayfaring man, though a doctor of another school, and a little inclined to obstinacy at that, need not mistake.

"Do remedial agents act on the living system?" This is just one way to understand this matter. We must first ascertain what life is; next, what disease is; thirdly, what a remedy is; and, lastly, what process determines the result which we call restoration to health.

These propositions, simple as they seem on paper, have never been fairly investigated by medical men; and on this account, medical men have, in all ages, taught a false doctrine on the action of remedies; and on this fundamental fallacy, all drug-medical systems have been based. And notably all the false notions in pathology and therapeutics, which make up the great mass of the medical literature (it is sometimes called science) of the world, grow naturally and necessarily out of this primary error. This is the root from whence has sprung all the false theories in medical science, and all the false systems in medical practice.

Can any reflecting person imagine it possible for medical men and medical sects to be constantly warring with each other on all conceivable subjects connected with diseases and remedies; and even physicians of the same school to be continually at variance in their reasonings and experiences, if there was any *truth* among them any true and demonstrable primary premises?

No; if either party or parties, or persons had a true philosophical basis, its truth could and would be shown;

thus confounding the fallacies of all the rest. But it is precisely because the medical sects or systems are absolutely baseless, and have no rational ground to stand upon, that the warfare can go on even-handed *ad infinitum*.

I do not, by any means, except "Water-Cure physicians," as a sect, from being involved in the errors of the old and false medical systems. I am well aware that a majority of the so-called Hydropathic physicians have derived what little medical philosophy they possess from the same fountain of error as their Allopathic, Homoeopathic, Eclectic and Physio-Medical competitors. And they have, consequently, just as little correct philosophy, in their application of water and other hygienic agencies to the cure of disease, as the physicians of the other systems have in their use of drug-medicines. It is, to a great extent, a sort of blundering, experimental routine—hap-hazard business all round.

And this is the reason that so many Hydropathic physicians cannot see their way clear in carrying out an exclusively hygienic medication. Deceived and misled by the specious sophistries of the popular medical profession, they are continually falling back on their druggery; thus practically admitting there is no reliable principle of independent philosophy in their own system.

I wish it, therefore, distinctly understood, that I recognize no man's opinions or practices to be right or wrong, because he belongs to my school, or to Dr. Curtis' school, or to any other school. It is "principles, not men;" it is truths, not schools, that I am endeavoring to discuss.

And now to our question. And, firstly, what is life? I answer, it is the aggregate of those properties or qualities of the structures of an organized body, which distinguish it from an inorganic material. In the animal, we have the *sensibility* and *irritability* of the cerebro-spinal and organic nervous systems, and the *contractility* of the muscular system. These are the *static properties*, and all together constitute life, *vitality*, the *living principle*, &c.

Now, what does the *living tissue*—the nerves and muscles do, differently from what is done by matters which do not possess life? They *feel* and *act*. Inorganic or dead matter neither feels nor acts, except to combine, cohere or separate, and this constitutes what is called *chemical* or *mechanical* action.

Vital action, however, is very different. It transforms some elements into itself, and transports others from itself. In all chemical actions, the elements of all the matters present are changed; their identity is lost; but by decomposition or separation, that identity can be restored again.

It is not so in the vital domain. Here the living tissue is not changed by contact with the inorganic material. It feels the presence of the inorganic material; and if compatible with its nature—if it be food—appropriates it to the formation of force material—structure or tissue. Thus it acts, yet is not acted upon. But if the material brought in contact with the living tissue is incompatible—if it be poison instead of food—the living tissue expels it or resists. It acts again, yet it is not acted upon in this case any more than in the former.

This, then, is the order of nature. This is the law of constitution and relation manifested in every living and in every non-vitalized thing. All the actions of a living system contemplate the growth, development and maintenance of the bodily structure, and the diseases of the organism appear substances which are not useful nor usable, and are hence foreign or poisonous.

Now, it cannot alter the relation of the living system to anything in the universe, nor to anything in this world, whether we call it a food, a medicine, or a poison. Whatever it may be, the living system feels or recognizes it as it is, and acts accordingly.

Is it not, then, simply ridiculous for learned men to so reverse the whole order of nature in its animate and inanimate relations, as to have the dead matter feel and act as well as the living?

Dr. Curtis would have it that his lobelia acts in a friendly way, or incites the stomach to act physiologically, or provokes it to do its duty, or in some strange, mysterious and utterly inexpressible and incomprehensible way, acts upon the system!

And his bitter opponent, Mr. Allopath, makes his tartar-emetic and ipecac do precisely the same things in precisely the same way.

Both give us exactly the same *modus operandi*, which is none at all enough. But what is really queer about the matter is the fact, that the Physio-Medical doctor calls his own vomit



Innocent, sanative, hygienic, &c., while he denounces the vomit of his brother M. D. as rank and deadly poison; while, on the other hand, the Allopath considers his tartar-emetica as perfectly remedial and safe, and denounces the lobelia as "a violent and dangerous narcotic poison."

Why do these doctors, equally learned, experienced and honest, see things so differently? The difference is just that of "tweede-om and tweelde-dee." Both are poisons alike; they occasion similar effects; both are expelled by the action of the living system; yet one, the lobelia, is got rid of with much less wear and tear of the organism, and on this reason is less poisonous than tartar-emetica.

[To be concluded in next No.]

## THE ANGEL HEALTH, AND THE ALLOPATH.

LAY an infant sweetly smiling,  
All the mother's thoughts beguiling,  
Folded to its place of rest,  
Fondly folded on her breast,  
Cheerful eyes to hers praisings,  
Chained her spell-bound, rapture crazing;  
Thoughts unspoken there lay gleaming—  
Thoughts too deep for lips revealing,  
Of the soul's light 'twas the raying,  
'Twas the son's love outward straying.  
Beaming, softening, melting, praying,  
Every blessing, every joy,  
Rest on thee, my precious boy.  
As the mother breathed her prayer,  
Other eyes were watching there,  
As the closer pressed her babe,  
Came there, forms of light and shade.  
Lore hovered near, with wings outspread,  
A shelter kind; herauteous head  
Low bending. Wherefore doth she watch?  
Emotions, sympathies to catch,  
From which she weaves an unseen chain,  
And twines and binds the happy twin;  
Content was there, with bnds and flowers,  
Weathing around the lingering hours;  
And there was Hope, with banner bright,  
Its silken foldings basked in light,  
And as the breeze its waves unrolled,  
Well pleased I read the tale it told.  
A child was sporting on the lawn—  
I watched it; ever and anon,  
A butterfly led on the chase,  
Those little feet could scarce keep pace,  
And falling on a bed of roses,  
He laughed to see the "shower of posies,"  
Nor dreamed the boy that love had been  
And stripped the thorns from every stem.  
A purring brook went dancing by—  
He longed its pebbly depths to try—  
And dimply feet might now be seen  
Splashing within the tempting stream.  
I saw through Youth till Manhood's prime,  
Pleasures and blessings intertwine—  
Then, Fame and Honor on him wait,  
And Virtue leads him to the gate  
Of Paradise. Hope fluttered on,  
And lost to me her pictured song:  
Then came Repose, with eye serene,  
And thoughtful gazed upon the scene;  
Now stooped and kissed the lovely child,  
Breathed on its brow, then turned and smiled.  
There waited Care, with furrowed cheek—  
She stood apart, but dared not speak—  
Yet looked with longing, earnest eyes,  
Anxious to win so fair a prize.  
And Grief, with shadows on her dart,  
E'er sought to pierce the mother's heart:  
But all the while of Grief and Care  
Battered not the lovely picture there,  
Till dread Disease walked forth in might,  
And spread around her withering blight.  
The mother strove her child to shield—  
Alas! 'twas vain, and she must yield;  
But see! along the dread one's path,  
Comes hurrying on an ALLOPATH;  
How gracious smiled, how buckled he;  
"Good luck is this, ha, ha! he, he!

Disease and I walk forth together—  
The tie that binds us none can sever,"  
The infant moaned, and Grief her part  
Sped quickly through the mother's heart,  
While Caro advanced with stealthy tread,  
And on her bleeding bosom fell;  
She sighed, she wept—what could she do?  
"Ah, trust me, M'am, I'll see him through;  
Indeed, I'm grieved to give you pain,  
But fear the trouble's on the brain;  
Still, with these antidotes on hand,  
I'm skilled as any in the land;  
Most wondrous cures I oft effect,  
(Though some do pay Dame Nature's debt,  
Else might her score run up too high,  
D. clors must live, though patients die;  
Glady we'd eke their being out,  
Knowing, of course, what we're about—  
But though we deal with marvellous skill,  
Our remedies do—sometimes—kill.")  
And glancing towards the lovely babe,  
His doses and his rules he made,  
To be delivered so and so,  
And, "Madam, surely you must know,  
All air must quick exclud'd be,  
This heavenly breeze walks in too free;  
And hourly, if the patient thirst,  
And throbb his pulses, like to burst,  
A tea-spoonful—say, once an hour—  
With caution given, is in your power."

He turned away, but left his shade;  
Disease, delighted with his aid,  
Worked on—how throbb'd the burning brow,  
How dimm'd the sparkling eye, and now  
The dewy lips, whose laughter played,  
With rosy hues, and dallied  
So lovingly—grew parched and dry.  
"Alas, and must my darling die!"  
The mother gazed: "And must it be?  
My anguished heart will burst for thee!"  
She calls, in accents strong and wild,  
"Canst Thou not, Father, spare my child?"  
She paused—there came a fluttering sound,  
Which made her sinking spirit bound,  
And, lifting up her tearful eyes,  
She saw with joy, and strange surprise,  
A radiant form stand by her side;  
"I've come to comfort and to guide,"  
She said. "If thou'lt but trust to me,  
Thy treasure'll be restored to thee."  
Her wings too silvery fountains seemed,  
Her eyes with joy so brightly beamed,  
That upward from each limpid bed,  
Resplendent, circling o'er her head,  
A *bove of promises* dazzling hang,  
Its radiant hues the shades among.  
Her flowing tresses wreathed with flowers,  
That grew, methought, in Youth's glad bowers,  
Where Spring eternal clothes the year,  
And perfumes fill the balmy air:  
Her breath was like the morning breeze,  
That revels 'mid tall forest trees,  
Or dances through the valleys gay,  
And gathers fragrance all the way.  
The mother rose and took her babe,  
Within those waiting arms she laid  
Her treasure: down her pallid cheek  
A tear-dropt stole; she could not speak  
Her hope, her trust, but silent there  
She stood and watched the angel fair,  
While in those founts the babe she bathed,  
Gently the burning temples lav'd,  
Placed to its lips the cooling draught;  
The little sufferer quaffed and quaffed,  
Breathed o'er him her life-giving breath,  
And spurned the eager watcher—*Death!*  
Slowly those drooping lids unclose:  
The eye, so dimm'd, with lustre glows;  
Softly around the lips, the while,  
Begins to creep the wonted smile,  
And weary tossings, burning heat,  
Give place to rest and soothing sleep.  
Her task was done: the angel smiled,  
And gave the mother back her child:

"Here, take," said she, "thy joy, thy wealth,  
And learn of me, my name is 'Health.'"  
The mother strove her thanks to speak—  
Her heart was full—she could not weep:  
The beautiful angel caught a tear,  
And set it in her rainbow clear,  
A sparkling gem, and floods of light  
Fell o'er them, as she pass'd from sight.

Now at the door-way, wheaten sheaves,  
With drooping heads, she silent leaves;  
A laden basket, leaning o'er,  
Of tempting fruits a generous store.  
Her babe again the mother pressed,  
Then placed it on its couch to rest;  
And turning towards the Doctor's stand,  
With meaning eye, determined hand,  
The vials seized; hark, how they dash!  
Advancing, Doctor hears the crash,  
And, wondering what has come to town,  
'Mid sheaves and fruit he stumbles down:  
"What trash is here? I'm sadly bruis'd,  
To falls like these I am not used;  
I must be weak—this apple's fine—"  
'Tis strange—I dined on beef and wine—"  
Yet picks him up, the injured man,  
"And hobbles on, as best he can."  
"The fools that stumble—'tis the wise!"  
The Doctor starts—now rubs his eyes—  
"I'm sure there's nought peculiar here—  
This light—makes me feel—rather queer—"  
But onward he pursued his way,  
To where the sleeping infant lay;  
Again, again, he rubs his eyes—  
Astonished at the view, he cries,  
"Indeed, I am delighted, M'am,  
My medicines work like a charm;"  
And glancing toward the rival stand,  
He panted, bewildered, "What, M'am!"  
And "Oh no, sir, no!" the lady cried;  
"Had you worked on, my babe had died;  
'Twas she, the lovely angel HEALTH,  
Who gave me back my boy, my wealth;  
In cooling fountains gently bathed—  
With her own hands his temples lav'd,  
With water pure—who quenched his thirst,  
And calmed the pulses like to burst;  
Who breathed around this heavenly air,  
Lured back Repose; sprung Grief and Care."  
"This passing stranger," the Doctor stammer'd,  
While with his cane the floor he hammered,  
"More strange than true?" the lady asked,  
As from her presence quick he passed;  
And as he home pursued his way,  
He muttered—so good people say—  
"Denoe take! I sure my business' down—  
If Health can't be kept out of town."

MIRRY.

Leominster, Sept. 6th, 1856.

THE STUDY OF ANATOMY.—In after times it will be spoken of as an event, in the history of the most eminent surgeon and correct teacher of anatomy in New England the late Dr. Warren, of Boston, that he gave his own body for the advancement of science. The moral effect on the public mind will be of incalculable advantage to the progress of anatomical researches. It will open the eyes and the understandings of legislators, to the importance of legalizing the dissection of human bodies in those States of the Union where it is now a criminal offence in the sight of the law. With all her Puritanical coldness, fanatical tendencies to be first and foremost in all the aims and absurdities for which she is ridiculed by liberal-minded strangers, Massachusetts has the honor of first legalizing a branch of study which is the foundation of all knowledge and skill in surgery,—viz., practical anatomy. To the disgrace of the country, in several neighboring States, it is not an uncommon circumstance to hear of prosecutions, and persecutions, too, because some student, more ardent than others for knowledge, is detected in the praiseworthy effort to qualify himself to practice medicine and surgery.—*Medical World*

## Business.

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But, in all cases, when notified of the non-reception of Journals, we re-mail the missing numbers,—if we have them. And when Friends, Co-workers, and Agents, use and sell their Journals, to get up Clubs, we make them free, by promptly forwarding a clean set of back numbers for preservation and binding.

And now, a word to others, in closing. Some of our very best friends,—most zealous in behalf of the "good cause" we advocate,—are not entirely free from fault. They neglect to tell us where to send. Omitting to give the post-office, county, or State, we are left in the dark, until time for a return mail, without Journals, when we "get waked up with a crash!" It is easier for most persons to put a "horn" into a letter, than it would be to deliver it verbally. Hence we "catch it" from a distance, with sighs unfeigned.

By the same mail that brings us the complaints of individualists, we receive the warm thanks of thousands, from all quarters, assuring us of the incomparable importance—the godliness of our mission, encouraging and fortifying us to go on, rescuing from death hundreds of valuable lives, by teaching the true doctrines, the LAWS of LIFE, as it is in Hydropathy. We shall be careful to have all go straight in future, and quick to correct any errors which may be made on either side.

OUR THREE JOURNALS.—We give a brief PROSPECTUS—with Club Terms—of our Three Journals, on the last page of the present number. Readers, in sparsely-settled districts, may avail themselves of Club Rates, by subscribing for the Three, and dividing with a neighbor. Many—and the number is daily increasing—find the three none too much for the wants of the family.

ONCE AN AGENT ALWAYS AN AGENT.—Voluntary agents need not delay forming clubs.—In their own towns, or in order to have certificates renewed. They are already known, and will be readily trusted by their neighbors for this purpose; so get up clubs, and have your agency renewed, when you send in the first club for 1857.

BUNGLING WRITERS.—Heretofore we have suffered losses by the slovenly manner in which some of our Journal wrappers have been written. We now employ intelligent persons, who can not only write a good, plain, readable hand, but who can at least spell "easy words" and their own names correctly. In future we hope to have the names of subscribers more carefully and more legibly written than heretofore. We all like to see our names plainly written, and not as if done with a crowbar. Publishers would do well to employ a writing-master for some of their wrapper writers, before entrusting them with the direction of papers.

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We have in the course of preparation a series of little Manuals of Practical Life, with the foregoing general title, the convenient form and low price of which will commend them to everybody, and bring them within the reach of all classes.

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Chapter I.—WRITING MATERIALS. Stationery of the Ancients—About Paper—Choice of Materials, &c.  
Chapter II.—PENMANSHIP AND POSITION. Various Methods of Writing—Hand-writing—Improvement—The Right and the Wrong Position in Writing Illustrated.  
Chapter III.—LITERARY COMPOSITION IN GENERAL. Ideas—Words, how to spell them—Sentences, or how to put words together—Punctuation—General Principles.  
Chapter IV.—EPISTOLARY WRITING. The Epistolary Style—Etiquette of Letter Writing—Miscellaneous Directions—Forms.  
Chapter V.—BUSINESS LETTERS. Directions for Writing Business Letters. Examples of all kinds of Letters of Business, with numerous Remarks.  
Chapter VI.—FAMILY LETTERS. Directions and Remarks, with numerous Examples of Genuine Family Letters.  
Chapter VII.—LETTERS OF FRIENDSHIP. Remarks and Examples.  
Chapter VIII.—LOVE LETTERS. The Heart and the Pen—Examples of Genuine Love Letters.  
Chapter IX.—LETTERS OF INTERESTION. Words of Caution—Etiquette of Introduction—Examples.  
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# The Month.

NEW YORK, DECEMBER, 1856.

## TOPICS OF THE MONTH.

BY R. T. TRALL, M. D.

**THE CHALLENGE.**—We are sorry to be obliged to say, that the reward of one thousand dollars which we have offered for an opponent, is not yet called for.

More than a score of persons have written as expressive of the great interest they shall take in the discussion. None of them seem to doubt in the least that there is some one—some Samson or some Goliath, as the case may be, willing to enter the lists in this controversy, on the side of the system which has learning, experience, prejudice and *law* on its side.

We confess, however, very frankly, that we did not expect an opponent; and for this reason: Those who stand highest in the regular profession, (and those only have we challenged,) *know* there is something wrong about their system, and they know enough to know that they cannot defend it. We, therefore, consider our thousand dollars perfectly safe.

If, however, we are mistaken, we should be most happy to know it, and to own it. We know that we have the truth, and, what's more, we know that we can *prove* it. All we ask is the opportunity; and for this we are willing to pay.

We do not wish to treat the profession discourteously, nor to make presumptuous and egotistical pretensions to superior intelligence. But as a comparatively unlearned man may safely challenge a world of savans on a proposition which he can demonstrate to be true, so do we, knowing the prevalent doctrines are wrong, challenge the whole profession. We *dare* them, one and all, to discuss publicly the philosophies of our respective systems, and we are willing to pay them for the trouble. If they will not accept this generous proposition, if we cannot provoke, coax, drive, nor hire them, to go before the people with our differences, will not the public have reason to suspect that the whole system of medicine, as generally taught and practiced, is one grand mistake, or a grander—*humbug*?

**THE CRITICAL EDITOR.**—Among our numerous exchanges are some who do not approve our method of attacking the popular system of medicine. They think we should talk wholly about Hydropathy, and let Allopathy alone altogether.

One of these criticising exchanges thus notices us:

The *Phrenological and Water-Cure Journals* for October are before us, with their usual good appearance. They are got up in a manner that bespeaks the enterprise of the publishers. Of the *Water-Cure* we must say, that we think it would accomplish more, if more space was given to the direct advocacy of the views of its managers, and less to the direct *glare* to pull down "the old system."

Now, brother Quill-driver, suppose you, like Moses of old, were trying to lead an erring people out of a land of ignorance, disease and sensuality, to the "land of promise," where the milk of pure innocence, and the honey of truth, were to ensure to them the boon of health and happiness; and suppose you found in your pathway a

wall of error, reaching as it were to the skies, made up of all the accumulated errors, superstitions, fallacies, fantasies, and false doctrines of ages, and suppose again, that you could neither go around it, nor climb over it, nor crawl under it, nor pass through it?

What would you do? Would you not tear it down—demolish it, till there should not one stone stand upon another?

This is our position exactly. So long as we suffer the false doctrines of Allopathy, which still loom up like a huge mountain before us, we shall never make much headway. So long as these false theories remain, so long will their murderous practice continue.

**THE MEDICAL PROFESSION IN AUSTRIA.**—A late paper has the following:

According to a recent statistical return, there are now in the Austrian monarchy 6,300 physicians, 6,000 surgeons, 19,000 midwives, and 3,000 apothecaries—making about one physician and one surgeon to every 6,000 inhabitants, and one apothecary for every 42,000.

In this city, and in most parts of our country, which are naturally as salubrious, to say the least, as is Austria, the proportion of physicians is five or six times as great.

In some of our New England towns and villages, locations as healthful by nature as ever the sun shone upon, there are two physicians to each thousand of the inhabitants; and as a singular coincidence or necessary consequence, the people are very generally ailing and complaining—the women especially.

**DR. HOLMES ON GROWING MEN.**—The N. H. Oasis says:

Dr. O. W. Holmes has shown what everybody knows, that we are, as a race, deteriorating. But he has not given in the *American* why the New England man grows smaller in bone and muscle. Chemistry tells us that it is owing to the want of material in the soil to produce bones. Much is owing to our unnatural habits of life. Much to the weakness of our femur, so that do anything but develop their muscular powers. But the main reason why the race deteriorates so rapidly in the eastern part of New England, is owing to the hard granitic soil, which does not furnish lime stone sufficient to form the bones. In Kentucky, Ohio and Western Vermont men grow to large size, because of the limestone formation beneath the soil. Parts of families have emigrated from Massachusetts to limestone regions, and the result in the next generation, has been a larger bone development in those who left Massachusetts, than in those who remained. Kentucky, Ohio and Iowa will grow great men. The finest figures in the world will be found in the valley of the Mississippi in a few generations. In-door labor, so unatural for men, will weaken the vital powers, and stop the growth in large cities; but the great and glorious West, with its broad prairies, will compensate for the growing feebleness of the Eastern States.

To all the philosophy of the above article we object. It is not the want of lime in the sterile soil of New England that ails the men. It is their abominably bad habits of eating, stuffing, gorging and gormandizing on mixed, greasy, concentering, and unphysiologic preparations of food. True, there is too much in-door labor: but this is a small evil, compared with the outrageously unhealthful eating habits of the majority of the New Englanders. In newer countries, men, from necessity, live plainer in all respects, and for this very simple reason will have a better development.

In one small beautiful village in one of the New England States, where we visited a patient not long since, we were told of about forty bed-ridden females in the immediate vicinity. If chemistry tells us that this is owing to a want of lime in the soil, common sense tells us it is owing vastly more to *too much lime and salt and pepper*, and salutaris, and lard, and butter, and fine

flour, and flesh-meats, tobacco, tea, coffee, and other bad things taken into the stomach.

Our New England women have the reputation of being famous cooks. They are excellent housewives, and their like is nowhere else to be found. But unfortunately their erroneous style of cooking is fast deteriorating the race. If New England women would cook physiologically, sickness would hardly be known in the region.

**MISS COGSWELL'S LECTURES.**—Miss A. S. Cogswell, M.D., having spent some weeks with a sick sister in Ohio, who was supposed to be far gone with consumption, but whom she has succeeded in restoring apparently to perfect health, has resumed her lecturing tour in Western New York.

As usual she meets a warm reception, and to use her own expression, "finds herself happy in doing good and in getting good."

The following, among her constantly accumulating testimonials, has been handed us with liberty to publish:

The ladies of Perry Center having heard with sincere pleasure and satisfaction the instructive, earnest and able lectures of Miss A. S. Cogswell, M.D., would take this opportunity to express their grateful appreciation of her services in the cause of philanthropy and reform—especially in seeking to deliver her sex from the cruel thraldom of fashion, and inspiring them with a more enlightened and becoming regard for those great laws of health, happiness and usefulness, which, as wives, mothers and daughters, we ought to know and obey; being herself a noble example of self-denial and moral courage in these important respects. And they would also cordially commend her to all who desire the society of a cultivated and Christian woman, or the labors of a gifted advocate for the elevation of her sex.

Rev. Mrs. HONEYMAN, and others.  
Perry Center, Oct. 14, 1856, Western N. Y.

**TALKING ITSELF.**—Like the boy whose whistle "whistled itself," the time will come, *must* come, when something will "talk itself," if the present system of medication is not speedily revolutionized. A premonitory symptom may be discovered in the following talk, taken from a late city paper:

**DOCTORS, DISEASES AND DEATH.**—There is no getting away from the appalling fact that in this city, with three medical colleges, with nearly a thousand physicians, and with four hundred apothecaries, there is a terrible amount of premature mortality. With no extraordinary causes of disease, with no prevailing epidemics, we have a mortality of twelve or fifteen thousand a year, more than half of whom are children, and not one in a hundred of whom die the only natural death of old age.

Certainly nineteen-twentieths of these have the benefit of allopathic doctors, with their drugs, lancets and instruments of torture. Taking this state of fact, is there any reason to believe that the common medical practice ever diminishes the duration of disease, or lessens the rate of mortality? Is not the contrary rather indicated by the statistics of the reports of the City Inspector—that terrible record of the results of human ignorance, folly and vice—that standing protest against all the claims of medical science?

When a man falls suddenly dead in the street, or is found dead in his bed, or suddenly expires in any way, before a doctor can be called, an inquest is held by the coroner. Is there any good reason why inquests should not be held in other cases? Why should we not demand an investigation of the death of a patient by the lancet, by calomel, by prussic acid, by opium, by any of the hundred agents of death in the materia medica—why should he escape the investigation of an inquest, and be allowed to go on with impunity, committing more blunders? When a neighbor, young, full of vigor, is attacked by a fever, sends for a doctor, grows worse and dies, why do we not demand an investigation? Ought an "M.D." to shield a man from inquiry—from censure, and if deserved, from punishment?

"I believe I may safely affirm," said Thomas Jefferson, "that the inexperienced and presumptuous band of medical tyros let loose upon the world, destroy more life in one year than all the Robin Hoods, Cartouches and Macbeths do in a century."

**A STRAW.**—The following straw, from the *New Jersey Medical Reporter*, shows which way the wind blows. Those of our readers who read our predictions concerning the kind of treatment Dr. Smith would receive at the hands of

his medical brethren, will appreciate its significance :

We see it stated that Dr. J. V. C. Smith, formerly editor of the "Boston Medical and Surgical Journal," has started a new weekly journal in Boston, to be called the "Medical World." He speaks of a wider range and more liberal sentiments, in regard to the various sentiments now prevailing on the subject of medical science. What does he mean, Drs. Morland and Minot?

For a very good explanation of the meaning of the words "more liberal sentiments," we respectfully refer the New Jersey Medical Reporter to a very useful work entitled "Webster's Dictionary."

**A PUZZLE FOR MEDICAL MEN.**—The *Richmond Dispatch* gives the following puzzlesome problem for solution :

**EXTRAORDINARY FEAT OF NATURE.**—Mary, a negro woman belonging to Dr. John H. Huntley, near Mooresville, Ala., gave birth, on the 10th instant, to three living infants, two whites and one black. It will puzzle the medical fraternity to account for this singular event.

We will agree to solve this puzzle, so very interesting to medical men, for a reasonable compensation. Suppose the medical faculty offers a prize for the best Essay on the subject?

**OPENING OF THE HYDROPATHIC SCHOOL.**—The opening exercises of the Winter Term of the New York Hydropathic Medical School, took place at the College Hall, No. 15 Light street, on Monday evening, the 17th ult. Over fifty students were present on the occasion, and several more were expected in the early part of the term.

This present class, some of whom have attended one term already, and others two or three terms, promise well for themselves and the cause they have so earnestly espoused.

The principal address was delivered by Dr. O. W. May. All the teachers were present, and made brief and pertinent remarks of explanation and encouragement. On the whole, this was the most auspicious "opening" which has yet occurred in this school, which seems to progress steadily and gradually, hopefully and healthfully, as does the cause it is intended to subserve.

## Literary Notices.

**THE ILLUSTRATED ANNUAL REGISTER OF RURAL AFFAIRS,** and Cultivator Almanac for 1857, 144 pp. 12mo. Embellished with 142 Engravings. Price, prepaid, by mail, 25 cents per copy. For sale by FOWLER & WELLS, 308 Broadway, New York.

The subjects treated in this volume, besides the usual Astronomical Calculations and Calendar pages, include among others the following:

**LAYING OUT FARMS.**—Six Engravings.—General Rules to be observed. Plan for the Division of a Farm D. T. Moore's Farm and Buildings. Farm Management and Capital.

**FARM HOUSES.**—Fourteen Engravings.—The Art of Planning them. Design for a One-Story Farm House. For a Plain House. For a Square Farm House. A Bracketed Symmetrical House. A Village or Suburban House.

**FARM IMPLEMENTS.**—Forty-one Engravings.—Plows—for Different Soils—Side-Hill and Sub-Soil. Harrows and Cultivators. Planters and Sowers for Seed, Corn, Grain, etc. Mowing Machines—Wood's and Ketchum's. Horse Hay and Grain Bakes. Horse Pitch Forks. Washing Machines. Feed Mixer. Corn Shellers. Dederick's Hay Press. Wood's Portable Engine. Voss's Ox Yoke. Older Mills for Vinegar Factories.

**FRUIT CULTURE.**—Twenty-two Engravings.—Laying Out and Planting a Fruit Garden. Laying Out Orchards. Misting and Deep Planting. Dwarf Pear Trees. Notes on Fruit Culture—including Twenty-two short articles, and many invaluable facts and suggestions. Culture of the Raspberry. Culture of the Blackberry.

**ORNAMENTAL PLANTING AND PLANTS.**—Sixteen Engravings.—Half-Hardy Trees and Flowering Shrubs. Herbaceous Perennials. Climbing Annuals. Perennials for Lawns.

**ROCK WORK AND RUSTIC STRUCTURES.**—Twenty-three Engravings.—Artificial Rock Work. Rustic Seats and Structures.

**WEIGHTS AND MEASURES.**—Measures of Length and Surface. Tables of Specific Gravities, Weights, etc. Contents and Size of Cisterns. Velocity of Wind.

**FARM AND GARDEN ECONOMY.**—Sixteen Engravings.—Preparing Soil for Gardens. Valuable Miscellaneous Facts. Planting Trees and Plants. Propagation by Cuttings. Satisfactory Farming. To Prevent Wheat from Sprouting. Mice-Gnawed Trees.

**DOMESTIC ANIMALS.**—Three Engravings.—Food Consumed by Different Animals. Doctoring Sick Animals, with Rules for Preserving their Health, and Remedies for the more common Diseases of Horses, Cattle, Sheep and Swine. Apparatus for Shearing Sheep.

**MISCELLANEOUS.**—One Engraving.—Presence of Oil in the Great Trees.—*Synopsia Gigantea.*—Supports for Lightening Rods. Paints and Whitewash for Barns.

It will be seen, from the foregoing abstract of the contents of the REGISTER for 1857, that it embraces as great and valuable a variety as either of its predecessors. Numbers 1 and 2, for 1855 and 1856, are no less useful now than the day they were issued, and the contents of No. 3, as above, are of equally permanent interest.

Address FOWLER AND WELLS, 308 Broadway, New York.

## To Correspondents.

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

**VARICOCELE.**—W. A. G. "Is varicocele curable?"  
"Will the application of the ligature to the dilated vein effect a cure?"  
"Have you ever known this disease to be successfully treated; and by whom?"

"To whom would you advise a person to apply in your city or elsewhere for the purpose of being radically cured?"  
"I am a young man, not yet twenty-five. I have a troublesome varicocele on the left side, which causes great bodily and mental depression. It is a long-standing case, although it has been but about three years since it has given me any uneasiness. I take your JOURNAL, 'W. C. and Gardener's' and Life. Will you please give me information through the columns of the WATER-CURE JOURNAL?"

The majority of cases are curable. You can get all the benefit, medical and surgical, at the Water-Cures in New York, that the case admits of.

**FLANNEL, APPLES, SUNSHINE, AND HANDMILLS.**—N. C. E. Guyboro'. "I would esteem it a favor if the Editor of the WATER-CURE JOURNAL would answer the following questions in the next No. of the Journal:"

"1. If flannel is deleterious, when worn next the skin, what should we wear?"

"2. When we eat apples or other fruit, should we pare them or not?"

"3. What is the best material (next to daylight) for lighting our rooms?"

"4. What is the price of the handmill?"

Question 1. Cotton or linen. 2. As you please. 3. 01 or 02. 4. \$7.

**TOOTH PASTE AND BLACK WALNUTS.**—G. A., Monrovia, Ind. "Is 'the Oriental Tooth Paste' sold by 'General Agents,' Burlington Vermont, injurious to the teeth or not? Is it a humbug? Are black walnuts healthy for human food?"

As our system has no use for tooth paste, nor nostrums of any kind, we neither know nor care what the "Oriental," sold by "general agents" over the country, is made of. Healthy food, and the daily use of a tooth-brush dipped in pure water, will keep the teeth clean and the breath sweet; so who wants to bother about tooth-pastes? Black Walnuts are good food for well-trained vegetarian stomachs; but not for such stomachs as we usually find in these days of rotting teeth and dyspeptic stomachs.

**PARTIAL PARALYSIS.**—J. B. C., Sparta, Tenn. "Dr. TRALL,—Sir, a neighbor of ours—a clergyman by profession formerly—had to quit his profession on account of bleeding from the lungs; of late he has followed farming—say the last seven years; lives in the usual way. Three years since this fall, he was taken with paralysis in the right arm and leg; since that time it has settled in his limbs generally. At times he will fall down; at times he seems to be unconscious where he is. About forty-five years of age; hair gray, fortid countenance, blue eyes, and very industrious. He

wishes to know if there is any help for him, and what would be the proper course to pursue; if he can be cured, how long would it be likely to take? By answering in the next JOURNAL you will oblige a subscriber.

Probably the patient could be relieved in two or three months at a good establishment; and probably home-treatment, if he would adopt and persevere in a rigidly plain and abstemious fruit and farinaceous diet.

**MORNING SPITTING.**—A. S., Buffalo, N. Y. "I am fifteen years of age, and have been afflicted with a hacking and spitting, especially in the morning just after I rise, for the last two years. If you can tell me any way in which I can better myself, please state it in your WATER-CURE JOURNAL."

You have a torpid and perhaps enlarged liver. Use sponge and lip-baths, and adopt a plain fruit and vegetable diet.

**DIET AND DYSPEPSIA.**—A. E. G., Mesopotamia, Ohio.

"What kind of diet is best for a dyspeptic of long standing, who has a craving appetite?"  
"What quantity of food would be necessary for such a one? Is a man fifty years of age able to labor, and naturally robust?"

"How much food does a child of four years of age require in proportion to a man under the same circumstances?"

Unleavened bread, good fruits, parched corn, hard crack ers, &c., with a very small proportion of vegetables.

The quantity cannot be measured nor weighed. Eat all the system disposes of without a sense of weight or oppression in the stomach or head.

The child should have perfectly healthful food, and then be allowed to eat as much as it will at the regular meal hours.

The only sure guide in all these cases is natural instinct.

**SPERMATORRHEA.**—B. L., Zanewille. Get the work of Fowler & Wells, entitled "Sexual Abuses," and follow the directions for "Home Treatment" implicitly.

**UTERINE DISPLACEMENT.**—A. E. S., Columbia, Texas. Severe cases of many years' standing cannot, as a general rule, be cured without proper mechanical treatment; and this requires the patient to be with us for a short time. Bathing and diet, if judiciously employed, tend to improve the general condition of the system, but "cold water alone" cannot restore a displaced organ any more than it can reduce a dislocated joint.

**TAPE-WORM.**—E. J. N., Dubuque, Io. "Can you give a course of treatment that will expel a tape-worm (Tenea Solium). I have been under treatment for the last year for one, and am nearly discouraged. Jayne's Specific dissolves large portions of it, but still leaves the head behind. My age is near forty years. Sober habits. Do not take coffee or use tobacco."  
"If you can give me the outlines of a plan that will be successful, you will confer a lasting obligation upon your friend and obedient servant."

You will find the outlines of a successful plan in the whole Hydropathic system; and the details under the heads of diet and bathing. Eat nothing but unleavened, coarse bread and apples, and in due time the reptile will "avant."

**INDIGESTION.**—J. W., Windsor, Conn. "Please answer me, through the WATER-CURE JOURNAL the following questions: I have a very good appetite in the morning, but none at noon or at night. If I eat at noon it makes me feel bad, but at night I have some desire for food; but if I eat nothing, I do not have the least desire for food until the next morning. All kinds of baths agree with me—that is, I have a good reaction."  
"What treatment is the best, and should I fast or not? when I fast I do not feel any loss of strength."

Yours is an ordinary case of dyspepsia. Treat as recommended in the chapter on "Indigestion," in the *Encyclopaedia*. Eat very plain, simple food, mainly confined to coarse bread and fruits, at regular periods. Be moderate at all meals, and have the supper very light.

**DISEASED LIVER.**—J. C., Salem, O. All of your multitudinous bad feelings and strange sensations originate from a primary disease of the liver. Attend to all you find in the *Encyclopaedia* in the chapter on "Indigestion," especially "Liver Complaint" and "Constipation." You describe your various and ever-varying bad feelings, through four or five pages, yet say not a word about your dietetic habits, or the state of the bowels. This one point is of more importance to enable us to prescribe, than all the more sensations you could describe in a lifetime.



**REAL WATER-CURE DOCTORS.**—A correspondent, writing from San Francisco, asks us to send to that country a graduate of our institute, who will represent and practice the true system, and nothing else, &c. Such applications come to us from all quarters. In the "good time coming," we may be able to supply all such demands. At present, however, the harvest is great, but the laborers are few.

**CANCEROUS AND POLYPSY TUMORS.**—A. L., Chicago. We have repeatedly stated, that we cure all such cases, if curable at all, by mild and gentle means. But we cannot "send a remedy," for the reason that we have none to send. The process is surgical, as well as medical; and this requires the patient to be with us, at least during the process of *excision*. No two cases are managed precisely alike, although all are treated on the same general plan.

**KING'S EVIL.**—D. P., Salem, Ind. "About four years ago I was attacked with a disease resembling King's evil, which affected my head and neck. I have taken drugs by the gallon, but have received no permanent relief. I have never paid any regard to diet—an most meat my life, in regions where the water is limestone, or hard water." Please write through the Water-Cure the best treatment.

Note.—The patient's skin on the parts affected is of a fiery red color, and is not at this time very painful."

Leave off drugs. Bathe once or twice a day. Adopt a plain fruit and vegetable diet; and you will be sure to have better health.

**WORMS.**—O. T. McC., Andes, N. Y. "Why should a child, who has been bathed and fed according to the rules of Hygiene (that is, as we understand them), have worms?"

Is there any way in the Water-Cure treatment of ejecting them; if not, how can we prevent them from becoming troublesome?

If these questions are correctly stated, you would much oblige us by answering them through the columns of the W.-C. JOURNAL.

We cannot answer for "your understanding" of the rules of hygiene. A child who is born healthy, and afterwards properly fed and bathed, will not have worms. If worms do exist, it is conclusive evidence that something is wrong. Copious enemata will sometimes eject worms; but if the dietary is *truly* hygienic, they are unnecessary.

**SPINAL DISEASE.**—M., Fall River, wishes to know what kind of exercise, diet, bathing, &c. she should pursue, as preparatory to attending a Water-Cure next season. All she has to do is to observe the rules of health in all respects. If she is not familiar with the details of these, she will find them fully explained in our standard works.

**DIFFICULT BREATHING.**—G. G., Greensburgh, Ind. "I have been troubled for several months with a hardness of breathing. My lungs feel tight; have a continual slight misery in my stomach, and gurgling in my left side, and occasionally a slight pain running up the left side of my chest. Diet simple—digestion regular. Doctors tell me the disease is a chronic inflammation of the stomach. Will you inform me, through your next WATER-CURE JOURNAL, what the difficulty with me is, and what the best remedy?"

You have chronic inflammation and enlargement of the liver. There is also some degree of inflammation of the mucus membrane of the *duodenum*, or upper portion of the bowels. Take a daily sponge-bath; wear the wet girdle; take hip-baths ten minutes two or three times a day; and let the principal diet be unenriched bread and fruits. The food must also be abstemious in quantity.

**CROUP.**—W. K. H., Columbus, Geo. "My little boy, aged four years, having inherited a feeble constitution, has been from infancy liable to disease from the effects of cold; he has had several violent attacks of 'pneumonia,' which has rendered him still more susceptible of its effects—probably the result of too liberal use of the various drugs he has swallowed; so very susceptible is he, that the least exposure is sure to be followed by a violent attack of croup. The common remedies of the Regulars relieve him for the time, but do not cure him—do not relieve the susceptibility.

I believe much in the '*crisis morborum natura*,' and very little in the '*contra-indications*.'"

Will you do me the kindness to give the Hygieopathic mode of treating the croup in the next number of the WATER-CURE JOURNAL?"

First, quit giving the '*contra-indications*,' which you say you don't believe in; secondly, apply cold wet cloths around the neck; thirdly, bathe the body in water, either warm, tepid, cool or cold, according to the degree of febrile heat, always

aiming to balance the temperature, and keep it at the natural standard.

**DYSPEPSIA.**—M. H. H., New Oregon, Ia. "Will you, through the W.-C. JOURNAL, tell me the cause and cure of my troubles? For eight months past, nearly every morsel of food I have eaten has fermented in my stomach very badly, causing me a great amount of trouble and considerable pain. Up to the time that my troubles commenced, I had used tea, coffee, meats, &c. &c.; & since then my principal food has been bread from unenriched wheat and vegetables; my drink cold water; my temperament is bilious; my health, otherwise than this, is good, except that I have occasionally a turn of the diarrhoea. Is milk suitable in my case? Should I take an alkali to neutralize the acid in my stomach? Fruit cannot be obtained here otherwise than dried."

You are very dyspeptic. Bathe daily in water of a temperature adapted to that of the skin; persist in a plain vegetable and fruit diet; take no alkalies nor other drugs, and have a little patience. A person cannot do away in a day, nor a month, nor a year, the accumulated effects of half a lifetime of incorrect habits.

**NERVOUS DYSPEPSIA.**—M. L. R., Cheenucgee, Ala. Your extreme constipation is probably owing to some uterine displacement, which should be attended to. Use unenriched, as well as brown bread, with a good proportion of fruits.

**PREVENTION OF PREGNANCY.**—Mrs. A. J., Providence. "It is not a fact that women generally have too fast for their own health, or the good of the offspring? And ought not women to have some control over this matter of child-bearing?" Such questions are asked us continually. It is but too true women do snuff a world of misery on this account. And women should have and can have entire control of the matter without inconvenience or injury; or even the knowledge of the husband. For obvious reasons, however, it is not proper to give publicity to such things. The information must be privately imparted to the parties themselves.

## VOICES FROM HOME.

**FROM FLORENCE, KENTUCKY.**—With a Club of new Subscribers, from Florence, Boone County, Ky., came this welcome "Voice."

"Inclosed I send you — dollars, for which please mail your *Heaven-born health Gospel*, THE WATER-CURE JOURNAL, to the following names. Direct as follows. [Here followed a generous list of names which closed with these words:]—'Blow ye the trumpet blow, the gladly heavenly sound, let all the nations know to earth's remotest bounds, that the greatest scourge that was ever inflicted upon poor suffering humanity, is drug-poisoning. Give such men as your Editors a chance to play their batteries upon that Gibraltar of 'absurdity, contradiction, and falsehood,' and its fall is inevitable. Old fogeyism has nearly winked his last in this region. You shall hear from me again, I hope to send more names soon. Your subscriber forever,—Z. P. GLASS, M.D., a convert from old fogeyism."

**A PIONEER WATER-CURE WOMAN.**—A valued co-worker, now in the West, sends us the following friendly paragraph, to which we ask the attention of our Tennessee patrons:

"I write to interest you in a very valuable lady who has been for many years a pioneer W.-C. doctor, and with eminent success. She is a noble, Christian woman, but too modest and retiring to help herself along in the world quite enough. She would like a situation in a WATER-CURE, as a physician. She would prefer a situation either South or West. She can bring the best testimonials from several large places. Can be addressed as Mrs. LUCIA B. VAN TASSI, Memphis, Tenn."

**PERSONAL EXPERIENCE.**—Among the responses to our request, "TELL US WHAT YOU KNOW," M. L. C., of Western New York, sends the following:

"Since the time you invited your readers and patrons to send you their experience in Water-Cure, to be published in your valuable Journal of Health, we have from month to month been instructed and entertained by the perusal of such recitals. I propose to furnish an experience which, perhaps, will be found to correspond to that of many besides myself.

"I was reared by fond and anxious parents, who did by their children the best their capabilities allowed; who fed

me what they supposed the best food to keep us in a healthy condition. Our daily fare on an average was precisely such as nine tenths of the civilized world (in the United States) subsist on at the present day. We were as healthy as children generally are, brought up in the same way. A year or two before I arrived at the marriageable age, I took to myself my other half—nearly four years thereafter our first "little incident" occurred. As part of my experience consisted in taking into my system sundry pills, bone-setters, castor, sage, and ginger teas, "pain-killers," ginger and molasses, and all sort of good tasting (I stuff, I will mention that when I was wont to be afflicted with belly-ache, head-ache, back-ache, or any other ache or ill, this thing or that was good, and was forthwith prepared, and sent to the human bread-basket, to repel the insidious invader from the "tabernacle of the flesh." But of course it was all right—so thought I, at least—but alas! such notions were doomed to an ignominious overthrow. How so? Why by reading the Water-Cure Journal, of course. I am so very impractical that whenever anything is made plain to my understanding, its impression is indelibly fixed. The reading of the Water-Cure Journal had its effect, and I became a convert to the truth as it is therein. Not quite so stricken was my "other half" When I persuaded her to permit me to administer the sitz bath and rubbing-sheet, for an attack of diarrhoea, it was that which caused a prostration, instead of the food she eat. And the "Graham" was "too rough, it scratched her throat." But then, she said her throat was sore, and most anything will scratch one's throat when it is sore, so I presume it was so.

"One day Grim Death, in spite of Allopathy, came knocking at my door, and desired my good wife to go with him, but I had no idea of losing her company for myself, and, therefore, procured the services of a valiant Hygieopathist, to assist me to repel the old fellow; and by the blessing of an Omniscience who rewards adherence to Nature's laws, we did it. But Druggophy claims the honors; he says "the plan of attack was already arranged, and the result foreseen"

But mind, this was AFTER the pale foe was VANQUISHED. After the battle, we were ready to exclaim, *gratia Hygieopathi!* But ungrateful to the fair Hygiene, we continued in dalliance with her known enemies. Teas and coffee could not be dispensed with—the cakes, the cookies, and preserves, must be kept on hand for VISITORS, at least, and we often thought they were good company for us. We knew we were transgressing, and rendering ourselves liable to receive the penalty. But of what consequence is it to pull at one end of the rope of family affairs, as long as some one else is pulling at the other end? It never can be pulled over the house in the world, UNLESS IT BREAK IN TWAIN, which God forbid! So I've made up my mind to let go my end of the rope, and go round 't'other side, and pull with the "flesh of my flesh." When we get it over, we intend to soak it well with tea and coffee, then, grease it well with good, nice butter, and finally "lay it down" in salt for preservation. What do you think of the plan? It is desperate I will admit—but ain't it better that our children should be sick no working harmoniously than otherwise? We shall, no doubt, employ hygienic agencies when driven to it, and if so fortunate as to be benefited thereby, resume the use of Nature's abominations. We won't use drugs! Oh, no—we'll "throw physics to the dogs," but we'll eat salt, soda, tea, and coffee."

[When renewing their subscriptions, readers are invited to give us sketches of their EXPERIENCE, such as may be of service to others, that we may publish it in the WATER-CURE JOURNAL. We hope to hear from all in this way.—EHS.]

**FROM A. A. S., NASHVILLE, TENNESSEE.**—A very intelligent and highly valued correspondent says:

"I have had occasion, during the past year—more particularly during the past month—to test the virtues of the water treatment, and the results have been most happy, more than confirming my previous faith in the value of God's gifts. Not a grain of any description of medicine is ever taken in my family, and yet, strange to say, we generally keep well, and when ill, recover! Yours, in the good cause."

**THE WATER-CURE IN FLORIDA.**—The editor of the *Ocala Companion*, a literary and religious newspaper, referring to the *Hygieopathic Encyclopedia*, says: "We feel satisfied that there is no country in the world where the practice of Water-Cure would be attended with more beneficial effects than in Florida. A few days since we were informed by a Clergyman who had once been in the

habit of taking a great deal of Medicine, that about six months ago he concluded to abandon the old practice, and try the Water-Cure treatment. Since that time he has taken no Medicine, but has persevered in the use of the bath, wet bandages, etc., on all occasions of disorder, and has never enjoyed better health than now. He suggests that those who have heretofore resorted to Quinine, for health, will send for this Book, and follow its teachings. They will find it more efficacious, and ten times cheaper.\*

[Subscribers in Florida have been patiently waiting for Water-Cure physicians to locate among them. They assure us that no other State affords greater facilities, or would furnish a more liberal support to first-class establishments. Who will go to Florida?]

### QUACKERY.

BY ROVING HARRY.

Poor human nature, sick, confined,  
Must trust itself to *quackery* unkind,  
Who deals out powders, drops, and pill so blue,  
With such nonchalance, or so much ado,  
It strikes dread terror to the patient's heart,  
He thinks that life and limb must surely part!  
No questions must he ask, though full of fear,  
Lest he might cause reproach and loud *outers!*  
Full confidence must have, and swallow down  
Whatever's ordered, without e'er a frown;  
But don't complain—this fault must sure belong  
To custom of this wide world's mighty throng.

Whatever has been practiced in past times,  
Is now no guide for all our modern rhymes;  
'Tis time to change those wily forms of old,  
And all their ancient mysteries unfold.  
No longer in the dark to grope our way—  
'Tis time that the dear *patients* have the say;  
Then, when the doctor calls and writes a scrip,  
Inform him he must try another slip,  
In modern language, to be understood,  
That you may chance to know if it is good.  
Those strange odd figures which they do put down  
Are never known to common folks in town;  
These *ponpoms* "*perverts*" move with cane in hand,  
Appear the only wise men in the land;  
But some deception lurks in every act;  
There's more that's false than what is really fact!

### Miscellany.

#### GOOD-BYE.

READER, this is our "GOOD-BYE NUMBER." Without an invitation, we shall not feel at liberty to call on you again! We give you our hand at parting—regret the necessity of leaving you—but HOPE we shall have the pleasure of soon meeting you again.

"Oh, that will be joyful."

when we meet for another New Year! Then, we may take each kind reader by the hand—in imagination—and, with a cordial grasp, welcome his name to a place in our NEW REGISTER, while we shall be put on our best behavior, and continue to "let our light shine." What say you—shall we call again? We are listening in silence, and imagine we hear, away in the distance, a kind and gentle response—Yes. Again, a little nearer and louder—Yes. And now—Oh, How do you do?—I am so glad to see you once more! But, we are too fast. This was but a hopeful dream; a yearning for the return of an old friend from

whom we lately parted, but who has not yet even invited us to visit his house.

Reader! We *hope* we may be invited to call again, and enjoy with you many a happy hour. May we come? Farewell. GOOD-BYE.

VALUABLE MEDICINE.—A Yankee doctor has contrived to extract from sanges a powerful tonic, which, he says, contains the whole strength of the original bark; he calls it the 'Sulphate of Canine'! He anticipates a great popularity for it in New York.—*Worcester Transcript*.

This is very nearly on a par with the following professional *jeu d'esprit*. An Irish doctor advertises that the dead may hear of him at a house in Lily street, where also his blind patients may see him from ten till three.

NATURAL BONE-SETTERS.—One of the transmitted whims peculiar to some parts of New England, which descends from father to son, is a belief in the existence of natural bone-setters—whether they can read, write or reason, is of no importance. Nor is an acquaintance with the anatomical structure of the human body at all necessary in the estimation of their patrons. It is taken for granted that the natural bone-setter comes into the world mysteriously qualified to put out-of-joint bones in place, as a direct superhuman endowment. One of the craft has been known to complete, successful, with skilful surgeons, because the vulgar sentiment decided in favor of mystery instead of science and common sense.—*Medical World*.

PROFESSIONAL ENVY.—*What is bred in the bone remains long in the flesh*, says some old croaking casuist. No persons are more wretched than those who are distressed when anybody is discovered to be better off than themselves. Jaundice the measles, and even the Illinois shakes and fever, may be cured, but envy resists all medication. Moral suasion answers extremely well with lazieries—even better perhaps than the penalties of the Maine Law; but it is useless in chronic envy. Sometimes physicians are under its terrible dominion through life, without suspecting the secret of their unpopularity. Inoculation with germs is recommended in extreme cases. "A word to the wise is sufficient."

SUCCESSFUL APPLICATION OF Electricity.—Dr. Robert Remak, of the University of Berlin, Prussia, known to the medical profession of both hemispheres as an eminent physiologist, and noted for his valuable discoveries in the sphere of microscopic observations, has lately invented and successfully applied, a new method of introducing constant galvanic currents into the nerves and muscles of patients, whereby cases of palsy of every kind, apoplexy, atrophy of the muscles and of the spinal marrow—some of them from ten to twenty years' standing—have been, it is said, entirely cured within a few minutes. Within a period of six weeks, out of four hundred patients that had lost the use of their limbs and muscles, one hundred of two hundred have been entirely restored to health, whilst the remainder were rapidly improving under the treatment.\*

MR. CARROLL FEMALE SEMINARY. LOCATION AND ACCESS.—The location of this Institution in the vicinity of Mt. Carroll, Carroll Co., Ill., is one of the most desirable in the West. Its salubrity of climate makes it deservedly celebrated as a retreat for those not enjoying the most healthy residences. One peculiar advantage of its location is, that at the same time, students can enjoy all the conveniences of the village, and the quiet health and morality of the country. In beauty of scenery and convenience of access, it can hardly be surpassed by any inland town. It has direct and daily communication with Chicago, via Freeport, also with Galena, Dixon and important towns on the Mississippi. The Racine and Mississippi Railroad, which will be completed by July next, passing through the town, will afford

\* The same instrument is sold by Fowler and Wells, N. Y. The following is the advertisement:

THE NEW MAGNETO-ELECTRIC MACHINES, FOR NERVOUS and other DISEASES, possess many very decided advantages, and is far superior to any other instrument of the kind. Price only \$10. Sent safely by Express, By FOWLER AND WELLS, No. 308 Broadway, N. Y.

additional facility of access to the school. [So says the circular—a copy of which was politely sent us.] The Freeport Journal says, We are confident that no similar Institution in the State presents equal inducements for young lady students. This is high praise, but no higher than deserved. The Institution is rapidly gaining an excellent reputation, on account of the thoroughness and practical nature of the instruction it imparts.\*

[The Water Cure Journal is taken in this Institution, consequently it must be conducted on correct principles.]

A JAPANESE MEDICAL SECRET.—The historian of Commodore Perry's expedition to Japan, concludes that the Japanese are deficient in knowledge of medicine and surgery, but he says some of their medical preparations are very remarkable, producing most singular effect. Of these, says the writer, there is one spoken of by Titsingh, who saw its application and its consequences; and from some of the officers of our expedition we have heard of some of the preparations, of which, we believe, they have brought home specimens. Titsingh thus writes: "Instead of enclosing the bodies of the dead in coffins of a length and breadth proportionate to the stature and bulk of the deceased, they place the body in a tub three feet high, two feet and a half in diameter at the top, and two feet at the bottom. It is difficult to conceive how the body of a grown person can be compressed into so small a space, when the limbs, rendered rigid by death, cannot be bent in any way. The Japanese to whom I made this observation, told me that they produced the result by means of a particular powder called *Dosia*, which they introduce into the ears, nostrils, and mouth of the deceased, after which the limbs all at once acquire astonishing flexibility. As they promised to perform the ceremony in my presence I could not do otherwise than suspend my judgment, lest I should condemn, as an absurd fiction, a fact which, indeed, surpasses our conceptions, but may yet be susceptible of a plausible explanation, especially by galvanism, the recently discovered effects of which also appeared at first to exceed the bounds of credulity."

"The experiment accordingly took place in the month of October, 1753, when the cold was pretty severe. A young Dutchman having died in our factory at Desima, I directed the physician to cause the body to be washed and left all night exposed to the air, on a table placed near an open window, in order that it might become completely stiff. Next morning several Japanese, some of the officers of our factory, and myself went to examine the corpse, which was hard as a piece of wood. One of the interpreters, named Derly, drew from his bosom a *santook* or pocket book, and took out of it an oblong paper, filled with a coarse powder resembling sand. This was the famous *Dosia* powder. He put a pinch into the ears, another pinch into the nostrils, and a third into the mouth; and presently, whether from the effect of this drug, or of some trick I could not detect, the arms, which had been crossed over the breast, dropped of themselves, and in less than twenty minutes, by the watch, the body recovered its flexibility. I attributed this phenomenon to the action of some subtle poison, but was assured that the *Dosia* powder, so far from being poisonous, was a most excellent medicine in child-bearing, for diseases of the eyes, and for other maladies. An infusion of this powder, taken even in perfect health, is said to have virtues which cause it to be in request among the Japanese of all classes. It cheers the spirits and refreshes the body. It is carefully tied up in a white cloth and dried, after being used, as it serves a great number of times without losing its virtues."

PROFIT ON PROFESSIONAL REPUTATION.—Dr. Baillie, of London, remarked that he had never known a physician, who, from any cause, acquired business rapidly in London, who permanently retained it. If it be rapidly acquired, this must be accomplished by means independent of those which give a firm hold on the confidence and affections of patients, for they cannot at once be displayed, nor can they at once have their full operation. Sir Astley Cooper's receipts from his first year's practice were \$26; the second year, \$130; and so on until on the ninth year it amounted to \$5,500. Afterwards, his receipts ran up in one year to the enormous amount of \$15,000. Dr. Hoag, with a well-known London reputation, made \$1,000 the first two years.—*Introductory Lecture by PROF. BANKER in N. Y. Medical College.*



**EARLY RISING.**—I would inscribe on the curtains of your bed, and on the walls of your chamber: "If you do not rise early, you can make progress in nothing. If you do not set apart your hours of reading, if you suffer yourself or any one else to break in upon them, your days will slip through your hands unprofitably, frivolously, and unenjoyed by yourself."—*Lord Chatham.*

**EXPANDING THE LUNGS.**—Step out into the purest air you can find; stand perfectly erect, with the head well up and the shoulders back, and then, fixing the lips as if you were going to whistle, draw the air, not through the nostrils, but through the lips, into the lungs. When the chest is about half full, gradually raise the arms, keeping them extended with the palms of the hands down, as you suck in the air, so as to bring them over the head just as the lungs are quite full. Then drop the thumbs inward, and after gently forcing the arms backward and the chest open, reverse the process by which you drew your breath till the lungs are entirely empty. This process should be repeated three or four times, immediately after bathing, and, also, several times through the day. It is impossible to describe, to one who never tried it, the glorious sense of vigor which follows this exercise. It is the best experiment in the world. We know a gentleman, the measure of whose chest had been increased by this means some three or four inches during as many months.—*Home Circle.*

**TURKISH DOCTORS.**—What a frightful revolution it would cause in America, and in California especially, where diplomats are regarded as obsolete, and every jackanapes allowed to tamper with the lives of the sick, if the Turkish law were put in force with us! Nobody would be able to hear himself speak for the incessant ringing of bells in the streets. The medical profession is subject to a singular responsibility in Turkey. When one of its followers—from ignorance—causes the death of a patient, he is compelled to carry a wooden frame round his neck, hung with bells,—he appears a sort of perambulating mosque. In this state he is paraded round the town, and every time he asks permission to rest himself he has to pay a sum of money. The ringing of the bells gives notice to those passing by how important it is to remember the features of the criminal, lest they should confide their existence to a man who would inevitably shorten it.—*Exchange.*

**WHIPPING OFF THE DOGS.**—We have seen somewhere a story of this import. Two men started from the same place on a bright morning to make a journey, occupying a day. They soon separated. The one reached his destination while the sun was yet visible in the West. He leisurely stabled his horse, took his evening meal, and made himself comfortable at the inn. His only trouble was concern for his laggard companion. He thought "some evil must have befallen him." Long after dark his fellow traveler arrived. Being asked the cause of his delay, "I was obliged to stop," said he, "at every other house to whip off the little dogs that barked at me. Did they not bark at you also?" "Yes," replied the other, "but I did not stop to whip them. I told them they were unmannerly curs, and drove on."

Calumniators may usually be trusted to time, and the slow but steady justice of public opinion.

**INGENUITY OF QUACKERY.**—Were a tenth part of the ingenious effort made by regular medical practitioners in the line of their vocation, which empirics exert in exciting the imagination of those consulting them, there would be gratifying success attending practice. Some never trouble themselves to gain the confidence of patients. They are cold, austere, without sympathy, and as cheerless as ice-bergs. No hope is developed in the soul, and, consequently, a very learned physician may be an unsuccessful medical attendant. The enterprising quack, on the other hand, makes up in minute attentions and assiduity what he lacks in knowledge; and, not infrequently, makes cures and money too, by doing precisely what his superior scorns to do.—*Medical World.*

[This may be the case with drug doctors, but not with hydropaths. It is much easier to order doses of pills than to put a patient through a course of water-cure.]

### A SONG TO HEALTH.

Ho! for the time, the glorious time,  
When carb shall be more holy;  
When dress and food for the spirit's good  
Shall be sought by both high and lowly.  
The time is down, the days are gone,  
The days of wine and toddy;  
With the noble free let our motto be,  
"Sound mind in a healthy body."

Ho! for the day when to preach and pray  
Shall be thought no more a duty,  
Than to work on the cause and the laws  
That give both health and beauty.  
The time is down, the days are gone,  
For prematurely dying;  
With the noble free let our motto be,  
"Through health to Heaven we are dying."

'Tis no disgrace with sweaty face  
In the dirty soil to labor;  
With a daily bath we will work and laugh,  
An example to our neighbor.  
The time is down, the days are gone,  
Great joy is not to the wealthy;  
With the noble free let our motto be,  
"Not the rich, but the clean are healthy."

Good exercise for the low and the wise,  
Of air and light good measure,  
With Heaven's pure food to cleanse the blood,  
Will give unending pleasure.  
The time is down, the days are gone,  
For intemperance, drugs and sadness;  
With the noble free let our motto be,  
"In health is eternal gladness."

With noble Shew and Preisnitz too  
We'll proclaim to the world the story—  
There's a word to do for me and you  
Ere we can go to glory.  
The time is down, the days are gone,  
For disease and dissipation;  
With the noble free let our motto be,  
"Good health to all the nation."

Noble and free shall our children be  
Who shall no disease inherit;  
Their reward shall be, by Nature's decree,  
"Health of mind," a reward of merit.  
The time is down, the days are gone,  
To punish by transmission;  
With the noble free let our motto be,  
"Nature's elements our physician."

Perfection now with noble brow,  
As Beauty sits beside her,  
With health and peace and joyousness,  
Is the lot of the law-abider.  
The time is down, the days are gone,  
To act without reflection;  
With the noble free let our motto be  
Contained in the word "Perfection."

The use in part of the Hygeian art  
Begins the reformation;  
Its use entice is the spirit's fire,  
The immortal soul's salvation.  
The night is down, the day is come,  
Health of mind is reward of merit;  
With the noble free let our motto be,  
"The development of spirit."

O. B. P.

NORTH POTSDAM, N. Y.

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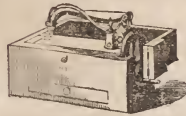
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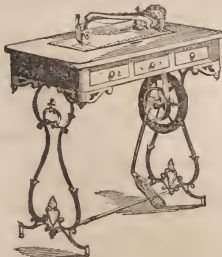
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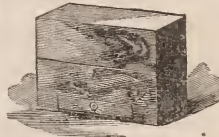
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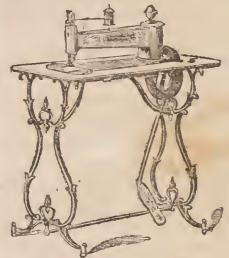
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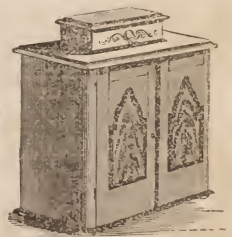
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