

HERALD WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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New Year Salutatory FOR 1857.

BY R. T. TRALL, M.D.

This doth the ever-changing course of things
Run a perpetual circle, ever turning;
And that same day that highest glory brings,
Brings us unto the point of back-returning.

The days, and months, and years, and ages, though ever-turning, are but the ever-changing aspects of one perpetual circle. But not so is the life of man. With him there is no back-returning. His course and destiny are onward forevermore.

What varied reflections crowd the mind, as it dwells on the threshold of the newborn year! How the rapidly successive events of the season, whose sands of time have now become a portion of immeasurable eternity, sadden, and yet gladden the heart with their reminiscences of toil and of triumph, of sorrow and of success, of doubt and of realization! And what mingled emotions of hope and of fear beset our pathway, as we try to look far along the vista of the uncertain future!

We see a world "lying in wickedness." We behold a race of beings, with angel-attributes for attaining every conceivable good, surrounded with all the essentials of unalloyed happiness, and destined to become immortal in existence. And yet these beings seem to be, to a great extent, under the dominion of demon propensities, and, as a consequence, very miserable.

Indeed, misery seems to be the rule with them, and happiness the exception.

We can discover nothing but what is intrinsically good in the universe around us, while evil seems to be the prevailing element of human life; and we naturally seek a solution of the strange problem. We readily observe that all the vast and incomprehensible machinery of nature, man excepted, works in admirable and undisturbed order and harmony. The vegetable kingdom around us grows, develops, matures changes, and back returns in its appointed way. The various tribes of the animal kingdom below us are true to their instincts and purposes, and enjoy all the good the beneficent Author of all has capacitated them to receive.

But man, the highest in intelligence, the most exalted in sense, the most exquisite in thought and feeling, and the crowning glory of all the creations of the Great Architect, is living in a perpetual circle of transgressions, false to his own instincts, untrue to his own nature, blind to his own destiny, at war with his Maker, at variance with himself, and in disorderly relations with his fellow-creatures.

He alone, of all the works of God, has lost his first estate, and been driven from Paradise. How shall he regain the one, and repossess the other?

A beam of comfort, like the moon through clouds,
Glids the black horror, and directs the way.

The right remedy is as apparent as is the wrong doing. The way of restoration

is as obvious as are the ways of death. All is summed up in the brief sentence, *Use all things, and abuse nothing.*

This rule of action, though simple in its literality, is, nevertheless, complicated in its implications. It presupposes a knowledge of ourselves, and this knowledge implies a proper recognition of all the laws of our being, and of our relations to all else in the universe.

And these laws, reader, it shall be, as heretofore, our work to teach, explain, illustrate, and enforce, through the medium of the WATER-CURE JOURNAL.

Behold the joyous winter days,
Frosty, succeed; and through the blue serene,
For slight too fine, the ethereal mifer flies;
Killing infectious damps, and the spent air
Storing a'fresh with elemental life.

And, reader, while the succession of seasons has again brought us under the scepter of winter, let us improve it, the most favorable of all the seasons, for storing our minds with the rich elements of moral and intellectual life.

Let us pause, look around us, and heed the lessons of the past. And in view of past, present, and future, let us ask ourselves for what *have* we lived, and for what *do* we live? How can we improve ourselves? How can we ameliorate the condition of our race? Are we, as we move along in the journey of life, earnestly laboring for truth? Are we ourselves so living in obedience to physiological laws that our example may commend our teachings?

Reader, if this be your condition and your experience, then press on vigorously. With pure heart and lofty spirit fix your eye on the starry mount of a higher and a better life—"excelsior!"—God speed you.

But a world, lying deep in ignorance and condemnation, groans around you or beneath you. Benevolent reader, you hear the wail of society. Let it excite your compassion and move you to effort. Perhaps already you have done what you could. But *will* you not in the future do all you can to enlighten the community? In this way only can this terrible curse of disease, which, like the pall of death, dark-

ens all the aspects of human life, and overspreads the sky of our existence as with ten thousand gathering and blackening clouds of social evils, be removed.

The object of this Journal is to teach individuals and society how to attain to the conditions of bodily purification and perfect health; and how to preserve them when acquired. And it teaches, also, how the *mind* can be kept clear, vigorous, and efficient. How then can you do the world a greater good than by extending its circulation?

Good reader, how many families, how many hundred families will you bless in this way? You *can* bless many. Where there is a will there is a way. The people must be made to feel the need of the vital truths we teach; our co-workers must all have a heart for this work; and then the world will very soon be redeemed from its crushing and soul-withering thralldom.

Friends! we are trying to save the human race from the ruinous falsities of erroneous habits. We are opposing our strength and our labor to the false fashions and accumulated errors of centuries. And amid the toil, will you not hold up our hand, and cheer our heart, by scattering far and wide these printed leaves, which are for the healing of the nations?

More than ten thousand of our subscribers have written us that our teachings through this JOURNAL have restored them and their families from a life of disease and misery to health and happiness. But for every person thus restored, there are yet a thousand to be restored.

Patrons, co-workers, brothers, let us devote a part of the long winter evenings to the contemplation of our field of labor; and a portion of each day to its practical duties. Though the keen frosty air may chill, it will invigorate us. The sky is cold, but it glitters magnificently; and out of its starry portals beauty seems to leap laughingly, while wisdom smiles serenely. Above the snow-crowned hills, and over the white old mountains, grandeur and purity seem to sit enthroned, while from the earth beneath

arise the songs of merriment blended with the cries of misery. And while we reverently recognize One who can bring order out of confusion, and joy out of sorrow, let us with our might attend to what our hand findeth to do, and He will bless our efforts for human good.

Friends, old and new! from warm hearts we proffer you the felicitations of the season. We wish you, one and all, a HAPPY NEW YEAR! And while we wish you sound bodies, and serene and joyous spirits, we will try to teach you how to possess them, and how to keep them.

In the past year we have done much. During the year now opened to us, let us do more. True reform always goes forward, and revolutions never go backward. Progress is sure, perpetual, eternal. From every corner of the land we hear the Macedonian cry—Come over and help us! The people are calling for practitioners and teachers of our system, much faster than they can be supplied. The true light is spreading, and dissipating the unhealthy fogs of error, and ignorance, and prejudice; the water of regeneration is purifying society, and a proper Hygiene will finally establish health.

Meanwhile, friendly reader, take an arm, walk on, and, the goal in view,

Hope, with a friendly prospect feeds the eye,
Shows from a rising ground possession nigh;
Shortens the distance or o'erlooks it quite,
So easy 'tis to travel with the sight.

A GOOD IDEA.—The Irish College of Physicians have devised a totally new, and yet more simple and efficacious plan than hitherto ever thought of—viz.: 1st. That angular bottles or vessels, and none other, be employed in the dispensing of all medicines intended for external use. 2d. That round bottles or vessels, and none others, be employed in the dispensing of all medicines intended for internal use. The public should know of this safeguard against dangerous accidents; and as a duty to themselves, see that it be at once adopted.

A MATTER OF TASTE.—A wag residing in Boston, who had been for many years a patient of Dr. Inches, of that place, was at length advised to consult Dr. Physic, of Philadelphia. After remaining a short time under the care of the latter, he returned home greatly improved in health; and being asked which of the two methods of treatment he preferred, replied that he "would rather live by Physic than die by Inches."

General Articles.

HERE Contributors present their own Opinions, and are alone responsible for them. We do not favour all we print, but desire our readers to "TRUST ALL THINGS," and to "Hold Fast" "The Good."

THE REFORM DRESS.

BY HARRIET N. AUSTIN.

THERE is no standard of fashion or style for the reform dress. One of the results most to be desired from this reform is a release from the tyranny of fashion. The distinguishing characteristic of this dress is short skirts and trowsers; and it is also essential to the very principle of this reform, that the clothing should be so arranged and distributed as to secure sufficient warmth to every part of the body, at the same time that it leaves every muscle and organ free from restraint. When these conditions are secured, every minor thing, material, color, shape, etc., should be left to the ingenuity and taste of the wearer. And yet it is but natural that those who wish to adopt the dress, and have none to help them, should seek advice and assistance of those who have had experience. I am almost daily receiving letters asking information in regard to it—questions, too, apparently trivial, but of really practical importance to those who ask them. If you, Messrs. Editors, will permit me to answer these through the JOURNAL, you will, I have reason to believe, oblige hundreds of your readers—women who are interested in this subject.

I do not wish to represent the dress as I wear it, or have seen it worn as a model dress. We expect to find out improvements, and we are thankful to any who give us any suggestions in this direction. But it would be very strange if, in five or six years, with from fifty to a hundred ladies wearing it constantly, some progress had not already been made. I describe our dress as it is, and not as it should be.

A good under-garment for winter is made of cotton flannel, waist, sleeves, belt, and drawers all in one. The sleeves and waist are cut close, the drawers reaching low at the ankle, with a strap passing under the foot, holding them, *inside* of the stocking—of course they taper at the ankle, and may be left open, and fasten with a button. Sleeves and drawers should always form a part of under-garments for cold weather, as the arms and legs need quite as much clothing as the trunk. A woven wrapper

and drawers, of such fabric as is manufactured for gentlemen, make very nice under-clothing for winter. As the weather becomes warm in summer, comfort may require that sleeves and drawers should be dispensed with.

Broadcloth, ladies' cloth, all kinds of worsted dress goods, silks, satins, calicoes, muslins, bareges, and almost all varieties of dress materials, we use for the reform dress. I will describe a merino dress, as I see them every day: Waist plain, with seams taken up in front, so as to fit the form neatly, but not tight, sloping a little lower in front than behind, buttoned up in front. Sleeves cut like the old-fashioned tight sleeve, but so loose as to give entire freedom, with one seam, biasing, with a cap, and hooked at the waist. Skirt, for a woman of ordinary height, twenty-five or twenty-six inches in length, about as wide as five breadths of calico, lined, and over this a skirt half, or more than half, as long as the first, and not quite so full. The outer skirt is often gaged and sewed to the waist with a cord, while the under one is bound at top, and sewed or basted underneath. The bottom of both skirts, the caps, and sleeves at the wrist, and bottom of the trowsers, are often trimmed with velvet ribbon, moire antique, moss, or other trimming. Different fashions of waists and sleeves are worn. Many wear silk, velvet, or cloth basques, over skirts of a different material. One lady, who has a new cloth dress, told me that she should make the sleeves like gentlemen's coat-sleeves, slightly flowing at the wrist, with a deep velvet cuff, and wear linen shirt-sleeves underneath, waist turning back in front, with lappels, trimmed with velvet, and a black, buff, or white satin vest.

The reform dress has been worn of almost all lengths. Many wear it very long, thinking the longer the skirt the more favor the public will show it. But this is a mistake. As soon as the skirt is so short as to show that one has on trowsers, she is pronounced a *Bloomer*, and at once loses all consideration, from the fact that she is a woman. She then has to gain favor from her known character and reputation, her general bearing and surroundings, or from the good sense, propriety, and taste displayed in her dress. It is an object, then, with every dress reformer, to make her dress, in itself considered, as tasteful and fitly proportioned as possible. And

certainly it is in better proportion to reach but a little below the knee than to be longer. At least, so think most with whom I have been conversant.

We *always* make the trowsers of the same material as the dress, and the *whole garment* should be of the same material, and not merely pantalets buttoned to white drawers; never make Turkish trowsers, but usually cut them straight, with one seam, wide enough at the knee to be entirely easy, and tapering to the ankle, many making them only sufficiently large at the ankle to put the foot through readily; others a little larger. They should be about the length of gentlemen's pants, and some cut them at the bottom like gentlemen's. They may be supported by elastic suspenders, or buttoned to an under-waist. Invalids, and those particularly sensitive to cold, often had them from the knee downward.

Colors and figures, or plaids of dress-goods, are selected according to the taste of the wearer. Most ladies, however, think a plain color, or small figures, or plaids, or stripes, more appropriate for the reform dress than large figures or plaids. Black is a favorite color with many, but I seriously question whether we shall not find, as we progress in knowledge, that the common use of black in dress is unfavorable to health and cheerfulness. It is well established that light and cheerful colors in rooms and furniture are much more conducive to health and buoyancy of spirits than dark colors, and I apprehend the same will be found true in dress.

With the reform dress well arranged there is no necessity of under-skirts as a protection from cold; many dispense with them entirely. But the dress-skirt needs a thick lining, or wadding, or a skirt underneath to prevent it from hanging too closely to the form. Some light material, as moireen or grass cloth, is sufficient. The color of the under-skirt should not differ much from that of the dress. A light under-skirt with a black dress, or a black under-skirt with a light dress, is in bad taste.

I do not think aprons ornamental—would never wear one except to protect my dress from soiling while at work, and then would have it cover the waist and sleeves, as well as the skirt.

Shawls, though very comfortable in riding in winter, are not appropriate to wear with the reform dress in walking. Circ-

lar capes are always in good taste, and different forms of capes, cloaks, and coats are worn. I know nothing better for winter than a sort of pelisse of cloth, or it may be made of merino and wadded, with waist like a plain dress-waist, only large enough to be put on easily—sleeves, coat or bishop—skirt, plaited or gaged, and sewed on with a cord, and a little shorter than the dress—cape of any form.

In summer we wear, principally, hats, or flats of leghorn, or different varieties of straw. In winter, beaver, plush, or velvet hats, or plush or velvet caps.

Women usually dress the feet worse than any other part of the body. A cotton, or at best a merino, stocking, with a *tolerably* worn shoe, is thought sufficient covering for the feet at the season when the chest is wrapped in cotton flannel, cloaks, and furs. There must be a reform in our manner of clothing the feet. I am not prepared to say just how it should be, but in winter, in the house, we should have on our feet at least as much as a cotton stocking next the foot, a woollen one over it, and a good substantial shoe of cloth or leather.

Thus I have given, hastily and roughly, an outline of the reform dress as I have seen it. It will serve to answer some of the numerous questions which are asked about it. It would be gratifying if we could have improvements suggested through this JOURNAL.

I am desirous to speak a word of encouragement to those of my sisters who, for the truth's sake, are wearing the reform dress alone in their neighborhoods. I would that I could say to you all that I feel about it. Then I am sure I could give you encouragement. No person, I think, in this country, is more favorably situated to judge of the progress of this reform than myself. For four years as a physician and wearer of this dress, and since its formation, last February, as corresponding secretary of the National Dress Reform Association, I have corresponded with hundreds of men and women on this subject. And I know that the reform is progressing. There never was a time when so many women wore the reform dress as to-day. There never was a time when so many wished they *dared* to wear it, or when so many husbands wished their wives *would* wear it, or when so many men and women wished it was the *fashion* for all women to wear it.

Thus far the Association has accomplished all the most hopeful anticipated in its formation. By its influence public attention has been called again and again to the matter, through the press. Tracts have been widely distributed, and are having their influence. Congratulations and thanksgivings have come up from all the Eastern, Middle, and Western States on the formation of such an association. The timid and wavering have taken strength from it. In hundreds of neighborhoods, where, a year ago, some lone dress reformer said—"I am the only one I know who wears the short dress, and no one encourages me"—it can now be said, numbers have adopted the reform dress as a home dress, and many more would like to wear it. There never has been a time when this dress was so much respected by the public as now. Any well-dressed and well-behaved woman can travel alone through the length and breadth of the land, and visit any place that ladies are ever expected to visit alone, in the reform dress, without inconvenience or annoyance on account of her style of dress. Indeed, we have more to be thankful for, in the change of feeling toward the reform, than from the numbers who have adopted it.

The seeds of this reform, which were sown by earnest and enthusiastic women five or six years since, are springing up from the earth, where they have lain apparently lifeless. The world said, because it did not at once see the fruit, that they were dead. It did not know that *except a seed first fall into the ground and die, it can not bring forth fruit.* And even many who labored earnestly and truthfully in this cause became discouraged. They, too, thought the seed had perished; they went back to their old lives, and others are entered into their labors. But, lo! the seed had *life* in itself—the life of truth—and like all truth, while out of sight to the sensual eye, it has been germinating, and now the plants, tender but vigorous, are springing up all over the land. Have courage, then, my fearful sisters—we are an earnest band, and we shall see the truth prevail.

GLEN HAVEN, N. Y.

WHEN I beheld a fashionable table, set out in all its magnificence, I fancy that I see gouts and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambush among the dishes.—*Adison.*

THE DRUG SYSTEM.

BY SOLOMON FREASE, M.D.

THE drug system of medical practice is heavy with age, and has upon its skirts the blood of myriads of victims. It is lofty in its pretensions and domineering in its demeanor. But these lofty pretensions shall be examined, and this insolent behavior shall be treated with the consideration it merits. Its leading advocates are learned men. So have been the advocates of many false systems and theories that have been fatal to truth, and destructive of the welfare of humanity. Many of its theories are specious and plausible. They are only the more dangerous in proportion to the difficulty of stripping them of their disguise, and exhibiting them in their naked ugliness to the gaze of an outraged and deceived world. Its effects are visible all around. Look where we will we see its blighting traces. We see them in the aged man and woman. We see them in the want of vigor of the middle-aged—in the pallid countenance of the girl just rising into womanhood—of the feebleness and decay of the young man who aspires to be her lord. We see them in the new-born child suffering a precarious existence in its mother's arms—in the sickly expression of the mother from whom it draws its nourishment.

Among its pretended means of cure are about all the destructive agents known to chemists. It has poisons of every variety and degree of power, from that which kills instantly, to that which kills in a week, or month, or a year. It has animal, vegetable, and mineral poisons. It has simple poisons, and poisons in combination, all of which are administered in some form or other in every imaginable disease.

It is thus that from the cradle to the grave the stream of life is corrupted. It is thus that each succeeding generation is robbed of the vital power which should be its birthright. The life-current thus polluted can not flow on from childhood to manhood—from generation to generation, without bringing on degeneracy and decay. The drug system is a real Bohun Upas, blighting every thing it touches. Its contaminating influence is felt in all the relations of life, social, moral, and intellectual. The learned and the unlearned—the wise and the simple—the weak and the strong, are alike the victims of its rapacity. Its deadly effects did not escape the notice of

the observing in former times. Addison, in one of the numbers of the "Spectator," remarks that "if we look into the profession of physic we shall find a most formidable body of men. The sight of them is enough to make a man feel serious, for we may lay it down as a maxim, that when a nation abounds in physicians it grows thin of people. This body of men may be described like the British army in Caesar's time. Some of them slay on horseback and some on foot. If the infantry do less execution than the charioteers, it is because they can not be carried so soon to all quarters of the town." He says further, that "Sir William Temple would not have been so much puzzled for a reason, why the northern hive does not send out such prodigious swarms, and overrun the world with Goths and Vandals, as it did formerly, if he had reflected that there were no students of physic among the subjects of Thor and Woden, but that this science was subsequently much cultivated at the north?" What is here by Addison, corresponds with what was said by Abernethy, "that there had been a great increase of medical men of late years, but that diseases had increased in proportion." And what was confessed by Dr. Rush, of Philadelphia, who said that "we have multiplied diseases—we have done more, we have increased their mortality." The truthfulness of these extracts can not be gainsayed. All around are disease and premature death. Few, if any, enjoy perfect health. One fourth of the race die in infancy, and few of the remainder live to old age. Seventy years are allotted to man, yet under the influence of the prevailing medical system the average of human life is but little over thirty. Captain Cook found the New Zealanders enjoying perfect immunity from disease. He saw no signs of it in young or old. They lived to so great an age that they were obliged to crawl on their hands and knees. But after foreigners began to settle among them, and the lancet, pill-bags, and bolus were introduced, disease made its appearance,

"And the pale monarch of the dead,
Till then slow moving to his prey,
Precipitately rapid swept his way."

For one, I am unwilling to believe that the God of nature designed that this globe of His should be the abode of a race of sickly, suffering creatures, with but here and there an exception. But I believe that mankind have brought this sore affliction on themselves, by bad habits of living, by violations of

the laws he instituted for their government. He gave them instincts to guide them in the course they should pursue. These instincts they have shamefully corrupted. No unperverted appetite ever desired a poison, yet such is the extent of the corruption at the present day, that whole nations have come to consider some of the poisons necessities—opium and tobacco, for instance, and it is even said, arsenic in some countries. Besides these, through the whole course of life, innumerable poisons, some of them of the most dangerous and deadly character, are forced into human stomachs, to be taken up by the veins and absorbents and circulated through the blood, in obedience to the commands of the doctor. Is it any wonder that we are invalids? Unless the laws of nature are a lie, we could be nothing else.

But the drug system is not only productive of a frightful amount of evil—frightful beyond conception, but it is inefficient for good when there is really danger. What has been the experience of mankind in regard to the efficacy of drugs? Is it not that whenever a fatal disease prevails—fatal without any treatment, then you find the disease fatal in spite of drug treatment. Look at the epidemic cholera. When that dead pestilence stalked through the country in 1834, and again in 1849, and since that time, did the efforts of medical men of the old school—did the administration of drugs render it less destructive? No one will pretend it. It is known that the Homoeopathic practitioners, who used small quantities of drugs, lost a less proportion of patients than the Allopathists, and that the Hydropathists, discarding all drugs, were more successful than either, in proportion to the number of cases treated. What is true of cholera, is true of dysentery, of fevers, or any dangerous disease, and of course of those of a less dangerous character.

When men once lose sight of the simple truths of nature, they rush lawless into the infinite domains of conjecture and theory, and arriving at different, because fallacious, conclusions, mutually contradict and falsify each other's vagaries.

It was emphatically so with the drug doctors, with regard to the cholera. There were scarcely two who agreed as to the treatment. They frequently used directly opposite modes of treatment with equal success, which was usually the death of the patient. But blinded by education and prejudice, they blundered on, and often

when the poisoned dart of the pestilence rebounded from the robust constitution of some strong man, the potion of the mediciner unlocked the gates of the citadel of life, and he fell an easy prey to medicine and cholera, when he could have bid defiance to cholera alone. And when some Gibraltar of human endurance recovered under their treatment, men wondered at the power of medicine and applauded the skill of the physician, forgetting that the artillery of the ortress overpowered both pill and pestilence.

It may be thought by some that I have spoken harshly—that I have exaggerated the evils of drug medication. I would to God it were so. I would to God I could look around me and see in the success that attends drug practice the evidence to falsify what I have said against it. But I look in vain. Everywhere I see the blighting traces of the thousand-and-one poisons that encumber the shelves of the apothecaries. Physicians recognize upward of fifty diseases, that result from the use of mercury alone in its various preparations. Every one is acquainted with instances where persons using that poison have had their health ruined for life—their jaws rotted—their nose eaten away—their teeth decayed—their systems racked with life-long pains. But mercury is not the only drug that produces effects thus injurious. Iodine, arsenic, quinine—the whole list of drugs, are deadly in their effects, for they are all poisons, and the laws of nature are immutable. "Whoever sows the wind will reap the whirlwind," and whoever undertakes to cure disease by introducing into the system fresh causes of disease, will never be more successful than was the fool who used oil to quench the flame, and appeared to succeed for a time, but in a moment, fed by the fresh fuel, it broke forth with irresistible violence and swept every thing before it.

When I have stood by the bedside of the sick, and witnessed the fires of disease rising in wantonness in the chambers of life—when I have seen the medical man with pill-bag in one hand and lancet in the other, approach the patient with an air of gravity and assurance—feel the pulse, plunge the steel into the veins, force the nostrums down the throat—as in very mockery of life—when I have seen a doting parent—an affectionate sister—a beloved companion—a disconsolate child rely with an humble confidence on the arm of the doctor to save

and to heal, and when I have known that in nine cases out of ten when there was really danger, that confidence was doomed to disappointment—all their fond hopes would be scattered to the wind. When I have known, too, that the medicine of nature—the heaven-distilled element that will infallibly cure when properly applied, in all curable cases, was within reach, but ignorantly overlooked or obstinately rejected; when I have seen all this, I have vowed before Heaven and my own conscience that I would devote my life by preaching and by practice to disseminate the Gospel of Health among the people—to publish God's Truth to the world.—*Pittsburg Water-Cure.*

LETTER FROM FRANCE.

PARIS, Nov. 12, 1856.

DEAR JOURNAL—I have now been in Paris ten days, and several hours of each day walked the hospitals. I need not tell you that no hospitals have a more exalted and world-wide reputation. Nowhere on earth have the refinements of medical science been so completely elaborated. For instance, gentlemen of the highest attainments spend a long life in the study of one single species of the diseases of the bones. They pursue the study with the zeal of an apostle, and exhaust fortunes in purchasing the most advantageous opportunities for thorough research. Large works, filled with exact illustrations, appear from time to time, and a fine hospital is thrown open for the gratuitous treatment of this particular specialty. There is scarcely a human disease that has not in this city its special professors and hospitals, and every thing is free, not only to the patients, but to students. I believe it is not extravagant to say, that there is more of this special, high-toned, gratuitous intellectual labor performed in this city in one year than in all the rest of the world in ten years.

But notwithstanding all this, I believe there is no civilized city in which disease is treated so unsuccessfully. This apparent paradox needs no solution to those who visit the hospitals, and observe the utter disregard of the most common laws of hygiene. With one exception, I have not visited a hospital in which ventilation receives any systematic attention; and as to bathing, I must give you a fact or two. Yesterday I spent two hours in L'Hôpital de la Charité, and followed in the train of BROCA, who is

perhaps the most promising medical man in Europe. The first patient I saw was a young lad whose foot had been seriously cut with an axe. Broca gave the facts in the case, then removed the strips of adhesive plaster, and ordered some new ones. These were immediately put on, and then Broca proceeded to put over the wound a large mass of lint, several thicknesses of linen, and bound over all this a thick, strong roller. But in addition to this miserable hot-bed, the foot and leg were completely covered with a crust of black dirt. Just about the incision the scab had been softened, and evidently scraped off, but the rest of the limb bore the accumulations of months. Of course the wound wore a very unhealthy appearance. I whispered to an intelligent student that I thought that foot only needed thorough soaking and cleansing, and I added, that I thought the incision would at once put on a healthy appearance if the patient, in addition to this local purification, could have his whole skin purified, and the window near him opened. The student replied by asking whether I did not think he might take a cold.

The next was a case of scrofulous enlargement of the knee. Broca informed us that the patient had been in the hospital two months, and it was clear enough that during the whole time the limb had not been even washed. A new liniment was advised, and the crowd passed on. I delayed a little, and, upon examining the patient, found that his whole skin was dirty, dry, and feverish; and so on to the end of the long list of sufferers. The stumps of amputated limbs were dressed with lint and linen to the thickness of an inch or two, but no water.

It is to me utterly inexplicable that a people so incomparably vigorous and progressive in all the higher and more abstruse departments of medical science, should so utterly neglect these common necessities of a successful treatment.

Desmarres, who may, perhaps, be regarded as the greatest oculist of the age, is engaged almost constantly at his clinics, which I attend daily, in discussing certain occult diseases of the *lens* and *retina*, which he demonstrates by the aid of the ophthalmoscope. Elaborating certain very minute, microscopic differences thus brought to light, will perhaps occupy this great man for years. Whether all this labor contributes to the cure of anybody is, in the French mind, a minor consideration.

You will remember that a little of this morbid disposition has found its way across the Atlantic. I refer to the mania for "physical signs" of pulmonary disease. I know some colleges where more attention is bestowed upon these "signs" than upon the means by which any and all diseases may be cured. This is perhaps excusable, however, in the votaries of a system whose means of real cure are but few and doubtful.

I hope to visit some of the European hydropathic and kinesipathic institutions, of which I will write you.

I am very faithfully your friend and collaborer,
DIOCLESIAN LEWIS, M.D.

MEDICAL APHORISMS.

BY G. H. TAYLOR, M.D.

AIR.

1. LIFE, in the varied forms of its manifestations, subsists by withdrawing from or yielding to the surrounding atmosphere the substance of which the vital object is composed, and hence the atmosphere furnishes the arena for the completion of the great circle or organic nature, beginning with plants and ending with animal life.

2. *Oxygen*, one of the constituents of the atmosphere, from its chemical aptitudes, becomes the chief and indispensable incentive to vital acts in animals. The constant supply of air to animals correlates with the regular supplies of food, all of which, after having served vital purposes, appear again as compounds of oxygen.

3. The amount of air required by the vital machinery varies so as to correspond, not with the variable quantities and qualities of food used, but with the variable amounts of force, nervous and physical, and of heat, that are demanded of the system by circumstances. An increase or diminution of respiration, and of exertion and exposure, are coincidental.

4. In health there is a sustained uniform completeness, or equilibrium, in the relation of these supplies and vital acts; we signify the condition of want of equilibrium by the term *disease*. In this case secondary and abnormal products, arising from the imperfect relations, invade the sanctuary of life. Hence are evoked special actions, designed to oppose the provoking cause. This action consists in the increased use of oxygen in acute disease, and is restorative in its effects.

5. In health, the amount in pounds of air required by the system corresponds very nearly with that of the food that is also required. Acute disease is attended by a suspension of those conditions in the system that relate to the digestion and appropriation of food, while, at the same time, the respiration or use of air is increased. The functions in this way become equilibrated in a short time. In chronic diseases, medical devices are resorted to, consisting of retrenchment and supply in various ways of three different conditions.

6. Hence it is seen that civilized life unintentionally and needlessly imposes conditions that necessarily ultimate in disease. Heated apartments and inactivity excludes the much needed air to a fearful extent; while the employment of food, whose elements are not proportioned to the requirements of the system, renders the visitation of disease a certain consequence.

7. Under the old Regime of Drugs, this equilibrium is, for a transient season, apparently restored at the expense of the vitality of parts: 1st, by preventing the system from taking nutritive materials from the alimentary canal, by mixing with these materials some nauseating substance (physic), while respiration is continued unabated; 2d, by irritating the circulatory vessels (by stimulants, tonics, etc.), thus causing them to force their contents more rapidly through aerating capillaries; 3d, by destroying some of the constituents of the blood by chemical means (by alteratives, iodides, chlorides, alkalies, etc.); 4th, by destroying for a season the capacity for pain, while respiration is continued (by narcotics); 5th, by means of various counter-irritant and palliative processes.

8. In *Hygeopathy*, a perfect equilibrium of physiological actions or health is secured by attending to its several conditions: 1st, in withholding excessive supplies of food, bringing the quantity to correspond with the lessened capacity to appropriate; also, to establish a better relation of quality with the function; 2d, by aiding the elimination of all non-essential elements of whatever kind by increasing the accession of oxygen (1), by increasing the capacity of the chest, and increasing the flow of blood in aerating capillaries by means of exercise (medical gymnastics); (2) by exciting the same actions by means of withdrawing heat (bathing), (3) by affording nascent oxygen to the body by means of

electrolysis (chemical bath); 3d, by removing local congestions by giving local egress to heat (partial baths); 4th, by various supplementary items of direction in the control of life.

PATENT MEDICINES—WHY ARE WE SICK?

Yes, indeed, why *are* we sick, when there are so many remedies at hand, all nicely put up at 25 cents per box, and \$1 per bottle? Can it be that sick people have read the newspapers? No, it can not be; for if they had, they would long since have learned that there are countless remedies that fit every case, as admirably as one of Genin's best hats fits the head.

Has your stomach been abused with unwholesome food, gluttony, or debauchery till you are dyspeptic?—why, there are a thousand kinds of pills that will cure you so quickly and so easily that you will forget that you were ever sick—all for twenty-five cents, and the box left for the children to play with after you are cured. Are your bowels distempered?—abundant remedies are at hand that will set them straight at a trifling expense. Have you scrofula, salt rheum, or any other disease of the blood?—Dr. Knockumstiff's double distilled essence of refined gullfuddle, as well as infinite others, will purify the blood and make you sound as a new-coined dime in the space of twenty-four hours, at the smallest cost. Are you subject to lassitude and weakness?—the Dr.'s tonic cordial will make you as strong as a lion in no time at all. Are you consumptive?—that is indeed the height of folly, for there are scores and scores of medicines, *each* and every one of which is perfectly *sure* to cure you. They have all of them cured thousands in just your situation, as is clearly proven by the indisputable evidence of a "cloud of witnesses;" and why will *you* hesitate? Why not buy a bottle and be cured at once? In a word, it is no matter what ails you—with how many or what diseases you are beset—there is for each and every one of them a specific and infallible remedy. Why then *will* you be sick—why *will* you suffer?

One extraordinary and highly commendable feature of patent medicines is, that none of them can do harm. They are all of them made of inoffensive materials, and each one is a peculiar, newly-discovered

combination of substances that "hits the spot" exactly. So that while the patient is sure of being cured, he is also sure of not being killed.

But there is another class of medicines more remarkable still, which are panaceas, or cure-alls. They are each a new and peculiar combination of remedial substances, so ingeniously compounded that they are applicable to all diseases and commensurate with every emergency. They are all the result of profound research and deep scientific investigation. They are all perfect, and no man, woman, or child need ever suffer a pang, for if they would have a supply with them, they will at any time be able to alleviate any pain, or cure instantly any disorder.

Yet there are some features in these remedies which are not a little perplexing to a credulous mind. Upon examining the labels and advertisements, we find that each is *the only* cure—the only genuine—the only reliable, though there are a thousand different sorts for the same class of diseases. This certainly is extraordinary, especially as none of the venders of these medicines can be supposed to set forth any statements in relation to their nostrums which are not well founded in truth, and can not be clearly demonstrated. And what is still more remarkable is, that two or three inventors frequently appear for the same article, each pronouncing his fellow-pretenders as base impostors. Who has not read that "S. P." is the only manufacturer of genuine Sarsaparilla—the inventor—the sole proprietor? And, too, who has not read the indignant protests of "old Dr. Jacob," who, in his "Vindication," proposes to "lay bare the pretensions of that young quack," who has yet to learn the alphabet in the science of medicines, etc. Who has not read that old Dr. Jacob is the sole originator, inventor, and proprietor of all genuine Sarsaparilla? In an age of sincerity, when advertisements are all to be believed, these things present a profound problem.

So much we have said in jest. Now we have to say in sincerity, that so long as people will be humbugged, humbugs will abound. We have also to say, that nature is not to be cheated by the labels on pill-boxes or the advertisements of patent medicine venders—that so long as the world stands, the world will be full of sickness, till men learn and practice proper modes of life.

HYGEOPATHY.

BY O. KINGSBURY.

"TRUTH, crushed to earth, shall rise again,
The eternal years of God are hers;
But ERROR, wounded, writhes in pain,
And dies amid her worshippers."

TRUTH must, and will prevail. As sure as the sun rises and sets, so sure will the principles of "Water-Cure" (or more properly Hygeopathy) be acknowledged as the true life-principle, while the practice of the old medical fogies will be thrown aside, and finally lost in oblivion; or only be remembered as a thing that was. The days of the "Salem Witchcraft" are only remembered as a page of past history, noted for its inhuman barbarity. So in the future will all teachers of allopathy, and their doctrines, be remembered as one of the most horrid of all horrid things, and the children will listen to tales of murder—yes, murder—committed by the so-called doctors of the present day. "My sentence is for open war," a war of words and argument. If their views are correct, why does not some champion come out boldly and "argue the topic," letting the world know that hygeopathic doctrines, where promulgated, tend to perplex, disease, and injure humanity? Why don't they do it for the good of the race?

"But perhaps
The way seems difficult and steep to scale
With upright wing, against a higher foe."

If all the world could be completely under the influence of allopathy, where would be the healthy-looking men and women which we occasionally see, and but for them, we should continually. But suppose for a moment the world was under the dominion of bleeding, antimony, blisters, and mercury? the dark ages would be nothing compared to it, and the best description that could be written, would be in the words of "Milton," where he says:

"Where all life dies, death lives, and nature breeds
Perverse all monstrous, all prodigious things,
Abominable, unutterable, and worse
Than fables yet have feigned, or fear conceived,
Gorgons, and Hydras, and Chimeras dire."

I know a lady who, two years since, was prostrated by disease; I also know a pill peddler who attended her for three months, and she got no better. The husband, thinking something must be done, in opposition to the doctor's views, tried hydropathic treatment, and soon got her up and apparently well. The husband told me that he believed the doctor had rather his wife had died under his treatment, than to get well un-

der any other. A few weeks ago she was again confined to her bed and prostrated by disease; another allopath was called, and treated her a few weeks. He having exhausted his skill, a "hydropathic" was called, and it would have made any sensible man's heart ache to have seen the array of pill-boxes, expectorants, and bottles that adorned the stand and window. I made but one visit, but staid long enough to convince the patient of the propriety of putting away some dozen of bottles, and try nature's own remedy. The doctor, hearing of their determination, advised them to let her alone awhile, and perhaps she would wear out the disease; but the husband thought different. She was so filled with drugs, and had been doctored down so low, he was afraid she would wear out first. Four days after, I heard from her, and she was getting along finely, with a prospect of a speedy cure. Cases like this need no comment—they tell their own story.

JUNOD'S BOOT.

BY G. H. TAYLOR, M.D.

A DEVICE, in aid of medical treatment, called by the above name, is in use in England, and its employment is said to be attended by undoubted success. In its operation, the effects produced are primarily quite mechanical; but, when properly used, would seem to be quite in consonance with physiology, and hence compatible with any other useful measure that the medical man may employ in the restoration of the sick. Its employment is indicated in both acute and chronic cases of local congestion, and, if intelligently managed, need not in any case be amenable to the general charge brought against most of the measures of the old-school practice—that of doing more harm than good.

Dr. C. F. Taylor, in a recent private letter, writes thus of it: * * * "I was ushered into a splendid suite of rooms, and was received very politely by Dr. Thudicum, who gave me every information I desired. The boot is of zinc or block tin, with four iron bands to prevent collapse. There is an elastic top that draws tightly over the leg, four or six inches wide. If the leg is very poor and uneven, a silk handkerchief tied around will secure it. There is a tube of a small column of air confined behind a column of mercury, which serves to indicate

how much of the atmospheric pressure is removed—an elastic tube, to which is attached a small air-pump, which completes the apparatus.

"The Doctor is a German, but speaks English perfectly, and spoke very highly in its favor. I will give the result of the conversation. Never more than half of the atmospheric pressure is to be removed; from that to a tenth or twelfth. The ill effects are an extravasation of serum, and even of blood, by rupture of the capillaries, black and blue spots, etc. It is better applied slowly, can remain on in some cases half an hour, generally not so long by considerable. It relieves congestions almost immediately. He has seen the blood leave the injected capillaries of the conjunctiva, and the red and inflamed eye (when the affection is recent) turn gradually white in a short time. In congestions of the brain, where there is delirium, the patient falls to sleep. In pneumonia the lungs are relieved at once, the pulse lessened in frequency sometimes one half, the respiration has been brought down from sixty to twenty-five or thirty per minute. The effects last from ten or twelve to twenty-four or thirty-six hours, according to circumstances, when it must be repeated, and continue to be repeated till the congested organ has had time to repair itself. In erysipelas of the head and face, he has seen the inflammation sensibly diminish in a short time. He himself used it during an attack of cyanosis, and his friends said his tonsils diminished one half in an hour; he was enabled to talk and swallow with comparative ease, which before was difficult. He read me several pages of a paper that he had read before the "London Medical Society," which was very interesting, containing reports of cases, etc. He considers it only a valuable aid to other treatment in certain cases, and should be judiciously managed. About from two to four pounds of blood are removed from the general circulation by its application, and ceases for the time to press upon the heart and central vessels. It is simply an immense cupping instrument. He can cure many cases in half the time others do; and his patients have a much speedier getting up. Patients with congestions, pneumonia for instance, call for it after the first application, and insist on its use, as the pains that were relieved would begin to return again. The Doctor is a cordial, younger man, and I was highly entertained, as well as instructed. I

have ordered an instrument of this kind. With Junod's Boot, Medical Gymnastics, and the Water-Cure, if we can't keep people's feet warm, we must contrive a walking foot-stove. The great end and aim of much of the hydropathic treatment, viz., to remove the circulating fluid from its stagnant condition in the central organs, by compelling it to perform a larger circuit, by coaxing it into the extremities when it must pass through the peripheral and tegumentary capillaries, will, by our treatment, be very much facilitated."

HOW OFTEN SHALL WE EAT?

If a man wishes a long life, he must eat two meals a day, certainly not exceed three; for the stomach, as it were, is the most vital part, and wears away by too constant using, the same as every thing else in nature. The gastric juice which flows to the stomach to digest the food, is made from the blood, and if called upon too often, will soon wear out the system, and produce a poorer quality of gastric juice, and, as a consequence, bad digestion, and a thousand so to speak, unpleasant symptoms.

If a man eats half the time, and sleeps half the time, what does he accomplish? If a man have a soul, it were best, at least, to leave off eating hours enough in the day to give it a chance to act; even the mind requires that the body fast often; all great thinkers are very small eaters, and many of them eat but once a day, and some forget occasionally to eat at that. Sir Isaac Newton said he could not get his brain to a clear thinking order till four or five hours after a meal.

But, inquires one, shall we not follow appetite, and eat when we are hungry?—the animal creation do so. Certainly we should; and if we have properly employed all the faculties of the mind, we should not desire food more than once or twice a day. Some of the animals eat more than half the time, but we are made so as to need less time for the mere animal processes, that we may have more time for the higher faculties to act.

According to Phrenology, man has thirty-six faculties to gratify; *alimentiveness* (the love of food) is but one. The reason we are not better men, is because we spend too much time in *eating, drinking, and sleeping*. The glutton, the drunkard, and the sluggard are proscribed in Scripture.

Some persons can so release their mind of all that is worthy of its energies, that they are able at all times to eat any thing good that comes along, and they are called hoggish; not in the sense of a glutton, but in the sense of one whose main idea is *something to eat*.

Fireside Reading.

RUSSEL SMILIE'S CHILDREN.

BY HENRY H. HOPE.

CHAPTER I.

RUSSEL SMILIE and William Jones are great friends. The latter person and myself are great friends. I have known Mr. Jones long and well, and the following story I relate as he stated it to me, and I have reason to believe its correctness. Jones has been a patient of mine—is a man of large views—knows men well, and began this history one day after dinner, when the subject of the training of children incidentally came up. The topic was one of mutual interest, and was matter of frequent conversation. Thinking it might interest the readers of the JOURNAL, I have concluded to write it for publication. Mr. Jones began by saying:

Russel Smilie and I have long been friends, and frequent have been my visits to his house; but long as I have known him, justice to myself compels me to say, that between his wife and myself there has never been very great affinity. She is aristocratic by instinct, and her education has allowed her to foster and give it growth. I am, from conviction, a democrat. Under social circumstances, which operate outwardly, with considerable force, we hold intimate relations, but it is never to be forgotten that we are *distinct* substances in mechanical union. Elective affinity, which makes of two opinions one, two aims one, which unites, and by the union strengthens separate aspirations, which creates what the Transcendentalists call "duality in unity," there is none. Hence it is not surprising that Elizabeth and I, while friendly, should not be intimate. She and I entertain fair measure of personal regard mutually, while we hold each other's opinions in light esteem.

Russel, her husband, occupies a middle position. He is a combination of the aristocratic and democratic element. When

these two co-exist in one man, they render him amiable, but weak. They create and make of him a worshiper of *place*, a hanger-on of great men. They cheat him by causing him to believe that great outward displays are representatives of *power*, which is seldom the case. Russel aims at credit for right principles, while, in easy and difficult ways, he seeks to connect himself with those who have no virtue but cash, no character but such as is conventional. As a consequence, in the government of his family, in the disposition of homestead comforts, from the larder to the lumber-yard, from the cellar to the granary, from the reception of his friends to the education of his children, such man is, *compared to his wife, an indifferent personage*. He lacks (what she possesses) positive qualities, and so in any thing wherein they are likely to come into contact, perhaps into collision, he gives way. The hard gives its shape to the soft, for the pliable always takes, not gives, impressions. A man who is never certain about *any* thing, is no match for a woman who is certain about *every* thing. While *he doubts, she does*, and the thing once done, the bent of his nature is to accept it as final.

And just this state shows itself in Russel Smilie's household. His wife's undisciplined energy overcomes and sways his superior intelligence, and so, in fact, she *rules*. It is a sore pity for him, for the longer I live the more certain I am that a man of mark, as a general rule, owes his position to two things—the influence of his mother and his wife. Russel Smilie wants in a wife the energy which Elizabeth displays, but it would add greatly to his happiness to have her have more culture. Her great passions, without corresponding developments in the higher regions, do daily for him and their children what Mohammed's Houris do to all good Mussulmen—they ruin them by subjecting them to illusions; educating them to regard fanciful conditions as realities, and teaching them to look for, and to be sure, that they will have a social position, which neither their wealth, their beauty, nor their talents will warrant; a social position by no possibility to exist, because opposed to all their hereditaments, the state of society in which they live, the constitution of their country, and the law of Christianity. Aristocracy, in any of its modifications, finds its footholds slippery with us. Wealth, talent, beauty, power, generally endure but a little while.

It takes half a human life to bring them, one or all, into notice, so as to challenge regard, and they end with those who gave them significance. There is not a case in ten thousand in this country where they descend. Wealth sometimes, but seldom, passes through the second generation into the third. The others scarcely ever do. Handsome grandfathers and handsome grandchildren are only exceptionally seen. Talented men or women only occasionally transmit their endowments to posterity. Power is as evanescent as the morning cloud and the early dew. It is idle, therefore, and worse than idle in such an age as this, and under institutions like ours, whose very life consists in having the social currents flow through them on the broad principle of a common brotherhood, for Russel and Elizabeth Smilie to take airs to themselves, and say, in effect, that they are better than their neighbors. Yet Elizabeth is determined on it, and, as usual, Russel will yield.

On one of my visits to her husband she introduced the subject of the education of her children, by asking me what I thought of a project of theirs—that of establishing a *select* school, and I replied I was not sure that I knew what she meant by the term—select.

"I mean by it," she said, "a school where my children can be taught by themselves."

"Then," I said, "I do not approve it."

"Why?"

"Because, after my judgment, it is not well calculated to insure the happiness of your children. Unless you intend to keep your daughters, when grown, from general society of adult people, do not keep them when children from the society of children."

"Does thee mean to advocate the idea that children, like grown people, should have full liberty of intercourse with children?"

"Certainly."

"Why, the doctrine is monstrous!"

"How so?" I inquired.

"Children are specially prone to evil," she replied.

"I can not agree with you," I said. "Some children may be, by possibility from great mal-organization, but this I doubt. But there never was a falser sentiment than that which so generally obtains, that a child's heart sways toward evil by reason of its natural tendencies."

"Then thee doesn't believe in depravity?" she said.

"O yes, I do. I wish I was not compelled to. But I see too much to allow me to doubt. O yes, Elizabeth, the land is full of it. You and I do not differ as to its existence. We differ only as to its origin and the true method of its eradication. I do not believe God is its author. He is its worst foe. He makes all who can in any way be affected by it, with instincts that *turn them from it*. Our children naturally, therefore, love virtue and loath vice."

"How then comes it about that they so uniformly follow that which is vicious, instead of that which is good?"

"It does not *come about*. Your statement is incorrect. Children do not uniformly nor generally embrace that which is vicious. A majority of children grow up virtuous men and women."

"O William!"

"They do, Elizabeth. They prefer good to evil, virtue to vice, honesty to dishonesty, generosity to niggardliness, beauty to deformity, purity to impurity, love to hatred, taste and culture to dirtiness and coarseness, and the cases where the reverse is true are exceptions to the general rule. Now, if this is true, especially does it speak well for my view when it is considered, that on a great variety of subjects are the people ignorant of knowledge necessary to their best happiness."

"So, then, thee would send thy children to a district school?"

I replied, "That would depend on the fact whether it was best."

"I thought thee would have some excuse!" she exclaimed.

"Hear me through, Elizabeth. It would depend on the qualifications of the teacher, and not on the character of the scholars. I should not refuse a district school for fear of contamination of my children by contact with my neighbors' children. Vice is not like the itch; a child does not catch it by shaking hands. For every parent can protect his children with antidotes. They may be taken beforehand as well as succedent to exposure."

"What antidote?"

"One that is mighty to save."

"What? pray tell."

"Love. It is as effectual with children as need be. No child breaks the hearts of its parents when the parents give it their hearts to keep. Children are ruined be-

cause they are not loved *enough*. In their hearts is felt a want, and as Nature abhors a vacuum in the soul as in matter, she as surely supplies it. The surest guaranty for my children against vicious courses is to be found in great principles lovingly lived out by their parents. Pray tell me how are they to resist their authority? From what corner of the universe is to rise up a Force that shall make my children do other than right so long as, representing great truths, I live for them, labor for them, eat the bread of carefulness for them, keep the blood that flows in *my* heart running like a living stream through *their* hearts? Just so long as we are *one*, how are they to go wrong while I go right? Has God established this relation between us to have it fail? Am I a parent, but with no sure power to guide? Not so, Elizabeth Smilie."

"Of course you have *power* to guide, but that power is as much authority tempered by love, and perhaps more, than it is love tempered by authority. I hold it my duty to make my children mind. Don't thee?"

"No."

"Don't thee *make thy boys mind*?"

"Never."

"O, I suppose they mind without *making*?"

"Exactly. You have hit the idea square in the forehead."

"Wonderful children thy children are, I suppose."

"You suppose wrong. They are like the boys of the village where they live, only they *happen* to think that their parents love them very dearly, and so ask obedience only because to obey is for their good and our mutual happiness. They are just as sure of having every night and morning all the love they want, as they are of having food and fire. They would as soon think of going to their neighbors to board as for instruction. Our words to them are not so much a *law* as they are a *GOSPEL*."

"Then thee is not afraid of the influence which evil boys may have on thy boys?"

"Never. If a boy swears, think you my boys will swear? If a boy steals, will mine steal? If a boy abuses his parents, will mine abuse me? Will my boys at any time defile their lips because other boys are obscene? Not so. They resist all such influences, because around them and above them is the *Love* of their parents, like a mist hiding them when the evil eye would fascinate or the evil arm strike. They grow up

pure in the midst of exposure. They attain hardness by struggle. They are like a tree in the open ground, whose roots are deep because its top meets storms."

"Thy doctrine is horrible," she said.

"Only horrible," I answered, "because you lack faith in yourself, in your children, and in God. What am I doing for my children while young, you expect your children will do for themselves when grown. You will fail. Your children, when they shall have become men and women, will have no virtue in the Roman sense, because they will have overcome evil by *running away from it*. Mine, I hope, will have learned to conquer by *resisting it*. The mistake you make is in supposing that childhood is a period of human existence in which susceptibility to evil is uncommonly great, or in which liability to err is unusually strong. It is not so. But the contrary is true. What children lack in reason, they more than make up in *spiritual instinct*, whose operations, when not interfered with, are certain. Nothing is wanting to the safety of the child but the quickening of its instincts, and this is done effectually by pouring into its little heart copious draughts of LOVE. Under such circumstances, evil fails to contaminate a child as water fails to wet a duck.

This does not preclude the parents from training the child, but it does forbid them from abating the child's freedom. God makes a child *free*, to *choose* evil or good. Education must not proceed on the theory of interfering with its *right of choice*, but on the principle that nothing is wanting to a proper choice but appropriate instruction. Teach them, then, not to be *afraid* of evil, not to tremble at sight of it, not to distrust their power of resistance to it, and so find safety to themselves in cowardly running from it; but otherwise, teach them to grapple it, combat it, throttle it, and conquer in the name of the *Right*. To do this, instill into your children the idea of the dignity of human nature, a waken early self-respect. Let them feel that they have a legitimate inheritance in that which is good, instead of distrusting them by the imposition of odious restraints. Deal with your children as you deal with "children of a larger growth." You do not fortify one's honesty by treating him as a scoundrel. You deepen no man's love of country by calling him a *traitor*. You keep no soul from apostasy by constantly preaching against infidelity. You add no security to

your husband's fidelity by playing the *jealous wife* to him. Then treat your children as you like to be treated, giving them freedom, but also ample instruction. At least treat them as well as you would an animal whose powers you wished to educate and use for your good. In training, restrain them only so far and in such directions as is necessary to cultivate *all* their powers. Such was Solomon's idea, and it was abundant in wisdom. Give your child a man's opportunity, and the man will have the benefit of it. Now, if I understand you, it is your intention to dis-associate your children from those of the neighborhood generally; and selecting their companions, establish a select school having a lady governess, who shall live in your house, and who shall, out of school, play the *duenna*—who shall go to church with them—to their rambles, and their amusements with them—who shall take charge of their hours of reading and of rest, their toilet, and their dishabille—in fact, who shall keep a constant oversight over them, she being *their* superior, you hers."

"Yes, William, that is my plan. I will not allow my children to associate with the children of Joe Billings, Mose Butterworth, Tom Hyde, and others of like stamp. Does this suppose I will?"

"I can not certainly say, Elizabeth. For though you may forbid it, it is not quite sure that you will succeed in enforcing obedience. Time will tell. If not now, by-and-by they may do it, when they shall have grown to an age and size when authority blends in Love, else it is only weakness. Your children—daughters as they all are, may choose to take the sons of these men you have named for husbands." She fairly screamed out an indignant exclamation that the supposition was an insult to her. I saw how incorrigible to all genuine ideas on the subject of education she was, and thought that we were forbidden to cast our holy things to dogs, so I arose, and asking her to tell Russell that I was going to see Propitiation Hemenway, the daughter of old lehabod Hemenway—the Quaker—I bowed myself a good-afternoon, feeling that I never preached so good a sermon to so unprofitable an auditory.

CANDID ON BOTH SIDES.—"I suppose," said a quack, while feeling the pulse of his patient, "that you think me a humbug?" "Sir," replied the sick man, "I perceive you can discover a man's thoughts by his pulse."

THE DEAREST BOON.

I WOULD not ask for wealth or fame
To cheer life's weary way,
That I might tread o'er flowery paths
To realms of perfect day—

For dark and thorny was the road
The blest Redeemer trod,
And 'tis the "narrow way" alone
That leads us home to God.

Nor in the holy hour of prayer,
When we commune with Heaven,
Is the petition breathed to Him
That length of days be given;
Nor joys to cluster thick around,
And myrtle flowers to bloom,
To light with love the portals of
The dark and dreary tomb.

Nay, dearer far the boon I ask—
It is the pearl of Truth,
That in its light my soul may dwell,
Clad in immortal youth.

That when the angel Death shall come,
Our Father's voice may say,
"Come hither, for thy path on earth
Was Truth's forsaken way."

What though that way seem dark amid
The broader paths of sin,
And seldom trodden till the weeds
Its borders steal within—

Bright glit'ring gems at every step
Will guide us home above,
And pearls of thought, and diamonds rare,
Of purity and love.

It matters not; these jewels bright
Are gather'd oft with pain,
For they may gladden hearts we love,
And bring rich fruits again.
Why pass in Vanity and Sin
The golden morn of youth,
When we might lead the shining way
To Holiness and Truth.

ORWELL, VT.

J. A. B.

DEATH PAINLESS.—It is nearly certain—indeed as certain as any thing chiefly speculative can be—that in all deaths the physical suffering is small. Even where invalids experience the most excruciating agony during the progress of the disease, nature comes to their relief at the last hour, and life goes out gently, like a candle in its socket. Those who have witnessed death-beds most frequently—especially if they have been intelligent persons, and therefore capable of judging—agree generally in considering the physical pain of death as inconsiderable. They say that the convulsive motions, which frequently attend the parting breath, are not evidences of suffering, for that the invalid is insensible. They say also, that when the senses are retained, there is usually no such spasm. A leading medical authority states that scarcely one person in fifty is sensible at the point of death; and some physicians assert that they have never seen a death-bed in which the patient was sensible. As life fails, nature, it would seem, beneficently interposes, deadening the sensibility of the nerves, and otherwise preparing the individual for the great and inevitable change.—*Phil. Ledger.*

HOW DO YOU DO?

Just as we predicted. When we uttered our reluctant "good-bye" in December, we put the question, "Shall we call again?" and ventured to predict how that question would be answered. Our hopes are more than realized. Already hundreds of our zealous and warm-hearted friends are pouring in upon us the most hearty "How do you do?" with scores of names—new and old—accompanied with the necessary "material aid," to "keep the pot a boiling."

Kind reader, believe us, we are with you in every good word and work. We have chosen our field of labor, and have selected the Human Vineyard, as the most important, and have consecrated our lives to its care and culture. Here we are surrounded with congenial spirits, who encourage and sustain us—and we find the fullest employment for all our faculties and all our strength. That our efforts are appreciated, let those responsive epistles from the thousands in all parts of our broad land attest. To-day, we have received from the East, the West, the North, and the South, the warm congratulations of those who have been with us from the commencement of our reformatory labors. Their letters breathe words of thanks for benefits received, and of Hope and Cheer for the cause we advocate. Thus are we doubly rewarded. Good friends, every where, seem to delight in extending to others a knowledge of that which has added so materially to their own happiness. They, in many places, actually *vie* with each other in getting up clubs for the WATER-CURE JOURNAL, considering this the most efficient agency in circulating the glad tidings of great joy by which they have been so signally blessed. But enough. We congratulate our readers, ourselves, and the world. We have already been invited to visit—monthly—thousands of families, in which we anticipate much happiness, and the invitation list is being daily extended. We are now booked for almost every State, County, and Town, from Canada to Cuba, and from Cape Cod to California; and yet in trooping throngs they come.

HOW TO REMIT.—In sending funds to the Publishers, always write in a very plain hand, at the top of your letter, the Post-office in full, the County and State. When the sum is large, obtain a draft on New York or Philadelphia, if possible, and deduct the cost of exchange. Bank-bills, current in the subscriber's neighborhood, will be taken by us at par; but Eastern bills preferred.

THE
WATER-CURE
JOURNAL
PROSPECTUS.

VOLUME TWENTY-THREE OF THE WATER-CURE JOURNAL commences with the present number.

HEALTH.—The great want of the age is health—the normal and harmonious action of all the elements of our being, physical, intellectual, and social. This want finds its satisfaction and this demand its supply, in a knowledge of THE LAWS OF LIFE, OF A TRUE PHYSIOLOGY; THE NATURE AND CAUSES OF DISEASES, OF A TRUE PATHOLOGY; the modes of PURIFICATION AND INVIGORATION, OF A TRUE SYSTEM OF MEDICAL PRACTICE.

THE PHILOSOPHY OF HEALTH, comprising the LAWS OF PHYSICAL, MORAL, AND INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness is included in the HERALD OF REFORMS.

HUMAN LIFE.—Our platform is a broad one, and our plan of operations comprehensive. All subjects connected with Diet, Exercise, Bathing, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements, and Social Relations—all the elements which combine to make up that complex thing called HUMAN LIFE, will be clearly presented.

PRACTICAL INSTRUCTION.—Hydrophaty will be fully unfolded, and so explained, that all may apply it in various diseases, even those not curable by any other means. The Water-Cure is not equaled by any other mode of treatment in those peculiar complaints common only to WOMEN. The WATER-CURE JOURNAL will contain such advice and practical instruction as may be considered most important in all these critical yet unavoidable cases.

PRESERVATION OF HEALTH.—Without health even life is not desirable, unless a remedy can be found. It will be a part of our duty to teach the world *how* to preserve health, as well as to cure disease.

PROLONGED LIFE.—Reforms in our individual habits, in all our modes of life, and in our social institutions, will be pointed out and made so plain that "he who runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

WATER-CURE AT HOME.—Particular directions will be given for the treatment of ordinary cases at Home, which will enable all who have occasion, to apply it. *Let it be borne in mind,* that the WATER-CURE JOURNAL is a thoroughly POPULAR WORK, designed for "the people;" and not the organ of a Profession or Sect.

TO OUR FRIENDS.—Believing the HEALTH REFORM to be the needed basis of all Reforms, and that no agency can be more efficient in promoting it than the WATER-CURE JOURNAL, we rely upon the FRIENDS OF THE CAUSE to continue their good efforts and exertions, until a copy is within the reach of EVERY FAMILY in the UNITED STATES.

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EXTRA NUMBERS FOR JANUARY.—We have printed a few thousand extra numbers for January, to be used as samples by our co-workers in getting up clubs. Reader, how many will you have? When renewing your own subscription, please state how many *extra* numbers you would like, and they shall be sent at once. Will you have Ten, Twenty, or more?

OUR NEW DRESS.

HENRY WARD BEECHER said, though dress does not make the man, the man looks much better when well dressed. So with thoughts. Good paper, types, and printing do not *make* the thoughts. Good thoughts, however, appear to a much better advantage when presented with care and taste, in their proper habiliments. We would not be so highly polished and gilded as to tarnish at the touch, nor would we be so shabby as to defile the taste of the most refined. We believe in both beauty and utility, and avail ourselves of every opportunity to combine the two and make the one compatible with the other.

We have among our writers every degree of talent and every variety of taste, and it is our business, as Editors and Publishers, to clothe their ideas in the most chaste and appropriate attire. To do this, we procure the best material the market affords—not always the highest priced—but nice white paper, jet black ink, clear, sharp copper-faced type, print it on new power presses by the prettiest girls in Gotham. It is not surprising that all the men and women fall in love with us at first sight. Editors, especially—than whom a more gallant and appreciative set of fellows never spoiled white paper—breathe out from the bottom of their hearts (or lungs) such genial "puffs," that we feel quite persuaded of our good looks and general acceptability. For all these kind favors we bow with thanks, and hold ourselves always ready to reciprocate. That we may continue to merit the approbation of the public, and especially of our friends and co-workers, shall be the constant care of YOUR HUMBLE SERVANTS, THE EDITORS AND PUBLISHERS.

PRIZES AND PREMIUMS.

ALTHOUGH we furnish more original reading matter, for the price, than is usual, we are disposed to offer the following SPECIAL INCENTIVES to our co-workers, in order to render this their first exertions, in extending the circulation of our JOURNAL, for the year 1857.

ONE HUNDRED DOLLARS will be given in our own publications (books at regular retail price), on every \$1,000 sent for either one, or all three of our JOURNALS, viz., THE AMERICAN PNEUMOLOGICAL JOURNAL, THE WATER-CURE JOURNAL, or LIFE ILLUSTRATED, for 1857, at lowest club prices.

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Thus, we will send one hundred copies of either THE PNEUMOLOGICAL OR WATER-CURE JOURNAL, or fifty copies of LIFE a year, for \$50, and give a PREMIUM of \$5 to the getter-up of the list.

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In addition to the above, we will present to the person who sends in the largest number of subscribers in all, to one, or all three of these JOURNALS, A PRIZE OF ONE HUNDRED DOLLARS; payable in our books.

TEACHERS, EDITORS, CLERGYMEN, and others, are invited to obtain subscribers in the neighborhood where they reside. Traveling Agents may obtain Certificates from the Publishers, on presenting suitable recommendations.

The Month.

NEW YORK, JANUARY, 1857.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

RATIONAL HYDROPATHY.—Soon after Hydropathy, or Hygeopathy, or hygeo-therapeutics threatened to become popular, a set of hydro-drugopathic doctors made their appearance, whose sole object seemed to be to ride the thing as a profitable hobby, while it was going, and so long as it would pay. And every year since, a greater or less number of such mongrels have appeared on the stage of action, made a brief flourish, and disappeared again, to be known no more forever among Water-Cure physicians.

These adventurers always prated lustily for "rational hydropathy." They were opposed to all "ultraisms." They were in favor of water "pretty considerably," and drugs occasionally. They believed in using water treatment whenever it would best agree with the constitutions of their patients, as they understand constitutions, and drugery when it would agree best—in short, they were "eclectics."

They did not believe in Hydropathy. In fact, they could not have faith in it, for they did not know what it was. They never dreamed that there was a true philosophy in it; and a complete and consistent system about it, ample and universal, including all the truly remedial appliances in the world—excluding nothing but poisons—and capable of curing all curable diseases—in short, they went into it blindly, as they came out of allopathy.

Where are the "rational hydropathists" now? New York city has seen the advent of a dozen of them. But not one of them has maintained his position. They have all and singular become an extinct species. Some of them have gone back to keeping apothecary shops; others have renounced what little heresy they possessed, and returned to full communion in the drug-school. Others have established themselves in the more congenial and appropriate business of hotel, refectory, or fashionable boarding-house keeping; and yet others have resumed their former avocation of newspaper reporters, dentists, daguerreian artists, mesmerizers, etc., etc.

As far as our information extends, a similar mortality has attended the "rationals" all over the country. We can not name one who has, before the public, a position of respect or influence; nor who is doing the least thing toward enlightening the people on the great subject of health; nor who is not manifestly in a rapid decline—a sort of galloping consumption; and, in the expressive language of Dow, Jr., the immortal patent sermonizer, we say, "So mote it be."

It will not be many years, we predict, before the people will very generally come to the conclusion, that the most rational hydropathy is that which has the least to do with drug-poisons, under the misnomer of medicines; and then there will not be a real, live hydro-drugopathist in all the land.

AS WE EXPECTED.—The allopathic journals are "down" on Dr. Smith, of the *Medical World*, precisely as we predicted. They have no notion of tolerating "more liberal sentiments." They are determined to ostracise every one of their "professional brethren" who dabbles in the least with any thing that has the taint or suspicion of irregularity.

The *New Jersey Medical Reporter* for October calls on Dr. Smith's late associate editors to explain what he means by starting a journal devoted to more progressive and more liberal sentiments; and the November number expresses itself thus:

We are sorry to learn that the *Medical World*, of which we made inquiry in our last, is a sort of medical guerrilla, devoted to the interests of all the pathies, and medical humbugs, and heresies of the day. Alas! Dr. J. V. C. Smith, that you should have come to this!

And the *New Hampshire Journal of Medicine* for November hits the recusant Doctor in the following style:

"LIBERAL SENTIMENTS."—What is meant by "liberal sentiments" in medicine?

This question suggests itself to our mind upon noticing in our exchanges that Dr. J. V. C. Smith, for so many years editor of the Boston *Medical and Surgical Journal*, has established a new periodical, which he calls the *Medical World*, and which is to advocate more liberal sentiments, or, as he has it, "a wider range and more liberal sentiments in regard to the various sentiments now prevailing on the subject of medical science."

We always watch with suspicion those men who profess to be more honest, philanthropic, and liberal than their associates, or those with whom they have associated.

We wish the Doctor much joy in his new position, and as he cuts loose from all restraints, we may expect to see a display of "liberal sentiments" which will satisfy the grossest reviler of the regular profession.

We should like to have these doctors, whose equanimity is so deeply disturbed by Dr. Smith's new position, tell us what

those "restraints" are, from which the Doctor has "cut loose?" And we would be duly grateful if they would tell us how it is that the discussion of a wider range of topics is to be considered as "reviling the profession?"

ANATOMICAL MUSEUM FOR THE HYDROPATHIC COLLEGE.—Arrangements are now complete for the reception of anatomical preparations, toward the formation of a museum connected with our school. Letters have been addressed to physicians in different parts of the country on the subject, many of whom have the means, and will doubtless forward valuable specimens; and there is every reason to believe that ere the present lecture season has closed, the museum will have become an established fact. The importance of this project must be apparent to all, hence the friends of the institution and of the cause will need no urging to contribute to the general stock such preparations as they may possess or can obtain from others.

It is suggested that whatever may be sent be properly prepared—if simply skeletons of animals, birds, etc., that they be nicely macerated, and wired, if necessary—and if in the department of pathology, that they be preserved in alcohol, and in good, clean condition—and that all be marked, or accompanied with descriptions or explanations, whereby information may be derived to the medical or general student. By this means an intelligent classification can be made, and each donor credited with his contribution.

Models or casts of any thing relating to the general subject will be valuable, and duly appreciated, and we earnestly hope that our friends will give this subject immediate attention.

Where the preparations can not readily be sent through private channels, they may be forwarded per *express*, if securely packed and plainly marked, addressed to Dr. C. R. Blackall, care of Dr. R. T. Trall, 15 Lighthouse Street, New York.

CLAIRVOYANT WATER-CURES.—A correspondent sends us the advertising circular of a Water-Cure establishment, which has lately passed into the proprietorship of a female physician, who is represented to possess remarkable powers for the discrimination of diseases and the prescriptions of medicines (drugs). She is said to be able to decide, clairvoyantly of course, between those constitutions that would be benefited by water treatment and those that would not.

Our position in the premises is, or ought to be, well known. We have tried to express our opinions clearly and distinctly. We believe in clairvoyance as a fact; but we do not believe in the superiority or advantages of clairvoyant examinations or prescriptions over other methods. And when a clairvoyant or hydropath undertakes to say that water treatment is not adapted to certain constitutions, and that drug-medicines are best adapted to some persons or diseases, we undertake to say, in reply, that he or she knows very little about the hydropathic system—in short, we consider them as either ignoranuses or humbugs.

FEMALE PHYSICIANS.—One of the most

encouraging signs of the times is the rapidly growing sentiment in favor of female physicians. The newspaper press has become almost unanimous in recognizing the medical profession as one of the peculiarly appropriate "spheres" of women, and in welcoming her to this new field of labor; while some of the *irregular* medical journals have extended to her the fraternal hand. Even one or two of the *regular* periodicals have condescended to intimate that female physicians, under suitable restrictions and regulations, might be beneficially tolerated.

As an illustration of the present state of public opinion on this subject, we subjoin the following editorial remarks of a late number of the *New York Tribune*:

A noteworthy characteristic of our day is the re-entrance of women upon medical practice. In the early days of the profession, before it had yet become a science, women were foremost among those skilled in the care of the sick, and in the healing virtues of the simples then for the most part composing the *materia medica*. Within the past twenty years, they have manifested the capacity and the inclination to resume their old place in the modern profession. This may be immediately owing to the efforts of a few able women, thoroughly in earnest, to find a field commensurate with their aspirations; but, doubtless, the ultimate impulse of their enterprise is traceable to the inherent fitness of the healing art to the capacities and tastes of the sex, and to the pressing need now experienced by many women for fresh and wider avocations. This would seem to be the case, inasmuch as those now practicing (of whom there are already one or more in most of our larger Northern cities) have won their way through reading, lectures, hospital and foreign practice, not only without ready facilities, but despite incessant obstacles, and a very strong opposing sentiment on the part of most of the profession and a portion of the public.

As we are somewhat given to prophecy or guessing, we venture a prediction on this theme: It is that, within ten years from the time that the country is supplied with female physicians, nine tenths of the prevalent fatal diseases will disappear altogether, or become mild and trivial ailments.

THE DISCUSSION.

DR. TRALL IN CONCLUSION.

In my last I explained the nature of vitality—the "*vis medicatrix nature*"—which has so long been one of the unsolved problems of medical science. I am now, in conclusion, to explain the nature of diseases, and of remedies, and their relations to each other.

Disease, I have many times said, is *remedial effort*. By this I mean simply, vital action in relation to things abnormal; in other words, the effort of the living system to get rid of something in the system the presence of which is injurious.

For an illustration—when miasms or any impurities have so accumulated in the system as to

endanger life, a general and violent effort is made to expel them. This effort, which is remedial—which is not healthy, but *health-restoring*, constitutes the disease we call fever.

Again, if a *medicine* is taken into the stomach in the shape of lobelia, or a *poison* in the shape of gamboge, the system expels it violently, and the effort is called a bowel complaint—cholera morbus, perhaps.

We see no action of any name or nature except that which the living system performs. And thus we demonstrate that the *living system acts* in the appropriation and use of air, food, water, etc. (hygienic agencies), and also that the *living system acts* in the expulsion of all incompatible things, whether we call them medicines or poisons. In no case is there the least evidence of any action whatever on the part of the food, the medicine, or the poison.

Professor Draper, in his late work on physiology, speaks of the food as "executing the repairs in the organism" made necessary by the vital expenditures. But he has got, as has Dr. Curtis and all the rest, the action on the wrong side. Is it not one of the very plainest of all common-sense propositions that the living system uses the elements of food in executing its own repairs.

Dr. Draper's notion of nutrition is as chimerical as is Dr. Curtis' theory of disease. Dr. Curtis defines disease to be an "inability of an organ to respond to the vital force."

This definition places the vital force *outside* of the organism; but we know and have proved that it is *in and of the tissue itself*. It also makes mere negation, were nothingness, a disease. How can Dr. Curtis reconcile his idea of "inability" with his other notion that "fever is a friend"? Are not the two propositions flat contradictions? Is *inability* in the organism, in any possible sense, friendly to life?

Vitality is the sum of all the distinctive properties of the living tissues. *Health* is the balanced action of all parts of the living system. *Disease* is their disturbed or unbalanced action. It is vital action directed against morbid agents; it is remedial effort, because it aims to rid the system of these morbid agents. When this is accomplished, there is again balanced functional action—health.

And now of remedies. What are these? Not other morbid agents. Not poisons. Not drug medicines. These, as we have seen, are all *causes of disease*. If they cure, they do it by substituting one disease for another.

If, when the living system is struggling to get rid of existing impurities, a new poison—a drug-medicine—is introduced, so that the vital actions are divided between two enemies, the actions constituting the primary disease are, of course, abated or suspended, and the doctor imagines his remedy, *alias* poison, has aided and assisted nature. It is not strange that a delusion so gross, so unphilosophical, so thoroughly absurd and nonsensical, should have ruled the world so long?

Let us see, now, what is the true idea of medication. Surely not the production of new diseases. Certainly not the introduction of poisons to remove morbid matter. This is adding insult to injury. It is casting out one evil or one devil by another. No, no. Good is evil's antidote. The materials

of pure nutrition and of healthful functional action are the true remedial agents.

Nature abhors all drug medication. The book of nature—the very best text-book in the world for medical students—teaches us that the stomach was made to receive nutritive and formative material, *and nothing else*. Air, light, water, food, temperature, etc., which, in certain proportions and conditions, are made to sustain the vital machinery in health, in disease become, in other proportions and conditions, the best and the only *natural* remedies.

And now, lastly, what are the relations of remedies to diseases? This is the very gist of the argument between Dr. Curtis and myself, and the point, as our readers will bear witness, on which he would say nothing but—*num*.

Disease being *disordered functional action*, and the disordered action being a warfare against impure or improper materials, all we have to do to restore order again is to assist nature in accomplishing her work. And this is to be done by regulating this vital or disordered action. And it is to be regulated by increasing it in some directions, decreasing it in others, so as finally to secure an exact balance of functional action. Then we shall again have order, physiology, health. The *means* to be employed in the regulation of this disordered action are, as I have just intimated, such proportions and conditions of hygienic agencies as are exactly adapted to the degree and kind of disordered action.

To illustrate. In *high* fever the vital actions are determined to the whole surface with so much force as to overload the capillaries, and so absolutely prevent the due elimination of morbid matter. Then, by the application of cool or cold water, we lessen the heat, contract the engorged vessels, and restore the departing process again.

And again, in a *low* brain fever there is disproportionate accumulation of blood in the brain, and too little in the extremities. Here we have simply to apply cold to the head and warm to the feet to *regulate* the remedial effort.

And if there be offending material in the stomach and bowels, instead of in the blood, we may by the introduction of water furnish nature a condition, a solvent, or a menstruum, by which she can more easily and more readily eject or reject it. But our hygienic or remedial agent in this case—the water—does not act on the living system. It does not act on the stomach nor bowels, but it does act mechanically or chemically on the material—the effete matter contained in the stomach and bowels.

Thus, in whatever light we view this subject, we find the law supreme, universal, and unchangeable, that living acts on inorganic matter *always*; and that inorganic matter acts on the living system *never*.

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—and the three none too much for the wants of a family.

INCLUDE A STAMP.—Letters requiring an answer, especially when that reply is for the writer's benefit, should always inclose a stamp to pay the return postage.

Reports of Cases.

COUGHS, ENLARGEMENT OF THE LIVER, AND GENERAL DEBILITY.—Reported by Mrs. C. P. R. Freese, of the Pittsburg (Pa.) Water-Cure.

Mrs. A —, age 39, at the time she entered the cure, had been unable to leave her room for six months. Her symptoms were as follows:

Great difficulty of breathing. The slightest exertion brought on paroxysms of coughing, which almost produced suffocation. The cough was shrill and croupy; in the morning she expectorated large quantities of white, glairy matter; feet and hands always cold; liver enlarged, and the whole region of stomach and liver intensely sensitive; bowels constipated; pulse ninety-seven; she was obliged to lie most of the time in a reclining position.

Her treatment was, long and continued packing, dripping sheets, half baths, sitz baths, etc., with wet compresses worn continually over the chest and liver. In one week she was able to walk a little distance through the garden, and in three weeks she could walk a mile up-hill, and in Pennsylvania we have hills—not gradual slopes, with winding roads, but real hills, so rough and steep that you are obliged to cling to the shrubs, or draw yourself up by rocks and trees; but when once you gain the summit, there is a light in your eye and a rose tint on your cheek that never was there before—and the view—how magnificent!

But to return—ah, there is the difficulty! You did not think of that. But it is a cheerless place to spend the night, and the supper-hall may have rung—and to patients in a water-cure this is an item not to be overlooked.

After tearing the skin from your fingers, making long rents in your dress, and slipping with an avalanche of dirt and stones for some feet, you arrive safely at the bottom, thinking to yourself, meanwhile, that whatever writers may say about toiling wearily up long, rugged hills, the descent is much more difficult.

Reader, pardon the digression, but it seemed to be necessary. In eight weeks Mrs. A — left the cure; her cough was all gone, her breathing natural, pulse reduced to its normal condition, the menses had resumed the natural color, and she was strong, healthy, and happy. This was a year since, and now she is in the enjoyment of perfect health, and has been ever since she left us.

BRONCHIAL AFFECTION.—Reported by J. Parks, M. D., of the Franklin (Tenn.) Water-Cure.

Miss — came to the Franklin Water-Cure with a bronchial affection, and with a strong disposition to consumption. She had had a few attacks of bleeding from the lungs. She was somewhat emaciated, and her friends were very fearful that she would soon fall a victim to consumption. We began and continued the treatment of her case industriously for six or seven weeks, using such haths as had a tonic effect, a tendency to equalize the circulation, and dissolve and pass out effete matters from the system. Such diet and exercise were used as would keep the bowels, skin, and system generally in proper condition, and call into action those muscles that were not sufficiently

exercised, give the lungs more space, and cause her to breathe more, and by this last means to receive more oxygen into her lungs. Under this treatment she improved rapidly, until she became entirely healthy.

Home Treatment.

A NUT FOR DR. CURTIS TO CRACK.—A few weeks before the election last fall a young friend of mine was seriously injured while some 80 miles from home, by accidentally falling off a railroad bridge. I reached and took charge of him two days after the accident. As his recovery was despaired of, and knowing that it would be agreeable to the wishes of his friends, I concluded to take no responsibility upon myself, but faithfully followed the directions of his physician. At first he gave no medicine, and as I have some peculiar views about "remedial action," I thought this sensible, and began to hope that my unfortunate young friend would receive something like rational treatment. But in this I was disappointed. He had gradually improved until the fifth day, when, being costive, a dose of Epsom salts was ordered. Having, however, no "special affinity" for the bowels, it did not "act." The dose was repeated, and the bowels moved. Yes, they made an effort to expel the poison. But oh, how sick he got by this violation of physiological law! The wise doctor said that it was from "the effects of the fall, and probably he has caught cold." Down went the medicine now, dose after dose, day after day, and worse grew our patient. Such agony! A few more doses might—and becoming alarmed with the consciousness that nature abhorred the inimical trash, and was fast wasting her energies in its expulsion, I threw it into the—you know—and ceased to follow the principle of "*contraria contrariis curantur.*" He suddenly began to improve. I did nothing but place cold wet cloths on his head, keep his extremities warmly covered, and give him water. The disappearing drops and powders were "working charmingly." I kept my own counsel. In several days he was doing fine, talked politics, and was pronounced by the learned doctor to be out of danger. He is now well. Nature, unimpeded in her operations, brought him to rights again. Reader, did it never occur to you that the "science of medicine" is an out-and-out humbug, and that "remedial action," in contradiction to medical philosophy, is a characteristic of the living body only—that it is merely the defensive or healing action of the body when any impure, injurious, or incompatible substance finds its way within the "*vis medicatrix naturæ*" of the hyegeopath? Strange that Dr. Curtis don't put on his spectacles; he might discover his mistake.

J. M. M. G., *Macungia, Pa.*

BILIOUS FEVER.—Since the date of my last letter, Hydropathy has received a new and encouraging impulse in our neighborhood. I wish you to understand that by the water-cure I refer to that which is "clean," and not adulterated with the admixture of drug poisons. I will relate one case as evidence of what I have just stated. A few week's ago my wife's brother had a severe

attack of the bilious fever, and his wife's sister was prostrated by the same disease at about the same time. They were both sick in the same house, and in the first stage of their sickness a botanic physician was called to administer for their relief. Subsequently an allopathic physician was called to visit the young lady, but she died about one week from the time of her first attack of the disease. On the day of her funeral my wife saw her brother for the first time after he was taken sick. He was then regarded as a dying man. She suggested to the physician, who was also her brother, she thought he might be made more comfortable, and the severity of the dying struggle somewhat mitigated, by treating him with water. The patient was willingly yielded to her care, and her sick brother was cheerful in permitting her to take the charge of him. Her treatment relieved his pain, quieted his nerves, and enabled him to take some rest, which he had not enjoyed for more than a week. His own statement was, that he had not slept at all during that whole time. In less than twenty-four hours my wife was inspired with hope that her brother might be cured by a judicious water treatment. She continued the treatment for a few days, during which time no medicine whatever was given. Her brother, who was the physician, suggested to her that the time had come when he ought to take more medicine. He suggested the same to his sick brother, who replied, "I thought I was not going to take any more medicine." After some urging he took the medicine; but when some was presented a second time, he utterly refused to take it, declaring he would take no more medicine. He then told my wife he supposed he had offended his brother by refusing to take his medicine, and under the circumstances he wished her to take the charge of him and treat him exclusively with water. At this point he became her patient. She continued the treatment, and in a few days he began to amend so as to inspire all who saw him with the hope that he would recover. He is now well. This case, with others which have occurred, has awakened a desire in many minds to look into the subject. It is known that I have acted as your agent, and two individuals have applied to me to procure for them the "Hydropathic Encyclopedia," which please send. I am yours, etc.

PETERSBURG.

A. E.

Miscellany.

DOCTORS.—There is, it must be confessed, something exceedingly perplexing in the medical profession. We are subject to a vast variety of diseases; and physicians, in order to cure them, study the art or science of medicine. By dint of extraordinary natural sagacity, great practice, and experience, a physician becomes so wise in the knowledge of all diseases, and antidotes to death, that he acquires the character of a life-preserver. He dies, and in some half dozen years or so a physician, whom he had long kept down, lifts up his now undepressed head, and gets into prodigious practice. He adopts a system diametrically opposite to that of his predecessor. That which the one said would kill, the other says will

cure. Now, the question to be answered is, which of these two men is the murderer? If it indeed be within the power of medical treatment to put a patient to death, a hot, close room, with a huge fire and nailed windows, and a cool, airy room, with no fire at all, and windows frequently open, can not be equally good for a small child, with its face one blotch of small-pox. So on with all other complaints under the sun, moon, and stars. Fathers and mothers fall down on their knees before physicians, blessing them for having, under God, rescued a beloved child from the tomb; while, had they known the truth, as it is expounded by a future Hippocrates, they would have screamed him off the premises as an assassin. Yet the bills of mortality preserve a wonderfully nice equilibrium, and it would almost seem that both Life and Death laugh at the doctors. A patient laboring under a hereditary disease, say a cancer in the stomach, like Napoleon—or gout in the toe, like Christopher North—is puzzled, when told at the very fust, his father, grandfather, and great-grandfather have been murdered, and that he must submit to a new regimen, the result of which said new regimen is, some hundred years afterward, quoted to a generation yet unborn, as one of the most melancholy cases on record, of an invaluable life having been sacrificed to a mistaken policy of insurance. This is to us a riddle, which we wish the clever sphinx would solve, since Oedipus is dead.—*Professor Wilson's Essays*, vol. 1.

THE HEART'S MECHANISM.—The human heart is a wonderful piece of mechanism; a steam-engine is a clumsy contrivance compared with it. Man has two hearts, and each of these is double, so that he may be said to have four hearts. Two of these are for bright red blood, and two are for purple or dark blood. It is usual in books to call red blood arterial, and the purple blood venous; but each of these two double hearts has its own set of arteries and veins, and the arteries of the one are always filled with red, and the arteries of the other with purple blood.

The veins, in like manner, of each are in inverse order—the veins of the red heart being purple, and the veins of the purple being red; for if the blood goes out red it comes back purple, and if it goes out purple it comes back red. It always goes out red from the heart on the left side, and comes in purple to the heart on the right side; and it always goes out purple from the heart on the right side, and comes in red to the heart on the left side. And thus it makes its everlasting round, being converted from purple to red by passing through the lungs.

Each heart has its going and returning series of vessels, infinitely numerous and ramified; and the blood is forced through them in such a way that it must go forward, and can not return, except by going round the circle; for these vessels are all supplied with valves that open only one way and shut the other; and therefore were the blood to make an effort to return, the valves would close immediately and stop it.

The elastic nature of the blood-vessels, also, is such that they squeeze the blood in undulations or pulsations along, closing upon it, and then opening to let more forward; and all this they do

spontaneously and regularly, the will of man having nothing to do with it, and no power over their movement.—*Exchange*.

A WORM IN A TOOTH.—A medical gentleman of Ballymena, Ireland, was employed recently to extract a patient's tooth. It was a grinder, of large size, apparently sound, and so firmly seated that it broke in the effort of its removal. On examining that portion of the tooth which came off with the instrument, a very extraordinary worm-shaped living animal was found adhering to the center of it. On being carefully removed, without injury, it proved to be five eighths of an inch long, lively as an eel, and of a blood-red color, and about the thickness of a woolen thread. On viewing it through a microscope of limited power, it appeared to be ringed or jointed in its formation. No legs were visible, and it moved by erecting its body, arch-like, in the center, and projecting either end at pleasure—for it appeared to have a head at each extremity. One of the heads was large, flat, and broad in proportion to the creature's size, with a capacious mouth, and two black eyes, set very widely apart, and projecting from the upper part of the head. The other head was smaller, with a lengthened snout, and a mouth opening from underneath.

A NATIONAL DISEASE.—Throughout North America the universal morbid appetite for patent medicines is a regularly constituted disease. It is probably transmitted from parent to child, as insanity, scrofula, and nervous affections descend through families. To see a man or woman who never purchased a box of Brandreth's Pills, or a bottle of the *Balm of a very few Flowers*, would be equivalent to seeing the fifth wheel of a coach. No such phenomenon exists.

Mothers usually commence with Sherman's Vermifuge Lozenges. Every suckling has worms, of course. But whether they have or not, it is judicious to commence drugging the little creatures early, by way of accustoming them to more potent articles, when their strength will bear them. Spring physic usually follows. It is a divine art to keep off sickness by seasonable doses of something that is good for the blood. At fourteen, young persons begin to purchase for themselves. The latest advertisement should always be a guide in the selection of patent medicines, on account of the respectability and responsibilities of parties offering them for sale. This is a great country—every one has a perfect inalienable right to kill himself with life-preserving nostrums.—*Medical World*.

[A little less stuffing, or abstinence from food for a day, would do away with the seeming necessity for physic; but a liberal draught of water would be infinitely better to relieve an oppressed stomach than any quantity of patent medicine. So take the water and save your quarter.]

KEEP YOUR MOUTH SHUT, all you that will keep late hours these cold winter nights, in crowded, heated rooms, until animal vigor and mental sprightliness are exhausted, and yet must breast the bleak winds of January to get home. I see nothing amiss in the festivities of friends, and neighbors, and kindred these long winter eve-

nings; better than moping at home; nothing amiss in the reunions of the young and cheery-hearted, even though they may be extended once in a while to the "we short hours ayant the twal;" I love to see gladness in all, at any hour of the twenty-four; but to do these things safely and long, make it a practice to observe two or three simple and easy precautions.

Before you leave, bundle up well—gloves, cloak, comforter—shut your mouth before you open the street door, and keep it resolutely closed, until you have walked briskly for some ten minutes; then, if you keep on walking, or have reached your home, you may talk as much as you please. Not so doing, many a heart once happy and young now lies in the church-yard, that might have been young and happy still. But how? If you keep your mouth closed, and walk rapidly, the air can only reach the lungs by the circuit of the nose and head, and becomes warmed before reaching the lungs, thus causing no derangement; but if you converse, large drafts of cold air dash directly in upon the lungs, chilling the whole frame almost instantly. The brisk walking throws the blood to the surface of the body, thus keeping up a vigorous circulation, making a cold impossible if you don't get into a cold bed too quick after you get home. Neglect of these brings sickness and premature death to multitudes every year.—*Hall's Journal*.

THE SCALPEL.—Dr. Dixon was born for a politician. About once a year he sends us his magazine, solicits an exchange and notice, gets it, and then crosses us off his list. We don't know as we care much about it, for we have read medical journals already till we begin to think we are afflicted with all the ills that flesh is heir to; but a bargain is a bargain, and when we render a service we desire an equivalent. We consider the Doctor a humbug, and his *Scalpel* a bore, and want nothing to do with either one or the other.—*Yonkers Herald*, Nov. 8th.

[Now that is too bad. There must be "a screw loose somewhere," and we assure the *Herald* man that the *Scalpel* man is any thing else than a politician. He is a bright particular shining blade, and nothing delights him more than dissecting politicians with his scalpel. He will be prompt in coming to the rescue and defending his high six-foot-and-an-inch reputation against every attack or insinuation. We warn editors to beware how they touch that scalpel, or they may get cut up in little pieces.]

TRUE INDEPENDENCE.—The man who has seven acres of fertile land may always retire within the circle of his own productions; he may laugh at the monopolist, and receive his bread from the God of heaven. No matter how much the seller asks for his niceties; no man is obliged to buy them. Let him store his fine flour if he please, until it is devoured by the rats. I thank heaven that I have two hands and an humble stomach; I can bear coarse food and woolen; I can retire from flour to Indian meal, and from Indian meal to potatoes, or some humbler root.—*Withington*.

CANDOR.—A foreign medical writer, possessing candor, once asserted that "physic is the art of amusing the patient while nature cures the disease."

To Correspondents.

WHITE SWELLING.—E. H., Muscatine, Ia. "My wife has a swelling about the knee-joint, which continues to enlarge over the knee-pan, attended with itching, soreness, and tightness, and sharp stinging pains. An eclectic physician recommends blistering. What would you advise?"

Avoid blistering, as you value life. This disease requires the most thorough and rigid application of all the appliances of hydropathy. Most important of all is a very strict fruit and farinae us. d. l. The wet-sheet pack should be employed as the leading bath success frequently, if the patient's temperature is sufficient; if not, the tepid half-bath, with wet cloths to the part affected, of the temperature most agreeable to the patient's feelings.

BLINDNESS.—J. W. P., Hinkley.—The case of your mother, whose total blindness in one eye, and partial loss of sight in the other, you describe, is, we think, incurable. She might, however, preserve her present ability to see, and improve it, more or less, by a hygienic mode of living. She should leave off flesh, butter, and milk, and quit taking drugs.

COMPLAINTS AND ANTIDOTES.—E. L. B., Fallmouth, Me. "Will Dr. Trail, through the WATER-CURE JOURNAL, please answer the following questions: "Does not Liebig's theory, that certain conditions are useful and necessary to supply the necessary ingredients or constituents that may be wanting in food—to the human system—derive confirmation from the fact that sheep and cows at certain times are fond of salt and the latter of chewing red bones, in the content, the phosphate of lime wanting in their food?"

And does not nature indicate the necessity of antidotes or medicines, in certain cases, as in that of toads eating plantain leaves, to destroy or neutralize the poisonous effects of the spider's bite, etc., as we have many well-authenticated cases of their having done?"

"What occasions the deafness and bad feelings in the head, with which some persons in consumption are affected?"

1. We do not see how the morbid appetites of domesticated animals can prove any thing in relation to natural wants.

2. We are willing to admit that certain poisons have specific antidotes, as in the case supposed; and then, what?"

3. Unequal circulation; too much blood in the head, and too little on the surface.

NEURALGIA.—A. B., Bedford, N. Y. "My husband is grievously afflicted with the neuralgia in his back and stomach, and I think in his liver, where he has a constant ache. He has short breath. Can you tell me what is good for him? He is past labor?"

He has an enlargement of the liver, with chronic inflammation. Let him wear the wet girdle, take tepid hip-baths frequently, and adopt a very plain fruit and farinae diet. His food must not only be very plain, but rather abstemious in quantity.

WATER-POISON—SORE EYES—DUODENITIS.—J. H. P., Bethany, Mo. "When water, taken into the stomach, is expelled by vomiting, is water, in that case, a poison to the system?"

"What is the remedy for sore eyes, such as are common in the West?"

"What is the cause of soreness around the region of the stomach?"

1. No. 2. Attend strictly to the general health in all respects, and apply water to the eyes frequently of the temperature that is most agreeable. 3. It is usually caused by chronic inflammation of the mucous membrane of the duodenum or first intestine (see "Duodenitis," in Hydropathic Encyclopedia), and this is caused by a diseased liver.

SALT-RHEUM.—A. C. S., Delaware, O. "I have this salt-rheum in my hands; they are rough, scaly, and crack. They were worse before a storm. My nails are dry and brittle. The skin comes off in scabs, and now comes on. I have had it two years. I haven't done any thing for them on any wet sheet cloths or them, and something else, oil, I am fourteen years old. I want to know how to cure it through the WATER-CURE JOURNAL."

Treat the whole system; that is, live beautifully in all respects, and in due time the hands will get well. Avoid salt, grease, vinegar, pepper, etc. You had better, also avoid milk.

THUMPING IN THE EAR.—J. A. W., Williams, Center, O. "Will you tell me, through the JOURNAL, the cause of, and cure for, a very disagreeable and somewhat

pained (at times) thumping in the ear? The most disagreeable effect I have experienced is when the blood becomes heated by exercise, or while in a stooping posture. My husband has been thus afflicted for one year.

P. S. Certain kinds of noises, such as stepping on dry leaves, ringing of small bells, crying or merry laugh of children, etc., are at times very unpleasant."

Chronic inflammation is frequently attended with such and similar symptoms. To cure it, have the whole body cooled by the temperature, with pack, half-bath, or dripping-sheet, and adopt a very strict and abstemious diet.

TORPID LIVER.—W. P., Georgia. "Can you inform me the right or the best preparation for a dull, heavy feeling in the right side, great nervousness, dull pain in the top part of the head, a burning sensation in the arms, pain passing through different parts of the body, and deep melancholy?"

A plain, vegetable, and fruit diet, with frequent siz-baths, and the occasional use of the wet gridle.

CONSTIPATION.—C. D. L., Shanestville, Ohio. "What is the occasion of pain in the left side, near the heart, which has continued near a year, and what is the remedy? And what is the cause of dizziness, and what the remedy?"

The whole depraving system—skin, liver, bowels, etc.—is constipated. Use plain, opening food, active exercise, a daily sponge-bath, and occasional siz-baths.

RHEUMATISM AND LIVER COMPLAINT.—L. M. C., Monticello, Ia. "I wish to make a few inquiries in regard to rheumatism. Is it ever occasioned by a fall? I should be thrown from a wagon, and fell on my head. I supposed I received no injury except a severe jar, but the next morning both my arms were very lame. After a while they got better, except occasional spells of lameness and pain. It is now some years since the accident, and my right arm is well, but the left one continues to have spells of being very painful. The pain always comes on in the night, and often passes to the shoulder. The pain is increased by lying on my right side, while, by lying on my left side, I can generally get some sleep. The pain is between the shoulder and the elbow to the shoulder. I should like to know what is the disease and remedy."

Injuries are often the exciting cause of rheumatism when the predisposition to it exists in the system. In your case there is evidently a diseased liver, which constituted the predisposition. The best way to get rid of the rheumatism is to treat the case as directed in the Encyclopedia for "liver complaint."

HYGEO-THERAPEUTICS.—D. M., of Russellville, Ky., has sent us a well-written criticism on the term Hydropathy, which has been proposed as a substitute for Hydropathy. He objects to Hydropathy, because it literally means health affection, and says, in favor of the name he suggests—

"The adoption of 'Hygeopathics' would only subject us to the renewed and very just ridicule of our opponents, the term being as thoroughly unexpressive of the *medicæ operandi* of our system as Hydropathy.

"For my own suggestions and argument on this subject, see WATER-CURE JOURNAL for August last, page 42.

"I will only add, that the term therapeutics from *therapeia*—'I want upon, I alleviate, I attend upon the sick'—is, by Dr. Dargison, defined as 'that part of medicine the object of which is the treatment of disease.' How beautifully appropriate, then, the term of Hygeiotherapeutics, or Hygeopathics, is, as a substitute for Hygeiotherapeutics, and more definitely the cure of disease by the application of the principles of hygiene."

VEGETABLES vs. FLESH DIET.—N. W., Fairview, Ky. "Will a person be as warm and stout on a vegetable as on a mix-d diet? Some philosophers say that animal food is more nutritious than vegetable. How is this?"

A proper kind of vegetable food will preserve and regulate the animal temperature better than a mixed diet. It will also give more vigor and strength. Those philosophers are very much mistaken. They mistake excitement or disturbance for strength.

STAMMERING.—C. M. L., West Troy. "How long a time is required to cure a cure of stammering (a bad case) according to the plan you advise?"

From one to six months. The process is slow, but the cures are radical and permanent. The majority of cases do not require to be with us but a month or two.

TEXT BOOKS.—C. M. S., Georgia. "Being such zealous advocates and practitioners of the Hydropathic system, and expressing a great anxiety in hearing of its advocates springing up throughout the various portions of the globe, I take this liberty of inquiring of you what authors would be best to read before entering in the N. Y. Hydropathic Institute?"

"I ask this information because I design studying the system—hoping by so doing I may be the humble instrument in rescuing my fellow-men from premature graves."

Read the Hydropathic Encyclopedia, Franks and Farinace, Youman's Chemistry, Comings's and Comstock's Physiology, and Wilson's Anatomy, or as many of them as you convenient.

HIP DISEASE.—H. H. R., Webster, N. Y. The only medicine required in this case, in which ulceration has long existed, is to keep down the abnormal heat with wet cloths, and live in all respects hygienically. Whether more issues form or not, depends on the extent to which the bone is diseased. Whenever the bone heals, the issues will cease to discharge, or then may be properly healed up.

NERVOUS DERANGEMENT.—E. F. W., Temple, N. H. "What is the best treatment of a derangement of the nervous system? Is water or milk the best drink for a child 17 or 18 years old?"

The treatment must depend on the kind of derangement. The nerves are deranged in all manner of diseases; hence we must know the disease which causes the derangement of the nerves before we can prescribe. If the water is pure, it is always better drink than milk.

MALIGNANT CANCER.—S. N. P., New Orleans. "What is the difference between a cancer and a melanoma cancer? Are malignant cancers curable in any case?"

All cancers are malignant diseases. This term, however, is often applied to a cancer in a state of ulceration, which eats rapidly, and discharges very foul matter.

We have repeatedly stated our plan of treatment. The curability of all cancerous affections depends on the integrity of the patient's constitution, and the extent to which it has already involved the system. Almost every case, perhaps every one, is curable in the early stage.

RATTLEBAKE'S BITE.—A. D. R., Stockton, Min. "What would you recommend for the bite of a rattlesnake?"

Excision of the part, provided it could be done instantly, or a ligature above the bitten part, with section to the part, if this were practicable. Instant burning of the wound would also destroy the virus. When the system is poisoned, we have no faith "in any of the specifics or nostrums of physicians or quacks." Treat the case, then, precisely as for a typhus fever.

NURSING SORE MOUTH.—W. L., Cohasset, N. Y. "What is the cause of, and remedy for, a nursing child throwing up its milk? The child is apparently well, and grows freely. The mother is what would call well, in a moderate eater of the mix-d diet in common use; a small quantity of meat, some tea and coffee; uses fine flour bread, with some corn and rye, apples and vegetables."

The child eats too much. Very likely the fine bread which the mother uses, and the warm drinks, produce excessive yet vitiated secretion of milk, and this gives the child a morbid appetite. The mother should use only coarse bread and a very plain diet generally.

HYGROPATHIC EDUCATION.—A. C. C., Athens, Tenn. You can not get a proper education to take the position in society as a hydropathic practitioner, by reading all the books in the world, although you might become very useful as a limited practitioner in that way. As yet our school is the only way and place where the facilities for a thorough medical education can be had.

The case you describe is one of asthma, caused by a swollen liver. It is very important for him to live on a plain fruit and farinae diet.

SWATING BLANKET WITH WET-SHEET PACK.—I. B. W., Barlow, Wis. "Would not a swating blanket, applied to the lower limbs, and a wet-sheet pack to the upper half of the person be beneficial where you wished to sweat a person with rheumatism and plethoric state of the system, cold feet, and rush of blood to the head?"

Undoubtedly it would. We have employed that and similar processes with very good effect in such cases.

BRONCHITIS.—J. H. R., of St. Louis, wants to know the best treatment for a case of bronchitis, of long standing, the patient having good appetite, regular bowels, fair body strength, but troubled with cough, breath sore throat, and expectoration of phlegm.

If it is really bronchitis, which we doubt, it is to be regarded as a variety of consumption, and treated as directed for that disease in the Encyclopedia. But if, as we believe, it is "throat ail," connected with, and caused by, a diseased

liver, it is to be managed according to the rules given in the chapter on Indigestion. To write out all the details of treatment, as requested by J. H. E., would be equivalent to writing a book.

OPHTHALMIA.—J. H. T., Marston, sends us a stamp to pay return postage, and wishes us to write him particular directions for curing inflamed eyes of several years' standing. He makes this modest request on the ground "that he was once a subscriber to the WATER-CURE JOURNAL," evidently supposing that he had had us under obligations to serve him gratuitously and everlastingly. But he is evidently mistaken. Our obligations are for the benefit of our subscribers. Those who ask us to write private letters of advice, must expect to send along the professional fee.

WHOOPING-COUGH.—L. P. S., Stafford, Conn. "Will Dr. Trall please let me, through the JOURNAL, the best way of treatment for a child, eight months old, that is afflicted with the whooping-cough? The child purses a bottle; is otherwise healthy."

Give it daily a tepid wash all over the body. When very feverish, let it have a warm bath at bedtime. If troubled at any time with great pain and difficulty of breathing, apply a wet cloth to the chest, well covered with soft, dry flannel.

SEXES AT PLEASURE.—A correspondent sends us the published experiments of several farmers in relation to the conditions requisite to determine the sex of the future domestic animal, asks us if there is not some law which governs the production of sex which can be advantageously applied to the human species?

Certainly there is a law governing this matter, for every thing in nature is produced according to fixed and immutable laws. All that is required of us is to find out the laws, and we have no reason to suppose that they will eventually be discovered. We have collected a multitude of facts bearing on this problem, and have faith that we are on the track of its solution. When we are satisfied that our theory is true, we will give it to the world. Meanwhile, we will thank F. S., and any other person, to send us their observations and thoughts on the subject, and also such facts as may come under their notice.

We have already mastered two of the great problems of sexual physiology, viz, the true theory of the sexual organs, and the true theory of pregnancy, which are not understood nor correctly explained in any medical books, and we expect soon to have the solution of the third, and only remaining problem, viz, the production of sexes at will.

HORRID ALLOPATHIC QUACKERY.—A correspondent sends us the following case of scientific malpractice from Fort Madison, Ia.:

"To halitate Dr. Dixon's supposed case of failure in the October number of the WATER-CURE JOURNAL, you will please insert the following case of the regular and legitimate allopathic practice that occurred in the neighborhood of this place (Fort Madison) during the last month (October), viz: A young M. D., of his city, was called to see a child, 6 or 7 years old, of German parentage, who had been bit on the foot by a prairie rattlesnake, the accident occurring about noon, and he was called in a few hours; he killed a chicken, opened it, and applied it to the place; and after that was on some time, snatched, and left for home. At one o'clock he and his partner came out to see the child; a consultation was held, amputation of the limb decided upon, and performed above the knee, re-making to an attendant what a handsome stump it will make! The child died next morning, whether from bleeding or chloroform, the attendants can not say. This was all done contrary to the wishes of the parents.

The father grieved after seeing the situation of his child. The doctor was called upon to come to his assistance, and swore he would not return if it would save the lives of all in the house! Afterward the father called upon them to let the limb be buried with the child, and was refused. It was kept as a trophy of their skill, preserved in alcohol!"

We have only to say that amputation, under such circumstances, is quackery, and nothing else. But for this, the child might have recovered.

INFLAMED EYES.—J. B. A., Dover, Michigan. "Please inform me, through the WATER-CURE JOURNAL, what (home) treatment I should take for inflammation of the eyes, most particularly the left. Had a pretty severe attack of inflammation, caused by over-laxing them some four months since. Has subsided once. Work on a farm. Use tea, &c., etc. Not yet gotten entirely well."

Soothe the eyes frequently in water of the temperature that feels most agreeable, and attend to all respects to the general health. Use coarse plain food; avoid fine flour, condiments, milk, butter, and cheese.

ELONGATED PALATE.—J. L. C., Bentonville. "A lady (one who had no confidence in Water-Cure), residing in this place, took cold some three months since, and had a very severe cold, which she treated by applying wet bandages, which she did till it took out the soreness, but

her throat was much inflamed, and her palate became lengthened so much that it laid upon her tongue. She called upon a physician, who gave her a wash, which she uses according to his directions, but it has done no good yet, and I rather think it will not.

"Now, will you please inform me, through the WATER-CURE JOURNAL, whether the inflammation proceeds from the elongation, or whether the elongation is caused by the inflammation, and what is the proper remedy?"

Use a general health is very good. She thinks she could not live if she ate no meat, and did not drink tea and coffee. Yours, with a full belief in Water-Cure."

The elongation of the uvula is caused by the inflammation. If she will eat only plain, simple, coarse food, and leave off hot drinks and stimulating food, the affection will soon cease to trouble her.

FISTULA LACHRYMALIS.—M. A. L., of Charleston, S. C., describes a painful and troublesome affection of the eyes, and asks our opinion of its curability. We are of opinion it is entirely curable; but as he has large quantities and great varieties of drug-medicines, and requires, moreover, strict discipline and a rigid dietary, he would have to come to the establishment.

NANNIE, IND.—Orders for cranberry plants may be sent to us. P. G. Fowler's models for cutting dresses are 75 cents each. We do not keep lists of matrimonial advertisers. In future they are to give the addresses to which letters are to be sent.

CANCER IN THE BREAST.—D. B., Little Valley. "A woman, about forty years of age, has a cancer in her breast. A cancer doctor who has seen it says it is a fungus cancer; it has been coming about six months, and is about as large as a goose-egg or nearly. It has turned purple on the outside, a spot as large as a 25-cent piece.

"Judged by your description of cancers in the Encyclopedia, I do not doubt but it is a cancer. When she first noticed it, it was about as large as a walnut. I think it was caused by wearing stays in her dress, as it is where the end of one of the stays hit her. It was the way she used to notice it. She has never enjoyed good health since she was sixteen years old, and has been drugged all sorts, till it is not much better; still, she works most of the time. No one would like to have you tell, through the WATER-CURE JOURNAL, as near as you can, how long you think it would take to cure her, and what would be the probable cost (not so long as you think it would take) at your establishment, by Dr. Trall."

We have no doubt of the curability of this cancer. It would require about two months, and cost \$100. It should, however, be undertaken at once, as all delay increases the danger and the expense.

Advertisements.

A LIMITED space of this Journal will be given to Advertisements, on the following terms:

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BE BRIEF.—Advertisers have become particularly enterprising at this particular time—the beginning of a new year—and occupy more space than we like to give them. We hope for only brief announcements, in future, except when the subject may be of general public utility. We can not advertise "unclean things" on any terms.

PROSPECTUS OF THE NEW YORK HYGIENIC MEDICAL SCHOOL.—The Winter Term of 1856-7 will commence November 1, 1856, and continue until May 1, 1857.

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 E. T. TRALL, M.D., Institute of Medicine, Materia Medica, and Female Diseases;
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 C. C. CHASE, M.D., Anatomy, General Physiology, and Hygiene;
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 Dr. H. E. BIGGS, Philosophy of Voice and Speech;
 E. N. FOWLER, M.D., Pneumology and Medical Science;
 Mrs. L. N. FOWLER, M.D., Clinical Midwifery;
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Jan. 17.

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the rare inducements offered in the November "Art Journal" for lady agents to get subscribers in the "Cosmopolitan Art Association." Over one thousand dollars in premiums! Specimen copies of the Journal sent free. Address, C. L. DENNY, Actuary C. A. A., 345 Broadway, New York.

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ANATOMICAL AND PHYSIOLOGICAL

PLATES.—These plates, which were arranged expressly for the New York Hydropathic Medical College, and for Lecturers on Health, Physiology, etc., by H. A. Daniels, Anatomical Draughtsman, are now completed.

They are six in number, representing the normal position and life-size of all the internal viscera, magnified illustrations of the organs of the special senses, and a view of the principal nerves, arteries, veins, muscles, &c. For popular instruction, for families, schools, and for professional reference, they will be found far superior in any thing of the kind heretofore published, as they are more complete and perfect in artistic design and finish.

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The attention of purchasers and the public is respectfully solicited to the beautiful PIANO FORTES now on exhibition, and for sale at the Warerooms, 335 Washington, corner of West Street.

New and important improvements have been introduced in these instruments, which render them much more powerful, with sweet, even, and desirable quality of tone, all parts being equally balanced, and for unusual effect at they are far in advance of the common Square Piano Forte.

Having received many flattering testimonials from those who have purchased and tried these instruments, and also been awarded TWO MEDALS by the Massachusetts Musical Association at the recent Fair, for Piano Fortes on exhibition, it is with increased confidence that I now offer, and recommend them to the public as being equal to any manufactured.

A SILVER MEDAL was awarded at the late Mechanics' Fair over all competitors (with one exception) for the best Square Piano Forte on exhibition.

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OF RURAL AFFAIRS AND CULTIVATOR ALMANAC for 1857. Embellished with One Hundred and Forty-two Engravings, and containing One Hundred and Forty-four large double-column pages. By John J. Thomas, author of "The American Fruit Grower," "The Farm Implement," etc. Price 25 cents. Address FOWLER AND WELLS, No. 308 Broadway, New York.

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HOW TO WRITE: A Pocket Manual of Composition and Letter Writing. Price 30 cents. This is now ready.

The following are not yet printed, but they are ready to be announced in this Journal as soon as they are ready.
HOW TO TALK: or, Hints toward a Grammatical and Graceful Style in Conversation and Debate; with more than Five Hundred Common Mistakes Corrected.

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HOW TO DO BUSINESS: A Guide to Success in Practical Life, and Hand-Book of Legal and Commercial Forms. How to Write will be followed by the other numbers of the series. One dollar will pay for the four works, and they will be sent on subscription as fast as issued.

FWLNER & WELLS, 308 Broadway, N. Y.

MISS MARIA J. MCINTOSH.—We have in press, and shall publish, about the 25th of November, a most fascinating and brilliant romance, entitled,

VIOLET, OR THE CROSS AND THE CROWN.

From the elegant pen of the above talented and accomplished author, a writer too well known to fame to require any laudatory introduction by us to the reading community.

Distinguished literary critics, who have read the entire manuscript, concur in pronouncing it far superior to any of her previous literary efforts—a work which would alone confer upon any writer high and enduring fame.

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It will be comprised in one elegant 12mo volume of about 450 pages, price \$1, with our usual discount to the trade. As the sale of this work is undoubtedly very large, booksellers are most respectfully requested to forward us their orders at an early date, so that we may be enabled to fill them, in full, from the first edition, without disappointment or delay.

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Warmly commended also by the *Kwickerbocker Magazine*, *Home Journal*, *Churchman*, *Harper*, *Examiner*, &c.

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Varieties.

A WET-SHEET PACK.

BY CARRIE MAY.

READER, did you ever
Take a wet-sheet pack,
Rolled up like a mummy,
Lying on its back;

Wet cloth on your forehead,
Bottle at your feet?
You would truly find it
A hydropathic treat.

Listen, while I tell you
How they give a pick;
The *modus operandi*
Is really quite a knack.

First, they wrap you closely
In a dripping sheet,
A bottle of hot water
Is then placed at your feet;

Blanket after blanket
Wrap about your arm,
Comfortables in plenty,
Keep you nicely warm;

Firm about the shoulders,
Tight about the feet,
All the sides tucked closely,
To keep in all the heat;

Then a cold, wet towel,
Put upon the head;
You are packed—and almost
Helpless as the dead.

Do not think of stirring
Head, or foot, or hand;
You must bide your time out—
You can not burst a band.

Still 'tis quite delightful,
Lying at your ease;
You're in such a happy mood,
Any thing will please.

Acting like an opiate,
Easing all your pain,
Calm down your bounding pulse,
Cooling off your brain—

Puts you in a slumber,
Gives you dreams of bliss,
Naught in any "Treatment"
Is so nice as this.

When it all works nicely,
You have a charming time,
If you have not tried one,
Reader, do—'tis prime.

But, as faithful chronicler,
Perhaps I ought to tell,
'Tis not every one you get,
Pleases you so well.

If you're feeling nervous—
Tired—and can not rest,
You'll surely fall to like them,
Though you try your best.

Now perchance the wet cloth,
Placed upon your head,
Will begin to drip—drip—
Drip—upon the bed,

Till to your distracted nerves
The tiny drops will sound,
Large as cannon-balls, that weigh
Not less than forty pound.

But you're very lucky,
If the drops don't sleep
In another channel,
And trickle in your ear.

If you should make the effort
To get into a doze,
First you know, a saucy fly
Has lighted on your nose—

Has his sharp proboscis
Through the very skin—
Delighted with the *outside*,
Takes a sip within;

Sets your nose to itching,
Darts upon your eyes,
Dances o'er the lashes,
Your patience sorely tries.

Then he scampers over
Brow and cheek and lip,
In your ear finds water—
Stops to take a sip.

You twitch the muscles right and left,
Work them up and down,
Blow—and try a broad grin—
Then you try a frown.

All your efforts will not
Start him from his place,
It's taken such a fancy
To your pleasant face.

Then perhaps the bottle,
Tucked up with your feet,
Loosens out the stopple,
Water scalding heat.

This has capped the climax,
Worn your patience out,
With the strength that's left you,
Give a lusty shout.

And scream perhaps until you hoarse,
To make some person hear,
For you're more than lucky,
If any one is near—

Unless it be some comrade
In the self same plight,
Lying on another bed,
And tuckered up just as tight.

Still, with such exceptions,
A pack is very fine—
If you never tried one,
Reader, 'tis time.

SARATOGA WATER-CURE.

WARNING TO YOUNG LADIES.—To keep the skin in a healthy state, in cold and variable climates, we must prevent sudden chills by warm and dry clothing at all times, but especially at that age which is particularly obnoxious to the attacks of consumption and scrofula—that period in the female's life which comprises the development of womanhood. During the earlier years of life—childhood and girlhood—care has probably been taken that the clothing shall have been sufficiently dry and warm; and, with respect to the feet, good warm stockings have, in all probability, or ought to have, maintained a proper temperature; while the neck and chest have been protected from the vicissitudes of the weather by high clothing—thus preventing outward chilliness and inward congestion—but when the fair girl is entering into polished society, or coming out, as it is called, the father-sin, pride, causes an alteration in all these matters, substitutes thin stockings for the comfortable and substantial woolen ones hitherto worn; and, to add to the mischief, a tight dress and low corsage are adopted, as fashionable fashion may order. The delicate being is further exposed to mischief from great and sudden changes of temperature, passing, as she often must do, from the air of the heated ball-room at once

to the cold wind of hall or street. If parents thus sow the seeds of disease in their offspring, can we wonder that they reap the only fitting return—danger and death?—*Dr. James.*

MORALITY OF DIVORCES.—Speaking one day of the early Romans, Mr. Webster said he could almost believe every thing related by historians of their extraordinary virtues, public and domestic, when he dwelt upon the fact that, though their laws authorized divorce, yet for the first five hundred years no individual ever availed himself of such a license! "It was the domestic training," he said, "it was the mother who made a Publicola, a Camillus and Coriolanus. Women, protected by the inviolability of the nuptial bond, were invested with a dignity that gave authority to instruction, and made the domestic hearth the nursery of heroes. Public virtue," he said, "fell with private morality. Under imperial Rome divorces were sought for and obtained upon the most frivolous pretext, and all domestic confidence was destroyed. The inevitable consequence was the loss of all public morality. Men who had been false to their private obligations would not be true to their public duties. Caesar divorced his wife, and betrayed his country. The sanctity of the nuptial bond is, in my opinion, one of the principal, if not the chief cause of the superior refinement, freedom, and prosperity enjoyed at the present time by Christian nations.

ARTIFICIAL ICE.—Mr. E. Meriam has furnished the New York *Commercial Advertiser* with the following description of a machine for producing intense cold:

BASES OF THE CRYALOGA, O.)
October 31. P. M., 1856.

This afternoon I have been engaged in examining a machine made here for producing intense cold by artificial means. The machine, after having worked for an hour, brought down the mercury in the thermometer to the line of twenty-four degrees below zero, which was the lowest degree marked on the scale. I cut an apple and placed it on the outside of one of the metal pipes in which a current of ether was made to pass through a vacuum, and in a few minutes it was frozen. This machine has been two years in being brought to its present state of great forwardness—it is worked by steam. It freezes water, forming blocks of ice twelve inches by six—that being the size of the metal cells in which the refrigeration takes place. Each cell is separated from the others by what may be called a flue. A large number of these cells are placed in what may be called a square cistern, and of sufficient number to produce a ton of ice at one operation. Clothing of persons coming to quarantine in vessels can be frozen by this machine, and thus divested of the germs of pestilence. It can be made to frost the entire inside of a ship in a few hours, and thus purify its hold and its other apartments, and is capable of reducing the temperature of stone warehouses so low as to free the goods stored in the refrigerated apartments from every thing that can engender the disease of yellow fever.

DR. FRANKLIN, in his peculiar manner, says that "he who rises late may trot all day, but never overtake his business."