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Contents.

GENERAL ARTICLES:	PAGE	FACE
Nature of Crises.....	25	Rules to Walk—Kines- athy—Thank God for Wa- ter—Concealed Weapons... 26
Thoughts in Spare Minutes... 28		
Bringing Up Children..... 29		
Vegetable Anticratic..... 30		
FEBRILE READINGS:		
Bussel Smith's Children..... 31		
MISCELLANY:		
Water—Christmas at Glen Haven..... 34		
Laws of Health—No Such Thing as Death—Chronic Erysipelas—Frenzy at Death, Causes and Cures..... 35		
Exercises for School-Girls—		
THE MONTH:		
Hydro-Therapy—Scarlet Fe- ver—Diet in Relation to Longevity..... 37		
Fat Food—A New Hydro- nomenclature Book..... 39		
Another Discussion..... 39		
TO CORRESPONDENTS..... 40		
HOME TREATMENT..... 42		
HOME VOICES..... 42		
THE WEB OF LIFE..... 48		
BUSINESS NOTICES..... 48		

SPECIAL NOTICES.

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General Articles.

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

NATURE OF CRISES.

BY G. H. TAYLOR, M.D.

THOSE who employ the Water-Cure treatment have generally acquired in some way the idea that health is to be restored by it, through some kind of experience that has received the technical appellation of *Crisis*. So crises have come to be regarded not only as an essential concomitant of treatment, but often as the object of it; and hence treatment is pursued in these instances for the production of this end, never doubting but this is the most feasible way of acquiring health. With the invalid, the relative value and significance of the means proposed for his benefit form less an object of attention than the end to be secured. Hence, he is not likely to attempt to make a nice distinction in the principles of treatment, between empirical and philosophical ideas, leaving the propriety of the principles to be determined by the results, presuming that these, by the most acute professional analysis, have but an obscure connection with their causes.

The expectation or desire for *crises* is but the result of false education, in which the presumed virtues of drugs continue their hold upon the mind. The effects of drugs are to produce disturbance, disease, or a pathological state. The patient is to suffer an "operation," and the supervening bettered condition is attributable to the effects of the drug, rather than the continuance of

the causes of life. And so even in hydropathy, the mind of the un instructed patient is intent on some important and new manifestation, rather than to try to secure the harmony of the system by an insensible progression similar to that by which it was lost. When these matters are well understood, the getting of crises will be as much avoided as any other method or excuse for becoming sick.

For convenience of description, crises might be divided into two general classes, the acute and the sub-acute. The acute will consist of febrile symptoms, as lassitude, heat, headache, chilliness, and pain in various parts of the body, or increased discharges at some outlet of the body. When these symptoms are in progress, it is supposed that disease is in some way *deported* from the system, either through avenues previously open, or some new one.

Similar symptoms constitute the effects of drugs, when administered with a curative intention; and so the only principle involved is the choice of means whereby they are to be produced; that is, whether a perturbed state of the physiological system shall be produced by impressing *one* or another of its vital functions in an unnatural way. But when similar symptoms occur from unknown causes, or by *accident*, the occurrence is considered a grave matter, demanding medical interference most imperiously. It is *now* regarded, as it should be under the other circumstances mentioned, as *disease* or a pathological condition.

It seems to me to be only relatively, and in the sense fulfilled by acute disease, that crises can be advantageous. It is the best the system can do under the embarrassing circumstances that have been imposed upon

it, and these conditions are never to be countenanced when we are aware of their existence; and much less are they to be sought by artificial means. Under compulsion, the ordinary faculties inherent in the system become conservative, and call up such unusual action as will tend to restore the lost physiological balance. The occasion of such tumultuous action is to be avoided, rather than that the action should be sought. Though the tumult may end in harmony, we can not but regard it as an evil, and to be guarded against; and its occurrence as generally attributable to some unwitting mistake or accident that ought to have been avoided. Why, then, should we endeavor to produce a state in trying to combat chronic disease that at other times we ought to avoid?

But whatever may be the cause of the tumultuous, excited, and critical action, there is at least one circumstance upon which we may calculate with reasonable certainty, and this is, that it can not in the nature of things be long sustained. Acute morbid action soon terminates, and usually in the previously existing condition; in a worse one, if the actions referred to be injudiciously thwarted, or if they were incited by too great a strain upon the vital powers; in a better, if advantage is taken of the occasion to secure the effects of a discreet hygiene. But I have yet to find a case where it was really necessary to become sick in this manner in order to get well.

But to be sure and not misrepresent the advocates of crises, it is proper to say, that the kinds above mentioned are generally considered as favorable accidents, while it is the other form, or *sub-acute* crisis, that is so much labored for by the self-sacrificing devotee of Water-Cure.

This form of crisis consists of various kinds of skin disease, such as boils, pustules, rashes, ring-worms, and efflorescences of varied forms. The appearance of these manifestations signalizes a change of the feelings of the patient equally with the effects of the irritant applications in such common use in Allopathy. Here, too, it is supposed that the disease is literally cast out in a palpable form and in large quantities, or that there is being done, by means of a disordered skin, what is expected of the bowels through the influence of physic. The patient, to be sure, is often encouraged with a more vivid hope, when he experiences a sudden change in his feelings,

though his estimate of the value of this change may be a false one. But if this circumstance were a warrant for the measures or agencies thus employed, those emanating from the drug-shop would be equally included. It is not enough that a strong surface or local irritation overwhelms for the moment all previously existing sensations. Health, which is balance, can never hang upon such contingencies. The chronic invalid still lingers on through all the trials of his constitution, a martyr to the conjoint folly of himself and his injudicious prescriber.

Without implying the existence of sinister motives on the part of my medical brethren, I need not conceal the belief, that the stay of invalids at water-cure institutions is often unnecessarily and tediously prolonged, in pursuing the idea under discussion. And then the credulous unfortunate is disappointed to find, that the sign of his deliverance is but the seal of a new extension of his enthralment, and he verily inquires, When shall the end be? Here is to be found in its perfection that species of chronic invalidism, the true nature of which the term hypochondriacism seems happily invented to conceal—life in its most retrograde phase.

I conceive that the idea that serves as the true basis of the problem of restoring health is radically different from that alluded to. The sensibilities and powers of the living system do not require to be wrought upon in certain cases, nor in any case by causes of extraordinary power, differing totally from the fixed conditions upon which vital manifestation depends. In health, the congeries of vital parts of which the system consists, act in harmony; this harmony is not to be restored by violence when lost. In the light of hygiene, the restorative or self-adjusting powers are not promoted by disturbing causes, derived from whatever source. The chief object of medical treatment should be rather to restore the disturbed harmony of consensual parts. Now the conditions of this harmony or health are founded in nature, and are not subject to the fiftful variations that our ignorance or perversity respecting these matters would seem to imply. Hygeopathy, theoretically at least, interdicts disturbing causes, derived from whatever source. The resources of the prescriber are limited to just those principles and conditions that together evolve life, and in sickness, only in some needful

variation of their proportions. It fritters away none of the precious vital capabilities for insignificant, or inappropriate, or useless purposes. It merely affords them proper scope and just direction, while the obstacles that would circumvent the desired object are removed, and harmony and health as silently and unostentatiously wrought out.

In this way the mind and body are educated together, and the conditions furnished for maintaining that which had been the object of so much solicitude. This is an object of high value, and without which the endeavors of medical science fall short of their accomplishment.

The above view of the effects of crises is fully corroborated by an understanding of the rationale of their production.

What I have called the *sub-acute* or external crises may be produced on any one of tolerable reactive powers, but less certainly on the weakly, by a diligent use of the means, viz., frequent and rapid alternations of temperature, and constant presence of warmth and moisture upon the skin.

The giving egress to heat, either through the general surface, or a limited portion thereof, is a certain means of directing to the cooled part the means of supplying the principle so necessary to vitality. Superficial capillaries become active in yielding their stores of changing substance; the blood is pressed onward to replenish with its stores the urgent local needs; carbonic acid and water are produced as the result of the vital necessities imposed, and a rapid succession of new atoms engage in maintaining the proper vital condition. The principal things afterward noted, is that the parts operated on have received more blood, as shown by signs of redness, heat, and distention, but to an agreeable extent only, and an increase of nervous sensibility.

Now it is just these effects that contribute most powerfully to restore the equipoise of the system in a good portion of its essential conditions. Hydro-carbons are evolved, and the local engorgements drained off into impoverished localities. But these effects may be continued till the superficial vessels have been compelled to receive more material than is compatible with their normal functions. It has been proved that the sympathetic nervous system has control over the action of blood-vessels; the nerves, having had their sensibilities unduly wrought upon, lose their power; capillaries cease to be healthfully contractile, and the vital

changes in their contents are deteriorated, and the parts so treated are on the point of diseased action. But this action is generally precipitated by the aid of the *wet compress*. Far be it from me to disparage this highly useful application; not only as a palliative, but as a highly important assistant in the curative endeavor, its aid is not to be slighted, in every case where it is applicable. But the skin is naturally adapted to contact with *air*, and not with moisture, and a stratum of vapor though useful at times, is a serious impediment to the breathing function of the skin, so that normal depuration by this organ must be arrested previous to the conversion of the product into carbonic acid and water. Besides, an external cause of disease is directly supplied. When dry, the epithelial cell-growth upon the surface is continually falling off as fast as renewed. These outer scales of dead animal matter, under the influence of heat and moisture, readily undergo decomposition, the product of which reacting upon the already morbid state of the vital elements, their power becomes completely annihilated, and local disease is completely established. The products of disease affect the system through circulation, and the local affection is distributed to remote organs of the body. Following this, the mucous membranes of the alimentary canal are quite liable to become similarly affected, especially in constitutions that are at all weakly. The reason for this transfer becomes apparent when it is considered that it is the function of these membranes to secrete a very large amount of juices employed for digestive purposes; they are hence liable to become poisoned by matters absorbed at the surface, or by any blood contamination.

This irritability of mucous membranes is mistaken for *appetite*, which feeling joined to the great necessity for food to compensate for the large amount of artificial waste induced by the processes, is quite sure to destroy the nice perception of fitness belonging to the appetite, and the way is opened broad and deep for the perpetuity of this peculiar state of disease.

It is a favorite idea, that the system is being rid of disease by these external sores. To the physiologist, it is plain that, in all conditions of health, matters to be eliminated are evolved as a high compound of oxygen, and hence that the appearance of matter in any other or intermediate form is ample evidence that the

present relation of physiological conditions is not correct. Health can not return while such conditions are continued. The morbid matter appearing at the local point of artificial disease is *produced* at that point, for no special organ is there situated whose function it is to select special dead matter. This matter, whether of boil, abscess, or eruption, consists of a deteriorated vital product, mixed with inorganic substances common to the fluids of the body. Even if, as supposed, palpable matters of disease may be thus excreted, it is plain that a mode of elimination much more conformable to physiology could be employed with the greatest ease, and this would simply consist in securing an appropriate equipoise between the quantity of air and food in their common supplies.

Thus it appears that the advantages proposed to be derived from the production of what are called crises, are at least of very questionable import; the *disadvantages* are very many and distinct.

The mis-education the system receives, through a course at all prolonged, is a very serious matter, from which it is not easy to become disenthralled. The plainest and best precepts of hygiene are counteracted in this way, especially as regards the determination of the suitable quantity and quality of food. The system becomes in this way habituated to working up a much larger amount of food than is proportioned to the power of the system; and it also learns to use excessive quantities of sweets, and other forms of hydro-carbon, in response to the same habit. The patient of several months' Water-Cure experience, conducted on the principles of which I speak, may escape painful acute attacks of disease, or may survive them unharmed, or may even escape the infliction of the skin crisis, with the contaminated blood produced by it, and the hazard of some specific cachexia which in weak constitutions is invited by this course, but he can scarcely escape some of the results of morbid innervation, arising from an abused and deteriorated nervous system.

This consequence is quite natural. The skin is an expanded nervous organ, adapted to receive and transmit to correlative parts two kinds of sensory impressions, that of *touch* and that of *temperature*. Every impression, however slight, received by any terminal nerve, however minute, even though not capable of affecting the

consciousness, is still competent to induce *action* in the nerve-centers connected therewith.

Bathing is a means of producing great vicissitudes of temperature, consequently *action* in these ganglionic centers, and in all related parts. According to the experiments of Brown-Sequard, the circulation of the blood is also under the control of the same nerves, for the circulation is impaired with any injury of visceral centers, or of their nerve-conductors.

Now *temperature* is certainly a normal excitant of these important functions, as is proved in every-day life, as well as in the practice of hydrotherapy. But the sequel shows that when these impressions are out of all proportion to the capacities of this department of the organism, it must and does suffer. There will be both an irregularity and an abatement of function. The unnatural supply of a normal agent will produce effects not very dissimilar from those of an *unnatural* agent, or *drug*.

These effects are often very prominent, and exist in great variety, in different subjects. Sometimes it is chiefly in the cerebro-spinal system, while the brain and visceral nerves are quite unharmed. I have seen a person who, after several months' treatment at different places, lost, to some extent, the command of his muscles, so that often the one would contract that he did not intend. I have known another, in whom a lateral curvature was produced from the same cause. Often some particular function becomes ungenerally exalted. It is not uncommon to meet with persons who have spent some months at a water-cure—it scarcely matters with what form of disease—with some or all of the following symptoms: very acute sensibility of the whole nervous system, which has suffered a great increase by treatment. The feelings seem to oscillate in the course of a few days, or even hours, between the greatest extremes of depression and elevation, often without an assignable cause, or at least for a very inadequate one. The visceral organs seem endowed with new powers of perception, and the patient recognizes the least variation in this state, which often becomes a source of great pain. If some organ has, or is suspected of, organic disease, these sensibilities seem to have their origin in that locality, and radiating an influence throughout the system, the whole becomes involved in the most exquisite torture.

The patient becomes anxious at such times, thinks himself worse than ever, and is often on the borders of despair. The mind becomes involved, for it *must* be subject to the impressions it receives through its sensory channels, and can only estimate the bodily condition by these sensory evidences. It is almost impossible for the judgment to decide upon the value of these impressions only by their *intensity*, and it can ill appreciate the amount or kind of perversion they have suffered. Hence, *introspection* becomes a settled habit with this class of patients. The *will-power* is depressed in the ratio of the exaltation of sensory power. In this condition, the poor invalid is ready to become the willing victim of any cunning and dishonest imposition that may be practiced upon him. The promise of relief in store by a continuance of the treatment, and the threat already felt in the peculiar sensations of approaching ruin, aggravated by the crafty counsel of the doctor, influences his easy credulity to any course, however absurd.

The essential condition, in this state of health, consists of a preternatural activity of the visceral nerve-centers. Hence, other parts are robbed of their nutrition, to supply this excessive demand; and they are left comparatively powerless, while the too ready response that follows the slightest exciting causes, tends powerfully to promote inharmonious in the relations of other important functions. Any function is easily disturbed through the too active nerves, and is prevented, by the same cause, from assuming its healthful condition.

This morbid condition of nerve-centers is certain to result from receiving too frequent and too strong impressions from the whole sensory surface. Treatment directed to the end under consideration is strongly in opposition to the indications of physiology, and can lay no just claim to scientific merit; which, with the ill success with which it meets, should consign it to the general repository of things that are past.

It has been observed by medical writers, that the sober excess, in which we may indulge, by eating and drinking a little too much at every day's dinner, and every night's supper, more effectually undermines the health than those more rare excesses by which others now and then break in upon a life of general sobriety.—
Hannah More.

THOUGHTS IN SPARE MINUTES.

BY HARRIET N. AUSTIN.

It is 300 years since Martin Luther determined that the devil should no longer monopolize all the best music. When will good men become wise enough to deny the devil's right to have all the dancing?

Dancing! At the very sound of the word, the blood leaps more cheerily through the veins, the face brightens, the step lightens. The man or woman weary with physical toil, who comes at evening into the dancing group, and listens to the merry notes of the violin, feels, at once, the *heaviness* of his fatigue lifted from him, and he can join for an hour in the dance with positive refreshment to his aching muscles, and retire to his bed less weary, and enjoy a sweeter sleep, than if he had gone directly from his work.

The person of sedentary life is benefited even more than the other, by this amusement. *He needs* the muscular *exercise*, and as his movements harmonize with the inspiring music, his whole nature, physical, social, and spiritual, is brought into more harmonious action.

For the *thinker*, no other in-door exercise, relaxation, or amusement equals this. It diverts the mind from severe thought, while it pleasantly occupies it; it affords brisk muscular exercise, it cultivates sociability, it fosters one of the most refining and softening elements in our nature—the love of music.

It is an amusement which affords equal pleasure and equal benefit to the young, and old, and middle-aged. Thus bringing all ages into close proximity, each is benefited by contact with the other; the old, by the elasticity and hilarity of youth; the young, by the decorum and prudence of age.

And yet religion, as developed and illustrated in our age, decides that the devil shall have all the dancing, and virtually, sends all who will have dancing, to the devil after it. Churches and synods, and presbyteries and other ecclesiastical bodies, hold grave discussions on the subject, and "*resolve*" that it is "sinful" to dance, and "*advise*" their members to abstain from it themselves, to forbid it to their children, and discountenance and discourage it in the world; and so dancing is considered *irreligious*, and professors of religion will not have it in their houses, and frown on it in

the houses of their neighbors. But it is not expected that there will be any religion in public houses and hotels, and dancing can be had there. Most persons of mature age can better afford to be denied this amusement, than to forfeit their reputation for sobriety and good principles, and they are not often found in ball-rooms. But the young are more impulsive, and for them to dance seems almost an instinct. When they get one taste of it, they are sure to covet another. Many have their conscientiousness and firmness so trained and developed that they can deny themselves any pleasure which they believe to be wrong. But hundreds and thousands of youth, sons and daughters, too, of pious fathers and mothers, will dance, though it were on the edge of ruin; they can not dance in their father's parlors—they will go where they can—to the ball-room, where they mingle with such companions and such associations as cluster round public houses. And as the opportunity to dance is not very frequently enjoyed, they wish to make the time as long as possible, and often dance on till morning.

Balls, as they are usually conducted, can not be too strongly condemned. The late hours, the unhealthy dress, the rich food, eaten at midnight, the unprincipled men often frequenting such assemblies, the very *place* of meeting, and the fact that it is considered an unfit place for parents and guardians, are ruinous to morals and health. And the *church* is responsible for the character of these assemblies. It makes no discrimination between balls and dancing. It says to the young, "If you will dance, that is the proper place for you to go," and it provides no other place of amusement in place of this—and it need not, for nothing can be more innocent and right than dancing in itself considered. The love of it is almost universal. Scarcely a young person could be found, unless some blight is on him, who, if permitted, would not be fond of it. In the olden time, men whose hearts were filled with gratitude and love to God for great benefits from his hands, "danced before him." Surely this was but the natural expression of a glad heart. We should, in *our* day, redeem dancing from the dominion of evil, and allow the light and joyous-hearted *innocently* to enjoy this "outward expression," and encourage the depressed thus to court cheerfulness.

Nobody need to dance more than ministers. Many of them are in their studies late on Saturday night, finishing their sermons, and go to bed with oppressed brains and cold feet. Could they dance an hour to good music before retiring, they would rise better Christians on Sabbath morning. And in no way could they do a greater good to the young, than to show them that a Christian can enjoy such innocent amusements.

GLEN HAYES, N. Y.

BRINGING UP CHILDREN.

BY LILY LAUREL.

"Take this child and nurse it for me," and a weak, helpless little thing is laid in the happy mother's arms. Well, the little lambs and calves are allowed to live in perfect freedom, as Dame Nature found them; but the baby isn't quite perfect. It must be tightly bandaged to give it the proper shape; and then the food nature has provided for it isn't quite the thing, so it must be fed with panada; and then, if it cries, as any sensible baby will after being squeezed and stuffed, it must have some "drops" or herb tea to cure the colic. (They used to put some rum in it, but it isn't fashionable to make babies drunk nowadays.) Then the poor little thing is trotted and bounced on nurse's knee to "make the wind come up."

Then, if the weather is the least bit cool, it must be smothered up in soft pillows and blankets, and the stove must be kept hot, and the door mustn't be opened for fear the precious baby will take cold. And it must be washed in very warm water, and if a drop of cool water touches it, or a breath of fresh air blows over it, the poor, half roasted baby cries of course, and then it must be dosed for the colic.

Well, if it is strong and hearty enough to live through all this toasting, and doctoring, and bandaging, and feeding, it grows, and begins to laugh and crow, and hold toys in its little fat hands, to the unceasing delight of the whole household; and it begins, too, to show unmistakable signs of "temper," and the more it kicks and screams, the more it is coaxed and petted to keep it in a good humor, until it is a little tyrant, knowing that it has only to cry to obtain any thing it wants.

Pretty soon it tries to climb up by chairs and tables, and, of course, falls sometimes

and gets hurt. Mamma scolds the senseless chair, and whips it for hurting her pet baby, and so baby learns a lesson of revenge; and the next time mamma or nurse displeases it, strikes them, and is laughed at for being so cunning.

Papa meanwhile comes home with his pockets full of nuts and candies, and baby eats all it wants, while mamma feeds it incessantly with pie and cake, until it will eat nothing else, and thus an excellent foundation for numberless diseases of the digestive organs is laid.

While it is in long clothes, it is wrapped and bundled up until nothing but its face is visible; but when it can walk, arms and neck are totally unprotected, while its body is clad in flannels and merinos.

When it is put to bed, every crack and crevice, where a breath of pure air can enter, is carefully closed, and the room perhaps warmed by a stove. When it is old enough to speak, it begins to say, "I won't do it," and "I will have it," and it soon learns that if it stamps its little feet, and screams till it is black in the face, it can have what it pleases, and any amount of coaxing besides. Mamma says, "Little dear, it don't know any better now. When it is old enough to be reasoned with, it will obey well enough." But, somehow, it never gets old enough to listen to reason. If it is a boy, as he grows older, perhaps his noisy restlessness compels his mother to allow him a little wholesome exercise in the open air; and Madame Fashion gives a boy room to grow, and freedom of motion; so the bad effects of unhealthy diet and unventilated bedrooms are partly counteracted. But alas for the poor little girl! She must be a "little lady," and not a rude romp; that is, she must not run, and laugh, and frolic, as all children should, but stand up straight, and walk as demurely as her grandmother; she mustn't laugh heartily, she must just smile enough to show her teeth, if they are firm; and she must wear low-necked, short-sleeved dresses even in midwinter, and play in a close, hot room, and sleep in a room where the air is the doubly distilled essence of impurity.

As she grows up, she is sent to a fashionable school, and learns how to dance a little, draw a little, jabber French that would astonish a Frenchman, and draw excruciating sounds from a piano, with a little arithmetic, geography, etc., and she comes home an accomplished lady, to take

her place in society; and henceforth the end and aim of her existence seems to be to read silly, lovesick novels, dress expensively, attend parties, engage in flirtations, and finally to secure a husband. Mamma thinks that to be a lady Miss mustn't work, so she is blissfully ignorant of housewifery, with all its vulgar details.

Well, she marries, of course; and if she chances to secure a good husband, her self-will and ignorance make home unhappy, and perhaps ruin is the consequence. But most probably she marries one brought up like herself, the principal difference being, that his education has made him an elegant, perhaps an intellectual rake and debauchee, while hers has made her an idle, weak-minded creature, fit only to be looked at, like a doll.

Soon the effects of the system, or rather want of system, under which they were raised, begin to develop themselves. Selfishness and ill-temper, indulged and fostered in childhood, fill their house (it can not be called by the holy name of home) with discord and unhappiness. The husband, disappointed and disgusted, seeks relief and amusement abroad; and the wife, if in "high life," pursues a round of gay dissipation; or if in common life, pines and frets at home, until, with broken spirits and health, whose fountains were poisoned in childhood, utterly destroyed, lies down to die.

But in these days, when "knowledge is multiplied and increased," many persons are very anxious that their children should be prodigies of learning and intellectual ability, so they are sent to school as soon as they can "sit on a bench and say A," and kept cooped up there day after day in an unventilated room, and the teacher is particularly charged to make them learn; so their heads are crammed full of all sorts of knowledge, and their immature brains tasked like cart-horses, and all this time they eat greasy, unwholesome food, and sleep in stifled rooms, and in consequence are pale, sickly creatures. Very often, while the intellect is forced into a rank, unnatural maturity, the moral nature is overlooked, and vicious habits are formed, which perhaps no after-efforts can overcome.

The child grows up like a tree, one side of which has been visited by the warm sunlight and refreshing rain, and is clothed in luxuriant foliage; while the other, from being densely shaded, is weak and imp

fectly developed. The intellect so far overbalances the moral and physical powers, that the equilibrium which should exist among them is destroyed; and the result is, that the intellect so rapidly and prematurely developed, decays early; or the gross animal nature preponderates, and the person becomes unprincipled and vicious, doubly dangerous to society from being well educated and intelligent; or the impaired physical powers, unable to keep pace with the active spirit, give way, and the weak body goes down to an early grave.

VEGETABLES ANTISCORBUTIC.

As a class, the Allopathic doctors are in favor of meat as an article of diet. *Occasionally* one may be found who "believes that it would be better for people not to eat meat," but seldom do we find one who openly, fairly, and *manfully* will advise the use of a vegetable diet exclusively.

An erudite M. D., of the Allopathic school—one, by the way, who advocates the use of animal food, even in *abundant quantities*—was walking with me, a short time since, near a nicely laid out and productive garden. What is more beautiful, among all the *rural* sights, than a well-managed garden? In the one mentioned above were growing, in rich profusion, vegetables of almost every kind. How fair to behold! Onions, carrots, turnips, ruta-bagas, potatoes, rhubarb, pumpkins, squashes, and tomatoes seemed to vie with each other in stretching to the greatest size attainable. Not a weed was to be seen. The paths were clean, and the beds tastefully arranged. All was order and neatness. Flowers appeared upon the border to grace the scene by their delicate presence, while their sweet and grateful perfume filled the atmosphere for many rods around.

Upon this rural scene my companion "gazed awhile delighted." "How beautiful this!" he at last remarked, "and how necessary the products of the earth to the comfort and delight of man! Although I am advocate of a flesh diet, yet I believe *people ought to eat more frequently of these vegetables which we see in so great abundance before us.*"

Struck by the singularity of his remarks, I asked an explanation of them.

"These," said he, pointing to the variety before us, "are *anti-scorbutic in their nature.* People should eat of them often."

"But, doctor," said I, "can you say as *much* for meat since you so staunchly advised its use by me, a person devoted to sedentary habits? Is that anti-scorbutic?"

"No; meat alone has a great tendency to scrofula. I meant," he added, "to convey the idea that the free use of vegetables—watery vegetables—would have a tendency to ward off scrofulous disease. I did not say they should be eaten alone, *without animal food.*"

"Doctor," I added, "how can you live in such an error? Let me put the question fairly to you. Would you have any objection to a diet which, properly used, could by no means induce scrofulous disease?"

"Certainly not."

"Would you not have objections to a diet, by the free use of which such diseases might be engendered?"

"Truly I would."

"Then why allow an admixture of the two kinds of diet? Is it not a strange commingling? The good with the bad? The anti-scorbutic with its extreme opposite? Why tolerate the latter at all?"

"I confess," said he, "there is weight in the manner in which you have contrasted the two systems. Still I believe that meat is an important article of diet."

Ah! how willfully blind are some people. No longer ago than last Sunday I saw a man writhing and itching with the erysipelas. He is a great meat eater, and confesses that meat produces scrofulous diseases. He asserts, however, that man can not "stand it long without meat," and remarked that I could not labor through the winter in the cold climate of Minnesota without it. Is not that blindness?

The prevalence of scrofula among mariners, who use, much salt meat; in those nations who use it so much as the Russians and Esquimaux; in those families who use it extensively, and its almost total absence from such who use it not, speak more than volumes of reasoning can, against the use of flesh for food.—L. N. C.

STATISTICAL.—Some people talk a great deal about ministers, and the cost of keeping them, paying their rent, table expenses, and other items of salary. Did such croakers ever think that it cost thirty-five millions of dollars to pay the salaries of American lawyers; that twelve millions of dollars are paid annually to keep our criminals, and ten millions of dollars annually to keep the dogs in the midst of us alive; while only six millions of dollars are spent annually to keep six thousand ministers in the United States.—*St. Louis Dem.*

WHAT IS DISEASE?

BY N. BEDORThA, M.D., OF SARATOGA SPRING WATER-CURE.

To any one not acquainted with medical subjects, this would seem a very simple question, and one that a mere tyro in medical knowledge ought to be able to answer. But upon this one simple question, days, weeks, months, and years have been consumed in discussion.

Some physicians argue that the disease is in the blood; some others, that it has its origin in the solids of the system; some, in the nerves; others that it is in the mind. But none of these pretend to define what it is that constitutes a *disease*.

If we have but a vague idea of the nature of disease, we shall be vacillating and uncertain in our practice. Any given course of treatment under which the patient seemed to prosper would be tenaciously and blindly followed, until some adverse facts would entirely change the course of the practice. Then another course would be devised and followed, with the same results.

Any person familiar with the present practice of medicine will find plenty of examples to illustrate the want of a true and settled theory as to the nature of disease.

Some very sensible remarks have been made from time to time in the WATER-CURE JOURNAL, by different writers, as to the nature of disease; but these often seemed merely accidental, and would often be contradicted by the same writer at subsequent times. If what I shall say will be of any service to the great cause of truth, I shall feel myself amply repaid for the effort.

Disease is *not* necessarily confined to the blood. The blood may be the seat of disease, as well as any part of the system; but the theory which makes the blood the only source of disease, or which says that all disease is in the blood, will not require an argument to refute it.

Again, disease is not confined to the solids of the system; the bones, the muscles, tendons, ligaments, and other solid structures, are often the seat of disease, and subject to various morbid changes which require special attention in treatment, but they are not the origin of diseased action any more than the blood.

The same may be said of the nerves, the mind, and, indeed, of all the organs of the system—they do not constitute a disease.

Also, no foreign substance, such as mercury, lead, or any poison, introduced into the system, is a disease. They may be, and doubtless are, often the causes of disease, but could not be called disease itself.

I have made these remarks, not because there are any who really suppose that the above-mentioned organs or articles would be a disease; but there seems to be so much confusion in the minds of some writers, that it is necessary to make distinct specifications of what is not disease, in order to state explicitly what disease is.

Our Homeopathic physicians say that disease consists in the aggregation of all the symptoms. The treatment in Allopathy would lead us to suppose that they regarded the prominent symptoms as the all of disease. Their whole treatment is usually to combat symptoms. A single sober thought must satisfy any one that no one, or all the symptoms combined, would really constitute a disease. To confound disease with symptoms is a fruitful source of sad mistakes in practice.

In many cases of grave forms of disease, such as typhus fever, scarlet fever, and measles, where the febrile symptoms were of an active type, physicians adopting the refrigerating or depleting practice have found, too late, that the course of treatment pursued has resulted only in prostrating the patient, without even mitigating the severity of the disease.

Disease, according to our definition, would be simply this inability of the organism to perform its functions. This may seem to many as altogether too simple to cover all the varieties of diseased action manifested by the human system. But make any trial you wish, and you will find that the definition will cover every case of disease, be it cholera or consumption, burning fever or chilling agues, diseases of the nerves, or muscles, or the arterial system; all are defined by the inability of the organs to perform their functions. This makes a unity of disease, and very greatly simplifies the whole subject.

But it does not follow, necessarily, that the causes are one, or that the symptoms are alike, or that the same agents would cure. But it does follow that the principle or law which governs the therapeutical operations of the system is a unit, and whether known as the *Vis Medicatrix Naturæ*, or Hygeia, there is but one way that disease is removed, and that is by

restoring the ability to the organism, or giving it power to perform its functions.

There are thousands of causes of disease, and agents operating to produce the inability. There are also a great variety of symptoms, and the same symptoms are often manifested in different forms of diseases, but the *inability* is attendant upon every form of disease, and constitutes truly the disease. If there is no inability, there is no disease. No one feels disturbed by disease so long as every function of the system is properly performed; but let even a slight change take place, a slight loss of ability to perform the functions of vitality, and the subject becomes at once more or less diseased; he attributes his disease to an inability of the system. The form of disease may be fever or rheumatism, cholera or consumption, or a thousand other forms, but the great trouble of the patient lies in the inability of the different organs to perform their functions.

This definition of disease gives a rational explanation why different persons exposed to the same existing cause of disease are so differently affected. For example: several persons exposed to sudden atmospheric changes—one will have a rheumatism, another a fever, another a diarrhoea or influenza, and others escape without any particular inconvenience; showing the ability of the vital power to resist the causes of disease, and showing also that the *inability* of the different organs is manifested by a variety of symptoms. We see, also, why any specific virus, such as small-pox or measles, produces similar symptoms; the same specific virus affects the same organs in different persons; thus the disease and symptoms are the same.

The variety of names given to the various forms of disease may be, and doubtless is, a great convenience to the practitioner, but is very liable to lead to confusion in practice. For example: the fever attending typhus fever, scarlet fever, and measles is treated as if it were quite different in one than in the other, whereas fever is merely a symptom of disease, an effort which nature makes to expel disease, and never should be considered as a disease itself. The different forms of fever depend upon the specific virus, as measles, small-pox, etc., or upon the organs of the system affected by the disease, as lung fever, brain fever, gastric fever, when the fever is confined principally to the lungs, brain, or stomach.

If the above remarks are true, as to the true nature of disease, as we think every one must admit, then we are prepared to show how *water* may act as a remedy.

In a future number we will endeavor to give the therapeutic action of water, and show that it is wonderfully adapted to act as a remedy in the different forms of disease. [SARATOGA WATER-CURE, Jan., 1857.]

Fireside Reading.

RUSSEL SMILIE'S CHILDREN.

BY HENRY H. HOPE.

CHAPTER II.

THERE is nothing in all the social settlements (said William Jones to me) so simple, yet so puzzling, as MARRIAGE. Men enter daily into the most complicated business copartnerships, and succeed. They get along together. Parties combine religiously, and prosper. Persons travel long voyages, and are pleasant, and when they part, regret the necessity. But a marriage copartnership is a *dangerous* affair. I mean what I say—it is *dangerous*. As things stand now-a-days, it is risky. The matrimonial road has pit-falls in it, its side-paths have snares and traps set, and one finds himself, or herself—generally *himself*—possessed of somebody or thing he did not bargain for. I had studied on Russel Smilie's marriage time after time, and never could satisfy myself how, why, or by what means *he* came to marry *her*. And I never was able to give myself, nor get from another, a rational explanation, till I received it from George Hemenway, the eldest son of old Quaker Hemenway, to whose home I went after my somewhat earnest and unprofitable discussion at Russel Smilie's with his wife Elizabeth, about *training* children—for it was the point of training, not educating children, about which we differed—not being wide apart about *what* children should learn, but about *how* they should learn it.

Before I go into a detail of George Hemenway's statement of Russel's marriage (said Jones), I must premise that Quaker Hemenway had sons and daughters like an old Patriarch, and that the afternoon I happened to be there, they had gathered from the vicinity to the old homestead for an afternoon visit. On learning that I had

only half an hour before my arrival at the Quaker's left Russel Smilie's, Propitiation Hemenway, a woman of some twenty-two years, asked me if I "had not been in dispute with Elizabeth."

I attempted to evade an answer, but she declared she knew I had, "first, because Elizabeth disputed with every person who visited her husband; second, because my face was flushed, the eye looked unusually fierce, and the mouth carried the air of firmness, common to me only in or after discussion."

I told her that I had had a discussion, and how it came about, and what was the topic, and explained my view of culturing children, somewhat as I have related to you, and then I asked George Hemenway if he could tell me how it came about that Russel Smilie came to marry his wife.

"I can not tell thee," he replied, "for I do not know; his parents do not know, and I doubt if Russel himself ever knew."

"Who was she before marriage?" I asked.

"Her name was Elizabeth Wilkinson."

"Where did he first see her?"

"In Baltimore."

"Was she rich?"

"No."

"Then in the name of Hymen why did he fall in love with her?"

"I can not tell thee."

"Not for her beauty?"

"I think not."

"William," Propitiation said to me, "apply your own philosophy of influence to this case. She is a positive woman, and comes in contact with him, a negative man—the result is, he marries her, or, rather, is married to her."

"O! ho! that is it?"

"Certainly."

"Then, Propitiation, you think some women marry men, instead of men always marrying women."

"Surely I do," she said, "as often this as the other way. The strong attracts the weak to itself. Did thou not say, William Jones, little while since, that the *hard* gives impressions, which the *soft* must take? Were not men so self-complacent, they would less frequently be cheated in the most important act they ever do. But go on, George, with thy explanations."

"I have nothing to say."

"George, don't thee be stupid!" the old Patriarch exclaimed.

"Thank thee, father! but what have I to say?"

"Tell William what he wants to know, why Russel married Elizabeth!"

"Have I not said I do not know? I can only deal in suppositions."

"Tell him thy suppositions, then."

"It may be he married her for her beauty."

"Nonsense!" cried Propitiation.

"For her genius, then?"

"Pshaw!"

"For her great talents, perhaps?"

"Ridiculous!"

"Her wealth?"

"She had none."

"Then for *love*—it must have been for love," said George.

"Do persons love that which is not lovable?" I asked.

"I know they marry where and when they do not love, but it seems to me that they do not marry for *love* that which is not lovable. We are organized so as to *love* only the lovely. We embrace *unlovely* objects, allow them to embrace us, attach them to us, and ourselves to them, but the motive power is other than love. Love knows its *own*, and goes forth only at the appropriate call. It is an instinct as well as an impulse. It is an intuition as well as a sentiment. It is very sagacious, and not easily cheated, yet is often overborne, and forced to yield to circumstances it can not control.

"But, William," Propitiation inquired of me, "may it not be that what one may *love*, another may not, or can not love? And so whilst *thou* canst not see in Elizabeth Smilie qualities which answer thy inquiry how Russel came to marry her, Russel did see them, and so married her."

"Let us see," I said to Propitiation; "it may be so, but I doubt it; love is a unit, and so are lovely *things*. What we are pleased to *call* love is, in most instances, an adulterated substance. It is commixture of love with passion, with fancy, with policy, with interest, with pride, with ambition, with love of place, with longing for power. If it were possible to separate the element from its more or less common adjuncts, persons would love the same things, not with the same interests, but with the same *kind* of feeling. There must be a common *standard*, and so a common subject, and thus a common feeling. Especially must this be true in reference to moral

qualities, which enter vitally into character. Set *self* interest aside, all human beings must admire *goodness*, justice, kindness, mercy, tenderness, amiableness, and *truth*. Place them where their innermost utterances could become vocal without prejudice, and they all with one accord would say the same thing.

"Take, now, the leading forces of Elizabeth's character, as seen in others than his wife. Russel does not admire them—they displease him. What is it that she has which compensates him for the absence in *her* of the traits of character in other *women* which we all know he so much admires? For Russel Smilie is a man of fine talents, with extraordinary fine taste. All his constituents are naturally delicate. He is of fine fiber. His passion is extreme for beautiful things. His library proves this. His love of the fine arts, sculpture, painting, music, finds emotions in him corresponding to themselves. They speak language to him which he understands. In the natural world, also, beauty charms him; fine horses, cows, sheep and swine—fine fowl, fine farms, fine orchards, fine wild woods, all make their way to feelings in him which elevate and purify him. He is not lacking in the appreciation of the beautiful in *morals*. All that is admirable and to be revered in God himself, he loves. He blends the beautiful with the good, and so creates an ideal which is holy. The Jewish worship and the Catholic attest their force on him by their elegant and highly wrought artistic symbols, through which the spiritual becomes visible and apprehensible. Had he not been born and educated a Quaker, easily he could have been a Catholic.

"Now, I ask how a man of this mold came to marry such a wife as his is? I account for it on the supposition, that in their *lower* strata of being they are alike, holding common characteristics, and that they came into conjunction while these were active. In other words, their courtship and marriage were dictated by passion; it presided at the bridal, and has been mistress of the house since. Her positive overwrought his negative nature, and so prompted him, when reflection and judgment were asleep, to declare himself. Am I right?"

"Come, George," said his sister, "answer William."

"Well, friend William," addressing me

in response to the call from Propitiation, "thou must know that from our boyhood, Russel Smilie and I, to use the language of the school, have been friends. There is only two years' difference in our ages. Our grandfathers came into the country together. Our fathers are nearly of an age, and they, as we, grew up together. I have loved Russel Smilie as David loved Jonathan; I love him now, and what I say shall be said to give a clearer illustration to your speculation as to his marriage with his wife, than is usually given in such cases.

"Some fifteen years ago, Dr. John Hall kept a school for boys in Baltimore, Md. It was thought well for Russel and I to go. The Doctor was a *Friend*, as we term our sect—a Quaker, as you would term him, and a most estimable man. He was a strict disciplinarian, and his school was in great reputation. Our people are very much affiliated by religious considerations, and it is not uncommon for distinguished members of our Society to know intimately other members who live at great distances from them. Thus Doctor Hall was well known to leading men and women who had met him at great gatherings of our people, and they vouched to our parents for his making men of us. In those days the idea was quite common, that *men* were to be *made*; that it mattered not much what stuff the pupil was of, if the *master* was only of the superlative degree. That theory is exploding quite rapidly, and the one in regard to poets is taking its place:

¹Homo nascitur, non fit.

But our wise men, who in our congregations sit on 'high seats,' were sure that by going to Baltimore, Doctor Hall would put us into his crucible and we should come out *gold*; and so our fathers sent us. They were *well to do*, and so gave us generous outfits. We were in our nineteenth and seventeenth years, Russel being the younger, and altogether the more susceptible. He was the reverse of myself in appearance, being then for a youth, what he is now as a man, very fine looking. He put forth buds of exceeding promise. On starting, we agreed to stand by each other, to have no secrets from each other, to communicate mutually our impressions, to be careful of the acquaintance of the other sex, and to make up for the want of parental counsel by mutual advice. It was winter when we left, and our ride was almost all

the way in stage-coaches; no railroad-car existed for our or others' comfort. It was cold, and we, like dunces, reasoned of our *duty to endure* by our power of endurance. Our journey was long, unbroken by greatly interesting incident, and at a fortnight's end we reached the Monumental City.

"We reported ourselves to Doctor Hall, presented our letters of introduction, and were told that we could find a good place to board with a Widow Wilkinson. We called upon her, were shown the accommodations, and learned that the family consisted of the widow, two sons—young men—and Elizabeth. We struck a bargain, and were duly installed. Of course all that passed before our eyes was reviewed, for boys are sharp, if not profound, critics, and at that age eyes are in constant use. We set down the old lady—Ada Wilkinson—as a pleasant woman, Scotch-Irish by descent, English by birth, and who had in early life married a Dutchman; and of all the crosses it were possible to make, that of the Irish with the Dutch was the worst. The sons were good patterns for clerks, and did not interest us much. The daughter we gave more time to. She furnished us materials for study; she was young, and had that floridness of countenance that marks the Celtic race. She lived largely on animal food, drunk tea and coffee, partook unsparingly of condiments, and ate without regard to regularity. She was well educated *scholastically*, and had engaging powers of conversation, but she presented those with whom she talked at her entertainments with a *hash* of reading—passing off her acquisitions from books as her own originalities. At times she was brilliant; but though she spake as though the conception was her own, one almost felt sure that it was *not* her own. It was difficult to detect her, for she was recondite in her field of literature, yet we doubted that she was the genius by whom the beautiful thoughts she uttered were born. *Why* we doubted, was the discrepancy between her common 'jog-trot'-life and that for which she was galvanized for special occasions. Generally, she was dull, commonplace, rapid. Specially, she was smart, engaging, almost brilliant. Now this is always and everywhere the distinction between a real and a sham genius. A man or woman of undoubted spiritual strength, who in the IDEALS held is marked by brilliancy, beauty, and purity

who conceives without effort, just as seed germinates without noise, is on all occasions natural, and equal to the exigency demanded. Find him on a dunghill or her over a washtub, the divine power comes out of shadow, and one feels that he is illuminated by the *Holy*. But the cockney brood crows on set occasions, when the quality may be seen to the best advantage. As we *then* looked at Elizabeth Wilkinson, we placed her in the latter class, and so gave her at the time less credit for *talent* than she actually had; for as soon as we found that she was one girl in the kitchen and another in the parlor, we were repelled. Her apples were no longer golden. However, not a long time elapsed after we became inmates of her mother's house before she put forth signs of a fancy for Russel. She looked slightly on me; my style of beauty did not please her, or else I was elsewhere faulty, for she turned her eyes away from me to let their whole luster fall on Russel. I did not blame *her* for loving *him*. I loved him; why should she not also love him? I took early opportunity to say to Russel:

"Dost thou know that Elizabeth Wilkinson is in love with thee?"

"With me?" he exclaimed; "what put that folly into thy head?"

"She gazes on thee; she blushes when thou comes near her suddenly; she gives thee marked attention; she makes her toilet at thee; my boy, thou art in for it! Wilt thou yield, 'rescue or no rescue?'"

"Come, George!" Russel replied, "hold up! it is well enough to laugh at a good joke, but no woman is to be ridiculed; thou knowest she cares for me no more than for the wind's whistle."

"But Russel, I do not ridicule her, nor jest at thee; she has lifted her eyes—Dutch-Scotch-Irish eyes—to thee, and means to have thee. Thy eyes should not be dim to see what is seen by others so plainly."

"What dost thou mean, George, by thus talking to me? I have no dimness of vision. Of course neither thou nor I can see what is not to be seen."

"Then *thou* art free," I said.

"How strangely thou talkest," he replied; "dost thou mean to fret me?"

"No, Russel, I do not; but thou wilt remember that our vacation is at hand, and I am going to Philadelphia to spend it. I have urged thee to go; thou prefers to stay here. Not for the world, would I have

this girl ensnare thee. I am a little older than thou, not much I know, but enough to make thy parents hold me responsible for brotherly kindness and counsel to thee. This girl has set her heart—if she has a heart—on thee. She is imperious, thou art impassible; she is passionate, thou art mild; she is dogmatic, thou reasonable; she impulsive, thou collected; her tastes and thine are not alike. Besides, in the family, there is an objection."

"Why, George, thou talks as if thou wert in earnest."

"I am, Russel. I insist that this girl is in love with thee, and *no man knows when a girl loves him how soon he may love her.*"

"When the sky falls, we shall catch larks," thou knows, George."

"Yes, Russel; and the sky has already fallen to thee, and *thy lark* is twittering for her cage; she wants thee to catch her and put her into it. If *thou* wilt do it, she is ready; and the point is, if thou dost, whether thou wilt not repent it as long as *thou* lives."

"Well, George, I must know the facts in this matter. If Elizabeth is in love with me, I shall tell her that I can not reciprocate her love."

"Thou thinks thyself *wise*, Russel."

"What dost thou mean, George?"

"I mean that thou art bent on being silly."

"How so?"

"How wilt thou know that she loves thee?"

"By asking her plainly, George. I am of the George-Fox school—I am not afraid to ask plain questions."

"Thinkest thou she will tell thee?"

"Yes."

"Thou art greatly mistaken, my comrade. It is hard to make a woman own to this, when it is most evident to her that her feelings are reciprocated. Society makes girls into coquettes. They say *no* when they mean *yes*. It is of little use for thee to ask her. She will mislead thee."

"Why should she do it?"

"Specially to awaken thy pride, and thy desire to succeed, and through these to enlist thy passions."

"Well, I shall have opportunity to sound the deeps of her nature."

"True, Russel, thou wilt; but the *deeps* of her being are in the sphere of the passions. There, and only there, is Elizabeth Wilkinson *profound*. Welling up those

depths to the surface, so that thou canst see them and measure their flow, thou wilt have to bring into action thy own passions. And dost thou think that for either of us, at our age, it is well to have our passions our guide in determining the state of a girl's feelings toward him? Could thou find a girl whose propensities serve the purpose to make her *heart glow*, and who had fine qualities of mind and person, thou might perhaps be justified in responding to any emotions *she* might feel; but as the case stands, thou hadst better come with me, and leave this siren alone. Her arbor is on the edge of a deep gulf. She will plunge thee down its precipitous sides and break thy manhood in pieces, and spoil *thy future*."

"It was of no use. He was determined to see how he should feel to talk with a girl whom he did *not* love, but who loved him. So I left him, and went to Philadelphia. When I came back, my dear blue-bottle was in the spideress' web, with more than a hundred loops round each leg. What was more mortifying than all, he thought his bondage a delight."

"What didst thou say to him?" said Propitiation.

"Nothing."

"Did he not try to justify himself?"

"Yes, he essayed it. I listened, but never replied a word to all his attempts at justification. Had I, possibly the causes which induced him—a *mere boy*—to betroth himself, would have been understood. But I thought him weak and unstable, and I was sure he felt that I thought he was. And I was willing that he should thus think. He is a talented, refined, *high-minded*, weak man, who has no more chance of following his own bent, when opposed to his wife, than I have of being king of England."

"I am sure," I said, "that she caught him when his ministering angel was asleep."

"So am I," George replied; "and why it is that Providence who gives to each of us such a beautiful spirit to guard and to guide us, should permit it to be overborne in its ministrations, is a mystery to me."

Just at that moment the bell tingled, and we all adjourned to the table to supper.

Miscellany.

WATER.

BY SARAH S. SOCWELL.

WATER, water, pure and clear,
Sparkling, foaming, leaping, dashing,
Singing songs of mirth and joy,
In the brilliant sunshine flashing.

Like a line of silver light
Rushing downward from the mountain;
Flinging clouds of misty spray
From the cool and sparkling fountain.

Flowing in a peaceful stream
Where the forest shadows quiver;
Sweeping on in solemn pride,
In the broad, majestic river.

Rolling in the crested waves
Of the ever restless ocean,
On the shores of every clime
Dashing in its wild commotion.

On the hills, the vales, the plains,
Falling in cool crystal showers,
Giving life and loveliness
To the trees, the grass, and flowers.

Pouring with impetuous leap
In the angry, foaming river,
Wreathed with rainbows fair and bright,
Sending up an anthem ever.

Where the sunlight soft and clear
Through the forest aisles is streaming,
Flashing out among the trees
Silvery lakes are brightly gleaming.

Water, water, everywhere,
Sparkling, foaming, leaping, dashing,
Singing songs of mirth and joy,
Over all the earth 'tis flashing.

SHILOH, N. J., 1856.

CHRISTMAS AT GLEN HAVEN.—*Editors Water-Cure Journal:* Whatever goes to show the estimate in which Hydropathy is held by individuals or communities must be interesting to your readers, so I wish to detail concisely what I saw and took part in on Christmas at Glen Haven.

Having been formerly a patient at Glen Haven Water-Cure, I was kindly invited to spend the 25th December at that place. So I went. I found some 80 patients under Dr. Jackson's care. We sat down to a nice Glen Haven dinner, and having eaten all we wanted, the ceremony was gone through of presenting Dr. Jackson, by his former and present patients, with a splendid service of silver, consisting of a large, massive *pitcher, salver, and goblets*. The design is original, and very beautiful, being water lilies with fountains playing on them, and was designed and executed by Wm. D. Briggs, Bowery, New York. The inscription on the pitcher is as follows:

Presented to
JAMES C. JACKSON, M. D.,
by his Patients,

as a token of their regard for him as a Christian and Philanthropist, and high appreciation of his abilities as a Physician.

The gift was handed to Dr. Jackson by Mr. Alex. Douglas, of the firm of Douglas & Sherwood,

POSTAGE.—The postage on this JOURNAL to any part of the United States is six cents a year. The postage is payable in advance at the office of delivery.

Broadway, New York, who took occasion to express his satisfaction at being chosen to present the testimonial of the high regard which the Doctor's patients cherish for his skill—their great esteem for him as a Christian, and their enthusiastic affection for him as an able, bold, brave man, who has to say what *he believes to be true*. Mr. Douglas declared for himself and the patients, that in their estimation no man living better deserved a manifestation of this sort, and that he had not the least doubt that every genuine lover of Water-Cure would rejoice at the thoughtfulness of those who, in thus expressing themselves, have only awarded a just tribute to a man who has made himself a name as widely known as the limits of the republic in which he lives.

Dr. Jackson replied in a speech of some thirty minutes. Those who have heard him talk to his patients or the public can imagine what he said. I can only say, that I believe those who heard him will never forget what he said. He said little for himself, but much for our cause, and he deepened in all minds the feeling that the health-reform is at the bottom of all reforms. It was an effort worthy of the man and his hearers.

But, Messrs. Editors, this is not quite all. Significant as was this presentation of plate to the Doctor, of the manner in which an able radical advocate and practitioner of Water-Cure is coming to be regarded it would be incomplete if I forbore to state, also that the mail on the same night brought Dr. Jackson a letter from a former patient of his, in which the writer says he holds the Doctor's skill in such consideration, and has seen it so shown in a large number of instances, that along with a warm esteem for his private worth and great ability he can not deny himself the pleasure to present him, as a Christmas-gif, with a draft on New York for one thousand dollars.

Thus you see when a man of distinguished talent and skill devotes himself to a great cause, Heaven gives him friends. May our young practitioners draw right conclusions from such an incident as this, and work for Water-Cure fearlessly.

D.

LAWS OF HEALTH.—Like the usury laws of Massachusetts, they are habitually violated every day in the week, by the very men who refuse to have them modified. God's laws are immutable; but with a full knowledge of the penalty that follows a non-compliance with their simple requirements, which secure health of body and mind, man shuts his eyes to the impending danger, and thus subjects himself to unnecessary pain, premature decay, and a short life.

Rum, gin, and brandy, tobacco, snuff, and drugs, with highly seasoned food, hot drinks, late suppers, exciting novels, infant schools, confinement in hot, unventilated rooms, without physical exercise, are some of the causes of premature decay. Let us teach the laws of life and health to the people, that they may live.

HEALTH is the ground which great persons cultivate, whereby they exchange the light, flying hours into golden usage. To them it is industry represented in its power—the human riches of time. The minute-glass runs willingly sand of centuries when great ideas are in the healthful moments.—*Wilkinson*.

"THERE'S NO SUCH THING AS DEATH."

"There's no such thing as death
To those who think aright,
'Tis but the racer casting off
What most impedes his flight;
'Tis but one little act,
Life's drama must contain;
One struggle keener than the rest,
And then, an end of pain.

"There's no such thing as death,"—
That which is thus miscalled,
Is life escaping from the chains
That have so long enthrall'd;
'Tis a once hidden star,
Piercing the clouds of night,
To shine in gentle radiance forth
Amid its kindred light.

"There's no such thing as death,"—
In nature, nothing dies;
From each sad remnant of decay
Some forms of life arise.
The faded leaf that falls
All ere and brown to earth,
Ere long will mingle with the shapes
That give the floweret birth.

"There's no such thing as death,"
'Tis but the blossom-spray,
Sinking before the coming fruit
That seeks the summer ray;
'Tis but the bud displaced,
As comes the perfect flower;
'Tis faith exchanged for sight,
And weariness for power.

CHRONIC ERYSIPELAS.—From childhood my wife has been afflicted more or less with erysipelas. About eighteen years ago it settled in one of her ankles, producing a large sore, which was very painful, and continued to discharge for more than five months. That being healed, it has made its appearance in almost every form since. At times she has been confined to her room for months, again for weeks she could only walk on crutches, and for more than twelve years previous to last November she was not free from sores in one or both ankles, from one to ten or a dozen at a time, her limbs swelling so as to require bandaging all the time. After trying every thing else, and having the advice and practice of the most skillful physicians, and still growing worse, we concluded, as the last resort, to try the water-cure, and accordingly took her to the "Mountain Home," under the care of Prof. Gatchell. It was evident to all who were acquainted with her case, that if she did not get help soon she could live but a short time. Her system seemed completely filled with disease. Strange and incredible as it may appear to those who know nothing of the efficacy of water as a curative agent, after being treated there fourteen days only, I brought her home, her limbs being entirely healed. She now does her own work, and can walk one, two, or three miles a day. Scores of persons can testify to the above statement, if need be.

PREMATURE DEATH—CAUSES AND CURE.—Statists have not yet put down in figures how many tailors, seamstresses, and shoemakers suffer from chronic dyspepsia. The nearest approximation would be obtained by giving the whole number of the followers of these crafts. Sitting for many hours every day with the body bent, thus cramping or compressing the lungs into less than their natural space, produces indigestion in its worst forms, and pulmonary disease. One favorable feature is, that sewing machines bid fair to emancipate the tailor from *fistula*, and seamstresses from consumption.

There are hundreds of thousands of our fellow-creatures to whom fresh air and the light of the sun are scarcely known. According to a recent number of *Chambers' Edinburgh Journal*, about a quarter of a million of people are this day working underground in the mines of England. Of these 30,000 are doomed to untimely death. This is not a mere conjecture; it is an average of the *casualties of past years*. The average age of the Sheffield grinders is hardly more than 35 years. Although exhibiting, as this does, a mortality that chills the heart, it is *old age* compared with the lives of a special branch of the trade, viz., the dry grinders. The "grinders' complaint" carries off its victims up to this day, despite the progress of medicine and the invention of science.

The same useful periodical states that "there are scores of men throughout England, with families, pained from head to foot, and constitutions irremediably shattered from inhaling the mercurial fumes incident to the gilding and looking-glass trades."

"The evils that flesh is heir to" are most forcibly demonstrated in the history and statistics of various manufactures. Dr. F. K. Chambers exhibited, some weeks ago, at the London "Society of Arts," the jaw-bone of a man engaged in the congrue match manufacture. He had submitted to a most perilous operation, as a relief from the more enduring and more excruciating agony of cavious jaw. Multitudes in Germany, Austria, France, and England, similarly employed, are victims to this peculiar but frightful malady.

[The writer makes out a sad case for these involuntary suicides; but he omits to notice the thousands among us who *voluntarily* commit crimes equally great and fatal by their own dissipating habits. Look at the poor victims of the tobacco-box and the rum-bottle, and the opium slave! Look at the destructive *fashions* of our ladies (?), the hot-house human nurseries of our children, the drug and patent medicine consumers—in short, the ten thousand voluntary excesses committed every day! Let us correct these things in ourselves, and then preach to the heathen. Stop dissipating ourselves, and then talk temperance to Europe. Learn and obey the laws of life ourselves, and then teach others how to avoid premature death.]

An exchange paper announcing the opening of a new cemetery, says: "Mr. — had the pleasure of being the first individual buried there!" That is about equal to the physician who announced that he had changed his residence to the neighborhood of the churchyard, which he hoped would prove a convenience to his numerous patients.

EXERCISES FOR SCHOOL-GIRLS.—The subject of education is attracting much attention in this country, and within the last few years great improvements have been made.

But although much has been done, the work of reformation is not complete. There is one glaring defect which must be remedied ere we can conscientiously remain quiescent. This defect is the want of proper physical exercise in girls' schools.

In all the better classes of boys' schools, a gymnasium is considered an indispensable appendage, while girls are suffered to grow up without the advantages necessary for the perfect development of the system.

As the occupations of the female sex are more sedentary than those of men, the former should be armed with vigorous constitutions, to enable them to perform their duties in life. On the contrary, the greater proportion of girls have no other exercise than a walk to school, which, however long, is insufficient to develop the muscles of the arms and chest.

Most of the maladies and weaknesses of modern ladies are attributable to the want of proper physical training in youth. Pale cheeks, headache, indigestion, and nervous debility are, in the majority of cases, produced by the same cause, from which also arises that scourge of the female sex—spine disease in its various forms.

In all institutions of learning in this country an apartment fitted up for gymnastic exercises should be considered indispensable. In that case rosy cheeks and finely formed busts would no longer be uncommon.

It has been remarked that the race is degenerating in the United States; and among the various causes assigned as the reason for it, the heat of our climate in summer, and the rigor of our winters have been the chief. Should not the want of proper physical education of girls rather be adduced? Can a healthy offspring proceed from a frail and delicate parent? Let the mothers be endowed with vigorous constitutions, and there will be as little likelihood of degeneracy of the race in this country as in any other.—*Courier and Enquirer.*

RULES TO WALK.—It is well to know how to do every thing well. Walking is one art which we have to learn as well as other things. A contemporary gives us the following rules:

When we rise to walk, the whole body—the trunk, the head, and extremities—should be thrown into a universal but general tension; all latitude, bending, carelessness, falling of the head, dangling of the limbs, bending of the trunk, and loose, irregular gazing should be avoided; this general vigor brings all the muscles up to that state which instantly fits them for action. The same rule is practiced by the whole animal kingdom whenever any extraordinary effort is required. At the moment of any affray, every combatant arouses the whole system, prepares the body for the encounter by giving force, tone, and energy to the entire body.

It is a positive injury to the body to exercise when it is toneless, lax, flexible, and careless. Then the muscles are not led with a sufficient amount of blood and nervous fluid; the nervous and circulatory systems are then very passive,

violent or any exercise is then a tax upon unstrung muscles; which is injurious. During the act of moving the body, the muscles which constitute its motive enginery are excited to action by all the blood and nervous force; and when they are feeble, the muscular action is also feeble; and conversely, when they are vigorous, the motions will be easy, ready, forcible, and beneficial.

We here find an explanation of the opposite views of different individuals respecting the advantages arising from walking. If an invalid, a student, or any one walk with a careless, indifferent, loitering, awkward, suntering manner, he will experience an evil rather than a good; but if there is spirit and dignity in the gait, the air, the person will be invigorated and much better for the walk.

Second rule of great value in walking is that the body (if not the spirit) should be perfectly erect. The whole body must be easily poised upon its own gravity as the beam of the scales upon its pivot. Then the various muscles acting upon the body, levers of the limbs and chest, will be freed from the labor of holding the body up, for that will then be done by the happily balanced skeleton, and then the muscles will be ready to move the various joints as the will of the individual may dictate. Ordinarily, walkers throw their bodies so far from the center of gravity as to compel the muscles to not only bend the joints in the exercise, but in addition actually sustain the whole weight of the body. The erect position in walking is all important; not only is it valuable to the corporeal system, but begets an erect habit in the mind and heart. No person can walk with a dignified, honorable, and executive mien without feeling a mental and moral elevation.

As an aid to this position, the eye should not strike the ground for many rods in the distance; the sight should run horizontally; this will prevent the head from drooping, the trunk from bending, and the joints from being lax and weak.

"KINESIPATHY."—This is the term given to a new method of curing diseases, particularly those of a nervous character, which has been recently introduced. The means employed are bio-mechanical, and consist in compelling a patient to go through a certain course of contortions of the body, in order to bring into active play all the levers of the human framework, including a mechanical stimulation of the various nerves, blood-vessels, internal organs, etc. We rather like the philosophy of the thing. When we constantly rub down and currycomb a horse or a jackass, we certainly not only improve its moral character, but its physical appearance. Any manipulation that will keep man's entire organization in active operation, must conduce to his good health and mental vigor, as well as to his general amiability and exaltation of character. The steam-engine has to be well cared for, lubricated, and burnished, to prevent friction, rust, and derangement of its working condition. At any rate, *life* consists in *activity*. Whenever a man begins to make an apothecary shop of his stomach, the sooner he says his prayers and makes his peace with the world the better. Doctors, by-and-by, will have to go to digging potatoes for a living, if medical science extends much further.

THANK GOD FOR WATER.

SMILE on, smile on, my darling child,
Thy mother, too, is glad,
Since water gained the victory,
We may not well be sad.
When to thy little tender cheek
The burning fever came,
I knew not who with ready hand
Might quench its raging flame.
For skilled physicians oft have tried
To loose that dreadful hold.
While mothers wept the missing ones
Torn early from their fold.
Three tender babes as sweet as thou
In one short week were swept,
And left a lonely, bleeding breast
Where those fair children slept.
Nor is this rare—that burning bluish
Has caused sad tears to start,
Has oped the fount of ceaseless grief,
And clouded many a heart.
"God's will be done," is whispered low
Into the mourner's ear;
"He giveth, and he takes away!
Learn ye His cross to bear."
Sweet words, yet most unfully spoke,
Unfully too, applied;
'Twas not God's will life's chord that broke,
But the doctor's—that they died.
I bathed thy little burning form,
Laved thy parched lips with water;
And well praised God for the sparkling fount,
Mine only child, my daughter.

CONCEALED WEAPONS.—"A Western editor wants to know whether the law recently enacted against carrying concealed weapons applies to doctors, who carry their drugs in their pockets?"

Certainly it does, Mr. Editor. Why not? It is a very good law too, I think, and one that should be vigorously enacted, till the deadly weapons of allopathy shall be numbered with the things that were. When that good time shall come, doctors will no longer destroy life, or poison by mistake, nor will editors be called upon to lament, in half a column, these accidents as "mysterious dispensations of Providence."

Yes, that law certainly applies to "doctors who carry their drugs in their pockets;" but more especially does it apply to a certain class of physicians who conceal their drug weapons under the mantle of hygeopathy. I am glad that this famous law applies so well to that class—are not you, Mr. Editor? If not, go to some celebrated water-cure in pursuit of health, and while there take all manner of drug compounds, and a little of hygeopathy and homeopathy in the bargain, and if, after a few weeks of this "treatment," you have strength left to form an opinion any way, it will be in favor of a law against "concealed weapons." If you have any doubts on the subject, just try it once. ANNA.

PLEASURE, when it is man's chief purpose, disappalls itself; and the constant application to it pulls the faculty of enjoying it, though it leaves the sense of our inability for that we wish, with a disrelish for every thing else.

The Month.

NEW YORK, FEBRUARY, 1857.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

HYGIEO-THERAPIA.—Some of the friends of our system are urging strong reasons in favor of the adoption of this term. There is certainly one argument we find it hard to gainsay—*It is true.* The term does, in fact, express our system precisely. In this it has an advantage over the *Hydropathy*, now in use, and the *Hygeopathy*, which has been suggested as a substitute.

Hygieo-therapeutic applies literally to curing or medicating with hygienic materials or agents. *Pathy* has some significance when applied to drug-medication, because *Allopathy* and *Homeopathy* profess to cure one disease by producing another. Their remedies are intrinsically *pathogenic*, and induce another *pathy*, *nosos*, or disease, opposite or similar, as the case may be. But as hygienic appliances are not essentially disease-producing, there is really no propriety in falsifying our system by the pathological appellation.

At first this term seemed rather awkward, as all new phrases do; but the more we get accustomed to writing and enunciating it, the better we like it. Indeed, it seems now to flow from the pen and slip from the tongue quite as easily and euphoniouly as do the words which give our system the lie, and degrade it to the level of the drug-system every time we write or utter them. And besides, there is a beauty in truth, and a power in its utterance, even on seemingly trivial occasions, which never fails to make some enduring impression for good.

In consequence of the persistent misrepresentations of our system by the doctors of other schools, and the general error abroad, that "water alone" is our panacea for all forms of disease, we were glad to get rid of the *hydro* prefix, and substitute that which indicated all hygienic measures as our remedial resources. But as no term has yet been formally accepted, and the question is still open, we may as well have the subject discussed in all its bearings.

PREVALENCE OF SCARLATINA.—The scarlet fever has been unusually prevalent this winter in many of our large cities, espe-

cially Boston, New York, and Philadelphia. For several weeks the deaths of this disease have made a large per-centage of our bills of mortality. We are still of the opinion we have many times expressed, that this disease ought not to prevail at all, and if it does, patients ought but very seldom to die of it. We do not, however, wonder at its prevalence when we consider the manner in which parents will insist in feeding their children, nor can we wonder at the mortality in view of the mode in which the medical faculty insist on doctoring them. Grease, salt, alkalies, fine flour, fermented bread, candies, and other indigestibles and abominables, are the causes which induce the malady; and calomel, opium, antimony, and other apothecary stuff, are the remedies which *cure* the disease and—*kill* the patient.

We would not allude thus harshly to the "powers that be," who hold the rod of medication authoritatively over the people, were it not that they sin continually against the light of the day and the knowledge of the age. Their own books are full of the evidence of the ruinous effects of their own drugs, and their own standard works and approved journals contain ample testimony from their own acknowledged authors and teachers, that scarlet fever is easily cured by the hydropathic appliances. Fifty years ago, Drs. Currie and Wright, of Liverpool, England, resorted to the bathing treatment with uniform success. Professor Bell, of Philadelphia, has more recently testified that the water-treatment was perfectly successful. A number of others, physicians of large experience and good repute in the allopathic ranks, have testified as pointedly and emphatically in its favor, and yet in the face of all of these facts we do not hear of a single *regular* physician, from east to west, nor from north to south, proposing to have any thing whatever to do with water in the treatment of scarlet fever!

It is still drug and drug on—bleed, blister, and purge—salts, castor oil, and quinine—calomel, opium, and antimony—belladonna, aconite, and mercury—steam, lobelia, and cayenne—vomit, sweat, and salivate—doses, poisons, and deaths, and is likely to be so just as long as the people will stand it.

Water-Cure physicians all over the country treat these cases successfully, but, then, water is common and cheap, and the practice must be correspondingly vulgar and unfashionable.

Just now our newspapers and medical journals are gravely discussing, *pro and con*, the preventive efficacy of belladonna, an exchange says:

SCARLET FEVER.—A globule of belladonna, taken every morning, by each and every member of a family—adults, children, servants, and all inmates—will certainly prevent the spread of scarlet fever in every household that may adopt it, as certainly as vaccination will prevent the small-pox. Ten cents will purchase a year's supply of any of our homeopaths. All who have this dreadful disease in their neighborhood, should try this simple experiment.

To this the *New Jersey Medical Reporter* replies, "It is not true."

The *Boston Medical Journal* also discusses the belladonna question, but seems dubious as to the virtue thereof. *Per contra*, Dr. Cornell, of Boston, tells us, in the *Medical World*, that he finds it both preventive and curative. And then a Dr. Porecher, in the *Charleston Medical Journal*, sums up an article of twenty-eight pages on the subject in this wise: "I am decidedly in favor of the prophylactic power of belladonna."

O sage, and learned, and experienced doctors! shall we follow the advice of Drs. Cornell and Porecher, and a Philadelphia newspaper, and swallow belladonna, or shall we take the opinion of the *New Jersey Medical Reporter* and the *Boston Medical Journal*, and eschew the narcotic? We shall probably pause a long while for a reply.

DIET IN RELATION TO LONGEVITY.—An English correspondent, F. M., has sent us Professor Kent's "Table of Diet; or, The Art of Preserving Health and Prolonging Life," requesting our opinion of the correctness of the principles advocated by the said Professor. The Professor's premises we regard as substantially correct; and yet we do not quite agree with all of his conclusions.

His leading propositions are:

I.—The life of man, physically considered, is a peculiar phenomenon, effected by a concurrence of the united powers of Nature with matter in a continual state of change, which, like every other physical operation, can be promoted or impeded, accelerated or retarded.

II.—Natural death, or death from old age, as it is termed, is a condition of the body resulting from a general ossification, or consolidation, of its various parts.

III.—The different stages of life, called infancy, childhood, youth, manhood, old age, and decrepitude, are but so many different degrees of this process of consolidation—each stage being characterized by an increased degree and induration.

IV.—This process of ossification is the result of a gradual deposition of solid earthy matter (phosphate of lime, etc.) from the blood.

V.—The blood derives this earthy matter from the food and drink only.

VI.—Different kinds of food and drink contain this matter in different proportions.

VII.—In proportion as we subsist upon those articles which contain the least amount, shall we prevent or retard the process of ossification, and thus prevent or retard old age and "natural" death.

VIII.—That thus it is possible to make such a selection of aliment (according to its chemical properties), still preserving the greatest variety, that health, activity, and life may be preserved for a period much greater than any thing of which the mass of mankind are able to conceive.

It is very clear that natural death is a process of condensation or solidification of the tissues; and that this process will be hastened, not only by all the phosphate of lime which is taken into the system beyond the wants of the organism, but also by all superfluous salts and alkalies of every kind, and indeed by impurities, superfluities, or poisons of every sort which are taken into the system.

But the osseous structure, like every other, needs its appropriate quantum of nutrient material; hence the fact that a given article of food possesses two per cent. of phosphate of lime, while another possesses an inappreciable quantity, or none, does not prove the former the worst, nor the latter the best food. Its value depends on its chemical, or, rather, organic constitution, as a whole, and not on its quantity of any given proximate or ultimate element.

We think the Professor's application of this "one-idealism" would bring his theory in conflict with all human experience. He calls the cereal grains—wheat, rye, maize, etc., which contain comparatively a large proportion of phosphate of lime, very unwholesome food, while he places honey, sugar, butter, oil, and even *vinegar* (which is no food at all), in the list of long-life-producing aliments, because they contain no phosphate of lime at all. And to make the absurdity complete, Professor Kent quotes Liebig in favor of ale, porter, wines, whisky, cider, perry, gin, rum, brandy, alcohol, arrack, etc., as foods or beverages, because they contain no earthy matter.

A few years since a book was published in this city (which we took occasion to ridicule somewhat on its first appearance) advocating and elaborating the views contained in the physiological propositions and the dietary now before us as the work of Professor Kent. We are now of opinion that the New York author got his ideas from the other side of the Atlantic. Dr. Bostwick (for he was the ostensible author), however, went a little beyond Professor Kent, for he got *tobacco* in the list

of dietetic articles, which, by virtue of "no phosphate of lime," had a wonderful effect in promoting longevity! Dr. B. even advocated the doctrine, that if we would keep all the earthy matter out of our mortal bodies, we should become immortal on earth, and live forever in the flesh. And he quoted, as does Professor K., the following passage from Dr. Munro's Anatomical Lectures: "The human frame, as a machine, is perfect; it contains within itself no marks by which we can possibly predict its decay; it is apparently intended to go on forever."

It is most undoubtedly true, that immense injury and great abbreviation of life result from the drinking of hard water, and the use of salts and alkalies in our food. In this way we are wasting the vital energies and obstructing the blood-vessels continually; and it is highly probable that most people in civilized countries use too great a proportion of bread-food, with too little fruit.

Professor Kent puts all the ordinary fruits down as containing but one part of earthy matter in twenty-five thousand, while wheat contains five hundred in twenty-five thousand. We have no doubt our diet could be vastly improved by very greatly increasing the proportion of fruit; and for one reason among others, that a diet of all, or nearly, bread-food, would contain an excess of the earthy elements.

There are, however, many considerations affecting the nutritive value of different articles of food, besides their absolute or relative amount of earthy constituents, which we have not space now to dwell upon, nor even allude to.

FAT FOOD—A correspondent has called our attention to an article in Dr. Dixon's *Scalpel*, in which the editor contends that fatty and oily foods are preventives of consumption, while he asserts that consumptives are generally those who abjure the fatty articles of food. It may, perhaps, be a sufficient reply to the fallacy of the position taken by the *Scalpel*, to show the company in which fat keeps in the catalogue of nutritive agents. All that is alleged or proved in favor of fat food, is also alleged and proved in favor of alcohol and arsenic.

This, to say the least, is somewhat suspicious. The Styrian peasants eat arsenic, and it makes them plump and rosy (for a time); and they do not die of consump-

tion—because they die of arsenical inflammation or drug fever. And surely Dr. Dixon would not have a fellow-creature die in more than one way at a time!

And our doctors tell us, all over the country, that alcohol is a preventive of consumption. And so it is, for if the patient dies of *alcoholosis*, there is no good reason why he should die of any thing else. Or if alcohol kills by disorganizing the liver or the brain, the patient, even if of a consumptive predisposition, would hardly die of ulcerated lungs.

Fat food is well known to predispose to and induce bilious or liver diseases. We cure them in every case by excluding fat from the dietary. It is true, that many consumptives do not use fatty or greasy articles of food. And here is a point which people in general, and the *Scalpel* in particular, do not seem to understand. Nine tenths of all the consumptives we meet with are primarily dyspeptics. They live, in the first place, diseases of the liver. They have been bilious a long time. They have been accustomed to the obnoxious fats and oils until their digestive powers are broken down, and then they can not tolerate it, and so of necessity go without it. And thus the very thing which has been the chief agent in inducing consumption, is lauded as the remedy for or preventive of it. Medical men, in about nine hundred and ninety-nine cases in a thousand, get causes and effects in wrong relations to each other; and the *Scalpel* does the same in some instances.

A NEW HYDRO-HOMEOPATHIC BOOK.—Dr. Walter Johnson (son of Edward Johnson, author of "Domestic Hydropathy," and proprietor of a Hydro-Homeopathic establishment at Malvern, England) has given the world a book, under the title of "The Domestic Management of Children, in Health and Disease, on Hydropathic and Homeopathic Principles." Like all other books which pretend to reconcile drug and anti-drug treatment, and to doctor sick folks with and without drugs at the same time, the work seems to us a medley of inconsistencies—"incoherent expressions of incoherent ideas."

The author evidently has no premises, no principles, no system. He neither knows nor suspects that there is a true philosophy in hygienic medication; but he knows that there is great danger in allopathic druggery, hence, like all other per-

sons who know the wrong practice without being able to see the right principle, he endeavors to compromise wherever he can find a safe position.

The extreme crudity of the author's notions of life, vitality, health, disease, the action of remedies, etc., may be inferred from a single extract:

"China and arsenicum are invaluable remedies for sustaining the vital powers under repeated losses of the fluids and solids of the body." Page 35.

Enough on that head. We read, on the next page that platinum is a homeopathic remedy for "contempt of persons hitherto esteemed." This is a new addition to our list of maladies; and if we had infinitesimal faith in a very high dilution, we would try a dose as applicable to our opinion of the author's medication.

For constipation, Dr. Johnson prescribes "Opium 30, one globule in a little water, night and morning. This failing, Nux Vomica 30, in the same way; and afterwards, Natrum M." After laying out these homeopathic remedies with ludicrous gravity, the worthy Doctor assures us that in the multitude of cases which he has treated, every one has been cured by *Hydrophatic treatment!*

There are, of course, many "judicious observations" scattered through the book, and some which are not so judicious. But we believe it utterly impossible for any author to make sense and consistency the predominating qualities of a work whose leading idea is to reconcile the irreconcilable. It is one thing to compile a book. It is another to ascertain and teach truth.

ANOTHER DISCUSSION.

DR. PETERSON TO DR. TRALL.

DR. TRALL: As we have agreed to discuss this perplexing "modus operandi" question, I propose that we at once come to the pith of the matter, and endeavor to dispose of it in short order. I shall, therefore, in this article, attempt a refutation of your peculiar position as held with Dr. Curtis; after which, I will take up my position, and discuss its propositions *seriatim*.

If, as you contend, remedial agents do not act upon the living system, then you must at once deny the drop, spray, shower, catarrh, and douche baths to be such, and discard them in practice, as I think it very glaringly evident that they act upon the living system; and but for the mechanical impression produced by them, they could never meet the indications for which they are prescribed. However, if you can clear up this matter, I am perfectly willing you should. But again: when I come to examine the rationale of the "shallow-bath," the "towel" or "sponge-bath," and the "dripping sheet," I am utterly at a loss to know how to explain the "friction" on your theory. But, as "I wot" you can see things in a different light to myself, I shall also leave *this operation*

for you to explain. Sometimes, too, I get tremendously puzzled in trying to explain the manner in which another remedial agent (a favorite of yours, too, I believe) is employed by the *vis medicatrix nature* to effect a restoration of health, and almost despair of ever seeing things as you do. I mean "kinesopathy." But then methinks I hear you say that you will make even this satisfactorily evident to my obtuse conceiving faculties; when I again take courage, and conclude to wait and see.

On page 293 of the *Hydrophatic Quarterly Review* you thus speak in behalf of "kinesopathy" as a remedial agent: "In conclusion I wish to remark, as the only important point presented in the history of the case, the evident advantage which was derived from the abdominal manipulations. Indeed, I do not believe a cure would have been possible under the best plan of bathing and diet, etc., without this indispensable adjunct. I think so for these reasons: The patient had long been a dyspeptic. The external abdominal muscles, which are important instruments in the respiratory function, were contracted and drawn in toward the spine, thus impeding the due expansion of the lungs, and rendering it impossible for the patient to take a full or deep inspiration. As soon, therefore, as the 'kinesopathy' had restored a contractile state of the abdominal muscles, all the symptoms which indicated congestion, engorgement, etc., in the lungs, began to subside." On page 292 you tell us, in speaking of your patient, that the "abdomen was kneaded daily, 'kinesopathically,' 'notorpathically,' or physiologically, as the term may be; at all events, the weakened muscles were manipulated with as much vigor as could be borne without actual distress."

Now, doctor, what does it mean to manipulate, or knead, Webster says manipulate means: "To treat, work, or operate with the hands, and knead means: 'To work and press ingredients into a mass, usually with the hands,' etc. Now, in the case of your patient, what was it that was treated, or operated upon; worked, or pressed into a mass? The weakened abdominal muscles, was it not? Then the weakened abdominal muscles were acted upon by the hands, and "kinesopathy" expresses the manner of action performed, which action was remedial, because it "restored a contractile state of the abdominal muscles," when "all the symptoms which indicated oppression," etc., "began to subside."

Here we have eight distinct hydrophatic processes, in which friction, or mechanical action, is put prominently forward by you as a remedial agent; besides kinesopathy—a specialty—in which action is done *on*, and *to*, the body, when it is itself too weak to act; yet, notwithstanding as this, you seem to be profoundly and philosophically ignorant of the *action*.

Having thus demonstrated conclusively, as I think, the inconsistency of your position, I will, in the next place, proceed to show, too, that if it, when considered in relation to drugs, also fatal to your ultraism, and at the same time within itself a impossibility.

There is a specific responsiveness to the impression from medicines of almost every part of the human system, which responsiveness is action of the part impressed. If the relation between the impresser and impressed is such as to cause no destruction to the impresser, save what is self-produced, then there can be no reason why an action brought about by an impression of medicine is not equally as right and proper as if caused by water, or even spontaneously produced; and no just grounds can exist for discarding drugs, when they, too, will impress the system to better functional duties.

Your theory of suicidal defense in favor of drug poisons can not be tolerated; neither would it bear you out in this particular *phrasia* of your position, provided it could be; inasmuch as there is no more reason why the vital energies should

wear themselves out upon a dose of iodine, than against a dose of douche, as the absence of chemical affinity utterly precludes the possibility of inducement for self-destruction on the part of the energies. Besides, that which is vital within itself is immortal and indestructible, and hence incapable of self-destruction in combat with a physical substance. "The vital property, the living principles, the force, the great physician," is the ethereal soul-principle of man, and possesses power and motion within itself to cause the system to perform proper functional duties; while the body is but the earthly house or tabernacle of this vital principle, and being physical in its nature and properties, is, of course, subject to physical laws and only enabled to revisit chemical influences functionally. When a poison is introduced into the living system, therefore, the vital property can not prevent destruction of some of its constituent parts, yet it may, provided the affinity between the poison and the structure is not too great, continually create, or form anew the constituent principles sacrificed, and thus indefinitely prolong the contest with the chemically destructive agent. But even admitting that the structural constituents with which poisons combine are not forced so to do by chemical attraction, but sent out defensively by the "living principle" as a sacrifice, to prevent the more important tissues from receiving harm, yet you can not certainly prove that this is not a "living sacrifice," while I shall very probably be enabled in future to demonstrate to the contrary.

The rationale of drug poisons will, in my next article, receive attention. Yours truly,
J. G. PETERSON.

DR. TRALL TO DR. PETERSON.

DR. PETERSON: Since all my opponents of the drug schools have retired from this controversy, I am glad of an opportunity to continue the discussion with one who belongs to the same medical school that I do. I like, too, your proposition to come at once to the pith of the question in issue.

But I must be permitted to remark, that your method of argumentation, as shadowed forth in the above article, would never find the pith of it, were the discussion to continue while "eternal ages roll their ceaseless round."

It seems to me that you have not yet examined the premises on which the theory you profess yourself ready to prove must be based. Or do you have it "stand on nothing," like the huge turtle which, in the Indian tradition, supported the earth on its back?

You step into the shoes vacated by Dr. Curtis, and thus assume the affirmative of our question; and then you commence the discussion by asking me questions! You want me to "clear up?" things so that you can understand them. This may be natural enough, but it is not quite parliamentary. And you very kindly express a willingness to have me clear up this matter, if I can.

Friend Peterson, this is rather a bad commencement! Peradventure the end will be like unto the beginning.

You take the ground, that remedial agents do act on the living system. I say they do *not*, and so take the negative. Now, sir, I am quite willing you should, as is customary in all debates, "clear up" the affirmative, if you can. It will belong to me, legitimately, to refute what you advance, if I can. If I do more, it must be voluntarily. As a logical disputant, you have no right

to call on me to prove anything, nor to reply to anything except that which you advance.

However, I will not be very particular in mere matters of form, provided you state your propositions intelligibly. You say that, on my theory of the *modus operandi* of remedial agents, I must discard the use of all sorts of baths where the water falls upon or is thrown against the body. I antagonize your assertion with the contrary assertion, that I must not; and so there is "tit for tat," and we are even.

But, seriously, it has never entered my imagination to conceive that because water falls or drops upon or against the system mechanically, and according to the laws of gravitation, that the remedial effect is mechanical—mere weight, gravity, as you intimate.

After quoting and criticising a case I had reported as having been treated, in part, kinesiopathically, you explore Webster's dictionary, and there seem to find out that the remedial effect of the manipulations was "the pressing of the abdominal ingredients into a mass."

Dictionaries are very good to define words; but they were never intended to explain scientific propositions. Your understanding of this matter smacks altogether too much of the dictionary, and not enough of anatomy and physiology. In my opinion, "the pressing of the abdominal ingredients into a mass" would be equivalent to *smashing them all to death*, and then there would be no remedial agent to talk about; unless, like the Irish doctor, you believe in "curing folks till they die." "The letter killeth, but the spirit giveth life," in scientific as well as in moral investigations.

I suppose the remedial effect of friction to be increased circulation in the part manipulated. This increased circulation is certainly performed by the action of the living muscles and blood-vessels. The rationale of both the action and effect is to be found in the resistance of the vital properties of the living system to the presence of the hand or other instrument which performs the manipulation.

And the same explanation, precisely, applies to your drop, douche, cataract, etc., baths.

Suppose you apply your baths or your frictions to the surface of a dead person? Would there be any action then? You could perceive no effect whatever, simply because the presence of the water or the hand would occasion no vital resistance; and there could be no vital resistance, because there is no vitality to resist with. There would be no living system to act, and hence no action, yet the properties of the water and the hand would remain the same.

And, by the way, Doctor, did you not forget to explain what you understand by a *mechanical impression*, and a *remedial impression*. I trust you will give the explanation in your next. Without such explanations, all you have written about the "impressions" of medicines, and the "response" of the part impressed, is nothing more nor less than "incoherent expressions of incoherent ideas;" they may mean any thing or nothing, according to the standard by which we interpret them.

You seem to be perfectly satisfied that you have already "demonstrated conclusively" the in-

consistencies of my position; and you also proceed to show that it is fatal to my "ultraism" and "within itself an impossibility."

But your showing amounts to a mere mass of indefinite and ambiguous verbiage. Your predecessor, Dr. Curtis, managed the same side of the controversy very much as you do. He advertised the reader that he had demonstrated his position conclusively, and disproved mine utterly, in the very first number of his journal after commencing the discussion. But it unfortunately happened that he had not met the question at all. And just so it is with you.

Your doctrine of a "specific response" to the impression from medicines is, like all other crude ideas, indefinitely expressed. It wants an explanation. Tell me what you mean by the phrase, and then I will answer you.

You say that no just grounds can exist for discarding drugs, if the destruction which ensues from the application is also self-produced, etc. Now, sir, if you apply water just above the freezing-point to a part of the body, you will see increased redness there. Is not this redness caused by an increased amount of blood in the part! and is not this blood determined by the action of the living system to resist the abnormal temperature? Or does the cold water circulate the blood!

And the vital resistance and action would be the same if you applied a blister plaster instead of water. And if you should apply the blister plaster or the cold water all over the surface, and keep it there long enough, death would ensue. And in either case the vital properties have exhausted or destroyed themselves in the warfare, just as a person or a nation is self-destroyed by struggling against an enemy.

There is, however, a vast, a radical difference between water as a remedial agent, and a drug-poison as a remedial agent, as I will perhaps have occasion to show, after you have given me your promised "rationale of drug-poison." In conclusion, until I hear from you again, I give you notice that I shall dispute, and try to refute, your ideas of what constitutes the living principle. You have blended it with the mind or soul, and herein you have committed an error which will be fatal to any and every proposition you can advance on that basis. Yours truly,

R. T. TRALL.

BLOOD GLOBULES.—Some photographic views of blood globules taken by M. Duboscq, of Paris, have lately formed the subject of microscopic exhibition at the Royal Polytechnic Institution. The globules of the human race, of animals, of birds, reptiles, and fishes, were shown upon the white curtain. The specimens all exhibited the same general features, varying only in size and shape. The subject is highly important, not only in a medical, but a judicial point of view, for all blood stains could thus be analyzed and be made to assist in eliciting the truth, while, for medical purposes, every disturbance that affects the human economy could thus be scrutinized and remedies suggested according to the appearances indicated. The great power of the microscope thus vies with the telescope in manifesting the wonders of creation.

To Correspondents.

A. N. ANSWERS.

FISTULA.—A. M. N. About a year ago I was afflicted with the piles, which disappeared in the course of two months under water treatment in the forms of baths, cylinders, etc., and I was in hopes that there would be no more trouble in that quarter. But about four months afterward there appeared what seems to be a teater, half an inch or so from the anus; it increased till it became about half the size of the white field-bomb, and was nearly of the same shape. It was opened, when it discharged a small quantity of pus of a salmon color; and from that time to this has discharged every few days. It is somewhat painful just before a discharge; at other times not particularly so, although sore to the touch. When pressed by the finger, it feels as if there was a small piece of gristle just under the skin—that is, something *hard*, but not *very* hard.

It thickens considerably, and in size does not change materially, at least externally. The above is a hasty, and no essentially imperfect description—from it, will you be so kind as to answer the following questions in the next number of the WATER-CURE JOURNAL? I have been a hydropathist and vegetarian over two years, but have eaten a great deal of sweet in various forms.

1. Is it "a fistula?"
2. Is it ever fatal?
3. Is it probably curable?
4. Should I leave off sweets?
5. What is the best course of treatment for my case?
6. What may I eat?

To your first, second, third, and fourth questions, we answer, yes. To the sixth we have to say that you may eat any thing you please, provided it is physiological—say bread, beans, peas, apples, pumpkins, squashes, potatoes, carrots, cabbages, turnips, parsneps, etc. But do not mistake condiments for food, as you did with the sugar.

As to the fistula, it is only curable by means of surgical appliances. We use caustic, or the ligature, and sometimes both. You can not attend to this at home.

DRINKING AT MEALS.—W. M. C. Oconomowoc, Wis. Dr. Trall—in the excellent work of Prof. D. P. Page, on the "Theory and Practice of Teaching," at the 265th page, occurs the following passage:

"The drink of a sedentary person should be water, and that only at meals."
There are teachers who think that it should be taken with some grains of allowance. Where lies the truth?
Our opinion is this. The drink of a sedentary person, and of all other persons, should be water alone; and it should only be taken between meals.

ERYSIPELAS.—H. B. W., Waterbury, Conn. Please inform me, through the JOURNAL, of the cause of a skin itching upon various parts of the body, the rubbing of which produces small pimples. Am troubled with costiveness some. My blood is impure, of course; and what treatment would you recommend?
My veins are quite blue—get easily fatigued in going up stairs at times.

You have yourself explained the cause of your malady, viz: constipation, producing impure blood, and this an erysipelatous eruption. Live on plain, coarse, farinaceous food and fruit.

VITAL TEMPERAMENT IN TROPICAL CLIMATES.
W. R., Elgin Ill. Are persons of the vital temperament more liable to disease on removing to a tropical climate than on it? Will you give a hint or two on preserving health under such circumstances? Is cold water the face of the ball of the eye, injurious or otherwise?

1. No. 2. Eat, drink, dress and exercise physiologically.
3. It is useful if applied of a pleasantly cool temperature.

CHRONIC INFLAMMATION OF THE LIVER.—E. F. N., Walden, Vt. The aged lady whose case you describe, may be relieved by warm fomentations when she has the "nervous spells" from flatulence or other cause. Your management is in the main correct. A cure is hardly possible.

PREGNANCY.—We judge from a dozen or two of letters we have received on the subject, that our remarks on the *prevention of pregnancy*, in last JOURNAL, were not clearly understood. We are in possession of the knowledge of a physiological law, by the application of which, any female may prevent conception at will, without injury or inconvenience, and without in any way interfering with the conjugal relations. The process is as simple, almost, as the act of willing; but for obvious reasons we can not publish it. Indigent and sickly married females, who do not desire, and should not have children (and those alone), may apply to us "privately and confidentially."

BEEF STEAK AND BRANDY.—N. G. A., St. Paul, informs us of a consumptive patient who was treated, at a private water-cure, with beef steak three times a day and brandy after each meal. Shedied, as a matter of course. And our correspondent wants to know if there are any certain phenomena where true hydropathic principles are carried out?

There are several; but if we indicate them, the public will impute it to business rivalry or competition. Any person can ascertain for themselves in relation to any particular establishment, by asking the proprietor the question.

COLIC.—H. B. Marlboro, N. H. A venerable and distinguished physician with whom I have often discussed Hydropathy versus Allopathy, makes this statement: "It is impossible for a severe case of colic to be cured by water-treatment. The patient would certainly die."

Can you give us a refutation of the above, and the method of procedure in such a case?

Verily, your venerable and distinguished old fogey of an allopathic doctor, "speakeeth foolishness." Probably he knows as much about the philosophy of our system as he does about the folks which Richard Adams Locke discovered in the moon.

You have cured scores of colics with water treatment, and never failed of curing speedily. A free enema, warm-water drinking, and hot fomentations, followed by cold wet cloths, are the essentials of treatment. In this way we have quickly stopped many a cramp, and gripe, and spasm, and a he, after bleeding, opium, and calomel, had failed. Tell our medical brother to try again!

DANDRUFF.—A. M. D., Ashabula, O. Please answer the following questions in your next WATER-CURE JOURNAL. I am troubled with a great amount of dandruff on my head, and have been so for several years. My hair falls off a great deal, and I think that causes it. Now, what is the cause of the dandruff, and remedy? Am troubled with hawking and spitting out most in the morning. General health good—drink neither tea nor coffee—live mostly on vegetables.

You have a torpid liver and an obstructed skin. Bristle the surface every day with cool water, take a hip-bath, ten to fifteen minutes, at 75°, and use enema, unrefined bread.

ERYSIPELATOUS ERUPTION.—I. N. M., Keams, Ind. I have a child eleven months old, that has been afflicted with an erysipelatous eruption of the head, of which it has suffered more or less all its life. It commenced when a few weeks old, like dandruff, which soon came on again when removed, and in a short time began to break out in a very small pimple, and sometimes spreads over the face, sending out a fieldy watery substance. Again is nearly well; generally itchy. Health otherwise good. Its mother drinks tea and coffee, and lives like her country folks generally.

Please tell us the cause, and the best means to use to effect a cure, and oblige a well-wisher.

The cause is, "living as other country folks do," and the cure may be found in adopting a beneficial mode of living. Erysipelas rashes and aciet fever prevail all over the country, caused mainly by fat flour and grease. And our fathers and mothers will reform their habits, their children must be sick and die.

IMPOST OF THE BLOOD.—W. M., Spring Ridge, Being a constant reader of your valuable paper, I attempt to express myself, for the first time, through the medium of the press.

I have been afflicted for some weeks past with *Erysipelas Hemorrhoides*, or, rather, *medicines coming out of me*. I took one ounce of mercurial pills, and a box of mercurial ointment. I put them into my pocket, and after I had got nearly home I thought of the ointment, and sewed them broadest over the fields. I sat the ointment on a shelf, and it remains there. I applied the wet bandage, and the second night my face broke out in large sores, and now my hand is well, or nearly so. I am fast recovering.

I met the doctor a day or two since. He asked me if I was well? "Ans. Yes. Did not my medicine cure you?" "Yes. I intend to blow him up soon." "What is the matter?" "Doctor, does medicine act upon the system, or does the system react against the medicine?" "Ans. It acts upon the input of the blood, and circulates it, and it is the circulation that goes through the system. I not knowing what the *impost of the blood* meant, I mind directly consult the Hydropathic Encyclopedia, and could not find it in the red ink of the red ink of information. Please answer through your paper."

No wonder you could not comprehend the marvelous learning of the doctor. He is too deep for us entirely. We rather suspect he is one of those who talk technically sometimes, just to "deceive the rabble."

ANIMAL FOOD IN COLD CLIMATES.—O. M. H., Elkhoru, Wis. I understand that you maintain the argument, that the flesh of animals is not a fit article for man's

diet. If this be true, there are some things in Nature which I can not understand.

It is not the food itself, but by each climate appear to be adapted to the maintenance of the organic constitution, and to the supply of muscular energy necessary to the well-being of the people.

It is said that in the Arctic regions no fat occurs from fruits. But these regions abound in countless herds of deer, rabbits, ducks, and almost every variety of game. And I think you, if these animals were not intended as an article of diet, and if the people of that region were not to eat them, why are these things so, and upon what would the people live?

I have often heard it stated, that people who live in those regions assert that pure animal food, and the fatter the better, was the only food that would maintain the healthy tone of the system. And where plenty of this is had, they enjoy an exalted sensation of pleasure and buoyancy of spirits.

So, also, in warm climates, fewer animals and a greater amount of vegetables abound.

Now, in view of these facts, is not animal food, in Greenland, not only a proper article of diet, but a most necessary one? And would it not be a more correct conclusion on that, in certain climates, animal food is both necessary and healthful, and in others exactly the reverse? and the food proper to be eaten depends altogether upon the climate, and the varieties of food which that climate produces? and that the people of the torrid zone should have no animal food at all?

Please let me know your opinion through the columns of your JOURNAL, or otherwise. No doubt you can enlighten me upon this matter.

It would require a treatise to answer the above questions satisfactorily. Our opinion is, briefly, that food in relation to climate, is a question of quantity, not of kind. And this is proved by the fact, that the animals you mention as abounding in the cold regions, are all vegetarians. You will find this subject explained in the Hydropathic Encyclopedia.

AGENCIES, ETC.—More persons than we can answer by private letter, have written us respecting Agencies in relation to our discovery of a physiological rule for the prevention of pregnancy; explaining, also, that the price charged for the information precludes the most needy and deserving from its benefits. We have long had this matter under consideration, and have come to the conclusion to establish Agencies as fast as we can make proper arrangements with the rights of persons. Agents will be authorized to act discretely as to this, so that no one shall be left to perish for want of a few dollars. In the mean time, those who are absolutely destitute of means, or nearly so, may negotiate with us through private correspondence.

INFANTILE HYGIENE.—R. T. H., Safe Harbor, Pa. Is it absolutely necessary that the umbilical cord be cut at the birth of a child? If so, why? since no other animals require it.

Is it dangerous to apply a wet compress to the abdomen before the navel is healed? If so, why?

Should a child be awakened out of sleep to give it nourishment, if it sleep four or five hours? Doctors say it should suck about every two hours.

No. 1 No. 2 No. 3 No. 4 No.

DRUGGED TO DEATH.—Mrs. L. P. A. writes us a long account of the horrible ways a number of doctors have drugged and maltreated her, with a description of her many present sufferings, and I ask us a great number of questions which she wants us to explain, etc. We can not do this without writing a whole book, and as she is so full of drugs and drug diseases, and too unacquainted with our system to succeed in home-treatment, we advise her to go at once to a good establishment, and stay long enough to understand the plan of hygienic medical ion.

DRUGGED TO DEATH.—S. W. A., Morton, Ill. You have been so horribly drugged by the doctors that we do not see how you can ever succeed with home treatment. Your children were killed by the ergot; the operation which the doctor performed on you was a bungling piece of butchery; the mercury with which the doctor salivated you is the cause of that inflammation of the uterus and vagina which produces the rough, membranous, andropy secretion.

If you undertake home treatment, get the Encyclopedia and Cook & Book; but you had better go to an establishment. The electro-chemical bath would be of great benefit to you.

CANCERS AND POLYPUUS TUMORS.—E. B. L., Marietta, Pa. "What is the *modus operandi* of curing these affections by caustics and congelation, as you advertise to do? We do not use caustics nor the freezing process in treating polyp. The tumors we remove by carefully picking them away with forceps until we destroy their roots. After this, we often cauterize the surface to prevent a recurrence. We freeze cancers repeatedly to lessen their vitality and increase the vigor of the circulation around; so that when the caustic is applied, the cancerous mass falls off and leaves a sore, or surface, in a condition to heal up rapidly and permanently. In this way the treatment is very simple and safe, and is not attended with very much pain.

COARSE BREAD.—M. G., Elk, Ia., complains that coarse bread is so heavy that it turns her stomach all acid, etc. It is indeed a sad pity that our women are so deficient in the knowledge of the A B C of healthful cooking, to wit bread-baking, that they can not, with all their ingenuity, work out a decent article without poisoning it with acids, or alkalis, or roasting it with yeast. Man as we are, we can make good, light, wholesome, sweet, delicious bread, half a dozen different ways, with no other materials than meal and water. M. G. will probably succeed in this way: Mix the meal in the evening with blood-warm water into rather soft dough; knead it thoroughly fifteen minutes; in the morning, roll it into thin cakes two inches square, and bake quickly in a hot oven or stove. When steat it becomes heavy, but may be made light again by heating in the oven or stove.

PILES, DANDRUFF, AND DR. HOLLOWAY.—J. P., St. Peter's Bay. Will Dr. Treat be kind enough to answer the following questions through the WATER-CURE JOURNAL? What causes piles, and what can cure them? Are they dangerous?

What causes dandruff in the hair, and what is the most effectual remedy to eradicate it?

How to wash, in speaking of the treatment of piles, says, "The diet should be mutton or beef, with stale bread, and vegetables." Is he right? Why does he not prohibit vegetables?

1. Consumptive food. 2. Plain coarse food and injections of cold water. 3. An inflammatory state of the blood. 4. Physiological habits of living, as a daily bath, and plain, simple food, without stimulants or condiments. 5. He is wrong. 6. Because he does not know any better.

PTERYGIUM.—J. B., Junction, Ill. I have a lump or a pimple on my lower eyelid, that has been on for five or six months. Is it trachoma, but not sore. Will you please send me a method by which I can remove it?

It should be excised; that is, cut off. The operation is neither dangerous nor very painful.

SEXUAL PHYSIOLOGY.—Several correspondents have manifested, in part, the import of our circular on the Prevention of Prognancy, the Regulation of sex, etc. The published charges are adapted to those who are able to pay, or have friends to help them. Those who are really destitute may negotiate terms with us—let us what they can do. Our Agents will be authorized to make special terms with the needy and deserving. We expect to advise many without money and without price, but those who means must pay what is comparatively a trifle for knowledge of incalculable value. No discoverers were ever before made in this department of equal importance.

TEXT-BOOKS.—J. B. S., Melrose, Ill. The books which you can read with advantage before attending the Hydropathic School, are the Hydropathic Encyclopedia, Fruits and Farinae, Youmans' Chemistry, and any standard works on Anatomy and Physiology. Wilson's Anatomy and Comings' and Comstock's Physiology are mostly used in the school.

FROZEN FEET.—J. S., Sunderland, Mass. Please tell, through the WATER-CURE JOURNAL, what can be done for a young man who had the misfortune to freeze his feet a year ago, since which time they sweat profusely, and are very offensive to the smell in warm weather—so that changing his stockings two or three times a day would hardly make it pleasant to trade with him (he is clerk in a store). Dr. Allopah says he can stop the sweat, but it will throw him into a fever. I think we may cure it rightly applied; but I do not find any thing in the Encyclopedia how to use it.

There is no danger in curing the 'bad smell' of the feet, if done in a proper manner. He should have a few wet-sheet packs to cleanse the feet every day, and then an absolute salt and farinaceous diet. The feet should also be submitted to the hot-and-cold foot-bath two or three times a day.

CADAVEROUS VEGETARIANS.—J. P. S., New Hartford, Conn., alludes to the saying, that vegetarians "are a 'cadaverous-looking set'" and asks if it is true? He suggests also the propriety of Drs. Trail, Jackson, and other prominent advocates of vegetarianism, letting the world know whether they are healthy, active, smart, good-looking, well-developed, always cheerful, free from blues, exemplary in all things? etc.

Now, Mr. J. P. S., suppose it were one way or the other, the fact would not prove vegetarianism to be true or false. This question can never be settled (although it may be illustrated) by human experience.

Drs. Trail and Jackson look about as well as the average of the *genus homo*; sometimes we have imagined, rather better; but as they were raised on a mixed diet, their *good looks* (them?) may be imputed to either their former animal or present vegetable food. It is true they labor most intemperately, and do about the labor which three or four persons ought to do; yet this only proves that vegetarianism agrees with their particular constitutions.

It is true, too, that the vegetarians which are seen around Water-Cure establishments, are mostly broken-down invalids, who can not live any other way; so this proves nothing against the system. And there are, in this country and in England, men who have been vegetarians thirty and forty years (some, too, in the North), who are as finely developed, bodily, morally, and intellectually, as any persons who live. Put all these things together, and see what they amount to.

PULMONARY AFFECTIONS.—M. H. C., NEWTON, Pa. Will Dr. Trail please answer, through the JOURNAL, whether there is any hope for afflicted lungs, and whether the cause of me if I should come to his establishment? It is from a cold of about four months' standing. All the doctors have failed to do me good, but have succeeded in nearly destroying my lungs. My tongue is coated or furred entirely over, and I cough up a greenish phlegm.

You are evidently consumptive, and we could not pronounce on the durability of your case without seeing you. If the ulceration is confined to a small portion of the lungs, and your constitution is not ruined by the drugs you have taken, there is a chance to cure; otherwise, none whatever.

DEBILITATED YOUNG MEN.—M. L. S., Alabama. Do not be alarmed because you grow thinner and weaker under a plain and abstemious diet. It often happens that the patient seems to "run down" for months while the system is getting rid of disease and undergoing the necessary changes for sound health some time in the distant future. We have known this process of *regeneration* go on for two and three years before the patient began to build up in the matter of flesh and strength. In all these cases the patient should live physiologically, and true, to nature.

TORPID LIVER AND INDIGESTION.—H. W. P., Cornwall, Conn. We can not explain all the subjects you ask information on, and describe all the different ways of dieting and cooking in this place. You will find all the explanations you need about these subjects in our books. In brief, you may use water in any way, at proper times; if it does not produce any chilliness or other disagreeable symptoms. The electro-chemical bath would be of service to you in getting the drugs you have taken out of your system.

CONSTIPATION.—W. K. R., Jefferson, Pa. What treatment is proper for one who after being attacked with heat and fullness in the head, has, by the use of purgative sponge and aitz baths which resulted in plentiful morbid dejections from time to time, and now experiences bit-raste in the mouth and a bitter eructations sense of something rising in the stomach?

The diet has been all along such as is directed for liver disorders in the JOURNAL.

How is it that menses of dark and green water become lodged in the duodenum, and remain there?

In Dr. Johnson's work on the "Results of Hydropathy," what peculiar views does he take of dyspepsia and constipation, when he says they are not diseases of the stomach or bowels? I should like to know this before sending for the work.

Wear the wet girdle; take hip-baths frequently; rub and knead the abdomen thoroughly, and let uncleaned and un-buttered bread with fruit be the main articles of diet. The "home" of accumulation in the duodenum is because of constipated diet, or obstructions from excessive alimention or defective depuration. Johnson supposes constipation and dyspepsia to result from mental excitement or overworked brains.

NEURALGIA.—E. T. W., Portland, Me. I have been afflicted with a neuralgic pain in my limbs as often as once or more a week, for seven years past. I have also had a cough in the winter, and subject for a spell to diarrhea in summer. One year since I was attacked with a numbness in my toes, which worked up to my bowels in the course of a few weeks, and created heaviness and fullness in them. Could you tell me what is my disease, the causes, also the remedies? and oblige E. T. W.

I think of going to a Water-Cure, and wish to know when and where to go?

You have a torpid liver, and consequently thick blood and obstructed capillary vessels, all caused by constipation of food and "high living." We do not point out the particular establishment that patients had better seek or avoid. That is their business, not ours. All your questions about the rules for bathing are answered and explained in the Encyclopedia. We would rather give you the book than write them all over again.

HEMNIA.—A. S. K., HAINSVILLE, Ill. Will you answer me through the WATER-CURE JOURNAL? I have been troubled with a rupture in the left groin almost a year, although I have not suffered pain from its protrusion until within a month past. A homœopathic M.D. advised me to wear a truss. Now, sir, is it the best thing I can do? and what kind of bands would be most beneficial? I have been a hydropathist for the last five years in precept and practice, too. I believe you call supporters obnoxious. Will you tell me what I shall do? I have suffered severely for about three hours, several times, before I could get the protruded part back to its proper place.

The best thing you can do is to wear a truss. We do not consider trusses as technically "abdominal support," which we have pronounced, and believe to be, "abominable." There are no bathing processes of special use in such cases.

Home Treatment.

THANKS FOR WATER.—Its remedies have been effectually proved in our family nearly two years. Pure water has taken the place of pills and powders that were wont to find their way into our house, and even down our throats. The use of these vile compounds was rapidly hurrying destruction and death upon us. But mark the change that the use of water has wrought! It has brought health with all its blessings. We have now no pale, languid countenances; but each in a family of six bears the image of health, while prosperity and happiness follow as the result of attention to hygienic laws. And here let me add, that ten thousand thanks are due Dr. Kimball and lady; for their kind instructions served to guide us in the right path to health and happiness, though our stay was brief in their vicinity, Iowa City; yet we learned much to our lasting benefit. It is with grateful remembrance that we refer to the time when a little daughter was restored to health, after a brief but severe attack of dysentery, by the judicious application of water under the direction of Dr. Kimball. A little son was also very delicate, and had been made more so by medicines; yet, by following their advice and the information we gathered from the Encyclopedia, he is now a stout, healthy boy. Frequently, on retiring, he calls for a wet compress, saying: "It makes me sleep so nice!"

Oh, that water-cure physicians were more plenty, that they might help to do away our ignorance, and cure our diseases! Come to our aid, ye young men and women who have the courage to stem the tide of opposition. Learn the true way of healing disease; then shed the light of thy understanding on thousands now groping in darkness. That you may succeed in establishing hydropathic principles in every town and village, is the sincere desire of a MOTHER.

Home Voices.

SHAVING.—I have refrained from using that sharp-edged tool called the razor, to cut the beard from my face, for I now consider it a necessary appendage which the God of nature has in wisdom provided to grow for the comfort, health, and benefit of man. Since the first of July, 1855, that instrument of heathen invention has not touched my face, and I am confident that I enjoy better health in consequence. During the severe cold of last winter I experienced the protection of the beard, thereby tempering the cold, winter blasts. Another advantage: I am now exempted from a sore throat, which was formerly common. So I am firmly convinced that the Creator was wise in providing the beard for man, and his gift ought not to be despised. My sons have also tried it longer than I have.

ISAAC STEVENS.

THE RESULT.—I have read the WATER-CURE JOURNAL with a great deal of interest and profit for several years. We have used no medicine for nearly four years, and have adopted the vegetarian diet, except the use of milk, with good results. We believe in the paramount importance of the reforms you advocate. I have procured many subscribers to the WATER-CURE JOURNAL in Western New York, Michigan, Wisconsin, and I have also ordered them for gratuitous distribution. I shall continue to do so. I believe that your Journals and other publications are doing more to enlighten the public mind on the laws of life and health than all other influences combined.

JOEL A. SIMONS.

VALUE OF THE JOURNAL.—I have recently received a letter from Mrs. —, MASS., to whom, through your kindness, I sent a copy of the WATER-CURE JOURNAL. She writes:

"Three years ago I took the WATER-CURE JOURNAL, but when the year was up no one exerted themselves to get up a club, and so it was dropped. I obtained more information from them in one year than one could obtain from an allopathic doctor in a lifetime. I have doctored my youngest child through four seasons of sickness without calling a physician, when many would have had one, and the doctor would have pronounced the case fever. I receive the JOURNAL as an old friend, beloved and respected, and thank you for it."

Mr. Editor, I send this extract for your encouragement, and to let you know how gratefully your gift is received. I suppose you are at liberty to use the extract, if you wish, only repress the name, as I send it to you on my own responsibility.

ECONOMY OF HEALTH.—The right way to guard against the bad effects of cold, is to expose ourselves to the weather in such a manner that it can be overcome by natural reaction. What makes our feet so tender and so susceptible to the effects of cold? Would it be any worse if we were to keep our feet in poultices? Yes. And why? Because the air would be more effectually shut away from them. Conclusion: That we shut our feet from the air too much. We wear shoes and boots that are too tight.

W.

Advertisements.

ADVERTISEMENTS.—In a future, we do not intend to solicit miscellaneous advertisements for this Journal. A few that are appropriate, and of great interest to our readers, will be admitted, but we shall not permit them to encroach upon space allotted to editorial matter. Advertisers are requested to make their announcements brief as possible.

TERMS.—Twenty-five cents a line each lun rton.

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.

FACULTY:

- R. T. TRALL, M.D., Institute of Medicine, Materia Medica, and Female Diseases;
P. H. HAYES, M.D., Chemistry, Special Physiology, and Obstetrics;
C. C. CHASE, M.D., Anatomy, General Physiology, and Hygiene;
O. W. MAY, M.D., Surgery and Medical Jurisprudence;
Dr. H. F. BRIGGS, Philosophy of Voice and Speech;
M. N. FOWLER, A.M., Pærenology and Mental Science;
Mrs. L. N. FOWLER, M.D., Clinical Midwifery;
Miss ANNE INMAN, M.D., Class Teacher in Anatomy, Chemistry, and Physiology;
H. A. DANIELS, Demonstrator of Astronomy.
Increased facilities will be provided for practical anatomy and dissections, and all the departments of an educational course will be more thorough and complete than ever before. Professor Briggs' admirable demonstrations on the subject of bodily position, breathing, reading, speaking, singing, etc., will be continued through nearly the whole term.

R. T. TRALL, M.D., President.

SARATOGA SPRINGS REMEDIAL INSTITUTE.—For the cure of Lung, Female, and all Chronic Diseases. Pure soft water. Galvanism, Electro-Chemical Baths, Gymnasium, etc. For full information, send for a circular. Address in full, as there is another Dr. Strong.

SYLVESTER S. STRONG, M.D., Remedial Institute, Saratoga Springs, N. Y.

BINGHAMTON WATER-CURE.—This retreat for invalids holds out rare inducements to persons who desire treatment during the winter. Special attention given to Seminal Diseases and Female Complaints. For further particulars address either of the physicians:

DRS. O. V. THAYER, H. H. THAYER.

MERIDEN MOTORIATHIC WATER-CURE AND COLLEGE OF HEALTH.—This Institution is open for the reception of invalids at all seasons of the year. It is supplied furnished with all the modern improvements for thorough water-treatment.—For particulars address Drs. AICHER & TAIT, Meriden, Ct.

CANTON WATER-CURE AND PHYSIO-MEDICAL INSTITUTE, at Canton, Ill., is now in successful operation. Terms, \$5 to \$10 per week.

Address, JAMES BURSON, M.D., Feb. 11, Proprietor.

KENOSHA WATER-CURE, at Kenosha, Wisconsin. We have connected with the Cure, Dr. S. B. Smith's newly-invented Electro-Chemical Baths.

July, 11. Address, H. T. SKELEY.

WATER-CURE FOR FEMALES EXCLUSIVELY, at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, address, May, 11. W. SHEPARD, M.D.

LAKE VIEW WATER-CURE, NEAR Chicago, Ill., is open for the reception of patients, Summer and Winter, under the care of Dr. JAMES E. GRESS.

June, 1 yr.

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

THE GALESBURG WATER-CURE is in successful operation, and has in connection the Chemical Bath and Magnetic Machine; also, a Gymnasium. I will sell this establishment very low. Terms will be made easy. T. JENNINGS, Proprietor.

DR. VAIL'S GRANITE STATE WATER-CURE—a new and elegant establishment—is located at Franklin, N. H. Inclose a stamp for circular.

Jan. 11.

KINESIOPATHY.—DR. TAYLOR'S Water-Cure is the only place in America where Liug's Complete System of Movement Cure is practiced.

The undersigned spent several months during his late trip to Europe in an Institution for the Treatment of Various Forms of Disease by Movements, besides availing himself of frequent access to several others of the same kind. The favorable results of the treatment by movements made him saw in the Institutions, as well as what has already been accomplished here, are truly astonishing. The Movement Cure is simply an extension of the great principles that underlie all correct Hygienic practices into a new and equally important field. Being based upon a minute knowledge of Anatomy, Physiology, and Pathology, it precludes the possibility of injury, except when it is applied to be practiced by those entirely ignorant of its principles; and it takes the deficiencies of a complete and positive science. In connection with Hygienic means it either employed, it nearly completes a system of Hygieno-Therapeutics.

The Movement Cure may be employed alone, or, still more efficaciously, in connection with discriminating Water-Cure, and meets with excellent success in the following diseases: 1. It is the only eff. ead remedy for Spinal Curvatures, nearly all cases being greatly relieved or permanently cured by it.

2. It cures General Weakness, Paralysis, Unequal Muscular Developments, Stiffness, and Contractions, are supplied with a rational remedy that can be applied to the development of a single muscle, or part, or the whole system.

3. The Consumptive and Scrofulous find in it a means of escape from their fatal fate. The progress of the disease being wll but danger, that often cures and always benefits this much improved mode of cure of invalids.

4. It cures Constipation, Chronic Diarrhea, Indigestion, Terpid Liver, etc., readily and permanently yield to treatment by Movements.

5. Female Weaknesses are especially benefited, even though the patient be not able to leave her bed, the general and functional health and strength gradually returns.

6. Affections of the Nervous System, Hysteria, Asthma, Hypochondria, etc., find great relief.

7. That common class of cases suffering from Excessive or Injudicious Water Treatment where there is great Excitation of the Nerves of Sensation, Acute Sensibility of the Stomach, Bowels, and other organs, Nervous Excitation and Impressibility to Ordinary Influences, Anxiety, Weakness, Convulsions, Curvatures, and various functional derangements depending thereon—these and many other forms of Chronic Disease are relieved or greatly benefited by the Movement Cure, some of which are not amenable to any other treatment. It is not applicable in acute diseases.

It is a process of development, requiring time and perseverance to secure the most satisfactory and permanent results, though the good effects are generally speedily seen, rendering the patient satisfied and cheerful while on the cure road to permanent health.

Liug's Movements bear no relation to ordinary gymnastics, calisthenics, or any exercises hitherto employed in the treatment of Chronic Diseases, but are far less fatiguing, and are adapted to the weakest.

While all patients in this establishment obtain the benefit of the united advice of both Dr. G. H. Taylor and Dr. Charles F. Taylor, those who employ the Movements have the immediate and daily care of the last named physician, under whose personal supervision treatment is administered. CHARLES F. TAYLOR, M.D., 650 Sixth Avenue, New York.

PITTSBURG WATER-CURE. THIS Institution is situated on the Ohio River, and O. & P. R. R., at Haystack Station, ten miles west of the city. We only add that our location and facilities for the treatment of disease are unsurpassed by those of any other establishment in the country. An experience of five years in conducting Water-Cure, and the successful treatment of hundreds of cases of disease, of every variety, enables us to appeal with confidence to the afflicted.

We have fixed-up a battery, and are now prepared to administer the Electro-Chemical Baths in the most scientific manner. For particulars, address either of the Physicians, [Box 1304, Pittsburg, Pa. M. D. F. REESE, M.D. H. F. REESE, M.D.] Mrs. C. R. REESE, M.D.

SITUATION WANTED.—A REGULARLY-EDUCATED physician, who has had ten years' experience in the Water-Cure, wishes to make an engagement. He would prefer to have the entire medical charge of an institution. References given as to integrity, experience, and ability. Address MEDICUS, care of Feb. 21. FOWLER AND WELLS, this Off. e.

REMOVAL. DR. E. A. KITTREDGE has removed to Chicago, where he will give his principal attention to home practice. Patients wishing and lectures given anywhere in Illinois or the adjoining States.

Special attention paid to diseases of females by Dr. K., whose manner of treating them is peculiar to himself. Feb. 11.

GREENEBERG WATER-CURE AND KINESIOPATHIC INSTITUTE.

ELECTRO-CHEMICAL BATH.

Electricity has for many years been esteemed by the most skilful medical men as a natural curative agent, and one of great remedial power. We have used it during the last nine years of our practice with signal benefit and success. For the last year the electro-chemical bath, the latest mode of improvement, has been among our remedial agents, and its result has surpassed all that is claimed for it by its most ardent supporters. It is a most valuable auxiliary, hastening the cure, and accomplishing as much in weeks as would otherwise require months to perform. Diseases examined and described at this establishment, with perfect accuracy, by the aid of Electricity, without a single question being asked. For further address Feb. 11. R. HOLLAND, M.D., New Greenberg, N. Y.

CLEVELAND WATER-CURE ESTABLISHMENT.

The above Establishment is now commencing its FIFTH season. It has been in successful operation for the past eight years; has TREATED OVER THREE THOUSAND PATIENTS, who have looked hither from nearly every State in the Union. It is now under the charge of one Physician longer than any other institution of the kind. The subscriber intends, as his Establishment was the GREAT PRISONER OF THE NEW TREATMENT in all countries, and in all climates, he has been, PRE-EMINENTLY THE WATER-CURE OF THE WEST.

During the past year, large expenditures have been made, without and within, in enlarging, beautifying, and improving. Special references was had to improvements in the Bathing Department. Acutely was success. CONVENIENCE, COMFORT, and CONVENIENCE, the proprietor is confident his bathing facilities are unequalled by any Establishment in the Union. The Proprietor has, also, during the past year, availed himself of the new discovery in science, by which the various poisonous minerals and metallic substances which have been taken into the system from time to time (and some of which have remained there for years) can be extracted and made obedient to the senses. He is daily, with the assistants of the ELECTRO-CHEMICAL BATH, extracting mercury, iodine, lead, and other poisons, and presenting them in a METALLIC or OXYDIZED form to the eye.

Many diseases can be cured with the assistance of this agent, which it is impossible to cure in any other way. Many cases of Paralysis, Rheumatism, Enlarged Joint, Neuralgia, Ulcers, etc., are caused entirely by these foreign poisons, while in many other diseases the presence of these poisons aggravates very seriously, always retards, and, in some cases, totally prevents, a cure until they can be eradicated from the system.

The Proprietor has associated with him Dr. JOHN I. STURTEVANT, a graduate of the Homeopathic College of Physicians and Surgeons, Philadelphia, and a Practitioner of Water-Cure for the past five years; and Doctoress CORDELL A. GARDEN, a graduate of the Cleveland Medical College, and a Practitioner of Water-Cure for the past six years.

The large experience we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, induce us to believe that they can here be treated with a success and rapidity of cure unsurpassed by now. T. SLEEY, M.D., Proprietor. CLEVELAND, May, 1856.

A. LONGETT, No. 34 CLIFF STREET, corner of Fulton.

IMPORTER AND DEALER IN FERTILIZERS. PERUVIAN GUANO. Government Brand, No. 1. COLUMBIAN GUANO, Imported by the Philadelphia Guano Company. ICHABOE GUANO, from Ichaboe Islands, Africa. SUPERPHOSPHATE OF LIME, best brands. BONE DUST, LAND PLASTER, POUDDRET. Feb. 21. b.

WHO WANTS A CHEAP PIANO?

The subscriber has been for 31 years engaged in the purchase and sale of Pianos, Harps, Melodions, Guitars, Organs, Music, etc., and being a practical musician, has given entire satisfaction. He buys directly from the manufacturers, and is thereby relieved from heavy rents and other expenses. Every instrument sold by him receives his personal attention, and is guaranteed not only as to quality, but as being cheaper than it can be procured at any wholesale house in America. A printed list of prices, accompanied by the most magnificent references, will be sent, free of charge, to all parts of the world, on application to JAMES M. EDNEY, 56 John Street, New York. Feb. 11.

BLACKWOOD'S MAGAZINE AND THE BRITISH QUARTERLY REVIEWS. Great inducements to subscribers. Cost reduced 50 to 75 per cent. L SCOTT & CO., NEW YORK, continue to publish the following leading British Periodicals, viz:—

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The receipt of ADVANCE SHEETS from the British publishers gives additional value to these Reprints, inasmuch as they can now be placed in the hands of subscribers about as soon as the original editions.

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As the above prices the Periodicals will be furnished for 1857.

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Outside the more ephemeral Magazines of the day, these Periodicals lose little by age. Hence a full year of the numbers (with one extra copy) for 1857 may be regarded nearly as valuable as for 1857. We propose to furnish the two years at the following extremely low rates, viz:—

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The L M Co point to their long-standing reputation, and the large capital they have invested in their business as a guarantee that the article they make shall always be of such quality as to command a ready sale.

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A Pamphlet, containing every information will be sent (FREE) to any one applying for the same. Our address is—THE L M CO, FACTORY BUILDING CO., Office, 50 Gold Street, New York. Feb. 8. b.

AGRICULTURAL BOOKS.—C. M.

SAXTON & CO., 110 Fulton Street, New York, publish the following books for the country, and will send the same, free of postage, to any part of the United States upon receipt of price.

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2. The Horse's Food, with Directions How to Keep It Soft. paper, 25 cts.; cloth, . . . 50
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4. Dodd's Am. Cattle Doctor, cloth. . . 1 40
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7. Stockard's Chemical Field Lectures. 1 00
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Feb. 11.

CRANBERRY PLANTS FOR SALE.

of the long or egg-shaped variety, and Upland Cranberries, which grow on poor, cold land. Also, the New-Berchester Lawton Blackberry. Circulars relating to Culture, Soil, Price, etc., will be forwarded by inclosing a postage-paid envelope. F. TROWBIDGE, New Haven, Conn.

A. S. BARNES & CO.—NEW

School Books, added to the National Series of Standard School Books January 1st, 1857. Published at 61 & 63 John Street, New York.

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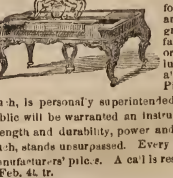
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Table with two columns listing various seeds and their prices. Includes items like Larch Squash Pepper, Sweet N. Mountain Do, Large Green Pumpkin, etc.

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With these limbs the time of experiment has passed. The wonderful success which they have met with since their introduction, has placed them above the dangers that usually occur from any wooden or grasping apparatus. The portions of this paper that are interested in improvements of this kind, are respectfully invited to examine these limbs, and use their own impartial judgment before approval or disapproval.

The following certificates from gentlemen of high respectability and experience, are offered to the public, as a testimony that in any other period for the calculation of these interests is interested: New York, January, 1857.

This is to certify that we are wearing Artificial Legs manufactured by Mr. Marks, of 807 Broadway, New York, and that we purchased them after having had full knowledge of other and more noted establishments professing to do much more for the unfortunate than any one else.

Now, having used them for a sufficient period of time to give ample testimony from actual service, we freely and earnestly recommend them to all persons requiring a substitute, as possessing great and important improvements of very great advantage to those using them. J. R. Albert Surberant, Shipping Merchant, residence No. 42 East Thirty-Fifth Street, New York.

Geo. W. Edwards, No. 45 Avenue D, New York, had twenty years' experience in limbs of different kinds. Fernando E. Worcester, Engraver, No. 208 Broadway, New York, also had twenty years' experience. R. Kane, No. 23 Irving Place, Hoboken, New Jersey, and many others. For further information, call or address A. MARKS, 807 Broadway, New York, near City Hospital.

Matrimony.

I WANT A WIFE, NOT FAR FROM twenty years of age, with good health, complexion, and habits; of fair size, and not bad looking; fully instructed, and capable of using much intellectual, moral, and religious influences, and to be so as to be in part much congenial sections; also, quiet and active, with good order, and good localities and vice for music; who can comply with the wishes of a worthy husband, and be inclined to do so according to circumstances permit, to farm, trade, preach, a d study hard for Improvement, Improvement, and General Reform.

I AM A WIDOW, WITH AN INTELLIGENT BOY, SIX YEARS OF AGE, having a good business, and willing to continue it, if desirable; I am English; intelligent looking medium size, brown hair and eyes; age 38; affectionate and confiding; fond of home and domestic life; I desire a partner of my senior. A kind heart, good character, and real worth are indispensable. Please address Mrs. F. S. ROGERS, Anbun, N. Y.

MACKE IS A GOAILED-ARE RE-

FOUNDER, who is ends to make his actions through life harmonize with the teachings of refined civilization, enlightened reason, sound judgment, and common sense; a Hydropath and a Vegetarian; don't use tea, coffee, or tobacco; biologically opposed to the horse traffic; and the extension of slavery; recognizes the natural, social, and political equality of men and women; a believer in the final boldness and happiness of all mankind, &c. &c. Age between 27 and 80; has yellow hair, blue eyes, and considered good-looking (in Indiana).

In order to find a mate (phenologically considered), I wish to suitably assort and put up, with strong wrappers in COLLAR PACKAGES, to be sent by mail, postpaid. No. 1 contains 14 kinds, as named in the following list:

ANY LADY, BETWEEN THE AGE of thirty-five and forty-five, a Vegetarian and Hydropath, of healthy good influence, fond of home and scientific researches, who is in independent circumstances, will please to give her address.

HASLAM'S ARTIFICIAL EARS, OR AURICLE, FOR THE DEAF.

"He that hath E-ars to hear, let him hear." This saying is verified by the invention of HASLAM'S ARTIFICIAL EARS, OR AURICLE. These instruments are made on entirely new and scientific principles. They will convey sound with ease to the ear, so that those who are affected to any degree with deafness are enabled to hear distinctly by the aid of the above instrument. They can be worn with any inconvenience, and can be entirely concealed from observation. They have given perfect satisfaction to all who have tried them, and are highly recommended by all physicians. Price \$5 each. Liberal discount to the trade. Can be forwarded to all parts of the United States. Man factured and sold by EDWARD HASLAM, 151 Broadway, New York, Feb. 11.

CHINESE SUGAR-CANE!—PURE SEED FROM THE SOUTH.

We take great pleasure in announcing to our friends and the public that we have obtained from D. EDMOND, editor of the Southern Cultivator, a supply of pure seed of this invaluable plant. This seed was raised in Georgia, from plants possessing the greatest amount of saccharin-Juice, and is of especial value to all Northern and Western Farmers and Gardeners, who desire to cultivate this cane for the manufacture of syrup, sugar, or fodder for cattle, horses, or sheep. The general properties of this plant are as follows:— 1st. One acre of the stalks, properly cultivated, will yield from 400 to 600 gallons of the Syrup, equal to the best New Orleans, and when grown broadly, &c. in close drills, on land highly powered or highly manured will yield forty to fifty thousand pounds of superior food for the acre. 2d. It surpasses all other plants for soiling (feeding green), on account of the great amount of sugary Juice which it contains, and is greedily eaten by stock of all kinds. 3d. It bears a peased cutting, like Egyptian Millet, growing of freely and rapidly, after each cut. 4th. It is so certain a crop that plants may be sown of seeding with it as a sugar plant wherever south of Maryland and north of Mexico. If planted early, it need mature and produce another crop the same season. 5th. The seed, which has been very carefully kept pure, from the original importation, will be furnished in cloth packages, each containing enough to plant half an acre in drills, with full direction for the cultivation, which is perfectly simple. The packages will be forwarded per mail, free of postage, to any address, on receipt of \$1.50 for each package; or by express, unpaid, we will furnish the packages at \$1 each.

Early orders are solicited, as the supply of good and reliable seed is quite limited. Applicants' names will be entered in the order in which they are received, and the seeds will be sent as soon as possible. Pamphlets containing a full description of the plant, its history, proper mode of culture, &c., with engraving of modes of raising, &c., will be furnished by mail to all applicants who inclose two three-cent stamps. Address, FOWLER AND WELLS, 805 Broadway, New York.

The following are too bulky to be sent by mail, but may be ordered by express at the following prices, in New York, address, FOWLER AND WELLS.

Table listing various seeds and their prices. Includes items like Early Mazarin Bean, 25 cents; 20 Champion of England Pen, 25 cents; Queen of Dwarf, 50 cents, etc.

For the South, California, and Oregon these seeds should be ordered at once, for spring planting. In Florida, Louisiana, Texas, Alabama, Georgia, and Mississippi the people will soon plant their gardens. We hope all will be ready in good time, for a good garden furnishes half the food for a family.

FLOWER SEEDS.—PREPARED BY MAIL.—We have obtained from the best sources, in Europe and America, a choice selection of the best varieties of FLOWER SEEDS yet produced. They are suitably assorted and put up, with strong wrappers in COLLAR PACKAGES, to be sent by mail, postpaid.

Table listing various flower seeds and their prices. Includes items like Sweet and Early China Aster, 50 cents; Blue Glia, 50 cents; White Camellia, 50 cents, etc.

Table listing various flower seeds and their prices. Includes items like Larch Squash Mignonette, 50 cents; White Flowering Onions, 50 cents; White China Bellflower, 50 cents, etc.

Those who wish for only a part of these FLOWER SEEDS, should specify according to the numbers, which they prefer. No. 1 contains 20 kinds; No. 2, 12 kinds; No. 3, 8 kinds; No. 4, 6 kinds; No. 5, 4 kinds; No. 6, 2 kinds. We pay postage on the seeds at the New York office. Address, preparat, FOWLER AND WELLS, 805 Broadway, New York.

Poetry.

THE WEB OF LIFE.

BY FRANCES D. GAGE.

At my leisure I am sitting,
Gazing at the carpet fair,
At my feet, so rich and brilliant,
Wove in colors bright and rare.

Graceful tulips, full-blown roses,
Lilies, pansies—everything
That can tell us of the breezes
And the balmy hours of spring.

It is lovely, and I'm thinking
Of how grateful we should be
To the hand that wove these flowers
All so bright, for you and me.

For the warp that holds together
All these flashing, brilliant dyes,
Is a thread of somber dullness,
To our beauty-loving eyes.

So the warp of life too often
Seems a dark, repulsive thread,
Asking darker, duller filling,
From the weary heart and head.

If the warp be love and duty,
And we throw the shuttle right,
We may weave a web of beauty,
Fill'd with cheerful hues and bright.

Come, then, let us to our weaving,
Faithful through the passing hours,
And with earnest hands and cheerful,
Overlap life's warp with flowers—

That the web we leave behind us,
Like this carpet on the floor,
May remain a thing of beauty
For the world forevermore;

That the weary feet that follow
Us down the sands of life,
May tread lighter for our living,
And have less of toil and strife.

Business Notices.

TO CORRESPONDENTS.—We have been highly favored, during the past few weeks, with many excellent communications from numerous voluntary correspondents, who have given us the details of "experiences," at once the most sad and heartrending, with the most exalted eulogies on the "means"—Water-Cure—by which they were "snatched, as a brand from the burning," and saved from premature death. Some of these, which have a *practical value* to them, will be published in the JOURNAL. We repeat the general invitation, given in former numbers—to all, who may be able to add useful testimony, as to what the WATER-CURE has done for them, to write it out, and send to the publishers of the WATER-CURE JOURNAL. Give us the "facts"—no matter how briefly—and thereby lead others into the path of Life, Health, and Happiness.

A REGULARLY EDUCATED PHYSICIAN, who has been ten years engaged in the practice of Hydropathy—advertises in our present number, for a situation. We commend him to the attention of those who need such services.

FLOWER SEEDS BY MAIL.—We can now furnish every variety of fresh flower seeds. We give a brief list of a few varieties, but can send, by return of a first mail, any kind which may be desired.

SUGAR-CANE SEED.—Readers who may be interested in the "sweets of life," are referred to the advertisement under the above title. It is said that we—here in

the North—may produce our own sugar quite as profitably as can the Southern planters. Our noble maple, no matter how far north, yield fine sugar, and it is believed that this Chinese Sugar-Cane may be successfully cultivated wherever the common Indian corn will grow. The mode of cultivation is given in a pamphlet, sent with the seed.

GETTING READY.—We learn that extra efforts are being made by proprietors of water-cures in renovating, enlarging, and refurnishing, preparatory for reopening in the spring. Competent physicians are in demand, and the prospect for a successful campaign—in competition with the Allopaths—is never before so promising. Our people have had enough of drugs, and those who need treatment seek the "better way." A judicious course of action on the part of our co-workers, in disseminating "light" among the people, will place the Hydropathic interest far in advance of all the old modes. Active missionary effort at home, in every neighborhood, is what is wanted to secure this end. Men, women, friends, and physicians, will you put your shoulders to the wheel? Circulate the documents.

THE BIG SNOW-STORM which came off hereabouts, between the 20th and 25th of January, did but every thing out of joint, and the roar of old Boreas hushed and pressed to sleep the feeble scream of the black locomotive. The circulation of the WATER-CURE JOURNAL was fairly stopped, and the post-men were afraid to say water, lest their tongues should freeze, as did their ears. Thus matters were brought to a stand, and ill-natured persons flounced and scolded—which had a tendency to thaw them out—because the mails were barren. No papers, letters, journals, nor any thing else for days and days. Every thing was put a stop to. But old Sol finally awoke, and emerged from under great blankets of clouds, put on a warm, genial, shining face, and warmed up "all creation." Then the colts began to prance to the tune of jingling bells, and all was life and animation once more. But while winter is glorious—even though it exacts conditions which some of us have not the strength to comply with—yet who doubts the purifying influence of crisp, cold winter? But enough of this. We shall sing, "All hail to beautiful-spring," when she comes with her apron filled with flowers. Only let us be reconciled to the "seasons"—consider them for our good—keep good natured, even though journals should be detained a few days on the way with the iron horse, breaking roads, and all will yet come out right.

GARDEN SEEDS.—We give our annual Catalogue of choice garden seeds, with prices, in the present number of the WATER-CURE JOURNAL.

MISSING.—Can any of our friends tell us the whereabouts of J. M. PEIRCE, formerly of Bigrave, Maine.

CITY ERRANDS.

Yes, good friend—away up there in the Rocky Mountains we continue to do City Errands of every conceivable nature, for all our country patrons; and do them up cheerfully and promptly, too.

Thinking that you may trespass on our time—their time—they so rarely make long apologies, and give old-fashioned preferences to their letters, forgetting that these are the days of telegraph, express, lightning dispatches. We copy a recent application to our CITY ERRAND Department, to illustrate the point:

HORSE HEADS, CHEMUNG CO., N. Y.
MESSRS FOWLER AND WELLS.—Dear Sirs: You have heretofore invited country people to avail themselves of your local advantages for various purposes, such as, when coming to the city, to leave their baggage at your office, 308 Broadway, until suitable lodgings were procured, obtaining information, etc., and have thereby, to a considerable extent, won the hearts and confidence of the country people. Now, Sir, I know of no person in the city to whom I can apply for a favor with more assurance of success than yourselves. It is, that you examine the City Directory and ascertain the address of J. G.—if, in his name is there, and transmit the same to me. Please find postage-stamp enclosed.

L. L. C.
Now it was very proper and polite in our friend to call our attention to all the facts in the case, but his "preface" was quite unnecessary. A simple request, without any circumlocution, will always suffice to insure an immediate response.

We make it a rule to fill all orders, and answer all letters on the same day they are received by us. Deep snows, railway accidents, fire, and floods cause delays and interruptions in business, but, extraordinary exceptions, we do up every day's business before we sleep.

WATER-CURE JOURNAL.

THE WATER-CURE JOURNAL

FOR 1857—Devoted to Physiology, Hydropathy, and the Laws of Life and Health—with Engravings illustrating the Human System—a Guide to Health and Longevity.

GOOD HEALTH IS OUR GREAT WANT.—We can obtain it only by a knowledge of the LAWS OF LIFE and the Causes of Disease. All subjects connected with Diet, Exercise, Bathing, Cleanliness, Ventilation, Dressing, Clothing, Occupation, etc., are clearly presented in the WATER-CURE JOURNAL. Hydropathy is fully explained, and the best method applied to all known diseases. Water-Cure is not equalled by any other mode of treatment in those complaints peculiar to Women. Particular directions are given for the treatment of ordinary diseases at home, by experienced practitioners, so that all may apply it. THE JOURNAL is designed for the "People." Believing Health to be the basis of all happiness, we rely on the friends of Health to place a copy of the WATER-CURE JOURNAL in every family in the United States. Single Copy, \$1 00 a year; Five Copies, \$4 00; Ten Copies, \$7 00; Twenty Copies, \$10 00. Now is the time to subscribe.

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is devoted to the science of human nature. It aims to teach us our powers, duties, and relations;—how to make the most of himself, and thus secure the highest mental and physical well-being.

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