

WATER-CURE JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

Each Contributor presents 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."

CURING vs. CREATING DISEASE.

BY SOLOMON FREASE, M.D.

THE only test of the value of any medical system is the extent to which it will prevent disease, or relieve or cure it when it exists. In these respects we claim a pre-eminence for the Water-Cure system, and only need a comparison of its results with those of other systems, to exhibit it to the best advantage. When I speak of curing disease, I do not use the term in the sense in which it is generally understood by those physicians who employ, for the purpose, agents that cure one disease by inducing another—that remove a local symptom by employing means that produce general disturbance—that remove temporary derangements by changing their nature and fixing them permanently in the system. For instance, a man has bilious fever. A physician is called. He proceeds to bleed, and administer calomel, castor oil, and quinine. At the end of a week or ten days the patient may be relieved of his fever; but at what an expense of injury to his constitution! It can not be said, in any just sense, that he was cured. It would be proper to say, that the nature of the complaint was changed—that, instead of a fever, he now has derangement of the stomach, or disease of the liver, or rheumatism, or neuralgia, or piles; it may be one, or it may be all of these. But this our brethren of the lancet and pestle would call a cure, and they can point

you triumphantly to any number of just such cures within the limits of their practice.

Or, it may be a case of dysentery that is to try the value of the medical art. The votary of Esculapius is again on hand to deal with it in a scientific manner. He gives opium, or some astringent sufficiently powerful to arrest the discharges from the bowels, and the dysentery is cured. Typhoid fever may have supervened as a consequence, and the patient may have died, or he may have been under the necessity of undergoing treatment for typhoid fever. He is plied with powders and pills and draughts, prepared according to science, and, after a few weeks or months, is well; that is, as well as people are expected to be after undergoing a thorough course of drug medication. The patient of course don't feel as well as he used to do. He can not perform the same amount of labor that he could do before he was sick. But he is cured. He has not dysentery, neither has he typhoid fever. He finds that he has troublesome symptoms that he never experienced before—that, upon slight exposure, he takes cold—that, upon the least over-exertion, some ugly symptom or symptoms are developed, to be again allayed by agents elaborated by medical men for these symptoms; and thus he goes on. The services of the doctor are now required often. Each new manifestation of disease, each new symptom clamors for relief; and if the doctor is a man of enlarged resources, he will not be in want of a remedy for each symptom as it arises; for of the thousands of combinations and preparations upon the shelves of the apothecaries, surely one can be found to meet the wants of the case. Each new remedy creates new

SOMETHING NEW.

We shall commence in the April number of the WATER-CURE JOURNAL the publication, in a series of articles, of a highly important, deeply interesting, and beautifully illustrated work, entitled, "HINTS TOWARD PHYSICAL PERFECTION; OR, HOW TO ACQUIRE AND RETAIN BEAUTY, GRACE, AND STRENGTH, AND SECURE LONG LIFE AND CONTINUED YOUTHFULNESS."

This work will embrace many novel applications of the principles of physiology, hygiene, mental science, and esthetics to the physical improvement of the race, and will explain and illustrate more fully than has hitherto been done, the means and methods by which we may most effectually and salutarily act upon the human organism—how we may impart fresh vitality to the languid frame, give new strength to the weak limb, substitute grace of movement for awkwardness, re-model the ill-formed body and homely features into symmetry and beauty, secure long life, and postpone indefinitely the infirmities and deformities of age. The subject will be interesting to everybody, and will command universal attention. Those who wish to secure the work from its commencement should subscribe at once.

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

symptoms or aggravates old ones, till finally the vital powers become exhausted in this fruitless struggle with drugs and disease, disease induced by drugs, and the patient gives up the ghost.

But the physician who has been pursuing such a destructive policy has certainly lost his reputation and his practice by it, some one may exclaim. People have surely discovered the cheat, and will not continue to be made the victims of such imposture and charlatany any longer. They will have discovered by this time that changing the nature of the disease is not curing it. No such thing. The doctor is in better standing with the family of the deceased and the community in which he lives than ever before. They have seen the evidence of his skill full "many a time and oft" in the course of this very case. When the patient was sick with dysentery, did he not cure that? When next he had the typhoid fever, was not his skill made manifest? When next his liver was at fault, did he not relieve it? When his stomach refused to digest its food, was he not ready with stomachic? When his bowels were torpid, did he not administer medicine to cure? And when in a few days they again refused to perform their functions, was not he again ready with his cathartic, and did not the obstinate bowels again perform their duties? No, indeed; such a man, so profound in science, so rich in expedients, has not suffered in his practice. The skill displayed in the treatment of this case made him troops of friends, and thereafter, on every slight departure from health in his vicinity, it was thought necessary to employ the doctor; and one after another of his patients had their acute and often trifling ailments changed to chronic and often severe and dangerous forms of disease. Then the doctor was often needed to administer medicines for their relief; and thus did he lay the foundation for an extensive practice to increase in an accelerating ratio.

Reader, this is no fancy sketch, but a literal every-day fact, as any of you can verify by a little observation. And in this way has disease been produced to a degree alarming to contemplate. And this is what is popularly called curing disease; but it is not what we of the Water-Cure understand by it. Ours being a natural hygienic system, of course, when properly employed, no injury is done to the constitution. We

do not cure one disease by creating another. We do not use agents that are in their very nature destructive of the welfare of the animal economy, which is always the case with drugs, in whatever proportions given, or in whatever disease employed. The Water-Cure is a purifying, invigorating system, and not a corrupting and enervating one. By it we relieve the body of impurities and restore the organs to their normal condition, by means in harmony with itself and necessary to its welfare in health or in disease. Instances in this number of the JOURNAL, under the head "Reports of Cases," will serve to illustrate its superiority over the drug system.

ICE WATER IN ACUTE RHEUMATISM.

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

In a letter which I received from the lamented Dr. Shew, a few months prior to his death, he remarked that what the people most needed to convince them of the truth of Hydropathy, were facts. Such is my own opinion.

The propriety of the Water-Cure practice is made very much more apparent by stating the *condition* under which the appliances are made, and by exhibition of the special characteristics in a case, than by any eulogium, however nicely spun, upon the general merits of the science. Persons can thus see and judge for themselves, and if they have confidence in the testimony of the narrator, will be assuredly more apt to embrace hydropathy from positive results, than from the highest wrought panegyrics.

The subject of the following sketch was a ship-master by profession, and had passed a considerable portion of his life in the Pacific Ocean, in the pursuit and capture of whales. On one occasion, when in the act of striking a death-blow to a wounded "leviathan," the monster turned upon his enemies, and opening wide his capacious jaws, seized the boat, and actually "chawed" it up. He then brought his prodigious tail to bear upon the point, and raising it high in air, let it descend upon the already foaming water with terrible vengeance. Meanwhile, my patient, together with the boat's crew, seeing the inevitable fate which awaited them, had plunged into the ocean and were swimming for their lives to get beyond the reach of their mammoth foe. All save one did so. The commander

of the boat was not so far removed but that the extreme point of the terrible weapon struck his back and laid him senseless on the watery waste. A second boat, whose crew had been anxious spectators of the catastrophe, was now rapidly approaching, and espying the apparently dying man still floating, they made a dashing leap over the waves and saved him, together with the rest from impending death.

Several weary months he lay in his swinging hammock, unable to walk or stand; when, perchance, on its return cruise, a United States vessel encountered the barque, the captain of which took on board the invalid and ultimately restored him to his friends in Nantucket. On his homeward voyage, the surgeon of the ship, who appears to have been a man of sound discretion, in an examination discovered that the spine of the invalid had been injured and an abrupt curvature induced by the blow. Conceiving it possible to remedy the irregularity, he laid the patient on a mattress, and having firmly fastened him to a point with strong bands passed around his body beneath his arms, applied pulleys to his lower extremities.

Gradually putting him on the stretch, by the additional agency of gentle pressure on the parts, he ultimately succeeded in giving to the spine its original form.

From the date of these events to the time when I was called, several years had intervened, during which he had resigned his ocean life for more quiet scenes; and though tolerably recovered from that terrific blow, was nevertheless subject to neuralgic and rheumatic pains, and had taken on that peculiar rheumatic diathesis to which spinal irritation is quite apt to lead and to which, I infer, we are chiefly indebted for the following illustration.

It was in February, 1853, I was first called to Geo. M., now of this city. I found him suffering from acute rheumatic fever of three weeks' duration. From its advent, it had steadily increased in intensity, till now he seemed hardly able to endure his suffering.

Those only who have had acute rheumatism know how dreadful is the agony thus induced. The writer of this article, in former years, has twice been made a participant of its horrors; and though twenty years have passed since its last visitation, so vivid is the recollection of those terrible days and nights that they seem but of yesterday.

The affection of his person was universal; although his limbs, particularly the joints, were specially inflamed and swelled to such an extent as to admit of no motion. Even respiration was by no means easy, from sympathetic irritation of the muscles of the chest; while those of the neck made a lateral movement of the head an affair of considerable pain and difficulty. Indeed, with the exception of his heart, which fortunately was but slightly affected, every part of the *motive* organism seemed to have become thoroughly imbued with rheumatic inflammation. So irritated was the whole system, that even the step of an attendant, unless guarded by slippers and a cautious tread, caused him to scream with excess of pain. Here was a case for home treatment with a witness! Could I have had him in my establishment, where every appurtenance is at hand, and where we are prepared for every contingency, I had confidence in my ability to have met his symptoms at once. Notwithstanding his screams, I would have so arranged it as to have laid him into a cold bath and liberally doused his joints. While under these influences I could have added active hand-friction, and would have continued these processes till the violence of his symptoms had remitted, and the ordinary appliances of packs, drip sheets, and pail douches could have been used. But bath-rooms or bath-tubs he had none, and time was too valuable to be lost, even in the pursuit of instruments with which to work.

As already hinted, so extreme was the irritability of his system, that packs were utterly impracticable; for even could we have "handled" him, he could not then have borne the necessary investments. But mother earth, from whom we sprung, and to whose quiet bosom we shall soon return, was enrobed with a fleecy coat of snow, and an attendant was directed to get a pail half filled with it. Into this, water sufficient to cover, but not to dissolve it, was added. Of course, the temperature stood nearly at the freezing-point. Into this I plunged a large, soft sponge, and having gently squeezed it, began the application of "Ice water" friction. Commencing with the joints, I continued gently to apply this reduced temperature till they lost a good share of their sensitiveness. The *whole* limb was then subjected to the same influence. Thus the second, etc., in rotation, was subjected to this cold friction, till all the extremities had been thoroughly

rubbed. From thence I passed to the body, which was emphatically served in like manner. Much sooner than an indifferent person would have deemed possible, his pain began to remit. The abstraction of such a volume of caloric necessarily astringed the distended capillaries and other vessels. The nervous tissue, which is spread over the surface with great minuteness and profusion, being relieved of this excess of heat on the one hand and congestion upon the other, ceased to report to the brain her exceedingly painful telegraphic dispatches. Indeed, he was made comparatively easy in a very short time. In passing, I beg to say what is emphatically true, to wit, that pain is *always* the consequence of disturbance in the nervous tissue. Of the existence of congestion or inflammation we should perhaps ever be unconscious but from the testimony of these swift witnesses, which give instant notice when disease has attacked the house in which "we dwell."

I now found I could move him, and accordingly made ready my "regalia," and forthwith laid him into a pack, from which an attendant was directed to release him whenever it should have become oppressive, or feverish reaction have arisen. Again was he thoroughly rubbed with the *cold* water, his body and limbs surrounded with cold bandages, and himself covered lightly with blankets. While ever and anon, as the fever arose and his joints became painful, that potent sponge was again applied most liberally till both heat and pain subsided. He was also enjoined to drink large quantities of water, and the bowels were freely moved with tepid water-injections. This course was pursued unremittingly, though with caution; for it should never be forgotten that in all cases of rheumatic fever there is great danger of metastasis, or translation of the disease from other localities to the heart. In the application of *cold* water as a remedy, therefore, the system must be kept exceedingly well balanced, to arrest this natural tendency. Under the most favorable auspices, however, this catastrophe can not always be prevented. Indeed, there are comparatively few patients of this class who do not suffer more or less from symptoms of what is called "heart disease." Albeit, I beg to say that the treatment of rheumatism by water is not only more speedy, but more safe, than by any other mode of which I have knowledge; and besides its *curative*

power, exerts a positive influence in arresting the *tendency*, as aforesaid.

As a result of my efforts in this case, I found him, on the sixth day, dressed, free from fever and pain, with no swelling of his joints, and but slight stiffness; had an excellent appetite, good digestion, and quiet sleep; was fast regaining his power of locomotion, and he declared that "Richard was again himself."

I remained sufficiently long to be assured that his apparent condition was real, gave him a brief lecture on hygiene and the poisonous influence of tobacco, and passing him over to the care of his excellent spouse, bid him
ADIEU.

ALLOPATHY AGAINST ITSELF.

BY DR. A. J. COMPTON.

In perusing a late number of the *N. O. Medical and Surgical Journal*, I notice the report of a case of "punctured fracture of the cranium and wound of the brain," by M. Morton Dowler, M.D., who, after giving a somewhat lengthy account of the case, comes to the following strange (I mean for a *Regular*) conclusion. He says, "In neither the effects of injuries, nor from the effects of *remedies*, can we calculate on *uniform* results. The most inexplicable peculiarities and individualities interpose themselves, so as to render an ordinarily salutary remedy *pernicious*, and an ordinarily fatal injury a thing of ready cure. Much here remains to be elucidated before the depths of pathology and therapeutics can be considered as explored."

Now who would ask for a more explicit acknowledgment of the uncertain and therefore unscientific character of the "*regular* practice of medicine," and the ignorance of its own high priests? I do wish that all such matters could be laid before the people, that they might see and know what the regular faculty say of themselves and their system. Such admissions as the above are almost daily made by members of the profession, both great and small; yet they are careful to keep "mum" on such matters, when before the people. Only a short time ago I was conversing with a young practitioner of Cincinnati, a graduate of the Ohio Medical College, and an intimate friend of mine, in relation to medical matters. He said to me, "How do you like surgery?" I told him, First-rate—that

I took great interest in surgery and surgical practice. "So do I," replied he. "There is something *certain*, something tangible about surgery; whereas, in medicine, it is all *uncertainty*. One can make great blunders in practicing medicine, and the people will be none the wiser of it; and our reputation will not suffer by it. But in surgery the case is different. One must be well posted; for the people can see whether we understand our business or not, and they will judge of our capabilities as medical men accordingly." And this is the language of hundreds of medical men *privately*; but publicly, it is quite a different thing.

Perhaps the reader would wish to know why it was that in reference to the above-mentioned case, that Dr. Dowler came to such an emphatic conclusion in regard to the uncertainty of remedies, and the ignorance of medical men in pathology and therapeutics. The case was as follows:

The patient was a "small boy," and the fracture and wound were caused by a "large hinge, weighing nearly two pounds," accidentally thrown from a shed by a slave, the child being below unknown to the slave, the hinge striking with its point the left parietal bone one inch and three fourths from the coronal, and one inch from the sagittal suture, penetrating an inch into the medullary matter of the brain, giving a wound three fourths of an inch long and one fourth of an inch wide. Now for the treatment.

"Dr. Sunderland, the family physician, considering the case as one likely to be attended with the gravest consequences, it resulted that I was called in consultation, and was fully impressed with the justice of his apprehensions. He had sponged the wound and made the only topical application subsequently resorted to, a simple compress saturated with cold water. The patient never at any time labored under any apparently urgent symptoms excepting during the second and third days; nor was any *medical* treatment found necessary, or resorted to, excepting an occasional saline aperient. Excepting during these two days, there was but little febrile irritation or pain—no delirium, no coma, and the intellectual manifestations were unchanged, the wound soon beginning to suppurate and to rapidly heal. * * * The patient's faculties have in no way suffered from a wound, in which there has been a loss of cerebral matter, amounting, as Dr. Sun-

derland and myself both estimate, to at least a drachm in weight."

Such the case, the treatment, and the result which brought forth such a fatal admission of the worthlessness of the regular practice by one of its own votaries. Although I for one would think in this case the practice was rather *irregular*, or at least not strictly allopathic, yet I presume it is to this fact that the little patient owes his life.

Dr. Dowler wonders at the result, and can not comprehend why or how it is. If the little fellow possessed good constitutional powers, as in all probability he did, I can see nothing to marvel at in the result, especially under such treatment, being almost exactly what would have been pursued by any hydropathic physician; yet had such been the case, the practice would have been denounced by the learned faculty as unscientific and empirical and worthy of condemnation.

Now it so happens that I can speak personally of the unscientific character of the drug system, although I would to God it were otherwise, having given it several years' careful study and investigation. Born of parents diseased by drugs, and having taken them daily from my birth until within the last three years, when sickened, disgusted, and almost dead while a pupil in the office of a Prof. in one of our drug schools, I chanced to get hold of "Hydropathy, or the Water-Cure," by Dr. Shew, and there learned a better and surer way, and throwing all drugs and their appurtenances to the "moles and the bats," my life (what little drugs have left me) I have consecrated on the altar of the health reform; and to the furtherance of this great work I shall live and die.

Friends of health reform, it becomes us, one and all, to be up and doing. This system of false philosophy and death, the drug system, has so fastened itself upon the very vitals of humanity that naught but labor, active and united, will ever eradicate it. It is a great and glorious work, second to none in which mortals can engage; to transform this drug-cursed world, the abode of sickness, sorrow, and premature death, to a grand, living, shining *temple of Health*, filled with pure, healthy, happy souls. Come up to the work manfully. *Live out* practically the great and glorious doctrines you feel constrained to teach to the people, and the work *will* be done. The regular faculty, as they boast themselves, who

now occupy the upper seats, a scourge to humanity, well know the utter worthlessness and weakness of their death-dealing system. You have only to approach firmly, and they will fly before you like the dark, ghostly shadows of midnight before the bright rays of the morning sun. Let us have more lectures given—more health periodicals edited, printed, and circulated—more *living examples* of the doctrines we preach. Let us work as *men and women ought to work* who are engaged in such a cause, and soon the doom of Allopathy will be sounding far and near, and the hills and valleys of mother earth re-echo the glad music of a world redeemed.

MT. HEALTHY, O., Aug., 1856.

BREATHING.

THERE are certain physiological laws which, from their simplicity as well as their importance, should be familiar to every person. These principles can hardly be too often urged upon the attention of the reading community; for it is a melancholy fact that with all that has been written and said upon the subject of health, there is a widespread ignorance or indifference in relation to its preservation.

The process of breathing is very simple, though the machinery by which it is performed is complicated and wonderful. And herein, at least, "all men are created equal;" neither can man boast in this respect over the brutes beneath him, for all existence is sustained by the same process. Here the prince and the beggar—the man of colossal intellect and the meanest insect, are upon a common level.

Yet the art of breathing seems but ill understood, or if understood but poorly practiced. Certain it is that thousands of people of both sexes stop breathing altogether long before they have lived to old age, for the simple reason that they do not breathe properly while they have a chance. Consumption, asthma, and kindred disorders, that count their victims by multitudes which no man can number, result in numerous instances from this fruitful source of mischief. The lungs are so constructed, that the largest one (the right lung), when properly used and developed, will contain a gallon of air; yet it may be so contracted as to contain no more than a gill; and when this stage of contraction is reached, a person had better make his will, and all other necessary arrangements for an untimely death.

It is just as easy to have a broad chest and fully developed lungs as it is to have them contracted; yet there is only one way given, "under heaven or among men," whereby this result may be attained, and that is to breathe properly. In the first place, if you would do this, you must keep *erect*, whether sitting or standing; and then you must breathe *fully*—that is, you must *fill* the lungs to their very bottom. Furthermore, you should often give the lungs an extra strengthening, by

throwing back your arms and shoulders as far as possible, drawing in all the air you can, and then letting it off by the slowest process. This invigorates the whole system, and soon becomes a luxury which one will not dispense with. It is particularly necessary for persons of sedentary habits, such as clerks, shoemakers, tailors, teachers, etc. These persons should never allow themselves to sit in a stooping posture; and as often as every half hour should get up and fill their lungs in the manner just described.

There is a style particularly common with Young America, of sitting with the heels as high or higher than the head. What is more common than to see a man reading his newspaper, or smoking a cigar, with his feet perched upon a desk, or some object higher than his chair? The practice is at once vulgar and mischievous, and, long continued, can but result disastrously to the health.

The true position of the body is indispensable. A person should make it a matter of serious and solemn duty not to get into the habit of stooping. They can soon get accustomed to it, that it is as easy to stand erect as to bend. Those in the habit of stooping may find it quite a struggle to overcome it; but the reward will richly repay the labor. Not only should the stooping posture be avoided through the day, but also in bed. The position should be such during sleep that the lungs will imbibe the greatest possible quantity of air.

This leads us to remark upon the ventilation of sleeping apartments. It is an amazing fact that hundreds of families sleep without fresh air, carefully closing all the doors and windows that can admit any, as though it were an enemy against which they were to barricade their castles, instead of a friend without which they can not live. The air of a bedroom is thus breathed over and over again, till it becomes impure and unhealthy; and by this means the system is enervated, and disease is engendered. Dwellings should be built with an eye to this important matter of ventilation; but even where they are not, a partial remedy exists, for a window can be raised, or a door opened—or both.

These suggestions, as we have already intimated, are of the simplest kind, which every person can understand and adopt. Their importance can not be over-estimated. The whole subject of physiology is one of the greatest importance, and no man should be ignorant in relation to the structure of his system and the proper use of its functions—*Life Illustrated*.

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KINESIPATHY, OR THE MOVEMENT CURE.

BY CHAS. F. TAYLOR, M.D.

THERE has existed in Sweden, for more than forty years, an institution, under the patronage of the government, for the treatment of many forms of chronic diseases by movements, known by the several terms of Kinesipathy, Medical Gymnastics, or, more properly, the *Movement Cure*. This system of cure is essentially scientific, being based on the anatomy, physiology, and pathology of the human system and the relations of its several parts; and though the success attending its practice was very marked from the first—even members of the royal family having been treated and cured by it; and though departments, based upon the same principles, and adapted to the physical development of the health, had been introduced into the training schools of Sweden for exercising soldiers and recruits, and even into the common schools of that country, for the physical development of the youth—yet, curiously enough, it did not attract the notice of the savans of the rest of Europe till within a very short period. Only a few years ago the Prussian government sent a commission to Stockholm to inquire into the merits of the Swedish system, both in its application to the cure of disease, and for the harmonious development of the young and the healthy. The result was the establishment of an institution at Berlin under royal patronage.

Other European Governments—more mindful, often, than individuals of the public health, for sinews strong and active are necessary to wield bayonets on which thrones are upheld—have since followed the example of Prussia, till now, according to Dr. Roth, "Sweden, Russia, Prussia, Saxony, Austria, and Hesse Darmstadt have normal training institutions for educational and military gymnastics, supported by government, where anatomy, physiology, and hygiene are taught, the knowledge of these sciences being deemed indispensable for the teacher of scientific gymnastics. Professor Branting at Stockholm, M. de Ron at St. Petersburg, Mr. Spiess at Darmstadt, and Mr. Kloss at Dresden, are at the head of these institutions, at which thousands have been cured." Of such value is this treatment esteemed, especially in many diseases of the nervous system, that it has been introduced by government into

the Insane Asylum, at Vienna; and also these movements are employed in the lunatic asylums at Sonnenstein and Berlin. There are now about forty institutions, public and private, on the Continent, in which many forms of disease are treated with great success; four in England; besides these, three of the hydropathic establishments at Malvern employ the movements in connection with the Water-Cure treatment; viz., those of Dr. Wilson, Dr. Walter Johnson, and Dr. Marsden. All of these were visited by the writer, and at Dr. Roth's, in London, he was a daily visitor for more than three months.

The Movement Cure owes its conception, development, and establishment on a scientific basis to the genius and persevering efforts of Peter Henry Ling, a name beloved and revered in Sweden, his native land, almost as much as that of our own Franklin with us. Ling was a man of high intellectual culture, a poet, and possessed a genius of no ordinary stamp. At one time he was afflicted with a rheumatic affection of the arm, which failing to be relieved by the usual means resorted to in such circumstances, he conceived the idea of curing it by muscular movements. He accordingly learned fencing, which cured his arm. Gratified and encouraged by this success, he conceived the bold idea of applying movements for the cure of most chronic diseases, and set himself industriously to the study of anatomy, physiology, and co-ordinate sciences, that could aid him in investigating the exact character of every movement, whether general or regional, to which the body, or any of its parts, can be subjected. The result was a system of movements, and their physiological effects upon the venous, arterial, nervous, secretory, and muscular systems, being based in its hygienic influence on the harmonious development of the whole man.

By influencing the innervation; by controlling the circulation; by causing a normal condition of the capillaries, thus promoting nutrition; by causing absorption in one part, and effusion of plasma and organization in another; by facilitating the waste and repair of tissue, through aiding the chemical change of particles; in short, by bringing into normal and healthy action the various functions of the body, which is the expression of physical life, Ling's system affords us another aid toward forming a complete system of treating disease intelligent-

ly, rationally, scientifically, without mystery or medicine, and with a real gain to suffering humanity.

Before discussing the philosophy and physiology of the Movement Cure, perhaps it would be best to attempt to give some idea of what these movements consist of and how they are made; but it is as difficult to describe a "movement" of a peculiar kind to those who have never seen any thing of the sort, as to give a correct idea of the characteristics of music to those who have never heard sounds of harmony. I can only illustrate. When it is proposed to employ bodily movements for the cure of disease, the idea is generally formed, by those unacquainted with the subject, that they consist of various leaping, rope-climbings, contortions, and the like; or else, rubbings, shampooings, curryings, etc. But how useful soever all these may be in their place, they form no part of Ling's system of Curative Movements. The latter embraces a distinct system, complete in itself, and entirely original and distinct from all other hitherto employed means of cure by bodily movements. In Ling's system every movement is predetermined—manner, direction, time, force, and quantity.

To move the whole body or any of its parts, even with force, is not enough; but to move it in a manner and direction with rhythm and force, all previously determined with reference to the accomplishment of a certain result—that would be a therapeutic movement.

To chop off a leg with an axe would not be surgery, but to remove the leg at a certain point, in a certain manner, depending on the anatomy and the pathological conditions the case presents—this would be a surgical operation.

1. In the curative exercises the *position* is of the greatest importance, for a movement that would be very easy and proper for a patient in one position, might be quite impossible in another; and the same movement and position might be correct and beneficial for one patient that would be improper and injurious for another. The character of the movement administered to any patient depends entirely upon the character of disease with which he is afflicted, presenting certain indications to be responded to. Being based upon the anatomy and pathology of the parts in which physiological integrity is to be promoted, each case must have its own sepa-

rate prescription, as the result of careful diagnosis and analysis of those functions whose activities should be increased. Each prescription consists of eight to twelve movements, which are arranged so as to promote some definite physiological result. In order to express easily and concisely the ideas contained in such a prescription, the Swedes and Germans employ a characteristic *nomenclature*, from which has arisen a corresponding one in English. These names of positions and movements (which are only a kind of abbreviations) are generally derived from some real or fancied peculiarity of the attitude and manner. Each prescription—that is, each set of movements that it has been determined are applicable to the case—is administered daily, till there arises, from change of symptoms or progress toward health, some reason for changing it; another is made in the same manner; for, more than by any other treatment, the Movement Cure, in those where it is applicable, will better fulfill the indications presented by each case, and at different times in the same individual. To better illustrate the foregoing, and at the same time show how efficacious are properly directed movements, I will here introduce a

CASE.

S. E. L. T. had been principal of a seminary for several years, the cares and anxieties of which had so far impaired her health that about a year ago she entirely broke down, and was obliged to return to her friends. The prominent symptom was an inveterate constipation. She passed along miserably till May, when the trouble increasing, resulted in an attack of gastritis, which prostrated her for several weeks. From this the constipation became worse, with frequent attacks of gastritis, and her sufferings at times were intolerable. This was her condition in December last, when she came under my care to be treated by movements; for all other means, including water-cure appliances, had only rendered temporary relief. Of course there was great bodily weakness and inability, and for *eight months*, except for a few days in September last, she had not had a natural evacuation. Here, among those of minor importance, were two principal indications to fulfill, viz.: 1st. To promote general tonicity in all the parts by increasing capillary circulation and consequent nutrition; and 2d. To have special

reference in every movement to the constipated condition of the bowels. To do that intelligently, we must inquire *Why* are the bowels constipated? Either because the muscular fibers of the intestines have lost their integrity and can not create the vermicular motions to propel the contents forward, or the secretion of intestinal fluids and mucus is diminished, rendering the feces hard and not easily carried forward; or, more likely, both of these causes combined. Now the condition necessary for secretion is a proper supply of healthy arterial blood to the secreting gland, and healthy nutrition of involuntary muscular fibers also depends on the same arterial capillarity. Hence it follows that the vermicular motion and intestinal secretion would be secured by establishing a natural arterial capillary circulation in those organs. I give the prescription, not expecting that it will be fully understood, but as a sample for the curious. It is as follows:

1. Cover chine lean inclined stride standing, trunk back pulling (E).
2. Height opposite wave standing, leg inward pressure (E).
3. Back fall stride sitting, double arm extension (E) and (C).
4. Height opposite kick standing, leg back pulling (E).
5. Spon grass standing, abdomen concentric stroking.
6. Rest reclined high stride sitting, trunk twisting (E).
7. Opposite standing, chine knocking and stroking.
8. Think long sitting trunk back pulling (E).
9. Stretch stride sitting, upper and forearm flexion and extension (C and E).
10. High stride sitting, trunk rotation.
11. Opposite crooked standing, back longitudinal clapping and stroking.

In No. 1. the term "cover" means that the hands are placed in a certain way on the head; "chine lean"—the sacrum against a bar; "inclined"—the body bent slightly forward, etc. "E" and "C" determines the character of the movement, whether excentric or concentric; the portion preceding the comma indicates the "position," and that after the comma denotes the kind and quality of the "movement." They are technical terms, that require considerable study to become familiar with them.

The above set of movements were administered daily for about ten days, when the healthy evacuations returned, and till now (Feb. 9th) the bowels have continued in the uninterrupted and spontaneous use of their functions; there has been no return of gastritis, patient's usual strength has returned, and in all respects the cure seems to be radical and permanent.

Cases of neuralgia, paralysis, spinal disease and curvatures, debility, etc., will be reported at a future time.

HOW TO BE HAPPY.

THROUGH THE YEAR.

AWAY with brandy, rum, and gin,
With tea, with coffee, and hot sling.
Break friends with sherry-wine and beer,
You'll then live *happy* through the year.

Then smash your old tobacco pipe,
And be a worthy *Prototype*;
Don't daub your friends, yourself besmear,
And you'll be *happy* through the year.

At home be gentle, cheerful, kind,
Here, too, your chief amusements find;
Remember this, if you fall here,
You'll be *unhappy* all the year.

To him who has no wife to kiss,
That cousin, or some other miss,
Perhaps will let you call her dear,
And make you *happy* through the year.

Just seek some *worthy poor* to share
Most *freely* thy bounteous fare—
To make such *happy*, ah! 'twill cheer
A *gloomy soul* all through the year.

Visit the sick in their distress,
The widow and the fatherless,
And learn content and virtue *here*—
'Twill make you *happier* all the year.

Go help lift up the trodden down,
And help wipe off oppression's frown;
The *erring, too, their drooping cheer*,—
You will be *happier* all the year.

But don't forget your debts to pay,
Return what's borrowed—no delay—
Right measures, weights, and be *sincere*,
Then go—*live happy* all the year.

Away with drugs and greasy fare,
Breathe naught but Nature's purest air,
Bathe oft in water soft and clear,
And you'll be *happy* all the year.

Take a first-rate Health Journal, too,
The *WATER-CURE*—yes, *that* will do—
Then pay the printer, and it's clear
You'll *live quite happy* all the year!

C. B. H.

RANDOLPH, Wis.

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THE ECLECTIC; OR, "THAT'S SO."

A SKETCH BY NOGGS.

"I go in for using *all* that God has given us for curing disease, without regard to 'pathies,' or where they come from. Sometimes I find one thing best, and sometimes another, and when one thing don't answer, I take another," said a prominent disciple of the Eclectic school, "and," says he, "some of 'em's sure to hit." "That's so," said I. Encouraged by my emphatic asseveration, he went on telling how he managed in bad cases. "When I am called to a patient that is real bad with congestion anywhere, or anything of that sort, I always give him a dose of mercury of some kind, for that's death on congestion, as well as lots of other things." "That's so," says I. "After that I generally give 'em a little lobelia, just enough to make 'em cast up a little; and follow up with a little homeopathy—everybody most likes homeopathy nowadays; and then, if they don't get better nor die, I give 'em pretty smart shocks of 'lectricity, and I tell you, sir, something's got to happen after that." "That's so," says I. "But the worst on't is, these plaguy congestion cases out West here don't always yield even to the most energetic Eclectic treatment." "That's so," says I. "The fact is, you see," he continued, "half of the time I am called too late! it is beyond the power of the best drugs to cure a man when he's been congested two or three days." "That's so," says I. "But only let me get there the same day, and I am pretty sure to fix him." "That's so," I again replied.

"But I tell you, stranger, these Western livers when they once get congested, they are mighty apt to keep more or less so, in spite of all our medications." "That's so," I said. "I don't know how it is, but it seems as if curing a man didn't amount to much out here, for the more you cure a good many of them, the more they don't get well." "That's so," said I again.

"There's fever and ague, too; I can cure that just as easy as rolling off a log, but the shakes, etc., will come back, and then, somehow, the patient is just as bad off, or even worse, than he was before he was cured." "That's so," I still exclaimed. "Sometimes I almost doubt whether or no so much quinine, arsenic, mercury, etc., we have to keep giving these ague cases, don't do the patient more harm that good—what do you think, stranger?" "There's where we differ," said I. "How's that? I thought you seemed to be one of us all along. Why do you differ now?" "Because I don't happen to have any doubts concerning your last proposition," quoth I. "Look here, stranger, aren't you an Eclectic?" "Nothing less," I replied. "Well, why do you differ from me, then?" "Oh, simply because of your doubtfulness in this particular thing." "Oh, you mean to say you think just as I do." "Only more so," said I. "Ah, well, I don't know what'll happen, but sometimes I think that *perhaps* it will be possible for a man to get well of these complaints, without taking any of these things." "There we agree perfectly," said I. "But then, why the Lord has made all these things if they aint good, I don't see." "Perhaps he didn't make 'em," said I. "What's that you say?" he asked, "didn't God make all things?" "Indirectly," I replied, "He

made man, and man made quinine." "Well, it's all the same—He suffers it to be made." "Yes," said I, "and to be taken; but man has to suffer the consequences, as he does of other modes of sinning." "Sinning, sir! what do you mean by that?" "I mean, simply, that taking such things as you talk of having given your patients is the worse kind of sin," I replied. "Well, that's pretty talk; won't you be so good as to explain?" "With pleasure, sir," said I. "In the first place, it was no part of God's intention that man should be sick, and he ought to be ashamed for ever being so, as sickness is only a confession of violated law." "Did violated law make malaria?" he triumphantly interrupted me by asking. "No, but it made man susceptible to its impressions; and had men always lived as they ought, there would never have been any such thing as contagious disease even; hence taking poisons—and all drugs are poisons, which violate all of the laws of health—because the laws of health have been previously violated, is as absurd as it would be to throw a man out of the garret window to cure him from an injury caused by falling down stairs." "Well," said he, "sin or no sin, man will get sick, and something must be done." "That's so," said I. "Well, then, what shall it be if he can't take poisons, as you call 'em, what shall he take—everybody must take something when they're sick." "There we differ again," said I. "Why, you don't mean to say that you can get a man well who is really sick, without giving him *any* thing to take." "That's so," said I once more. "Well," said he, "I'd like to see you cure a case of fever and ague without giving on 'em any thing." "Oh, that's no great *shakes*," said I. "It is much easier to cure them without any thing administered internally in the way of drugs, than it is with." "But where the liver is all obstructed and torpid, what *can* you do without drugs?" "Allow me to answer that, Yankee-like, by asking another: Supposing your son was surrounded by all sort of bad influences, in daily and hourly association with rum drinkers, gamblers, profane swearers, thieves, etc., etc., what would you do first, supposing he had become contaminated thereby?" "Do! why, I'd remove him at once from all such company, and then use all the moral suasion I was master of, to induce him to reform." "Exactly so," said I. "But, what's that to do with the case?" "The cases are parallel," I replied; "a man with fever and ague is in sadly false conditions, and must have been for a long while surrounded by bad influences, and all that is necessary is to remove the false conditions, and take him away from the pernicious influences, and he is half cured to begin with." "Yes," said he, "but the t'other half, how you are going to cure that? that's what I want to know," he cried, with a look that seemed to say, "Now I guess I've got ye!" "Nothing more easy," said I. "Wet sheet—whole and half picks, sitz-baths, and such like, will do the business up for him a great deal quicker than it can be let alone by any one who has the love of such things in him."

"Perhaps you will explain *how*?" said he. "Certainly, sir," said I. "Having corrected the man's habits, we restore the function of the skin, which in all such cases is greatly impaired, and then the internal organs, which have been doing

double duty, will have a chance to rest, and the obstructions consequent thereupon will be removed as a matter of course."

"That'll do for *talk*," said he, "but I had rather see you *do it*." "Well, sir," I replied, "bring on your patients, and if I don't cure all that any thing can cure, by these means alone, I'll forfeit a thousand dollars."

He left with a curious expression on his countenance, and walked a little ways, when he turned suddenly upon me and exclaimed, "You said just now, you was an Eclectic?" "That's so," said I. "Well, what do you mean by talking so, then?" "I mean that, elect or select *all* that I believe to be necessary for the removal of disease, I am in the truest sense of the term an 'Eclectic.' 'Prove all things, hold fast which is good.'"

I give this as nearly *verbatim*, as I can recollect, as one of the "samples" of conversations every Water-Cure physician is subject to.

CHICAGO, ILL., Jan., 1857.

Dietetics.

IMPORTANCE OF DIET.

BY REV. GEORGE W. NICHOLS.

More than a year since, in a brief article, entitled "Results of Hydropathy," an article upon which the lamented Dr. Shew was pleased to bestow his commendation, besides stating the effects of the use of water, in my own case, I barely alluded, in general terms, to the importance of diet and exercise, as being also two essential requisites to the possession of health. I perceive that the subject of vegetarianism is now occupying a prominent place in your journal, and, it is to be hoped, awakening more serious attention; and, as you invite communications of this nature, I send you a brief detail of the writer's experience, for a year past, in reference to this subject.

Within a period of twenty years, having had feeble powers of digestion, it has been strongly impressed on my mind that a simple diet, composed of milk, fruits, and farinaceous articles of food, would be best for my health. I arrived at this conviction from the study of various works, and from observation of the effects of the use of animal food, etc., upon my bodily health. I several times made the attempt to abstain, but as often failed, from yielding to a feeble resolution, or from being overcome by the power of old habit and force of appetite. I do not wonder at the language of the sacred penman—"Can the Ethiopian change his skin, or the leopard his spots?" then may he who is accustomed to do evil, learn to do well. It is one of the most difficult things in the world to change from old habits—especially habits formed

and strengthened in early life—habits backed by the power of appetite. It is now little more than a year since, that after having suffered much from the free use of stimulating food, and other complicated dishes, such as generally are found in our boarding-houses and hotels, causing greater weakness of the digestive organs and an increase of depression, that I resolved, at once, that I would abandon the use of flesh meat and all complicated and highly-seasoned dishes and condiments, and confine myself to a diet composed mainly, if not entirely, of milk, fruits, vegetables, and farinacea. During that time a change has been slowly going on for the better, and I am thankful to say that my course has, by the blessing of God, resulted in an improved state of health. As to bodily strength, I find that I am stronger than when I used animal food plentifully in my early days. So much for the argument that, "Unless you eat meat you will lose all your strength, and die." I find myself also freed from those unnatural cravings and morbid states of the appetite which so frequently troubled me. I would advise any one with a weak digestion to leave off the use of flesh meat, as well as all stimulants, all which only tend to produce an unnatural appetite, and, so long as this exists, an individual will overburden his powers of digestion, and only make himself weaker and more depressed. The true course is to confine yourself to a simple, unexciting, and unstimulating diet, and this will, in time, effect a cure. In my own case, also, the effect of a vegetarian diet has been to dissipate those evils, under which all persons must labor who consume much animal food and grease, viz., "bilious turns," and thus I have been saved a great amount of misery and suffering in the shape of fevers and bilious derangements.

What a pity it is that men will not be induced to give up their long-accustomed indulgences—that they will persist in gratifying their appetites, and so bring on themselves a train of sufferings and bodily ills, which they might avoid if they would only come back to simple, primitive modes of living! How sad it is to think that the world will subject themselves to this slavery of appetite, when they might just as well be masters over themselves, and adopt the better maxim, "Eat to live," and not "live to eat!" Indeed, Mr. Editor, I feel satisfied that a vast portion of our sufferings here arise from ourselves—from

our own indiscretions and violations of the great and immutable laws stamped by the Creator upon our very being. Never can we hope that the world will be physically redeemed from a good share of its misery and disease until a change takes place in man's ordinary mode of living. I have thus given you some brief details of my own experience, and should these observations meet the eye of any one who, like myself, has suffered long and much from a feeble digestion, I would advise him to try the vegetarian system, and in the end he will secure sounder bodily health—his mind will become clearer and more active, and free from depression. It will require some courage and perseverance. You will doubtless be called a fanatic or a fool by the world. You will be opposed by the world's habits, riveted on men like steel. But remember, health is a jewel worth fighting for, yea, worth all the efforts and sacrifices you can possibly make to secure it.

Fireside Reading.

RUSSEL SMILIE'S CHILDREN.

BY HENRY H. HOPE.

CHAPTER III.

"You must remember," said Jones to me, "that the events about which I am telling you transpired years since; that Russel Smilie's children are full-grown now; and that in tracing their history over years of space, necessarily I must work in circumstances, transactions, and personages other than themselves. Life in a water-cure has its periods of monotony, and nothing is more agreeable to digestion than a half-hour or an hour of quiet conversation after a hearty dinner. Water-cure patients eat enough to sit still after dinner awhile; and I knew of nothing which I could do to interest them more useful than to relate the history of the children of my friend Mr. Smilie. True I have said nothing about the children yet, but all in good time they will appear. This afternoon I propose to tell you about the daughter of 'Quaker Hemenway,' as he is familiarly and patriarchally called. She is older now by years than when I took tea at her father's house, and I am told—for I have not seen her in years myself—is more decidedly beautiful than then; but at that time she attracted very unusual attention. She was tall, well built in her bony structure, having elegantly shaped muscles, but

no fat. Erect she was, with low shoulders, fine neck, broad pelvis, and well-turned ankles. Her feet were large—so much the better for that, if only structurally neat; and her *hand* was decidedly the handsomest I ever saw. The muscles swelled at their belly, or largest point on the forearm, finely; and their origin and insertion were so artistic as to make the arm itself an elegant piece of mechanism. Her arms and legs reminded me of the description of the Elgin Marbles, as given by Hayden. Her feet were not too large for a base to her body. But of more artistic display in her making up, her hands were the chief work. Her face and hands were the two points of interest in her, the latter displaying as much wealth of soul as the former beauty of structure. All who knew her were alike impressed with her face and hands. What would not Hayden have given—mad as he was always to represent Nature—to see her arm and hand in some of their muscular contractions and expansions! He would have procured her to sit with her arm for his model to some work, wherein a human arm formed a striking representation, had he been compelled to go down on his knees to obtain consent. I never wondered at Hayden's passion for beautiful forms. The human hand!—is there ought like it in the whole creation? How softly it settles on to the head of a fever-smitten friend! What elasticity as well as electricity in its touch! What wonderful adaptation it shows to the wants of its owner! How cunning it is! By it, Genius has immortalized itself. To it do we owe all that we prize so highly in sculpture, in painting, and in the mechanic arts. Above these, how the world has progressed in letters, in printing, in calligraphy, and in the thousand modes of facilitating social intercourse! What a demonstrative yet strictly appropriate way of showing regard is that of *shaking hands*! What electric flashes are communicated by it at times! What spiritual communication is often obtained through it! It is used by the soul as its most important aid; and in all nations where Christian civilization has obtained, it has come to be the mode of showing complimentary or friendly regard. Any person is fully justified in holding it, admiring it, and, if possible, kissing it, if it is, as was Propitiation Hemenway's, a display of divine creation, unusually, uncommonly fine.

“What connection between her hands

and her face there was, which always made strangers look from one to the other, to see if either fairly represented the other, I am unable to say, but that it was so I know. It was so with me; it was so in great numbers of cases; and I have reason to think that it was so in all cases; who ever looked first at her face, then looked at her hand, or who looked first at her hand, then looked at her face. Curious, was it not? and it was only after satisfying one's admiration to the fullest extent, in looking at hands and face, that other parts of her physical structure passed under observation. Taking her all in all she was a splendid-looking girl, yet I never knew a person to say so voluntarily, while, if asked, it would be admitted. Yet every one would say on looking at her, ‘What a beautiful face! what exquisitely formed hands!’ Her face, after all, was *in parts* homely; scanned each by itself, one would say, ‘She is not good-looking.’ Place the hand across the face just below the eyes, and the nose, mouth, and chin looked disfigured, almost frightful. Take the hand away, and the features fell into such relations, that the disfigurement vanished, and the face greatly impressed you. In effect, it was the same impression as the Athenians got of the statue of Minerva, when it was close to them, and when it was at the top of the temple of Jupiter. One was unpleasant, the other highly gratifying. Her carriage was dignified, her manners agreeable, her taste refined by extraordinary culture. She was a good housekeeper, a good horse-woman, knew much of the details of farm-life, and was doted on by her father and brothers.

“All ideas of Propitiation were crude and imperfect till you came to commune with her by speech and thought. Her voice had a strange influence on all who heard it. They seemed enchanted. She was a Siddons at a farm-hearth. Articulation was another name for melody. An old German poet versifying the psalm wherein the Lord is described as a shepherd—‘The Lord is my shepherd, I shall not want!’—presents Him to the reader as leading His flock into shady groves and green pastures, and as they lie down—

‘From His sweet lute go forth
Immortal harmonies, with power to still
All passions born of earth,
And lead the inward will
In deadliness of goodness to fulfill.’

Her voice was like that lute. Whoever heard it thought of *music*, and grew purer

in his resolves, in his emotion, in his aims, and in his affections. That spark of *Life-Everlasting*, which like a light lighteneth every man who cometh into the world, and about which Quakers talk so much *in meeting*—that is, *when* they talk, glowed into additional brightness in the heart of whatsoever young man conversed with her. She made an impression on him *in spite* of him. She made no effort, and it was unavailing to him to resist. Her conquest had nothing to do with her ideas. It was her intonations of voice that carried her to triumph. It is difficult to define this secret of intonation, or in what its force consists. The *fact* is known. Who has heard Jenny Lind knows what I mean. What is it in her voice that awakens such feelings as all who have heard her describe? Is it said that it is music? Well, what is music? It is not melody in the expression of *ideas*, for Miss Lind sings to most in an unknown tongue. With Propitiation, it seemed to me that her education had somewhat to do with her wonderful vocal execution in common conversation. A Quakeress—she was strictly interdicted from *singing*, or cultivating her voice in that direction; and so the gift found vent in the humble and less artistic mode. It was subdued and made legitimate to the uses of life. Had scope been given to it, I fancy she would have won fame as a singer. So unwise does the attempt to suppress a great bestowment seem to me, that it has gone far to make me feel that Quakers are not always guided by divine inspirations. Song! is not song divine? The birds sing, the very hills break forth into singing, David said. Why, the *lullaby* that the young mother sings to her sleeping babe is the gift of angels, who watch over them both. They inspire the mother with their own joyousness, and mother and babe give and take it as the babe takes food from the mother's breast. A mother's song!—it is her babe's spiritual opiate. It soothes its little flurried soul like an anodyne a lumatic. All nations have had singers, all the most unlightened have had ballads and sacred songs. Take some one of the psalms of David, and think of the old harpist—king as he was—singing and playing it to some Hebrew melody—on a pleasant evening atop his house—does it not commend itself as a very susceptible way of offering devotion? Is not praise a higher art of the soul than prayer? Does not thanksgiving for goodness shown put on a more delightful aspect

than imploration for blessings needed, or deprecation for sins committed?

"To me it seems so, and I never think without regret of the Quakers, so many of whom in times past in their lives have elaborated the highest traits of character mentioned in the Gospel, having deliberately crushed down and out of them the spirit of music and the soul of song. Again and again have I thanked Heaven for having bestowed so great an endowment on Propitiation Hemenway, that her voice was a lute, her life a form, her conversation a song.

"I was greatly amused at the pertinacity with which she declaimed against early rising. Her father told me, that she alone of his children refused to rise early, and she declared that it was delightful to lie in bed, and see the stray streaks of light peep through your shutters, and hear the robin, sitting on the maple boughs whose tips fretted your casement, sing his morning carol. Even the buzzing of the house-fly as he woke up, gave one pleasure, and the old rooster gave zest to your repose as he chuckled over his brood of hens, which he was leading to the meadow to catch grasshoppers from the timothy tops. 'Persons,' she said, 'judged of one's energy, executive power, genius, and character by the time of getting out of bed,' whereas this indicated nothing of the kind rightly. At best, it showed, that one had an quiet spirit, or was overloaded with nervousness, or was egregiously selfish, thinking that by getting up early he might possibly get the start of his neighbor, a notion fit only for one whose head was round as a cannon-shot. This getting the start was nothing without the ability to keep it, and this could be done only by having *bottom*. For her part, she liked a *calm* life, rest in the morning, steady labor during the day, and quiet and pleasant society in the evening, with intervals devoted to books, to flowers, to reflection and self-examination, and riding on horseback, with the prayer ever on the lips—

'Touch me gently, time.'

Such in the main was Propitiation Hemenway when I came to her father's at the close of my visit and discussion with Elizabeth Smilie, such she was as she took her seat at the head of the tea-table, and presided with inimitable propriety.

"After the spice of appetite had been

taken off, and we began to feel like engaging in tea-table chat, Propitiation inquired why I lived on such meager diet, declaring 'that she saw no use in starving one's self.'

"Do I look as if I was starved?" I replied; "did not you and your father an hour since say that you had never seen me look better?"

"Yes."

"Very well, please not to consider my diet as faulty. Do you not recollect the old saying, 'Speak well of the bridge that carries thee safe over.' If my diet keeps in me good condition, I do not see why you should say I am half starved?"

"Perhaps I should not; but tell me why thou eatest it."

"For two reasons. First, I like it; second, I am benefited by it; and if you will not be offended at me, I will give as a third reason, that I do not think much of the food usually eaten *proper for man*."

"What! not good butter?" she exclaimed.

"What! not good beef-steak?" the Patriarch asked.

"And coffee?" inquired George.

"And ham and eggs?" said George's wife; "oh, William Jones, I pity thee."

"And I reciprocate the feeling. I pity you," I rejoined. "You are all wrong, and science and common sense are on my side."

"What dost thou mean?" asked George.

"I mean," I said, "that the elements of health, of strength, of power, of endurance, of *long life to man*, are not in the food you eat in the proportion they are in the food I eat. Science determines this question in my favor, and as for *the facts*, it is plain that tea and coffee drinkers, beef and pork eaters, grease and gravy soppers are not as healthy, do not live as long, nor enjoy life while they do live as well as persons who live as I live."

"Excuse me, William," Propitiation said, "but I do not believe your statement."

"I know you do not; if you did, you would do as I have done."

"I shall never do that."

"Very likely."

"But, William," put in the old Patriarch, "does thee think a *working* man can eat thy kind of food and *work*?"

"Most certainly. What does a man eat food for?"

"I suppose to nourish him."

"Then that which has in it the most nourishment has the most support in it. Does that not follow?"

"Certainly," he said.

"Then how futile the plea, that man must eat meat or grease, must drink tea or coffee and alcoholic mixtures to give him strength and vigor. Pork has only 35 per cent. of nutrition in it, while beans have 80 per cent. Scientifically stated, 100 pounds of white beans will support life as long as 300 pounds of pork."

"Is that so?" the old man asked.

"It is so, and the same is true of rice, and wheat and corn, and peas, and a great variety of things. There never was greater fallacy afloat than that meat-eating is favorable to human strength. Why, take the Irishmen who labor in Ireland, do they eat meat? Or the German population? A writer, who is a German, has lately visited his native land after a residence of fifteen years in the United States, and on this topic says, 'that the working population do not eat meat six times a year.' Yet more finely developed persons, physically, the world can not produce.

"But, William," George asked, "do these vegetable-eaters show equal mental vigor with meat-eaters?"

"Of the same class, undoubtedly they do. They will compare *mentally* with any class of workers in the world, whose advantages are the same. The men who toil are not students. Vegetable-eaters in Europe are poor representatives of that system of dietetics, by reason of their poverty. They have little opportunity for mental culture. But a new *Era* is approaching. Men and women who are not compelled to work with their hands, but with their *heads*, are coming to see that *thinkers* are not likely to be better for being animalized. We shall, therefore, have an opportunity to test the *quality* of brain of the men and women who eat, and who do not eat meat and drink narcotic beverages; and you may depend on it, we who eat no meat shall not shrink from the encounter."

"Well now, William," the old man said, "I am a farmer, and have worked hard all my days, and I have found that at noon of a hot day when I have been *logging*, I relish a good, thick slice of boiled fat pork. It sticks to the ribs like. It lasts longer than pudding and milk. One who eats pudding and milk wants to be undressed and have one foot in bed before he commences, else he will be hungry before he gets in and

covered up. It will do, I admit, to *sleep on*, but is poor stuff to work on."

"You speak, Patriarch, as though a man who does not eat pork, eats only pudding and milk. Now, pudding and milk is a very different dish from milk and pudding. In the one, the greater quantity is milk; in the other, it is pudding. Milk will not nourish like meal, and as it is generally the larger in quantity when eaten with mush, the nutrition taken is small. But take Indian corn and *parch it*, and eat it dry, so as to get weight of corn equal to weight of pork, and 60 pounds of it will sustain life much longer than 60 pounds of pork. And this virtually settles the question. Is it not strange that a man should work hard to raise 100 bushels of corn, and then use *hogs* to elaborate its nutritious qualities for his use? For what, after all, Patriarch, is a hog's stomach but a laboratory? a chemical apparatus wherein vegetable substances are disintegrated and decomposed, so that that which is nutritious is separated from that which is innutritious. My dear friend, it is an up-hill labor to demonstrate that Nature wishes, or intends, or is compelled to use a swine's stomach to prepare vegetable food so that it shall be fit for man's stomach. She—the great builder—does not work thus bunglingly. Her higher forms of *life* are not thus dependent for existence on the lower. They stand above them, and in proportion as they come to show their capabilities to the uttermost, will they be separated from them. Man, as a *worker*, by-and-by will not need the aid of animals. Inanimate forces will be his instruments of achievement, and *brute* life will be in poor demand."

"What then will become of the animals?" They will decrease in a ratio to their uselessness. The argument is fallacious, that they will increase and become nuisances. Wherever civilization goes, forms of *wild* life—animals as well as men—perish. Domestication of animals, civilization of human beings, are the guarantees of *increase*. Horses unused by man would perish on this continent. But be this as it may, as man ascends in the scale of civilization his dependence on animal food will lessen, till he shall reach the primeval condition, when the fruits of earth shall be his food."

"William," Propitiation said, "thou and I shall not live to see that day, so let us leave the *FUTURE* to those whose *Present* it is to be, while we go into the Past a

little. Dost thou not wish to hear father tell about the early settlement of Featherington?"

"Certainly I do," I replied, "and beg you to accept my apology for having seemed to argue with you this question of *DIET*. Satisfied myself that it *the true* idea, I am in no haste to press it home to others. So let us arrange ourselves for an evening's entertainment and listen to your father."

Accordingly, we rose from the table, walked into the sitting-room, where in an old-fashioned fireplace was blazing a cheerful fire, and seating ourselves cosily, the Patriarch began.

Reports of Cases.

A CASE OF TWENTY-EIGHT YEARS' STANDING.
—By Hiram Frense, M.D.

J. O. C., aged 42, was healthy to the age of 14, when he was taken with bilious fever, for which he was bled and dosed freely with calomel; after having been confined to his room from October to May, he was so far recovered as to enable him to be out of doors. During his convalescence he had several attacks of epilepsy, for which nitrate of silver, preparations of zinc, etc., were administered. He never enjoyed good health after that attack of fever—was affected with constipation of the bowels, flatulence, and nervousness, in addition to threatened attacks of epilepsy, for which he was bled liberally for five years. Two years subsequently, lumbar abscess was added to his afflictions, for which he was treated according to Southern allopathic practice at that time; for two years he was unable to leave his room, but at the end of that time he was able to come from Memphis, Tenn., to his home in this State. He was soon, however, again unable to be out; all the treatment seemed but to aggravate his afflictions. Having exhausted the powers of allopathy, he concluded to try the virtues of patent medicines, which, he thinks, produced the piles. In the course of a year he was again able to attend to some business, though none of his troublesome symptoms were removed. He then went to Norfolk, Virginia, where he remained 14 years, a great part of which time he was troubled with fever and ague. He took a great deal of colomel and quinine, and all the patent medicines which were thought to possess any virtues in cases like his. About four years ago he returned to this State again, with his system completely broken down. He was a confirmed dyspeptic—scarcely any food would remain upon his stomach, with almost the whole group of distressing symptoms which characterize that disease—a severe cough with copious expectoration, pain in his right lung. He was thought by his physicians to be far gone in consumption. Though continually going from bad to worse, he did not yet despair. By chance he happened to see a number of the *WATER-CURE JOURNAL*, from that he learned something of the virtues of Water-Cure; this gave him new hope,

and he immediately resolved to try this new system, in which he thought he saw something so rational, yet so simple. He repaired to Dr. T.'s Water-Cure in New York city, where he derived, in a short stay of five weeks, the first benefit that he was conscious of having received in twenty-five years' treatment. He continued to improve slowly for some time, when he was suddenly taken with pain in the lumbar region; for six months he was confined to his bed with pain and weakness in the back, pain and rigidity of the sartorius muscle of his left leg, which flexed it to nearly a right angle with his thigh and drew it over his right one.

Last November he came to our cure. Upon examination we found him afflicted with the following symptoms: severe cough, pain in the right side, stomach extremely irritable, tongue smooth and red, nervousness, pulse irregular, weakness of the abdominal muscle, enlargement and torpidity of the liver, piles, emaciation and general weakness, epileptic symptoms, pain in the loins, pain and rigid contraction of the sartorius muscle of the left leg, knee bent nearly to a right angle, unable to walk without crutches, and with difficulty with them, etc.

We commenced his case with no very great prospect of success; yet we had an abiding faith in Nature's powers, properly aided, to effect astonishing cures. Our confidence was more than realized. In less than two months he was so much improved that he was able to walk without the use of his crutches, using nothing but a light cane instead; the pain and weakness in his back were nearly gone, and all his symptoms seemed to be more or less improved. In three months more his dyspeptic symptoms were greatly improved, cough much less, strength much better; altogether, he was quite well. During the summer he came and remained about two months more. Before leaving, he could walk almost any distance without aid from crutch or cane, and felt better in every respect than he had done for twenty-eight years, as he expressed it. Upon arriving at home he wrote to us as follows: "People here consider my cure almost a miracle."

During the treatment he had a great many "ups and downs," so many, indeed, that any person not possessed of an extraordinary degree of fortitude and firmness of purpose would have relinquished the treatment in despair; but through all his severe critical actions, in which some of the worst symptoms seemed to be aggravated, he was not discouraged; his philosophy and determination bore him safely through. His reason had satisfied him that this was Nature's cure, and more than twenty-five years of faithful and persevering drug treatment under the most skillful physicians, in addition to all the patent medicines which promised any hope of relief, without any benefit, had given him ample evidence to know that nothing now remained to him but to give the Water-Cure a fair trial. He had numerous critical actions, which were often severe. Febrile critical efforts were the most frequent; but those of the bowels and kidneys were by no means uncommon, in addition to exacerbations of nearly all the most prominent symptoms with which he was afflicted. He went through all of them with the fortitude and firmness of one who knows that

it must result in good, a firmness such as every Water-Cure patient should have who wishes to derive the greatest advantage from the treatment. Amply has he been rewarded: a year ago a weak, suffering invalid, scarcely able to enjoy any of the blessings of life—with no prospect for the future except those of disease and premature death—but in less than one short year he has been rejuvenated, as it were, made a new man, in the full enjoyment of nearly all the blessings God has vouchsafed to those who obey his laws.

We are frequently told that the Water-Cure is so slow—it requires so much time to effect a cure by it. Let those who urge this objection, think a little, and they will see at once that patients who resort to this means of treatment, as a general thing, are those who have tried medicine year after year with no benefit, if not an actual injury. Giving up drugs in despair, they resort to the Water-Cure; and if they are not cured in two or three weeks or months, when they have tried every other means twice as many years to no purpose, they are apt to conclude that Water-Cure is so slow, though they generally admit that they have derived more benefit from it than from every thing else.

Let such persons compare the drug treatment in Mr. G.'s case with the treatment by water; the former had a trial for years, "for evil only, and that continually," while the latter restored him to comparative health—health such as he had not known from his boyhood—in a third as many months. But suppose this case had been treated by means of water judiciously applied when he was first taken with the fever, in all probability two weeks' treatment, or less, would have restored him to complete health, without the sequel of epilepsy, lumbar abscess, dyspepsia, cough, etc.; and instead of twenty-eight years of the best part of his life having been spent with disease, and suffering, and drugging, and prying doctors' bills—he would have been employed in some pleasant and profitable business, a source of happiness to himself and others. But his is not an isolated case; there are numbers annually restored to health at every well-conducted Water-Cure who have been afflicted with disease, drug doctors, and their remedies, for years.

Treatment. This consisted of dripping sheets, sitz and half baths, with a daily wet-sheet pack of one hour. Toward the latter part of the treatment the douche was applied three minutes daily, and a wet bandage was worn around the bowels nearly all the time. The treatment was often changed and suspended, to adapt it to the new conditions as they arose.

Diet was strict, avoiding much greasy food or meat, or any thing that irritated the stomach.

PITTSBURG WATER-CURE.

WHAT NEWSPAPERS ARE MADE FOR.—Never write for a newspaper or magazine simply for the sake of seeing yourself in print, or for the gratification of any merely personal feeling. The object of these publications is to amuse, instruct, and enlighten the public, and not to pander to, or gratify, individual vanity, resentment, or malice; though, it must be confessed, they are sometimes perverted to these ends.—"How to Write."

Home Voices.

[THE following LIFE EXPERIENCE of a worthy patriarch will interest and instruct the reader. What a lesson and example is here contained! Young people, read it, and heed it.—Ems.]

I have ventured to commit to writing the following facts, and send them for publication in the W. C. JOURNAL, if you think them worthy of insertion in that inestimable paper. In common with others of my fellow-men, I have had some experience early in life in the humbuggery of the old-school practice, to my sorrow. But I have found it best to learn wisdom by experience. If I live till the 18th of January next, I shall be sixty-eight years of age, and have had nine children; my wife, who is the mother of them all, is now living, and is a few years younger than myself.

Our oldest child, a daughter, was born April 27, 1819, and died March 19, 1822, aged 2 years, 10 months, and 20 days. During her illness, we employed an old-school physician, a regular M. D. from the neighboring town of Easton, by the name of Perry. He pronounced the disorder the "bowel complaint," and prescribed, according to his notion, to effect a cure. The child grew worse, and after the lapse of over a week, it appeared evident that it was near its end. We sent for another physician, an old M. D. of Mansfield, Mass., named Billings, who immediately pronounced its case hopeless, and said its disorder was "inflammation of the brain." Our beloved child soon died in convulsions. We were then rendered childless. It put us out of all faith in the skill of the doctors, and we resolved to do without them in future, be the case what it might.

Since then we have had eight children born into the world, and all are now living—the oldest thirty-three years of age, and the youngest seventeen—three sons and five daughters. Two sons and two daughters are married, and each have children; so that we now have twelve grandchildren, all now living. The oldest, a grandson, nearly ten years old, and the youngest, also a grandson, just three weeks old, making five grandsons and seven granddaughters.

By refraining to employ any of the old-school calomel doctors since the death of our first, and then only child, who died in 1822, we have, I think, preserved our lives, and have the pleasure to contemplate the fact, that we now have living, and enjoying perfect health, eight children and twelve grandchildren, and have not to record a single death in our family since we discarded the doctors, upon the death of our first child, thirty-four and a half years ago.

My father's family consisted of eight children, of whom I am the oldest, all now living except one, a sister, and she died one year ago, aged fifty-nine years. The family rarely employed a doctor.

While I look around, and see other families running for a doctor for the least ailment, or imaginary ailment, and soon hear the melancholy news of death in the family, I can not but believe that the doctors kill two to one they save from death! Right here, in the center of this town, a few weeks ago, a family by the name of Besom had three children; two were taken sick—the

doctor was sent for—he failed to perform a cure, and both died within two weeks! Their doctor's name was Perry, son of the Doctor Perry who is mentioned above, as doctoring my child as above stated.

We have brought up all our children to abstain entirely from all alcoholic drinks, and from the use of tobacco. All my children abstain entirely from the use of tobacco—they do not smoke, chew, or snuff it. They are enemies to its use on principle, believing it is wrong, as well as detrimental to health and longevity, to use it. It may do to kill vermin on cattle, but it is not fit to be used internally by man, woman, or child.

ISAAC STEARNS, Mansfield, Mass.

HOME TREATMENT.—In the fall of 1852 I was married, and commenced housekeeping. Not favored with a strong constitution naturally, and being ambitious, my strength was overtaxed with labor, and my health gradually failed, until I was unable to do but very little. Was often confined to my bed for weeks from fits of sickness, from which it was thought, by friends and physicians, I should never recover. In truth, my life seemed a burden to myself and all around me. After suffering in this way till the winter of 1854, tired of doses, drugs, blisters, and liniments, all of which helped to reduce me lower, I obtained some knowledge of hydropathy, having read some in the Journal, and, aided by my husband, commenced to practice its teachings. I had a constant pain in my left side my nervous system was sadly deranged, food distressing me very much, and at times suffered the most excruciating pain in my bowels and throughout my whole frame, from which I am nearly free now.

My husband subscribed for the WATER-CURE JOURNAL, and purchased Dr. Trall's Encyclopedia, and by following their directions, although my recovery was so slow as to be hardly perceptible, yet the following summer I had so far recovered as to be able to do some light work, and walk half a mile.

In the spring of 1856, to the astonishment of those who thought me insane to attempt the use of water, I was restored to comparative good health, and am now able to do my own work.

My treatment was—wet-sheet pack in the morning, sitz bath at 10 A. M. and 4 P. M., wet compress constantly worn, with sponging when feverish—emetics, and injections of water when needed—with strict attention to diet, exercise, and the laws of health.

Allow me to state briefly the case of a boy, some ten years old, attacked with what we termed inflammation of the bowels, which were badly swollen, and very tender on pressure. He suffered so much pain in them, as to have awoke us in the night with his cries of distress. He vomited constantly, and was, in fact, very sick. The treatment was thorough cleansing of the bowels by injections—warm water to drink, in small quantities to prevent vomiting—wet-sheet pack in the morning—sponge-bath at 10 A. M.—cold wet cloths on the bowels changed once in five minutes, when they became warm—and plenty of water to drink. The result of this treatment was, that he soon recovered.

The Month.

NEW YORK, MARCH, 1857.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

MARCH WINDS.—March is said to be an especially trying month for invalids. Doubtless this was true in the olden time, when diseases were left more to "nature," and meddled less with by the doctors. But, now-a-days, the strongest poisons, which medical men have, by a strange hallucination, come to regard as the best remedies, have so complicated our maladies, and filled the world so full of drug-diseases, that all months seem to be very trying to the sick. Indeed, the unchecked ravages of death all around us, at all seasons of the year, seem to indicate that the winds of March have much less to do with diseases and death, than do drugs and doctors.

Colds, catarrhs, croup, consumption, and bronchial affections are among the diseases usually regarded as more prevalent and more fatal because of the changeable weather and variable winds of the first of the spring months. Another reason which has been assigned for the prevalence of spring complaints, is the relaxing or irritating effects of the heat on the solids, the blood, bile, etc.

This, however, depends on the manner in which we have lived through the winter. If we have eaten plain, simple food, and kept the skin and other outlets for the effete materials free, bad blood and biliousness will not trouble us because the "cold term" has left us. But those who have reveled all the long winter on pork and sausages, fat meats and gravies, hot short-cakes and fine biscuits, may expect, with "fear and trembling," a visitation from the "adversary," in the shape of a "bilious term" of some sort, or an inflammation of some degree, or a fever of some kind. The outraged and bedogged organism will have relief; the disease is the "critical effort" at depuration; and wise are they who "aid and assist nature" in this struggle, by a judicious adaptation of hygienic appliances, instead of stifling her efforts by adding poisonous drugs to morbid materials.

RHEUMATISMS.—Rheumatic affections are more prevalent than usual in some parts of the country. Rheumatic attacks of every

kind, when severe and attended with fever, are preceded by some unusual disturbance in the functions of the liver and digestive organs. This fact indicates obstruction in the liver as the primary morbid condition, and points to the true principle of medication.

The most common forms of rheumatism are the *inflammatory*, attended with a high fever and extreme tenderness of the whole surface, with inability to move or turn over without extreme pain; and the *acute*, often called *rheumatic fever*, which is attended with a violent fever of a typhoid or low diathesis, and a swelling, with heat, pain, and redness of one or more of the large joints.

Physicians of the drug-schools make bad work in managing acute rheumatism, because they confound it with the inflammatory. In this form, the patient will bear bleeding, salts, antimony, etc., without dying; but in the other form, these agents and processes are sure to kill or cripple for life.

Hydropathically, the treatment is very simple, and perfectly successful in both cases. The first requires the wet sheet, frequently renewed so long as the preternatural heat is sustained on the surface, and the latter should be treated with a wet-sheet pack whenever the feverish heat pervades the whole surface, with the application of wet cloths to all swollen and inflamed parts. When the fever has materially abated, the tepid wash or effusion may be substituted for the pack. In both cases the bowels should be thoroughly cleansed with enema. The patient may drink as much water as the thirst demands. No food should be taken until the fever has nearly subsided, and the coat on the tongue begins to clean off.

HYGEPATHIC LECTURES.—One of our esteemed female correspondents urges us to send abroad more hygeopathic lecturers. She represents the people in her place and vicinity as sadly ignorant of the laws of life, and almost wholly inattentive to the circumstances and conditions of health. And the same story, with slight modifications, could be told of the majority of places in the civilized world. An allopathic physician, Mrs. C. informs us, has been lecturing on Anatomy and Physiology, with "slantendicular" inuendoes at the awful dangers of Hydropathy, etc. Probably the sapient Esculapian did not let the people know that there was any danger from

"pothecary stuff." However, our lecturers will be in the field in due time, and then friend Allopath will have to give a reason, or give up the ghost.

THE BUSINESS OF BUTCHERING.—The *Independent* "comes down" on the nuisances of our city slaughter-houses in the following style:

"Manhattan Island has on the north thousands of accessible acres without a dwelling, or even a shanty, and yet in wards of this city most densely populated, the butcher's bloody trade mainly thrives. It is a safe estimate that the gored, mutilated, and killed—legitimate victims of cattle driving in the city—are fifty persons annually; but this is only a minor consideration to those which the city press has, up to this time, failed to notice.

It is something that respectable families, unable to endure the perpetual howling and bleating of starving stock waiting their turn, have given up their houses at a sacrifice; and one church edifice, in an otherwise good location, was vacated because of the nuisance of which we are writing. In any other city we have seen, the sight of water deeply tinged with blood washed from the places of slaughter, slowly passing down and sure to stop in places which send forth an infectious effluvia, would create an outcry, perhaps a resort to violence, if the city authorities failed to come to the relief of the complaining. But these are not the chief offences.

"These 'killing-houses' are moral pests. Where is the father so insensible to the future of his son, that from choice he is bound an apprentice where is seen the bloody knife and the death-struggles of helpless brutes? Mere children at first shudder in such a presence, and cultivated youth turn away from the demoralizing scenes which in rural places and in most cities are kept private as possible; but here on streets where Americans live—such as Houston, Rivington, Stanton, and First Avenue—the life of the bullock and the lamb is taken at hours when children returning from the day-school, and the Sabbath-school, may make minute observation without special visit. Hundreds of children may be seen about these places, where the doors are wide open to give air and light, and a gruff voice may be heard from within, 'Hurry along,' when the elder boy in an undertone whispers to the company, 'Let us wait till another kill.' To detail this is mortifying, and to see it is to know of a public school now preparing hundreds for a graduation in vice, for the existence of which hospitals and free academies will not atone."

Bloody trade! demoralizing business! a school of vice! a moral pest! And do men who flippantly write these harsh epithets eat the flesh of these animals? Aye, and roll it as a sweet morsel over the palate?

How soon would this bloody and demoralizing business, with all its brutal scenes and influences, disappear from among us, if human beings would govern their riotous appetites long enough to learn to love purer, better, healthier, and cheaper food? Is it right for any human being to be encouraged, supported, or patronized in such a business?

THE STATE MEDICAL SOCIETY ON PROHIBITION.—The New York State Medical Society, which met at Albany on the 4th

February last, had a discussion on the Temperance question, and unanimously passed the following resolution:

Resolved, That in view of the ravages made upon the morals, health, and property of the people of this State, by the use of alcoholic drinks, it is the opinion of the Society that the moral, sanitary, and pecuniary condition of the State would be promoted by the passage of a Prohibitory Liquor Law."

We trust our medical brethren will not weary in well-doing; and we hope, at their next session, we shall have the pleasure of recording that they have discussed and unanimously passed the following:

Resolved, That in view of the fact that all of our authors on materia medica agree that alcohol is a caustic and irritant poison, and destructive of vitality in every living thing, it is the opinion of this Society that the sanitary condition of the people of this State, and the most successful treatment of diseases, requires the total disuse of all alcoholic beverages as medicines.

DANGERS OF CHEMICAL MEDICINES.—When physicians send a medley of drugs into the human stomach, they never can know precisely what new poisons may be developed by the various changes which are constantly taking place with their ingredients. One of the delusions of the people consists in supposing that physicians have perfect control over this matter. This principle was forcibly and fatally illustrated at Baltimore recently. A physician ordered a preparation of cyanuret of potassium and lemon juice. Some of it was given to a child, which immediately expired. The physician, ignorant of the chemical nature of his own prescription, supposed the apothecary had made a mistake, and so accused him. The apothecary, equally ignorant, was sure he had put up the prescription as ordered, and to attest his confidence, swallowed some of the medicine, and *died in a few minutes*.

The rationale is this: Cyanuret of potassium is a salt composed of prussic acid and potash. The citric acid of the lemon juice combines with the potash, forming a citrate of potash and setting the prussic acid free. In the above preparation there was a sufficient quantity of prussic acid (one of the deadliest poisons known) set free to have destroyed three hundred persons!

THE PUZZLE OF PUZZLES.—Certainly there never was a more perplexing question to most minds, than the rationale of the effects which result when drugs are brought in contact with the vital domain. We are

written to on this question from all quarters, and each writer seems to have some peculiar notion about it. As we regard the problem as the basis of all reform or improvement in medical science, we are willing to consider almost every thing, relevant or irrelevant, that can be suggested against our theory. A lady, "H. B.," has raised the following objections to the doctrines we have advocated:

"If an individual take four ounces of strychnine, prussic acid, or other poisonous substance, death ensues. Now, what produces the result? Is it the action of vitality on the substance, or is it not the action or effect of the poison on the living system, which causes death? How can the action of vitality destroy itself?"

"Take, for example, a nervous patient who has passed days and nights without sleep. Administer a certain quantity of morphine, and slumber ensues. Now, is not this a plain, evident action of a substance on the living system? If it is not, please tell us *how* the vitality can so act on the morphine as to produce a state of unconsciousness of the patient?"

"If, as you assert, the stomach loses its power, wastes its strength in expelling whatever tonic medicines are taken, how can it be possible for a feeble patient to recover, as they do, while tonics are constantly being taken into the system?"

Well, Hannah, you have stated the other side of this controversy in a stronger light than have any one of my male opponents. But I think your questions are very easily disposed of.

Vitality destroys itself on the same principle that a person exhausts his strength in excessive labor, or that a nation exhausts its energies in warring against enemies. The poisons you mention are enemies. The vital structures exert themselves to defend the system from their presence, or to remove them. This exertion is remedial effort; it is disease, and may be so violent as to destroy the tissues, just as your arm may make so powerful an effort as to break some of the blood-vessels or tendons.

In the case of morphine, the vital energies which were previously exerted toward the brain are diverted to the stomach, where the poison or enemy is to be combated, thus leaving the brain inactive or stupid. Instead of the drug acting on the brain, the vital powers are drawn off from the brain to defend the stomach.

Feeble persons may recover their usual health in spite of tonics, just as emaciated persons may recover their bulk in spite of a poor kind of food. But in both cases there is a needless waste of vital power, and consequently a less perfect recovery.

ARTIFICIAL EARS.—The most ingenious contrivances for enabling the partially deaf to hear with greater facility are the artificial auricles invented by Edward Haslam, of this city, an engraving of which appeared in the last WATER-CURE JOURNAL. The instruments seem to be constructed on scientific principles, and are much more convenient than any thing else we have seen. We commend them to all who have ears but hear not. An especial advantage which they have over all other "ear-trumpets," and which will be appreciated by the afflicted, is the fact that they can be entirely concealed from observation.

PASSING AWAY.—The New Hampshire *Medical Journal* gives a gloomy account of the prospects of the allopathic journals of this country. They seem to be in a kind of galloping consumption. We quote:

"Journalism is a losing business. Within the last thirteen months the following journals have been discontinued, viz.: *Western Journal*, Ky.; *Louisville Review*, do.; *Medical Examiner*, Philadelphia, Pa.; *Medical Counsellor*, Columbus, Ohio; *Northern Lancet*, Plattsburg, N. Y.; *Medical Times*, New York city; *Southern Journal*, Knoxville, Tenn.; and *Medical Reporter*, West Chester, Pa."

Eight of the bright luminaries of the drug system gone so soon! What in the world was the matter? If the brethren won't have them, why don't the people support them? However, it may be all for the best. Indeed, we have a comforting hope that another thirteen months will write the epitaph, "not wanted" on as many more of them.

RAW PORK versus FRIED PORK.—The medical journals are just now discussing the grave and greasy question, whether *pork raw* or *pork fried* is the best and most nutritious food? Several eminent medical philosophers have uttered their notions on this wishy topic through the *Boston Medical and Surgical Journal*. But, as in all other cases of a similar or dissimilar character, they can't agree "at all at all." One thinks that the raw commodity, being more digestible, affords the greater amount of nutriment; another thinks that the same raw article is less digestible, and for this reason is more slowly used up, and so "supports" the system longer than the *fried* ar-

ticle. A distinguished chemist reasons in this wise: The *frying* of the pork saturates the fibres with the fatty particles, so that they (the fibers aforesaid) are less readily permeated by the gastric juice. But whether this makes it "gooder or worse," he forgets to inform us. A physiologist, not unknown to fame, takes an exact contrary view of this very perplexing, yet remarkably interesting problem. We hope these learned gentlemen will continue going the entire animal in their experiments; nor cease eating *fried and raw*, interchangeably, until some satisfactory conclusion is arrived at. Our own opinion is, that those who swallow the least of either will be the best off; but that is neither here nor there. Gentlemen M.D.'s, what is the difference in nutritive value, or in scrofula-producing power, between *raw pork* and *fried pork*?

NEW YORK HYGIEO-THERAPEUTIC COLLEGE.

To the Honorable Members of the Legislature of the State of New York:

A petition has been sent to your honorable body to charter the New York Hygieo-Therapeutic College. The petition has been noticed in the Assembly, and referred to the Committee on Medical Schools. I am informed that the chairman of that committee, Dr. Paul, an allopathic physician, has signified his intention to report against it. When I consented for the petition to take that direction, it was understood that Dr. Paul would report it favorably.

Last year the petition was referred to the Judiciary Committee, because Dr. Bradford, another allopathic physician, who was then chairman of the Committee on Medical Schools, expressed himself adversely to it. It was, however, reported unanimously by the Judiciary Committee, passed the Senate and House by a very large majority, to its third reading, and was only lost because the Legislature adjourned with a large amount of business unfinished.

I call the attention of the members of the Legislature to the following brief statement of facts, bearing on the measure before them, and their duty in the premises.

The school for which a charter is desired has been in existence four years. It has a full complement of teachers, and gives a thorough course of instruction in all the branches of a medical education. Its graduates are in good practice in various parts of the United States, as teachers of the laws of health and practitioners of the healing art. The school will continue to exist, and its graduates will continue to go forth, with or without a charter, and with or without justice at the hands of the Legislature, and with or without mainly consideration or professional meanness on the part of medical men of a rival system.

But we shall continue to ask of you what we can demand as a right. We base our claim to a

charter on the following facts, each one and all of which we will prove to your honorable body whenever you will give us audience or other opportunity. Our students are qualified to teach the people the *prevention of disease*, as well as to practice its cure, a feature unknown to any other medical school.

Our students are taught a more successful method for curing diseases than is taught in any other medical school, their remedial appliances being hygienic agencies alone, thus dispensing with all the poisons of the apothecary shop, and avoiding the horrible drug-diseases which are filling our land with miserable wrecks of mortality and broken-down constitutions.

Our school teaches the *true science of medicine*. The popular schools teach a *false system*. Their system is based on *false premises*, and hence nearly all its problems in pathology and therapeutics are erroneous. They teach a false doctrine of the *action of remedies*; a false doctrine of the *nature of disease*; a false doctrine of *etiology*, or the causes of disease, and a false doctrine of the *laws of vitality*, on which all correct medical science must be based.

We have offered, and now through you repeat the offer, to prove these positions, either in argument before your honorable body, in discussions through the newspapers, or in verbal controversies in public halls, or in any other way that medical gentlemen opposed to our system may appoint, so that the merits or demerits of our respective systems may be brought fully and fairly before the public.

We offer also to prove the superiority of our system of practice in any convenient way. We will, if permitted, go into any of our large public hospitals at any time, and, at our own expense, treat similar cases side by side with the physicians who use drug remedies. We will make no exception to any kind of diseases, but will agree to rest our system on our superior success in treating all diseases, of whatever name or nature.

In asking for a charter we want no favors. We wish merely equality. We ask to have the privilege of giving our students legal and "regular" diplomas, whenever they are qualified to practice the healing art. Their qualifications may be ascertained in any way the Legislature may please to appoint. We are willing to be placed under all the obligations of other medical schools, and then we want the same "privileges and immunities." We do not object to have all allopathic physicians as censors when our students are examined. Nor do we ask or expect money from the public treasury. Appropriations may continue to go with the popular current. The public purse, as heretofore, may be opened liberally to aid and endow the already rich, strong, and powerful—those who would crush us out if they could, simply because we have a better way for preventing and curing diseases, and the boldness to proclaim it to the world.

In conclusion, gentlemen of the Senate and House of Representatives, we ask respectfully, and demand firmly, equal rights with other medical men, and equal privileges with other medical schools, while we offer to prove the superiority of our system and the justness of our claim in any way and by any test your honorable body may indicate.

R. T. TRALL, M.D.,

Principal N. Y. Hygieo-Therapeutic College.

DISCUSSIONAL.

DR. ANDERSON TO DR. TRALL.

DEAR SIR: In the October number of the WATER-CURE JOURNAL, affirmation 8th, you assert the identity of "*Contraria Contrarius*," and "*Similia Similibus*," and that both are *misunderstood* by their advocates.

Now, my dear sir, having practiced Hydropathy exclusively from 1850 until within the last two years, having adopted Homeopathy, I feel like taking issue with you on this assertion. You, like all others who change from one profession to another, are too apt to run wild in its behalf.

Now, sir, you must excuse me when I say that Hydropathy, your darling and adopted child, is *as really* and *as essentially empirical* as old paint, dyestuff, and chemical Allopathy itself, for *she* is founded upon his indications of cure, whereas Homeopathy, which is founded on a true principle, is truly a *Science of Cure*. I need only advert to the *founders* of the two systems to begin the issue with you.

The destructive therapy of Hydropathy is water, water, water all the time. This is a distinctive mode of curing, brought into isolation by a Mr. Priessnitz, of Austrian Silesia, a man in the most common walks of life, *unlettered and undisciplined*, yet of a very heroic turn of mind.

Now, sir, how is it with Homeopathy? Was not its founder and promulgator one of the most profoundly learned and scientific men of his or of any other age? Yet a disciple of the *ignorant* wishes to instruct the disciple of the learned. Your late attempt to change your name is too significant to go without a passing notice from me. In order to get rid of the one-idealism of Hydropathy, you want to *assume* a new name, that of Hygeopathy! thus hoping to parry the attacks of adversaries on a broader platform! This I take to be a direct proof of your instinctive sense of inability to sustain Hydropathy. When did the Goddess Hygea especially adopt Hydropathy, and commission hydropaths, as her only proper media, to direct the appetites of mankind? Show us your diplomas! Your present position shows you off in no very amiable light, indeed. Why, my dear sir, you are down upon Allopathy with all your impotent might, and you try to prove that *he* is the prince of quacks, because *he* uses remedies from all the kingdoms of nature, as you seem to think, on purely empirical principles, while at the same time you propose to fill all his choicest theoretical indications with—

Water from the spring,
Water cold and warm,
Water is the thing—
Water in some form!
Water all the time—
Water from the earth—
Water in each clime—
Water, water, water!

Do you *think* (allopathically) that *emesis* is needed? Water is used to produce it.

Is *catharsis* needed, water is the thing for it. Do you wish to produce *diarrisis*—water, water, water. Indeed, sir, the water-cure physician is but an allopath without the pill-bags, for he diagnosticates, prognosticates, pukers and purges, and antiphlogisticates, but with a different remedy. To speak honestly, sir, this is but trying to reduce the noble science of cure to that of a trade in *tubs, sheets, and syringes*.

There are many ways of trying to do right, and they can be tried in no good way—one in which the right can be brought out so that wrong will have to hide its ugly head.

Now we both admit that poor old Allopathy, with its *paint, dyestuff, and chemicals*, only needs pushing over, and it falls to rise no more forever. But how can this be done? Is the real and proper question.

Let me tell you that if you think Water-Cure will do it, you are in error, and *misunderstand* your own position. Water-Cure is as really heroic and allopathic as it is possible for a system to be, and to try to succeed with it is truly utopian, for it is dividing the house against itself, and it must

fall in the end. No empirical system, founded in illiterature, and sustained mainly by heroism and heroic assertion, can predominate in this age of the world, and the sooner you understand it the better for you. Comparing Allopathy with Hydropathy is like fighting to maintain peace. It is but introducing heroism to quell war, and this is truly ludicrous, indeed.

Thus, in my way, I have said that Water-Cure, being pure empiricism itself, can not stand against Allopathy, which is the organization of empiricism, and both being antagonistically and heroically allopathic, can not supply the human family with what is called for most earnestly and piteously.

I have written this letter hastily, and for the sole purpose of eliciting truth, and truth only, and therefore hope you will receive it as such in the true spirit of a reformer, and remember that those who tell us of our faults are our best friends.

The sooner you demonstrate the absurdity and allopathic evil tendency of Homeopathy the better. This I am bound, as you will see, to bring out of you, and you will now spoil a horn or make a spoon.

DR. TRALL TO DR. ANDERSON.

The above "wishy washy flood" of your own criticisms on your own misrepresentations of the system I advocate, I reply to mainly because it is to perfect a specimen of the way in which the learned doctors of the drug-schools are prone to discuss scientific questions with the disciples of our school.

As your "argument" is addressed to me personally, I take it for granted that you object to the system of Hydropathy as I explain and practice it. Now, you either know what this system is (for I have many times explained it and in many ways published it), or you do not. If you do, it is dishonest in you to so misrepresent it. If you do not, it is your duty to ascertain before you offer to controvert or denounce it; for otherwise your labor will only amount to a kind of "sounding brass and tinkling cymbal."

The distinctive therapy of our system is *not* water, but *hygienic agents*. The facts that Hahnemann was an educated physician and Priessnitz an illiterate peasant, do not make the system of either true or false; nor do they prove that the disciples of either are right or wrong. Homeopaths generally do not practice at all according to the teachings of their great master; nor do Hydropaths generally follow the routine of Priessnitz.

You insinuate, in a very mean and sneaking manner, that I have no diploma. Therein you have made another mistake, though I do not regard the diploma as in any way affecting the truth of any proposition I advocate or deny. "The day is coming, and now is," when scientific truths or falsities are to be decided in some other way than a comparison of "sheepskins." I have said, and now repeat, for your special edification and consideration, that "*Contraia Contrariis*," and "*Similia Similibus*," etc., are identical, etc. I will give the puff, so that in your next you may have something to controvert, instead of wasting your strength in trying to "blow up" something that you have no clear idea of.

Homeopathy professes to cure a given disease by inducing a *similar* drug disease. Allopathy pretends to cure a given disease by inducing a *different* drug disease. In either case, it is a drug disease in place of the original. A drug disease

(be it big or little, allopathic or homeopathic) is *the resistance of the vital powers to the drug*; and *this is the law of cure*, and the only law of cure there is about it. Now, sir, if you can cut this law into two pieces, and make one work one way, and another some other, do so, and you will have made a point worth talking about. When you do this you will have no trouble in "bringing out of me" all you wish, and perhaps more, on this interesting subject.

Should you essay another onslaught, please give me and an admiring world your "local habitation" and your *full* name, like an opponent who is not ashamed of himself; and you know what ungenerous suspicions might attach to a dog that barks from behind the fence. R. T. TRALL.

To Correspondents.

ANSWERS IN THIS DEPARTMENT ARE GIVEN BY DR. TRALL.

NATURE OF DISEASE.—R. B., Brooklyn, N. Y. A writer in the February WATER-CURE JOURNAL defines disease to be an *inability* of the organs. Is this your opinion?

Our opinion, which has been many times stated in this JOURNAL, is very different. Inability is just nothing at all; and disease is certainly something. Disease is *emotional action*. Exactly the opposite of "inability." It is an effort of the system to get rid of morbid matters; in other words, it is vital action in relation to things injurious; as health is vital action in relation to things useful. This is as plain as the nose on one's face, yet it seems to need a beetle as big as a moderate-sized mountain to beat it into the craniums of medical men.

DEAFNESS.—M. W. K., Livingstonville, N. Y. Your difficulty is mainly owing to thick and viscid blood clogging up the fine capillary vessels. First cure the dyspepsia by sitz-baths, moderate and frequent exercise, and a course, plain diet. Use no milk, butter, nor sugar. If the deafness is not then relieved, go to a good water-cure for a short time.

PORK AND TOBACCO.—S. S. H., Hollowayville. Will you answer the following in your WATER-CURE JOURNAL, and oblige your warm friend?

There are several families around me who violate all the known laws of hygiene: use hog, grease, sausage, *hot short cake*, strong coffee, and tobacco, *excessively*, inhale impure air day and night, except when out of doors. Yet they are in the enjoyment of *uninterrupted* health, so far as I can judge, being active, lively, cheerful, and laborious; their children are ruddy, rosy, and stout. Such is a fact, and one that to me is inexplicable. I believe in and practice hygiene, as defined by you, but the above facts beat me. Please explain.

Some constitutions are able to endure unphysiological habits during many years, and to bear against prolonged outrages, especially if the mind is not much taxed. Nature always does the best she can under maltreatment. Yet if the penalty be for a long time averted, it comes, finally, with accumulated interest, and the victim of unregulated appetites sinks at once, or drags on hopelessly through the remnant of life. In any case, enjoyment is lessened and life shortened. The cause of disease are now surely though silently undermining the health of the persons you mention.

DISEASED LIVER AND LUNGS.—A. W. M., Jansville, Pa. Ten years ago I was seized with a slow cut pain in the left lung, or any way, the left side of my chest. My finger end would then cover the pain. For five years I went through a process of drug doctoring, and at the end of that time getting no better, I left off doctoring and studied the water-cure; but I am at the end of another five years no better. I have pain all over my chest, now a slight cough, and expectorate greenish mucus. For two and a half years I have slept hood, and have sometimes a pain between my shoulders, but not often. Sometimes I have a sort of twitching pain in my left lung under the arm and down to the elbow joint; this occurs but seldom. During the whole of these ten years I have never lost one pound in weight that I am aware of. I have attended to my daily business and have never lost a single day through this complaint. I can eat my three meals a-day as

well as any man. I can sleep as well as any man. I am of a healthy family; some of my fore-fathers are now living, nearly one hundred years of age. I can follow my employment as well as ever, but I do not sleep, while in bed, can not afford to go to a water-cure establishment. I can not climb hills without panting sorely. I walk several miles every day on level ground, and I wear my usual employment consists of. Now, what am I puzzled with is to know what my complaint really is. Will you have the kindness to give me an opinion on the WATER-CURE JOURNAL, at your earliest convenience, and oblige?

You have an enlargement of the liver pressing upon the lungs, and possibly a me degree of tuberculation of those organs. Adopt a rigidly plain and simple diet, and a mild course of bathing by dripping sheets and sitz-baths.

PREGNANCY.—MRS. C. F. M., Milwaukee, Wis. Take a warm foot-bath before going to bed at night, and lay a cloth wet in cold water on your head; w or the wet girl at night. Take a low-bath on rising in the morning; before and after the bath have your feet and legs rubbed by two bare hands (not the hands of *two persons*); two or three hours after dinner, daily, take a sitz-bath, of five minutes, at the temperature of 73 degrees. Never eat enough to cause the least uncomfortable feeling afterward, and let your diet consist ENTIRELY of fruit, vegetables, and bread made of unbleached meal. Use no condiments. Evacuate the bowels daily—keep them *free*; if necessary to this, use enemias of simple water. Send ergot, with all other poisons, to the dogs, if you wish to kill them. As to books, read the Encyclopedia, the Hydropathic Cook-Book, etc.

GENERAL DEBILITY.—H. S. B., Berlin, Wis. About eleven years ago my left hand and arm began to pain me very much by spells, and have continued to do so ever since. Sometimes, if I do not work very hard, it does not pain me, but is not strong. But a little exertion of the muscles causes severe pain and a very strange sensation. I can think of no other better comparison than to place the hand in very cold water above the elbow, and keep it there until it becomes numb and stiff. It is also accompanied with a soreness and aching between the shoulders. While in this painful state, I cannot get on with my work, and I am thirty-five years old, never enjoyed very good health, have been bleed, *not* and drugged in my satisfaction. About two years ago, I commenced a study of the WATER-CURE JOURNAL, and as I believe in hydropathy, practice it to some extent, drink no tea or coffee, eat no fat meat, and eat very little of any kind. My general health has improved, but I have not been able to get on with my work much; sometimes it is almost useless and sometimes quite comfortable. I have a son seven years of age, complain much the same as of his right hand; it is very different sometimes for him to use his knife while eating. I do not know that he has hurt it. Has never taken medicine except for cough; he takes his albaty. What is the cause, and what is the treatment for him?

The remote causes are to be looked for in your personal habits, modes of life, and the dragging, etc., of which you speak; the proximate cause doubtless is, bodily obstruction and defective circulation. To equalize the circulation take a daily bath, using much friction both before and after it all over the body, especially on the abdomen, chest, and lower limbs; a warm foot-bath on going to bed; wear a wet girdle at night. Avoid all constricting food; eat such only as keeps the bowels free, and be sure to eat no more than your system can use without the least inconvenience. Use in your food no grease, salt, nor spice. Feed your child the same; keep books on him; let him run out of doors; keep his bowels open with injections, if necessary; bathe him daily.

DUODENITIS.—T. J. E., Indianapolis. I very often have weak spells just before meal times, when I am very hungry. About two or three hours after I eat I get very hungry, but if eat I get no water. I feel as if I were making to collect in my stomach, and the food feels producing irritation and thirst. If I lay on my back and protruding and relaxing my abdomen, I can feel the water in my stomach producing the sound like a jug when partly full of water and then shaken. This will be the case when I drink no water. I feel as if I were making, always craving for food, but yet when I eat it makes me feel very bad.

You have a diseased liver attended with a chronic inflammation of the upper portion of the bowels. Wash the water daily, use two or three tepid sitz-baths every day. Eat only plain, simple food, as coarse bread, fruits, and vegetables. Avoid vinegar, spices, grease, and milk.

CHRONIC HEPATITIS.—I. T., Westville, Ind. I have been sick over two years and taken much medicine during that time without benefit. My physicians have diagnosed it locating my disease; some say it is enlargement

of the heart. The symptoms are palpitation and throbbing of the heart, especially after eating and on taking exercise; at times pain in the left side near the heart, pain in the shoulders and between the shoulders, pain in the breasts, pain and soreness in the stomach, bowels, and in the right side under the ribs, and greatly troubled with flatulence; pulse frequently 90 to 100, sometimes 80 to 60; but little cough; in the morning bowels pass a good deal of bile, and at night the stools are greatly troubled with coldness; all the time excessive. I am still going about, but unable to take much exercise. Very weak in the knees. Now, Doctor, what do you suppose to be the matter with me? Do you think I can be benefited by the water-cure treatment?

Your case is a plain one—Chronic Hepatitis—if you have given the symptoms correctly. You can be benefited by proper treatment. If you attend to it now, you can probably be cured.

THE SEX QUESTION.—C. S. P., and others. We have received lately several communications, in each of which the writer has advanced an opinion or theory on this subject. We do not publish them for the reason that most of them are mere whims or vagaries, and all of them are absolutely disproved by the facts in our possession. Mere speculations on this subject are not worth publishing.

FROZEN POTATOES.—R. F. S., Muncy, Pa. The weather has been so intensely cold here, that all the milk is frozen solid, and you can not get any more. I am a great admirer of your WATER-CURE JOURNAL, and what a person is to eat? For my part, I can live as long as I have roast potatoes and cheap bread.

We are troubled to answer your question satisfactorily. We can prescribe turnips, carrots, parsnips, cabbages, beans, peas, etc., as substitutes for the *fox* in potatoes, yet how do we know you have them? A person can do very well for a few weeks or months on "bread alone," and this may be made of corn, rye, oats, barley, wheat, rice, or huckle-wheat, and how can we know whether you have these? So there it is again.

As an extreme resort we could not object to your killing and eating your horse, ox, cow, sheep, dog, cat, or pig, (but this, if you are a Christian, you have no right to keep); yet we can hardly imagine a combination of frozen circumstances so desperate.

HADLEY STATION, Illinois.—Somebody has sent us a prepaid envelope from this place, with a request that we answer certain questions by letter. But as there is no name on the envelope, nor in the letter, we can not comply. Please send along the name. The expense of the letter you seek is \$20.

HUMIOR.—J. B. S., Wisconsin. Will you please to answer, through the JOURNAL, the following questions, and oblige a subscriber:

What is the best treatment for a feeble infant of six months, that is troubled with what is usually called a bad humor, indicated by a rash over the body generally, but mostly inclined to center to the face and head, and all of which the eyes lids disappear at times, causing inward distress and heat in the head followed by extreme languor? What should be done to bring it to the surface? Is there danger of disease to the brain by too cold situations? Would it be wise to wear hair at that age, or better to have the diet obtained from a dyspeptic mother? What would be the best treatment? What is the cause of the cheeks swelling on taking cold?

Give the child a tepid bath every day, and a warm bath whenever the humor seems to strike in. There is danger of cold sitz-baths. It is better to wear the child than to nurse it if the mother is very dyspeptic. In this case it should be good cow's milk. The cheeks swell because of the humor.

BILOUSNESS.—D. S., Worthington, Ind. Can you give me, through the WATER-CURE JOURNAL, a course of treatment for a constitution which has suffered frequently from severe attacks of cholera morosa and bilious cholera. Smoking tobacco has been prescribed by several physicians as a preventive, and seemingly answered at times, but I don't like it for it wears again at the nerves. The intestines seem to be weak and easily irritated to congestion from the repeated attacks, and the stomach is subject to dyspepsia. Any counsel will be gratefully received.

What is the best general diet for the time: take frequent cool, but not very cold, air-baths, and eat mainly coarse bread, with fruits and vegetables.

DYSPEPTIC.—A. P. S. I am troubled with a weakness of the liver and stomach; any disturbance of my system affects those two organs, and I frequently feel sick at

my stomach as if I wanted to vomit. Up to thirteen years of age I enjoyed good health, but since that time this weakness has been my chief affliction. I am a female, possess the motive and vital impressions large, mental full, and am engaged in the military business. With this exception enjoy good health. Please tell me what I must do to overcome this weakness.

We can not tell what it is, yet you as well from your occupation and temperance as we could from your habits of eating and drinking. Such symptoms are usually owing to unspiciating food, and the "weakness" is curable by a correct dietary.

CONSTIPATION.—J. C. H., Marango, O. What would you do to create action in the bowels in such a case? How long would it do to suffer the bowels to remain inactive under proper treatment? What should be the diet? or should any food be taken? The patient thinks he has been injured by injections, by washing away the juices and rendering the bowels inactive. Can they be injured in this way?

1. Apply a wet compress to the abdomen; use injections of tepid water, and manipulate the abdomen much and often. If it is not sore or too tender. 2. The nature was ready to act. 3. Keep from the pulsat the bread of bolted flour, and warm cakes, chicken, etc.; give a little gruel and a cracker made of coarse meal—cracker to be well masticated—unleavened bread, made of meal containing the bran just as nature mixed it with a baked apple, used as condiment. As to washing away the juices, it is a faceted evil; the "juices" are scattered when the structures pour out their fluids to wash away drugs, which they will tolerate as long as they can act against them. 4. Yes, they can be injured; any thing of itself good, can be abused.

DEAFNESS AFTER SCARLET FEVER.—E. M. S., Sherman, N. Y. Some six years since I had the scarlet fever, employed a drug doctor, and finally got well, but just deafness left to hinder me from doing business conveniently. Have always slept on every thing in general, never have had meals or sleep regular. Do you think that I could be cured by the water-cure practice?

We have known such cases to recover under hydropathic treatment, and can see no reason why you are not curable.

CORK SOLES AND UNLEAVENED BREAD.—O. B. P., North Potsdam. Are cork soles healthy for every day use in winter? Is unleavened bread light? Is heavy bread of any water-cure practice? Our folks not being fully persuaded, do not like to make unleavened bread.

We see no objection to cork soles. Unleavened bread, when well made, is always as light as good bread ought to be, though not puff-up like bakers' loaves. "Heavy bread" is an indefinite term. If well mixed with air by the kneading process, and then properly baked, it will be perfectly healthful.

A COLD-WATER HUMBUGGER.—A correspondent writes from St. Lawrence County, "I find that many people about here object to hydropathy because they have been humbugged in this vicinity by a doctor who used cold water in all cases and lost some patients, thus deceiving the people with regard to the true system of water-cure."

We have heard of several just such ignominious. They ought to be subjected to their plan of treatment, and that would soon rid the world of them.

EXCISION OF THE UVULA.—T. S., Flemington, N. J. Will the editor of the WATER-CURE JOURNAL please answer in JOURNAL, whether cutting off the uvula is proper, even in protracted elongation? If not, what is the proper treatment? There is a complication of disease accompanying dyspepsia, skin-disease (eruption upon the limbs is cold water), a tendency to diabetes, or some disease of the kidneys. After months of general water-treatment and careful diet (as to quality the palate remains relaxed and contented with the most of vegetable diet).

It is perfectly proper and desirable to cut off a part of the uvula in the case you mention. The operation occasions no inconvenience, and scarcely any pain.

ANTIDOTES.—E. L. B., Falmouth, Me. In your answers to my queries in the January number of the WATER-CURE JOURNAL, concerning Antidotes and Condensed, you mention that certain persons are cured of malaria by them.

Do not the allopathic doctors administer their medicines on this principle, and give their calomel and opium with the idea that they remove the effects of malaria or other poison in the system, in cases of crisis disease, as for instance, fever and ague? You of course denounce the use of such drugs, but it is possible that harmless antidotes might be used with benefit in connection with water-cure in some cases of disease?

And in regard to condiments, do you admit or deny that a want of certain ingredients in the system may be induced by bad habits of living, and that want supplied by taking in your food such articles as contain them?

We are the cause of, and what the remedy for, a lameness and soreness, particularly in the morning, in the muscles of the back just below the short ribs, in rheumatic pains in various parts of the body? Morbid appetite and bowels costive, and on occasion of mental excitement, no stomach. Also had much ulcers of the throat.

The idea of "neutralizing" the effects of malaria" is simply ridiculous, as you will discover if you undertake to try it; those effects are, and how you will neutralize them. Tell that and see. Tell us what a harmless antidote is, and how we will answer your question. If you can not do this, the fair presumption must be that there is no such thing. Consideration is your trouble, and compensating food and other habits the cause. Correct these and you may be well.

CUTANEOUS ERUPTIONS.—H. D., Wisconsin. Does disease of the liver cause a person to break out nearly all over with dark spots on the surface of the skin; sometimes severe headache; sometimes a chill; sometimes severe pains in the shoulders and arms? If so, what is your remedy to effect a cure?

1. Yes. 2. Plain, simple, coarse, farinaceous and frugivorous food, and a daily bath.

GALVANISM, ETC.—E. S. S. Will you please answer the following question. If you can not do this, the fair presumption must be that there is no such thing. Consideration is your trouble, and compensating food and other habits the cause. Correct these and you may be well.

Galvanism, etc.—E. S. S. Will you please answer the following question. If you can not do this, the fair presumption must be that there is no such thing. Consideration is your trouble, and compensating food and other habits the cause. Correct these and you may be well.

ACID CURING ACIDITY.—J. G., Wellsburgh. A person that has had the dyspepsia for twenty years, with a stomach with an acid in it continually, has commenced the use of cider that is somewhat sour, with great benefit. Will any injurious consequences follow? And, also, how do you account for an acid counteracting an acid?

Various acids will arrest fermentation, and thus prevent to some extent the development of acids. Alcohol, brandy, arsenic, and a hundred other things will do the same. They may seem to be useful for a little time, but in the end they invariably make a bad matter worse.

DISEASE, ETC.—M. L., Belpre, O. 1. Is not the primary cause of all diseases morbid matter or impurities in the system? 2. When a person is taken sick and the system is soon cleansed from these impurities, is not the work done and the person well? 3. When I stick a thorn in my finger, does the system get up an inflammation to rid the system of the thorn, or does the thorn irritate the part and produce disease? 4. Has a, or nearly all, that is venous in anatomy, physiology, pathology, surgery, and chemistry, sprung from the old ius alioopath?

1. The proximate or essential cause is the impurities, though the primary cause may be further back. 2. Yes. 3. B. S. The thorn irritates, or, in other words, arouses the vital power to expel it, and this action to get the thorn out is called irritation, inflammation, etc. 4. No. Many important facts and principles have been discovered by members of the faculty, but more by outsiders.

AGE AND RHEUMATISM.—I. D. S. 1. In a malarious district, where fever and ague is prevalent, how should a person live so as to prevent contracting the disease? 2. When the disease is contracted, what is the best home-treatment for it? 3. How should a chronic rheumatism confined to the hip and spine be treated?

1. Live healthily in all respects. 2. Warm baths in the cold stage, and wet-sheet packs in the hot stage, are very good plan. 3. According to the circumstances of each case. No two are precisely alike. Describe the case and then we will tell you.

DIAGNOSIS.—N. K. F., Pa. Do the following symptoms indicate enlargement of the heart? If not, what do they indicate? and what would be the best course to pursue to remedy them? An occasional pain in the left side about the region of the heart, and about and between the shoulders, and sometimes a sort of suffocating feeling, or an effort to get breath for a short time after retiring to the couch.

The symptoms indicate an enlarged liver. Treat the cause as a common "liver complaint." See Encyclopedic, chapter—Indigestion.

WORMS.—T. C. Washington, Mich. Continue not to give your children vermifuge; let them run out in the open air, and feed them at regular intervals with simple, coarse food, such as unbolled, unsifted, un-sweetened or corn-meal bread, with vegetables and fruit. Exclude from their diet salt, sugar, and butter. Continue their daily bath. *This course will cure.*

FOUL STOMACH.—L. V. A., Tennessee. Will Dr. Traill please answer through the WATER-CURE JOURNAL what way to cleanse the stomach when it is very foul, and from it the sore throat comes?

Drink water moderately for one or two days, and eat little or nothing. The stomach will then be perfectly clean. But if you would cure the sore throat you must afterward adopt a plain and physiological diet.

TORPID LIVER.—B. S. T., Bentonfort. All of your esoteric systems originate from a torpid and swelled condition of the liver, which nearly all school-teachers who "board around" are subject to. Your management is about right. Eat rather less than the appetite craves. Avoid milk. The evening meal should be very light and without drink. As to being cured, you can have the best use of all the constitutional stamina you have left, and that is all the cure which any person can get in any case.

DR. PETERSON ON MODUS OPERANDI.—The promised rationale of drug-medication, by Dr. Peterson, is in hand, but was received too late for the present number. It will appear, with the reply, next month.

CHRONIC LARYNGITIS.—H. B., Kenosha, Wis. The soreness, hoarseness, pain, expectoration, etc., in your sister's case, indicate a chronic inflammation of the mucous membrane of the upper portion of the windpipe. It is always a dangerous affection, and if it extends to the lungs the result will be fatal consumption.

She should adopt a very plain and abstemious diet, avoid meat, eggs, and milk. Wear the wet compress about the neck; take a tepid sponge-bath daily, and one or two hipbaths at about 7 P.M.

PHOSPHATE OF IRON.—P. J. H., Fair Play, S. C., sends us an ounce of a powder which his doctor prescribed, and which he was "fool enough" to take, and asks us to analyze the stuff. The *ma diem* is phosphate of iron, much used by the druggapaths in cases of nervous debility. The various questions you ask are fully explained in the Hydropathic Encyclopedia.

ACIDS AND ALKALIES IN BREAD-MAKING.—E. A. I., Fitchburg, Mass. I have several times seen it stated that when mastic acid and soda are used for raising bread, that only a little of common salt is rmed in it. Will you please to tell the readers of the WATER-CURE JOURNAL wherein the above method is superior to the common one of using soda and cream of tartar, or sour milk? Also, what is formed in the bread by the soda and cream of tartar? and why soda is preferable to saleratus? Do you think that the saleratus made by James Fyle is as healthy as soda? Also, whether you think that the views advanced in the article headed Dietetic Use of Alkalies, by G. H. Taylor, in the first number of the Hydropathic Quarterly Review, are correct or not? By answering the above inquiries you will greatly oblige the subscriber.

Cream of tartar, as we find it in the shops, usually contains alum and other impurities which make it worse than mastic acid, provided this is exactly neutralized. Soda is less injurious than saleratus because it is less caustic. We consider the best saleratus as very injurious to vitals. We regard Dr. Taylor's views as correct.

THE WATER-CURE JOURNAL IN ENGLAND.—J. B., of Jacksonville, Ill., inquires if it would be "practicable to have clubs formed for the JOURNAL in England," to which we reply, Most certainly. We already send to regular subscribers there, by every mail, and there is no good reason why thousands of copies may not be circulated throughout Europe. The postage—prepaid here—is only two cents a number (34 cents a year) to Liverpool or London, and it is payable to any post-office in Scotland, Ireland, or any of the British provinces.

[Other "Answers," too late for the present number, will be given in our next.]

Literary Notices.

LECTURES ON CHASTITY.—A few years since, Sylvester Graham, author of the Science of Human Life, delivered a course of lectures on the subject of Chastity, both in and out of the married relation. Though addressed especially to young men, their teachings and admonitions are scarcely less important to married persons, and are intended, moreover, for the serious consideration of parents and guardians.

These lectures have just been published by Fowler and Wells, 803 Broadway, in a small Twenty Five cent book. They contain a fund of precisely such information as both young and old may profit by, with many startling facts and illustrations of the fearful consequences of perverted and excessive sexual indulgence.

Hundreds of young men have already been rescued from impending ruin by the diffusion of Graham's writings among them; and the extensive circulation of the work before us will, doubtless, exercise a saving influence on thousands of the rising generation, as well as a conservative influence on multitudes of the risen generation.

Appended to the work is a brief explanation, by Dr. Traill, of the bathing processes and dietary of the Hydropathic system, as applicable to the home-treatment of the diseases and indolent results from sexual abuse.

The following case shows how early parents and guardians may be deceived, and the great necessity for instruction on the subject of the Lectures:

In 1834 I presented a copy of the first edition of the foregoing Lectures to a gentleman of great moral excellence and ardent piety, and suggested the importance of his giving his attention to the subject, with reference to his paternal duty to his young son, then about thirteen years of age. The father was shocked at the idea of naming such a subject to his son, and exclaimed, "I never had any such thoughts of such a thing never entered the mind of my child! He has grown up thus far in innocence and purity, and I would not for the world say that he had ever been guilty of such instructions on such a subject. Depend upon it," he continued, "with great earnestness, "there is more danger in meddling with this subject than in any other. I have frequently read into depravity by such means that are saved from it." I endeavored to reason with him on the subject, but found it vain, and left him to his opinion. He then took his book and carefully looked it up, and never said a word to his son on the subject—so entirely confident was he in the purity of his son's mind, and of the gross impropriety of naming such a subject to him.

This father's confidence in the purity of his child was as well founded as perhaps any other father's ever was. His son had been the object of almost paternal solicitude and vigilance and prayer from his birth. Daily had the father taken him to the closet of private devotion. Daily had he instructed him in morality and religion. Never had the child been allowed to run in the streets and associate with other children. His society had always been selected with care. When he became old enough to go to school he was not permitted to attend a public school, but a pious female was employed to teach him and a few other children of select and pious families; and for several years after he was old enough to be under the instruction of a master, he was kept under the tuition of this female, lest by passing into a master's school he should be contaminated by the boys he would meet there. And, finally, when he was placed under the tuition of male teachers, it was always in the best select schools, such as the private schools of clergymen, etc., and the father's eyes were ever on him, lest by improper indulgence of the sexual appetite. But he had not the courage to name the subject to him. He therefore sent his son two hundred miles to consult the one concerning his health. Almost at a glance I perceived that he was suffering from a shocking abuse of himself. After satisfying myself as to the real cause of his difficulties, I put a copy of the second edition of the foregoing Lectures into his hands. He read it through with great interest, and on returning it to me observed that a copy of that work ought to be put into the hands of every youth. "It would have been of immense benefit to me," continued he, "if I could have seen it two months ago." He then, at my request, very frankly made the following statement: "You know," said he, "I have been very particular in regard to my teachers and the schools which I have attended; yet with all this vigilance and precaution on the part of my father, I was nevertheless a young man. It was while I was at the woman's school, and when only seven years old, that I was initiated into the practice of self-pollution. Other boys set me the example and led me

into the practice, and made me believe that it was mainly to follow it, and that by doing so I should become a man. With such notions and feelings I continued the practice till it became a confirmed habit of sensual gratification—increasing in frequency and intensity, until by the time I was thirteen years old, I repeated the indulgence as often as three and sometimes four times in twenty-four hours. I was subject to frequent and severe turns of indisposition, but had no suspicions that my sexual indulgence was in any measure concerned in producing them. Whenever I went to school I found the practice general. I have never known a boy in any school which I have attended that was not initiated to this practice; and from what I have seen and learned from others, I have no doubt that the practice generally prevails in all schools. And I am very confident that as most all those who are thus injuring themselves are wholly ignorant of the pernicious effects of their indulgence. It is highly important that this matter should be better understood, and that parents and teachers should know the dangers to which their children and pupils are exposed, and warn them of these dangers before they are destroyed.

This young man, at the age of seventeen years, came to me with all the symptoms of impetuous pulmonary consumption, and I confess that I was not without apprehensions that he had already gone too far for recovery. By a total abandonment of his secret indulgence, however, and a proper attention to his habits in other respects, his health has greatly improved. Yet he will never wholly recover from the effects of this ruinous practice.

This case, with very little variation in its details, presents a history of what is true in thousands of instances in our country, where the same suspicion on the part of the parents of any such thing; nay, where the parents are confident of the innocence and purity of their sons, and "would not for the world" have that innocence removed, and that purity sullied by any instruction concerning sexual organization and appetites.

Such is the folly of a depraved and deluded world; and no one is so offensive to us, as he who seeks to sanctify it from its pollutions. When ungodly spirits and themselves are in danger of being cast out, their cry is ever, "Let us alone! let us alone!"

MESSERS. IVISON & PHINNEY, who are now devoting themselves principally to the preparation on and issue of school books, are about to add to their list the very able and beautiful works on Botany of Professor Gray, of Harvard University. There is probably no naturalist in this country standing so high in this department as Prof. Gray. His works are models of exact and complete botanical description, and, though necessarily relating to the plants of our own country, possess such general superiority as to be in high esteem in Europe, and actually to be used as textbooks in the University of Edinburgh. After years of study and practical teaching, he has completed his series of textbooks on this science, as follows: 1. Lessons in Botany and Vegetable Physiology—a succinct and lucid treatise on the science, both structure and systematic, as illustrated with the great variety of exquisite drawings from nature, and for the use of students in schools and academies, institutes, etc. 2. Manual of Botany—a complete Flora of the Northern States and of the Mississippi, and the only one distinguished for the clearness of its descriptions and accuracy of its analysis. 3. The Botanical Text-Book—an elaborate and thorough digest of the Science of Botany for advanced students and amateurs, illustrated by more than twelve hundred fine drawings.

This house has also in preparation a complete classical series, under the supervision of Professors Thacher, of Harvard, and Colver, and Prof. Johnson, of New York University, intended to embrace a full course of textbooks in the Latin and Greek languages. They already have what we suppose to be the most complete and methodical series of text-books in the French and German languages.

THE WATER-CURE ALMANAC FOR 1857.—Contents:—Hygeathic—General Rules in Water-Cure; Bathing; Exercise; Diet; Drink; Temperature; Ventilation; Light; Sleeping; Rules for Treating all Fevers; Rules for Treating Bowel Complaints; Moral Influences of Wholesome Food; Abstinence from Flesh. Synopsis of Bathing Processes—Wet Sheet Pack; Half Pack; Half Bath; Hip or Sitz Bath; Foot Bath; Rubbing Wet Sheet; Paal Douche; Serravallo Douche; Towel or Sponge Pack; The Wet Girdle; The Chest Wrapper; The Sweating Pack; The Plunge Bath; The Shower Bath; Fomentations; The Electric Fan; The Fan; Derangement of the Milk of Animals; Vegetarians and Small Pox; The Wrongs of Children; Poor Health of American Women; Family Gymnastics, etc., etc., with Illustrations.

Price 6 cents single copy; Twenty-five copies for one dollar. Address,

FWLER & WELLS, 803 Broadway, N. Y.

Miscellany.

A SCREW LOOSE SOMEWHERE.—In reading the January number of your Journal, I find an article under the heading "Medical Aphorisms," by G. H. Taylor, M.D.; where, upon the amount of AIR required by the system, he says:

"5. In health, the amount in pounds of air required in the system corresponds very nearly with that of the food that is also required. Acute disease is attended by a suspension of those conditions in the system that relate to the digestion and appropriation of food, while, at the same time, the respiration or use of air is increased."

Now the last part of this quotation is strictly true, viz., that which relates to *disease*; and had it been acted upon since the days of *Esculapius*, or even upon the "Coan Sage"—*Hippocrates*, it would have been the means of saving an almost infinite number from an untimely grave. But what of the first part, which relates to "the amount in pounds of air required by the system?"

I have read this several times, thinking, perhaps its meaning might be mistaken; but having come to the same conclusion each time, I am at a loss, knowing *Friend Taylor's* acumen, to know how this statement should escape his eye. If late experiments show this statement to be true, then I must claim lenity; but if not, I am sure he will thankfully receive any suggestion upon the subject; for he has taught me ere this to

"Seize upon TRUTH wherever found,
On Christian or on Heathen ground,
Among your friends, among your foes—
The plant's divine where'er it grows."

Until some one, then, shall show that *all* have been greatly in error in their experiments upon this point, as far as I have seen at least, and notwithstanding the discrepancy among them, it will not be amiss to take a medium point between them and adopt it for our standard in our investigations upon this subject.

According to Mr. Thompson's estimations, at each inspiration, at twenty in a minute, there enters into the lungs 327 cubic inches; and, accordingly, in twenty-four hours, 75,556 cubic inches, or nearly 48 pounds. Sir Humphrey Davy says that he respired 26 or 27 times in that space. Others make the number less, while others make the amount as high as 688,348 cubic inches, or 398½ cubic feet, or nearly 437 pounds (Valentin); quite a large day's rations this!

Although Liebig's estimations are familiar to so many, and are thought to be incorrect by many in part, yet, to show the proportional decrease in the amount of air inspired and expired, we will use one or two of his estimates.

He says: "A man who expires daily 13.9 oz. of carbon, in the form of carbonic acid, consumes, in 24 hours, 37 oz. of oxygen"—that is, inspires 37 oz. more air or oxygen than are expired, which occupy a space nearly equal to 51,648 cubic inches. Again he says: "If we reckon 18 respirations to a minute, we have, in 24 hours, 25,920 respirations; and consequently in each respiration there are taken into the blood 1.99 cubic inches of oxygen. And there are, therefore, 'added in one minute,' to the constituents of the blood, 35.8 cubic inches of oxygen, which,

at the ordinary temperature, weigh rather less than 12 grains." Lavoisier's experiments give the amount inspired 746 lbs., and Monzie's, 837 lbs. of oxygen in a year more than is expired.

"The relative proportions of oxygen absorbed and carbonic acid given out," according to Dr. Reese's estimation, is thus: "This law applies to the case of oxygen and carbonic acid, given us the proportion of 1,174 to 1,000 which corresponds very closely with the relative proportions of these two gases interchanged in respiration." This proportion is nearly 15 per cent., probably too high a rate.

From these experiments it is safe to say that the amount of air required by the system is many times more than the amount of food. And even Dr. Carpenter, who considers some of these much too high, thinks that the daily allowance "experience seems to have fixed 800 cubic feet as the minimum that can be safely assigned" to an adult individual. This is over 62 lbs. daily.

It will easily be seen, adopting these experiments as a basis or starting-point, that it is not the amount of air respired, but the amount absorbed, which "corresponds very nearly with that of the food that is required." We must take pure air as given to us in its native purity; not pure oxygen, as the amount for respiration. So must we take food, good and healthy; not pure nutrition, as the amount required by the system. Very respectfully yours in reform.

O. W. TRUE.

Business.

NEW INDUCEMENTS!—To pay for time, trouble, postage, and so forth, we propose

TO GIVE A DOLLAR BOOK, or several books, amounting in all to a dollar, to every Man or Woman who sends us a Club, with Ten Dollars, for one or all of our Journals, at lowest Club rates, and

TWO DOLLARS IN BOOKS, for Clubs, when \$30 are sent, and FIVE DOLLARS IN BOOKS on every \$50 sent us, and TEN DOLLARS IN BOOKS on every \$100, and TWENTY DOLLARS IN BOOKS on every \$200 sent us, and FIFTY DOLLARS IN BOOKS on every \$500 sent us, and ONE HUNDRED DOLLARS! on every \$1,000 sent us.

Thus, it will be seen, we send one hundred copies of either THE PHRENOLOGICAL or WATER-CURE JOURNALS, or fifty copies of LIFE ILLUSTRATED a year, for \$50, and give a premium of \$5 to the getter-up of the Club, and at the same rates, for more or less.

Already our co-working friends, in many places, are exerting themselves with the real energy and zeal of true home missionaries, with the twofold motive of *doing good* to their fellow-men, by placing in their hands, at a trifling cost, truths and principles which can not fail to greatly benefit them and their families through life, and at the same time secure for themselves a library of our most valuable books.

The full subscription price to single subscribers for THE WATER-CURE or PHRENOLOGICAL JOURNAL is \$1 a year each, and for LIFE ILLUSTRATED \$2 a year. In Clubs of twenty, for either, just half price, *i. e.*, 50 cents for Journals, and \$1 for LIFE.

Now, it really appears to us that *every family* who can read might be induced to subscribe for *one or all* of these Journals. We send samples *gratis* to all who ask. We send to one of a hundred different Post Offices, as desired, and cheerfully change the direction from one office to another, when the subscriber changes places. Reader, what more can we do? And now what more will you do? Those who *have* got up Clubs may keep on, and add to the list. Those who have not tried their powers of persuasion in a good cause, may begin now. The smallest success should be encouraged, and every name added to the list increases our power to do good, and to confer a special

benefit upon both the reader and our zealous co-worker. Friends, let us exert ourselves, and leave the world the better for our having lived in it.

PRIZES AND PREMIUMS.—FRIENDS will please specify, when writing, what book or books in our list they would prefer to have sent them as a premium for getting up a club. The order may be sent in to the publishers at any time, and it will be honored at sight. We shall be happy to receive accessions at same rates, to the club, any time during the year. The more names the merrier, and the sooner we have them the better, at the names come on. JOURNALS are plenty, fresh from the press; and, like pretty girls co-quitting for attention and admirers, always anxious to instruct, entertain, and impart health, vigor, strength, and all the blessings which acknowledge of, and obedience to, the LAWS of LIFE can secure.

HOW TO REMIT.—In sending funds to the Publishers, always write in a very plain hand, at the top of your letter, the Post-office in full, the County, and State. When the sum is large, obtain a draft on New York if possible, and deduct the cost of exchange. Bank-bills, current in the subscriber's neighborhood, will be taken by us all; but Eastern bills preferred. Small gold coins may be sent in a letter, if properly inclosed and secured, with perfect safety. Post-office stamps are also current, at par, with us.

PREPAY YOUR POSTAGE. The law now requires all letters to be prepaid by stamps. When answers are required by a correspondent, he should not only prepay the postage on his own letter, but he should inclose a stamped envelope, properly directed to himself, in which to return the answer.

CLUBS, CLUBS, CLUBBING!—Yes, good friend, you are still in time. We are happy to receive additions to our list—few or many—whenever friends may be able to obtain a new subscriber. All are welcome; so send them "right along," at the same rates as former clubs, and all will be right.

SAMPLE NUMBERS.—We have sent a goodly number of specimens to all applicants, and, like "bread cast upon the waters, we shall find it after many days." We will have enough and to spare, so speak, friends, and they shall be sent you by first mail.

WHEN A large amount is remitted for BOOKS or JOURNALS, it should be sent in a check or draft, properly indorsed, payable to the order of FOWLER and WELLS. We pay exchange. Eastern funds preferred.

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THE POSTAGE ON THE WATER-CURE JOURNAL is only six cents a year, payable quarterly in advance. REGISTER all letters containing remittances.

SPECIMEN NUMBERS OF JOURNALS always sent gratis.

TO YOUNG MEN.—During the winter months, when business is dull in the country, it is a good time for farmers' sons to improve their minds by traveling, and in order to defray the expenses and reward them for their time, they can canvass for our JOURNALS, or sell our popular Books. For terms, address

EXCESSIVE EATING.—A letter to Lord Murray, found in the life of Sidney Smith, lately published, says:

"You are, I hear, attending more to diet than heretofore. If you wish anything like happiness in the fifth act of life, eat and drink. Did I ever tell you my calculation about eating and drinking? Having ascertained the weight of what I did live upon, I found that between ten and seventy years of age I had eaten and drank forty-four one-horse-wagon loads of meat and drink more than would have preserved me in life and in health! The value of this mass of nourishment is considered to be worth \$33,000. It occurred to me that I must, by voracity, have starved to death more than one hundred. This is a frightful calculation, but irresistibly true; and I think, dear Murray, your wagons would need an additional horse each."

Advertisements.

ADVERTISEMENTS.—In future, we do not intend to solicit miscellaneous advertisements for this Journal. A few that are appropriate and of interest to our readers, will be admitted, but no more. It is particularly desirable upon space allowed for editorial notices, and writers are requested to make their announcements brief and sensible.

TERMS.—Twenty five cents a line each for the m.

HYGIENE-THERAPEUTIC INSTITUTION,
15 LEIGHT STREET, New York. This establishment is situated in a central, yet very quiet and airy part of the city, one door from the beautiful promenade grounds of St. John's Park, and has accommodations for one hundred or more persons. The Medical School Department is divided into two semi-annual terms, commencing respectively on the first of May and November of each year.

R. T. TRALL, M. D., Proprietor.

To Hydro-Drug Physicians.

IT IS KNOWN to the readers of the JOURNAL, that at Glen Haven Water-Cure the Sick take no drugs nor medicines.

It is also known, that this Institution is exactly what it purports to be. The Water-Cure is also known, that the Physicians in attendance on this Institution are guided by the same principles as to separate it from most other Institutions, called Water-Cures, in aim, in tone, in purpose, sentiment, and practice. It is also known, that because no drugs nor medicines are given, and because the physicians depart so radically from the treatment in use and practice by hydro-drugists, prophecies not a few have been made "that Glen Haven would run down;" "that no man can treat the sick successfully without drugs;" "that persons were half starved at the Glen;" "that Glen is a place where you cannot have a cure by rational Hydropathy;"—which means that water treatment would have to succumb to drug administration, I suppose,—etc., and so on.

Now, gentlemen, I am happy to be able to state that *facts* are against these prophecies, and "facts are what mankind value." Mr. Bradford says, "Instead of growing weaker, rational Glen Haven has never been so much so during 1856. Instead of compromising with the Drug system its Physicians are gathering up strength for a fierce conflict with it. Instead of diminishing in number, it has become a much larger business—having had more patients, having had them from greater distances, having had much larger proportion every sick saving, than it has had in any former year equal to the number of men, having had the difference in numbers in the different months of the year much less, and having more cures and recoveries than in any other whole number than in any previous year." To convince you that I am not indulging in enthusiasm, I will state to you that as I sit writing to you, there are in Glen Haven seventy persons under medical treatment; that these seventy persons have come from seventeen States and Canada—a goodly number for a winter;—and that our correspondents bestow kind notices and generous thanks for the spring, summer, and autumn months of 1857. But you may say, gentlemen, "It is one thing to induce persons to come to you, and quite another and altogether more to admit it, and to reply, say that I do not believe there is a hydro-drug institution;—and by hydro-drug institution I mean an establishment called a Water-Cure, but where medicines are given to aid and assist in the restoration of the sick;—where of the whole number of persons treated, any such percentage of cures and recoveries may be shown." If you can be, I respectfully solicit the publication of an article going to make the point manifest. One thing is certain, that hitherto the Water-Cure Journal has been barren of such notices. And regarding a tract entitled "HYGIENE versus DRUG MEDICATION," in which I shall give carefully prepared a salient, showing what Hygiene or Water-Cure treatment can do with sick persons, and that you and the society may have an inkling of it, I will say, that of the seventy persons now under treatment in the Glen, forty are men, and thirty females; of these, some twenty have come since the 1st of December, the others came all along the back months of the year 1856, and a few since the 1st of January. Of the latter, some were dropped into the places of a like, perhaps somewhat larger number, who since December have left the Glen. Of them it may be proper to say, that eleven of them were incurable, two died at the Glen, and two or the left after a very transient stay. Of the twenty new ones, eight have had no visible effect produced, five have lost flesh—not an uncommon thing, but the earlier signs of treatment—and the other seven have gained from one pound to eight pounds; and one of this number—a very bad case—a skeleton of a youth, in just forty-nine days has gained twenty-seven pounds. Of the fifty who have been here a longer time, some of them a long time, one has lost five pounds, two have gained one, but the greater part have gained, though not quite up to their weight on arrival. One of them—a lady—has gained twelve pounds in twelve days; and the remaining thirty have gained in all together 216 pounds, which average an increase of 7.2 pounds.

That you may judge intelligently, I will give a few min-

ute data. A gentleman, given up by his physicians—a very large man—on arrival weighed 148, now weighs 184; a lady, better known, who had been laid up for 18 months, 105, now 160; a young lady, 79, now 116; another lady, 89, now 112; another lady, 101, now 126; a young man, 111, now 139; another aged man, 101, now 164; a young man, 109, now 146; a young man, 120, now 130; another, 114, now 128; another, 119, now 132; a lady, 100, now 119; a gentleman, 140, now 145. I give their weights on their arrival at the Glen, and you may form some judgment of the size of the persons. Now I will give you the increase of weight simply of others of the fifty persons.

A lady, 20, now 29; another lady 25; another, 26; another, 119, now 132; a lady, 100, now 119; a gentleman, 140, now 145. I give their weights on their arrival at the Glen, and you may form some judgment of the size of the persons. Now I will give you the increase of weight simply of others of the fifty persons.

A lady, 20, now 29; another lady 25; another, 26; another, 119, now 132; a lady, 100, now 119; a gentleman, 140, now 145. I give their weights on their arrival at the Glen, and you may form some judgment of the size of the persons. Now I will give you the increase of weight simply of others of the fifty persons.

For instance, a woman now 7 and, plump, and fair to the eye, whose weight is 112 pounds, what kind of looking person would she be weighing only 116, how would she look in a picture when weighing 116, how would she look weighing only 79. A young man with curling locks over his shoulders, who like Adams now weighs 160, what would he look, if he would look at 105? A young man—say 20 years old—now decidedly one of the finest-looking persons one ever sees, standing at 119, how would he look at 100 pounds? Do you not think he would look rather sickly? I tell you these poor souls were smitten by disease ill like was a grievous burden. Now it is a rich blessing. These persons were weighed February 23d, and walk from 9 to 10 miles a day, and will go home to live like creatures hearing the image of God. Do you think, or does any one think that while we are of the Glen can produce such facts as these, we shall want for work to do? You could not place us in any nook so secluded, had it we could do what we are now doing daily, as the sick would not sit us, for we treat every variety of disease successfully. We are doing a work in the treatment of female diseases that no other persons in the world are doing. We have cured 231 persons who have had over 1,000 young men of reproductive debility, whose lives were a curse, and made them a blessing to society. We have utterly broken up and routed the apparatus of our old persons for tobacco, and have given us for strong drink. We have made 1,000 women into good wives, mothers, sisters, and daughters, whose lives, by reason of such daily labor with their hands, and the health, and social influences which are used on the fatherhood of God and the brotherhood of man, better than those which are heathenish. To these readers of the JOURNAL, who wish to glorify in Glen Haven, we will send them free, on receipt of a postage-stamp.

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HABITS OF MECHANICS AND THEIR EFFECTS ON HEALTH.—The shipwright and caulker, exposed to the heat of summer and the cold of winter, are longer lived than the cabinetmaker and joiner, whose labor, although not unhealthy, confines them within. In the list of out-door occupations is that of the butcher, which on account of the noisome atmosphere of the slaughter-house, might be supposed unwholesome, is, on the contrary, one of the most healthy of mechanic arts. The habits of the butcher, as is well known, is to be much in the open air, on horse-back securing the surrounding country, and frequently extending his rides to a considerable distance, in search of material for his sales.

The life of the butcher is rendered shorter than it otherwise would be by his indulgence in high living, which gives him an appearance of jocund health, very different from that of many tradesmen, but at the same time predisposes to congestion of the blood-vessels, especially of the head and abdomen, and often shortens his days at the very moment when he seems to be in the enjoyment of the best health. A full habit and florid countenance are just as natural to him as a spare form and pallid face are to the baker.

Bakers are not only confined much within doors, but are likewise subject to exposures incident to their trade. In common with the miller, they are liable to an irritation of the skin by constant contact with flour, which occasionally produces a variety of scaly eruptions, termed psoriasis; but the greatest injury to health is induced by the high temperature of their workshop, which seldom falls below 90 deg., and frequently exceeds 100 deg. Confectioners are subject to the same influences, and suffer accordingly; besides, the inhalation and constant tasting sugar is so destructive to the teeth, that it is rare to see a confectioner with a good set of teeth; and nothing is more common than to meet those who have lost, at an early age, nearly every tooth by decay. Among household domestics, cooks who are exposed to the heat of the fire are more liable to disease than the ordinary housemaid.—*Hunt's Merchants' Magazine.*

GOOD-BYE.—There is hardly a greater perversion of the meaning of a phrase in the English language than is contained in the term so often used in parting with friends—"Good-bye," words which in themselves have no meaning whatever. In olden times it was customary, among pious people, when parting from those they loved or respected, to commend them to the protection of God. The phrase in French was "à Dieu," to God—Anglic, "adieu," and now used by thousands without a knowledge of its meaning. The old English form of expression, "God be with you," a most beautiful expression when taking leave of a friend, is superseded by corruption "Good-bye."

Quite a laugh was raised in the Supreme Court not long since, by an official, who, when the judge called out for the crier to open the Court, said, "May it please your Honor, the crier can't cry to-day because his wife is dead!"

SUDDEN DEATH.—A florid robust man of forty five, in the full enjoyment of life, active and successful in the pursuit of wealth, free and hearty in the appreciation of its comforts and luxuries, hurries up from Wall Street with the fever of excitement fermenting in his blood, arrives at home, sits down t' once to his three courses, dessert, and champagne, bolts his dinner with vivacity, feels uneasy, complains of pain, retires to his room and lies down on his bed. His wife comes to tender consolation and aid; the sick man rises, and falls dead. This is an incident of but a day or two since in our metropolis, and we speak of it, not to teach a moral, but to impress a maxim of health.

A careful reading of the Hydropathic Cook Book would teach these "fast" men "how to eat to live."

A NEW CURE.—A gentleman of color had a severe attack of rheumatism, which finally settled in his foot. He doctored it and nursed it, but all to no purpose. Finally, tearing away the bandages, he stuck it out, and with a shake of his fist over it, exclaimed: "Ache away, den, ole feller—ache away. I shan't do nuffin more for yer; dis chile can stan' it as long as you kin, so ache away."

BLACK LIST of a "Regular" Medical Journal of the Atlantic School.—We clip the following from the New Hampshire *Journal of Medicine*, edited by GEORGE H. HERRARD, M.D., assisted by the following corps of "able physicians": NOAH MARTIN, M.D., JOHN E. TYLER, M.D., GEO. R. TWITCHELL, M.D., S. G. JARVIS, M.D., ANDRIMAR SALLEEY, M.D., J. S. FERNALD, M.D., W. H. H. MASON, M.D., S. WEBBER, M.D., ALBERT SMITH, M.D., A. B. CROSBY, M.D., DIXIE CROSBY, M.D., E. R. PEARLE, M.D., OF N. H.; D. D. SLADE, M.D., ALFRED HITCHCOCK, M.D., GEORGE W. GARLAND, M.D., OF M.-ss.; DANIEL CAMPBELL, M.D., ARIEL HYSTON, M.D., E. E. PHELPS, M.D., OF VERMONT.

Is his February number the editor says:

OUR BLACK LIST.—We are convinced that there are many physicians throughout the country who make it a practice to take as many Medical Journals as possible and defraud the publishers of the pay therefor.

Some of our contemporaries have occasionally published a black list of the names of some of these miscreants: we have also concluded to do so, not so much to revenge ourselves as to put our neighbors on their guard as to those who we have swindled us.

We shall publish a few at a time, as our patience gets exhausted in trying to get our pay, and those who are in arrears for several years are requested to take notice and govern themselves accordingly.

Here follows the dread Black List, in which the names of distinguished delinquents are enrolled as swindlers, which the editor puts down as "plain proof of rascality." In conclusion, he adds,

This will answer for this month, but next month we shall publish another unless prevented by previous payment. We have many names on our books of those who owe us for three years and more; they shall be attended to when we get time.

[The *Medical World*, of Boston, chronicles the suspension, discontinuance, stoppage, and death, of many "regular" medical journals within the past year, and lament's the feeble support which the few survivors now receive. We can not condescend with our contemporaries. We believe them on the wrong track, and so do the "people." Enough drugs have been swallowed—enough blood let out—enough blisters drawn—and quite enough "bills run up," to satisfy an over-credulous and conflicting community. We submit, then, whether it is not wrong for publishers of "regular" medical journals to go on and denounce the poor drug-doctors who can not possibly afford to pay for an article which they can neither use or sell?

THE WATER-CURE JOURNAL has no Black List; subscribers "Pony up," "shell out," and "plank down" the "tin," in advance, and no grumbling. They know it is good for them to take, they get their money's worth, and they pile them up in clubs in every neighborhood. Wonder if this has anything to do with the death of drug journals?

Let us be merciful to the wicked, for some of them "know not what they do."]

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