

WATER-CURE

JOURNAL



AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

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General Articles.

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

TO ALLOPATHIC PHYSICIANS.

GENTLEMEN—You must excuse me for my frequent addresses to you. You are persons of so much consequence in the public mind that you need watching. For it is a principle in human nature, that the greater the confidence the less the vigilance. You have been so long trusted that you have ceased to be watched, and as a matter of course have ceased to watch yourselves. As practitioners you are proverbially careless, and deal with life as with a thing whose value was easily computable. To know that so humble a personage as myself even is watching you constantly, reading what you write, and taking notes of what you do, if not of service to you, may be of service to the sick. In former issues of this Journal I have called public attention to the falseness of your philosophy and the murderousness of your practice. In a series of articles I propose to submit some facts, and respectfully solicit the readers of the Journal to ask you for an explanation of them from your stand-point of observation and reflection.

1st. Your *theory of disease* and mine are at war. You affirm that disease is a destructive effort; I, that it is a remedial effort.

2. Your *theory of cure* and mine are at war.

You affirm that poisons will cure, and that they act on the living system; I, that

they never cure, and that the living system acts on them.

3. Your *practice* and mine are at war.

You bleed and blister and physic, and trust to ART—your art, which you are pleased to dignify by the name of Science; I never bleed, nor blister, nor physic, and trust to *Nature*.

4. The results are as different as are our theories and practice.

Why do I say this? Because I read your theories, I am familiar with your practice and know your results, and I know that I do not believe your philosophy, nor treat the sick as you do; I have vastly better success. I do not claim this superiority for myself, I claim it for Water-Cure—as I use the term—and I am bold to claim it publicly and over my own sign-manual, that you may know that it is not a brag-gart who thus speaks, but a man who asks your attention to facts, which your philosophy can not expose it.

CASE NO. 1, FOR YOU TO THINK OF.

Late in the fall of 1856, a lady who, five years since, was a patient of mine, arrived at our Glen with her husband in charge. He is a man in *stature* over six feet, and in moderate flesh would weigh 175 pounds. His hair is red, his eyes blue, his complexion florid when in health. He complained of great pressure of brain, feebleness of memory, defective special sensation, weakness of judgment; of tendency to lung sensitiveness, difficulty of breathing, great inability to digest food, capricious appetite, soreness or external pressure over the stomach and bowels, great irritation of the kidneys, scalding sensation at urination, a constipation hardly to be described, and constant coldness of the hands and feet. He

was sleepy, yet sleepless, was very desponding and irresolute, and needed the watch-care of his wife all the time. He had lost 35 pounds off his body, rating that at only working order; looked like a giant skeleton, and could at the utmost walk only about forty rods. His clothes fitted him as they would a grave-stone. A young man of the very finest business talents, he was a mere child—a great over-grown toddling-about baby, as difficult to satisfy himself as a petted girl is. His sclerotic was yellow, his tongue white at the edges, cracked in the middle, and *fery red at the tip*, and trembled in the attempt to show it, like a snake's. The top of his head was hot, the back of his head cool, the soles of his feet damp, the palms of his hands dry. Now, gentlemen, what ailed this man? Manifestly, something was the matter with him. What, under such symptoms, would you declare his disease to have been? Not knowing what you will say, I can go no further than to tell you that he had had the typhus fever, and had hands laid on him by allopathic doctors—and they had done all they could for him, failing however to give him health. He could eat, but grew poor. Now, notwithstanding the confessed failure of his powers so to arrange themselves to the facts of his case, as to restore his strength and flesh, is there a man of you who, had he had the case in the conditions which I took it, would not have proceeded to administer some devilish drug or poison to him? I do not believe there is a REGULAR—"in good and regular standing" in these United States, who, placed as physician over this man, and becoming cognizant of all the features of his sickness and then present emaciation, would have hesitated ten minutes after the examination was over without putting something down his throat. Forty-nine out of fifty of you would have given him *calomel*, and after the effect had apparently subsided you would have proceeded to ply him with beef-steak and brandy, or Holland gin, or London porter. I know you would, for I have your patients whom you have abandoned or who have abandoned you, coming to me daily, and telling me that they have taken medicines a long time, lived high, and grew worse. Gentlemen, to this patient so "*cadaverous*," so woe-begone, so childish, so utterly useless as he then was, I gave no particle of medicine; I gave him no meat, I gave him not a particle of salt, not a bit of leavened bread, not a drop of

stimulus; I did nothing for him that you would have thought worth while to do, and yet in sixteen weeks I sent him away from Glen Haven weighing 200 pounds, nearly 60 pounds heavier than when he came here, and with the strength and vigor of a man on him. Do you ask how I did it? Ah, gentlemen! that is my *secret*. One thing is certain: his wife, his mother, his children, his friends, all praise the *secret*. They think it wonderful. They can not say too much in its praise. Yet were I to tell it to you, you, like Mr. Burchell, in the "Vicar of Wakefield," would turn up your noses and say "*Fudge!*" Nevertheless as you do not know it, as your medical colleges do not teach it, I will tell it to you. I will tell it to you without money and without price. It is the secret, the great secret, the most magnificent secret, and when ever known and where ever known, becomes the most magnificent discovery of the 19th century. As in thousands of cases before this, so in this case, THE SECRET OF MY SUCCESS WAS, in putting this skeleton under the authority of the laws of his organization, and insisting on reverential and obedient submission to their sway; and the moment that he did so he began to get well. Gentlemen, you have it, and if you only dared to make use of it, it would add greatly to your names and fame.

I am your obedient servant,

JAMES C. JACKSON.
GLEN HAVEN WATER-CURE, March 1, 1857.

THE WATER-CURE.

WHAT IT IS NOT, AND WHAT IT IS.

BY SOLOMON FREASE, M.D.

It is now over a quarter of a century since the Water-Cure was first introduced into the world as a distinct system of medical practice, and during this time much has been done to enlighten mankind upon the subjects which it comprehends. But there are yet many erroneous notions prevalent concerning it. And this is not a matter of surprise. To correct the mis-education, and remove from the mind the impressions consequent upon the false teaching of centuries—to revolutionize public opinion upon the subject of medicine, is not the work of a day, but of years, and may be of generations.

The people have become so indoctrinated with the belief of the necessity of drugs when there is sickness, and they have been so long accustomed to go to the

doctor for a cathartic, or emetic, or plaster, or syrup, that it has become almost a second nature for them to do so, long after they may have reasoned themselves into a conviction of their uselessness. It has become more a matter of habit and feeling, than of conviction. It is hard to remove from the mind impressions that are stamped upon the brain when it is young and plastic; and doubly hard when they have been transmitted through successive generations, however erroneous they may be. The man who when a boy was taught to believe in ghosts, and when out at night was frightened at the rustling of every leaf, or the peculiar appearance of every stump, and was able to hear in the one and see in the other a ghost, will still be startled by the leaf, and still impressed with the ghost-like appearance of the stump, long after he may have ceased to believe in their existence.

Who can rightly estimate the force of early impressions? Who can tell to what a degree they mold our opinions and shape our actions? Every one who closely examines himself, will see that they have a power over him far beyond what is taken cognizance of in every-day life—in language—in manners—in habits of thought, and above all in feeling. We feel this or that to be right or wrong, proper or improper, good or bad, and when we criticise ourselves to know the reasons why it is so, we have often none to give but our early impressions.

Thus we are enabled to account for the fact so often witnessed of men and women, who, from observation, investigation, and experience, have become convinced of the injurious nature of the drug system, yet as soon as they become sick, submit to a course of bleeding and blistering, calomel and jalap, opium, brandy, etc., till the whole round of drug medication is exhausted, and are at last compelled to avail themselves of the Water-Cure before health can be restored, will, as like as not, the next time they get sick go through the same process again, their better judgment all the while condemning them, their feelings urging them on. I do not mention this to complain of it. It is a law of the human mind that exists, and must be regarded; and as it accounts for so many inconsistencies in the conduct of men, I have enlarged somewhat upon it. Keeping sight of it will enable us to look with more composure on their actions, and give us a clearer insight into the motives by

which they are governed; and also encourage us to labor with more energy to spread the truths of our system before the rising generation, that when they grow up to be men and women, their feelings and convictions may act in harmony on questions of such vital importance as life, health, and disease. After these preliminaries I will proceed to expose some of the errors in vogue, concerning the Water-Cure, and then, in a few words, explain what it is, as I understand it.

In the first place, the Water-Cure is not the Drug System, it is not Allopathy, nor Botanicism, nor Eclecticism (I use this word in its sectarian sense), nor Homeopathy. It eschews the blood-letting and mercury of the one, as well as the ginger and lobelia, the podaphyllin and leptandrin, and the poisonous pellets of the others. I do not say it rejects them in all things, for in each of them there is undoubtedly some good. It only rejects what is not good. It is truly eclectic, selecting what is good, not only from all the other systems, but from all nature. There is no use in trying to mix the two systems. I shall hereafter speak only of two systems, as all the drug systems are but modifications of each other, being based upon the same fallacy. It would be just as rational to attempt to combine oil and water, or truth and falsehood. There is no natural affinity between them. The fundamental ideas of the two systems are wholly different. Some hydropathic physicians, I know, advocate the use of poisons to a limited extent, but in this I think they err. I doubt whether those water-cures in which drugs are administered, have equal success with those in which they are not, other things being equal. They undoubtedly believe they can be more successful by their use, having only partial faith in the Water Cure, the same as the allopathists believe themselves to be doing more good by relying on drugs alone. In proportion as a physician relies upon drug poisons, will he fail to use to their full extent the resources of the Water-Cure system. Let him who has not full faith in natural and hygienic remedies have a case of severe disease to treat, he will use them half doubtfully to a certain extent, and then fall to administering drugs. On the other hand, let a physician who has full confidence in the power of hygienic means, to preserve health as well as to cure disease, have the same case in charge, and he will bring the

resources of the hydropathic system to bear upon it to a better purpose. As the disease grows obstinate, his mind will expand to the increased demands upon it—no vacillating counsels producing indecision in his actions, but relying upon nature and the means she uses to heal disease—with a religious confidence he will bring them to bear far more effectually than he who trusts her only while there is no danger, but who, when danger appears, deserts her, and substitutes her means of cure for whatever fancy or caprice may dictate, without any fixed principles to guide his practice. I do not blame those who use drugs in connection with our system of treatment, nor in fact do I blame those who rely upon them altogether. They, like myself, have been educated in the schools of drug medicine, and as it is so difficult to rid ourselves of the influences of early education, we must not expect too much, but be thankful for every advance in the right direction. In all reforms there are middle men, who strive to move with the vanguard, but who by old associations, by habit, by education, are not prepared to do so. Too much advanced to remain with those who oppose every change—every new idea till it becomes popular—they are not yet fully prepared for the ideas of those in advance of them. They naturally occupy a middle position, and when the contented waxes warm—when the contending hosts meet each other in close combat—when truth and error grapple with each other in deadly conflict, they take sides with the opposing forces as their natures may incline them to advance or recede.

It is quite common to confound the Water-Cure system, or, rather, to confound Water-Cure establishments with fashionable summer watering places. There could not be a greater error than this; between a well-conducted Water-Cure establishment and a fashionable summer resort there is the greatest imaginable difference. They are perfect antipodes; at the one all the laws of health are sought to be enforced—a diet plainly cooked of healthful food—bathing in pure soft water under the direction of a competent physician—proper hours for sleep and rest—the avoidance of unnatural excitement, and an approach to natural habits as far as may be in this artificial world. At the other are irregular hours—dissipation—bathing in drugged waters, often at improper times and in an improper manner—living on

highly seasoned and highly concentrated food, cooked up in a style to make the demon of dyspepsia grin with delight—each meal to be followed on the part of the men by a generous quid of tobacco, to enable them to squirt their highly scented and ornamental saliva over floors, and chairs, and carpets, and a fragrant Havana, with which to scent the surrounding atmosphere for the benefit of the ladies as well as themselves. I need say no more on this point.

There is one error more common perhaps than any other, and upon which people seem determined not to be set right; correct them one day, and the next day they will be just where they were before, and the thing must be explained over again. I allude to the persistency with which both advocates and opponents continue, in spite of remonstrances, to call our system the *Cold Water-Cure*. Men and brethren, and women too, be entreated to desist from calling it so any longer. By so doing you prevent many from availing themselves of its benefits. You know, many of you, and all of you ought to know by this time, that we use baths of every temperature, from very warm to very cold, according to the circumstances of the case and the capacity of the patient to derive benefit from the one or the other. I move that hereafter whoever persists in calling it the *Cold Water-Cure* be prosecuted for slander. Who seconds the motion?

Again, it is said ours is a one-idea system, and some would-be very wise people will tell you, with an air of triumph, that they do not believe water will cure every thing. Astonishing stretch of thought! They are battling a man of straw set up by themselves. No one acquainted with our system ever contended that water would cure every thing by virtue of its own power. This error is kept up and perpetuated by those who know better—by the physicians and medical journals of other schools. Taking our system as a whole, it is invulnerable; but if the idea can be kept up that water is the only force we use in controlling disease, they can make a point against us. But even with water alone I should have no fears of being able to treat disease as successfully as the physicians of the other schools can with their drugs alone, and have a favorable balance in my favor; not that I would boast of my skill, but I know the value of my remedy. It was a boast of Sir Astley Cooper, that with calo-

mel, opium, and the lancet, he could go into the country and beat the physicians there with all their remedies; to which Dr. Johnson, a pupil of his, who practiced twenty years upon the same system, replies: "Give me a pail of water and a sheet, with such other conveniences as are to be found in every household, and I will cure more than Dr. Cooper, two to one." This was well and truly said. He could not only cure more than Dr. Cooper could, but he could cure them better—better in this, that instead of the calomel and opium poisons with which Cooper would fill the system to entail future disease, and the blood he would take from it to impoverish it, Johnson with his water would assist in removing the morbid disease-producing matter from the system, and thus leave it in a better condition than it possibly could be under Cooper's treatment. But we are not going to permit ourselves to be driven into this position. We shall continue to avail ourselves of all the health-producing agencies, as air, water, diet, exercise, electricity, light, etc., to be controlled according to circumstances, the doctors of the other schools to the contrary notwithstanding. The poisons we will leave to them. The curative effects of them is their idea. To it they are welcome. It is the *one* idea that is the bottom of their philosophy and the basis of their actions. By it they live and move, and have their being (except when they destroy themselves with it). It is the central sun around which they all revolve. Without it their minds would be a blank, so far as treating disease is concerned. Let them have it. It is about their sole stock in trade, and legitimately belongs to them. We have no use for it. We have a broader philosophy and a basis of action, in comparison with which theirs sinks into utter insignificance. Again I say, let them hug the dear delusion to their bosoms if they must, but let the people—those who must suffer the consequences of this poisonous idea—emancipate themselves from its control. To them it is not a messenger of life, but of disease and death, and the sooner this truth becomes apparent to them, the better it will be for them.

The Water-Cure system is simply an application of all the life-forces brought to bear upon the individual in due proportion. These forces maintain the system in health when properly balanced—when improperly balanced, they cause disease. For in-

stance, to have life and health, it is necessary to eat food; but we may eat too little or too much, or it may be so vitiated in quality, that instead of subserving the purpose for which food was intended, it may have a contrary effect, and produce disease and death. To live, we must breathe air, but the air we breathe may be so tainted as to cause sickness. We must have exercise, but we may take too little or too much. We must have water, but the water we use may be of such a quality, or be so used as not to be conducive to health. The mind wants occupation, but it must be occupied aright. Sleep is a necessity of our nature, but when indulged in too freely, or not enough, may prove hurtful. Light is necessary to our growth and development, but it may be so weak as to be insufficient for our wants, or so brilliant as to stimulate us too intensely. The proper exercise of the passions is conducive to health, their improper exercise causes disease. Now it is plain to be seen that if these necessary agencies are brought to bear in due proportions, health must be the consequence. When one or more of them is deficient or in excess, disease must result. When it has thus resulted, common sense would say, that one of the most important things to be done was to correct the cause, not by resorting to means not in harmony with the human constitution, but by the regulation of the forces that have operated in disproportion to the wants of the system. To continue the life-forces in operation in undue proportion, thus causing disease, then to expect immunity from the consequences by the use of extraneous forces—agents inharmonious with the nature, and incompatible with the wants of the system—is absurd. In the proper regulation of these forces consists all true medical science; by them disease is controlled to a favorable termination to a degree beyond what was ever dreamed of in the philosophy of those who bleed and blister, who give calomel, and opium, and arsenic, and quinine, and belladonna, and strychnia, and antimony, and hydrocyanic acid, and lobelia, and ipecacuanha, and tartar emetic, etc. When there is fever, we do not draw off the blood, nor administer calomel, and quinine, and opium, and other foreign and injurious substances. They are not necessary, as we have demonstrated by practical experience over and over again. They are only impediments thrown in the way of the organic energies, and

though they may produce a change in the struggle that is going on, they are not wanted by the system, and must be expelled from it if possible, and in the endeavors to do this the nature of the disease may be changed, and the symptoms of the original malady disappear. But at what an expense to the constitution! These foreign substances first irritate and inflame the stomach; they are then taken up by the veins and absorbents into the blood and circulated through it, which they poison, and all the powers of the system are then taxed to a fearful extent to cast them off through the excretory organs. How much better would it be for those who are sick, if instead of the violent poisons which they generally take, and which produce such bad consequences in their course through the system, they would avail themselves of the means afforded by the Water-Cure! No poisonous drugs would then be given—only water and such other agencies as are always necessary, either in health or disease. The system would not be taxed by any violent effort to rid itself of their presence, for they are adapted to its wants, and are grateful to it. Under their benign influence health soon comes, and the patient can go forth from his sick room in a condition impossible under the plan of treatment. As in fevers, so in all other diseases. I have endeavored to give an outline of the Water-Cure system. The reader can fill up the details at his leisure.

PITTSBURG WATER-CURE.

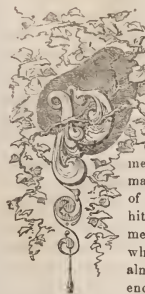
PROHIBITION OF QUACKERY IN RUSSIA.—The present Emperor of Russia has evidently taken warning by the fate of his father, who is understood to have favored homeopathy, and to have been attended by a homeopathic physician, "*hinc illæ lachrymæ.*" He has prohibited quackery and quacks throughout all the Russias, with an imperial disregard to the vested interests of the undertakers. At a medical meeting recently held in Paris, a vote of thanks to the Emperor Alexander, for setting so good an example, was proposed, and, after some opposition, carried. It was to be accompanied by an honorary diploma of fellowship! We anticipate the reply will somewhat resemble that of King Agesi-laus, as Plutarch tells the story. "Menecrates the physician, having succeeded in some desperate cases, got the surname of Jupiter. In his vanity he wrote a letter to the king, 'Menecrates Jupiter to King Agesi-laus: health.' The answer began thus—'King Agesi-laus to Menecrates: his senses.'"

THERE are about seven million pores in the body of a man of ordinary size. If these were joined lengthwise, a tube would be formed twenty-eight miles long!

HINTS TOWARD
PHYSICAL PERFECTION;

OR,
HOW TO ACQUIRE AND RETAIN BEAUTY, GRACE, AND STRENGTH, AND
SECURE LONG LIFE AND CONTINUED USEFULNESS.

INTRODUCTION.



PHYSICAL PERFECTION may seem a chimera to many persons, when predicated of men and women, though similar superlative terms are constantly made use of, by plain matter-of-fact people, in speaking of oxen and cows. The reason is obvious. We have hitherto devoted our attention mainly to the improvement of the various species of animals and vegetables which have proved useful or agreeable to us, to the almost total neglect of our own nobler race. Experience has taught us that the former are completely under

our control—that we can so order their propagation and development as to modify their shapes, sizes, colors, and other qualities, at will. If we have not yet placed them absolutely beyond the reach of improvement, they are at least so nearly perfect that the additional steps required seem not only possible but easy.

We have remodeled the horse, for instance, a hundred times to suit our convenience and pleasure, and to adapt him to the various uses for which he is required. For our heavy work at the plow and in the dray, we have added thickness to his bones and muscles, strength to his limbs, and stoutness to his whole frame; for the carriage and the saddle, we have imparted grace and symmetry and a more delicately molded form; and for the sports of the turf have given lightness, length of limb, and a hound-like slenderness. In the same way we have multiplied varieties of the dog, the sheep, the barnyard fowl, and the pigeon, changing not merely the forms and colors, but also, to a considerable extent, the natural instincts of the animals on which we have exerted our transforming power.

The transmutations wrought in the products of the vegetable kingdom are, if possible, even more wonderful. The noble Newtown pippin and the princely Bellflower are descended from the small, hard, and acid crab-apple of Europe; from which single stock we have now many thousands of varieties—sweet and sour, early and late, and of almost every possible size, shape, color, and flavor. The delicious pear was originally an austere and innutritious fruit, cultivation having developed all these desirable qualities which now give it so high a place on our tables; and the juicy and nutritious peach is said to have been once merely a bitter and poisonous almond.

Every pomologist knows that by the use of the means which science and the arts have placed within his reach, he can, as a general rule, just as easily and surely have good fruit of the various sorts cultivated as that of an inferior quality. By transplanting, grafting, adaptation of soil and manure, and the proper method of cultivation, he secures the desired qualities. He has wrested from Nature some of the most valuable of her secrets, and compelled her to give him, for his own pleasure and profit, the direction of her creative processes. Like "Guy the Wise," for whom

The zephyr in his garden rolled
From plum trees vegetable gold,

he seems to

Work on his Maker's own receipt,
And make each soil and element,
Stewards of stipend and of rent.

Thus Mr. Peabody, of Georgia, by knowing the elements which enter into the composition of the different parts of the plant—the vine, the leaf, and the fruit—and applying his manures accordingly, causes his strawberry plants to continue in bearing during the whole season.

These facts would seem incredible, were we less familiar with them; but, as it is, we look upon them as matters of course, and no more astonishing than the daily rising and setting of the sun, or the regular succession of the seasons.

When, however, one speaks of the physical improvement of the human race in any other than the most general terms, he seems, to a majority of minds, to have left the sphere of practical realities, and to be indulging in fanciful and wild speculations. We have tried our skill upon horses and dogs, and upon apples and peaches, and can speak with confidence of our power over them. It seems no great exploit to give a pear the desired flavor, to stripe a tulip to our liking, or to impart the hue we fancy to a rose; but to mold the manly or the womanly form into symmetry and grace, to tint the cheeks and lips with Nature's own colors, or to give to the hair or beard the silky softness and wavy undulations or spiral twinings which the highest beauty demands, is deemed too far beyond the reach of human science and skill to be seriously proposed.

The general principle that man, as an organized being, is subject to the same laws that govern all other organized beings, must, however, be admitted by all; and every one who has taken the trouble to inform himself upon the subject knows that upon the nature of the germ from which he springs, the quality and quantity of the nutriment received, and the character of the external influences and culture brought to bear upon him, depends the physical character of the human being as well as of the horse or the dog. These truths have been announced and reiterated, especially during the last quarter of a century, by the leaders of human progress in the departments of physiology and phrenology—by Combe, Caldwell, Cabanis, Delange, the Fowlers, and others, but they have not yet become a part of the living faith of the world. Only here and there an individual constantly acts upon them, as upon other self-evident or demonstrated truths.

Examples, however, illustrating the improbability of the physical man are not wanting. History and observation both furnish them. The ancient Greeks demonstrated the power of direct physical culture and the influence of the fine arts and an esthetic worship in developing a high order of personal beauty, grace, and strength; and the modern Turks and Persians furnish noted instances of the transformations effected by crossings with a superior race, and the selection for many generations of mothers of great physical beauty.

But there are persons, even in this last half of the nineteenth century, who look upon it as little less than blasphemy to talk of improving, to say nothing of perfecting, man—the noblest work of God, and made in his image. "Was he not created perfect in the beginning?" they will ask. The question is irrelevant. It is enough for us to point to the fact, too evident to be disputed, that he is very far from perfection at present, whatever may have been his original state. We may, however, safely admit his pristine perfection. The "fall of man," in a physiological sense, whatever may be said of the theological dogma so termed, is no myth. Our multiplied deformities and diseases are sufficient evidence of its truth. The horse and the sheep, the peach and the plum, as they flourished under the genial skies of the primal paradise, may have been equally perfect, each in its way; but if so they shared in the "fall." We have been engaged in restoring their lost virtues and beauties, till, for them, earth has become, at last, almost "paradise regained." Can it be wrong to attempt to do the same for man? Should we not, on the contrary, in so doing, find ourselves acting in co-operation with God himself, all of whose laws, whether revealed through inspired men or written in the great volume of Nature, indicate perfection as the ultimate destiny of the race? We are zealously engaged through the instrumentalities of science and religion in developing and molding the intellect and the affections; but these, in the present stage of our existence, must manifest themselves through the physical organization, and, while this is defective, their action must be obstructed and their manifestations imperfect. It is only through a healthy and shapely body that a sound and harmoniously developed mind can operate with perfect freedom and efficiency. It is also true, as we shall show in the proper place, that the natural action of the symmetrically developed mind tends to the reproduction of its own symmetry in the physical organization of which it makes use, and that therefore in bringing external influences to bear upon the latter for its improvement, we but second the efforts of the indwelling intelligence.

We find man, at present, as a general rule, weak, diseased, and if not absolutely ugly, at least far below our ideal standards of beauty, both in form and in face. Can he be restored to his primeval vigor, symmetry, and grace? and, if so, how?

It is certainly time for us to ask these questions and to set ourselves earnestly about the practical solution of the problems they involve. The

results of our experiments upon the lower animals, and upon the products of the vegetable kingdom, point out the path to be pursued. We have only to modify our processes to adapt them to a change in some of the conditions under which we must work.

It may be urged here that we have not the same control over the conditions on which improvement depends, as in the case of the lower and subject animals. With them we go back to a period previous to birth, and determine the circumstances under which conception and gestation shall take place. It is true that we can not directly, except in our own persons, exercise the same control over the conditions on which depends the character of the germ from which shall spring the human subject of physical culture, as in the case of the lower animal or the plant. But we sway intelligent beings not less surely in another way—through their intelligence. We have but to impress the facts and principles involved so clearly and deeply upon the public mind that they shall become a part of the established faith of the day, and our object is more than half accomplished. The work becomes thenceforth both an individual and a collective concern, and is zealously pushed forward at all points. Progress in this department must be gradual, but each step in the right direction secures an obvious and permanent benefit.

We recognize fully the importance of the germinal principle and of the original direction given to the vital forces in the reproduction of the human being, and shall devote due attention to that point in the work before us; but we purpose to give special prominence to the equally momentous fact, that the *already existing and even matured physical organization may, under certain conditions, and by the use of perfectly legitimate means, be modified by us, both in its internal conditions and in its external forms, to an almost unlimited extent.* The former branch of the subject has been very fully and quite satisfactorily elucidated by other writers, and especially by O. S. Fowler, in his various physiological and phrenological works, and by Alexander Walker, in "Intermarriage," while the latter, though the need for its thorough exposition is equally pressing, has received, in some of its bearings at least, very little attention.

The human form is plastic. Until age has hardened its parts, it is but an image of soft clay, which we may mold at will; and we hope to explain and illustrate more clearly and fully than has hitherto been done, the means and methods by which we may most effectually and salutarily act upon it—to show how we may impart fresh vitality to the languid frame, give strength to the weak limb, substitute grace of motion for awkwardness, remodel the ill-formed body and homely features into symmetry and beauty, and postpone indefinitely the infirmities and deformities of age.

We might quote a thousand facts to show the importance and urgency of the work we have undertaken. We might point to the multitude of puny and deformed children; to the records of infant mortality;* to the numbers who crowd our asylums for the blind, the deaf and dumb,

and the insane; to the almost universal ill-health which sustains such an army of physicians, and renders so many hospitals and Water-Cure houses necessary; to the general lack of physical vigor in both sexes; and especially in woman;* and to the scarcity of even tolerably beautiful forms and faces; but these facts will suggest themselves, and need not be set forth in detail.

If the simple announcement of our subject shall not predispose the reader to a favorable hearing, we can hardly hope to secure it by urging any extraneous reasons. Who does not desire to be healthy, strong, graceful, beautiful, and youthful! and who, desiring these qualities, can need other inducements to give his attention to one who shall honestly and earnestly essay, in however imperfect a manner, to instruct him in reference to the means of obtaining them?

The race of prudes, however, is not yet extinct, and there may possibly be a few among the many thousands who have read so far as this, whose squeamishness will utterly condemn the popular treatment of some of the most vital questions involved in our subject, and in whose presence the human form must never be mentioned except in the conventional language of the tailor and the dressmaker. To such persons, if any such there be, we have only to express our regret that we must part company, and to advise them to read no further. There will still remain an audience sufficiently large to satisfy our highest ambition, to whom we may talk, in a reverent spirit and in chaste and fitting language, on *any* subject, a discussion of which the occasion may require, without doing violence to those instinctive feelings of genuine delicacy and true modesty, for which no one can entertain a more profound respect than we.

PROGRESSIVE WATER-CURE.

BY G. H. TAYLOR, M.D.

THAT the readers of this article may not be in doubt as to its import, I will say in the beginning that I have not a shadow of faith in the remedial virtues of drugs, of whatever name or nature, by whosoever administered. At this present juncture I ought, perhaps, also to add, as an inference from sober inquiry, that the spirits of the departed are usually engaged in some higher pursuit than the attempt to interrupt the relation between transgression and its consequences; nor is the presence of hypothetical influences sufficiently plain to be reliable. There must always be a connection between life, whether in its normal or its diseased manifestation, and the material things that contribute more or less perfectly to sustain phys-

* Miss Catharine E. Beecher, in her "Letters to the People," says: "I am not able to recall, in my immense circle of friends and acquaintances all over the Union, so many as ten married ladies, born in this century and in this country, who are perfectly sound, healthy, and vigorous."

iological phenomena. At this point an endless diversity of opinions arise, constituting, in the aggregate, *medical science*, as at present understood. Let us take a cursory survey of its aspects, with the view of culling the little, the very little, it brings us, for the benefit of diseased humanity.

It is contended by the "regular," that the employment of water for remedial purposes is no new thing, that it has received the august sanction of the initiated of the inner temple medicine for ages. But, time has now arrived when the venerable sanctity of the profession can not longer be preserved from damage by its antiquity, or by its affected monopoly of facts pertaining to health. Herculon, the austere dignity of the man of potions lapses into the most time-serving sycophancy, and we now hear the statement from all sources, that "We are as good hydropathists as anybody—come, give us your patronage."

There is another, and, it is suspected, quite numerous, class of medical men sailing under the Water-Cure banner, who, apparently, from a natural desire to act in harmony with the spirit of the times, defer quite as much to the prevalent drugging notions as those sustaining the drug-inscribed standard; at the same time, they keep up a tremendous splashing of the water, for the benefit of those having a *penchant* that way. Both divisions are most devoted to the faith, that wisdom lies in the multiplicity of council, and are indisposed to examine into the security of one bridge of salvation, while numerous *others* appear ready, inviting their trial.

And so the half-and-half copiers of the Silesian peasant-sage are often more at loggerheads in regard to the merits of the various Allopathic, Homeopathic, Eclectic, or Spiritopathic engraftments on his principles, than were ever rivals in the market with some new alcoholized decoction, christened by well-known "taking" titles.

According to my mind, no one of this multitudinous variety of medical *isms* contains hardly enough of truth to cement it into a system, much less a permanent one. They are all transient, yet serve a purpose, either in exhibiting its weaknesses, or in bringing some truth to assist in building the ideal temple of real medical knowledge. But while medical science hinges on Pathology instead of Physiology, it will continue to sow the seeds of error and disease, and, still more, it will neglect to sustain the health of community, whose peril is in

* One fourth of those who are born die previous to the age of seven years, and one half before reaching seventeen.

the proportion to its ignorance. No medical penance or sacrifice can atone for physiological transgression. "See that thou sin no more," is the condition for reinstalling Nature's all-efficient law, which acts progressively to reinstate the physiological harmony or health.

But drugs answer satisfactorily for some minds, water acts like a magic for others: shall we thence conclude that either is a propitiation for disease? It is not strange that some minds should conceive of water in a manner akin to that conceived of *light* in the Persian theology, and as the *one* is the source and parent of all spiritual, so is the other of physiological, benefits. Especially when, in all ages, the primal aspiration of the soul for moral health and blessedness is so beautifully symbolized by the same substance, would the instincts of man be justified in transferring the idea to a more material plane?

The truth seems to be, that there are, theoretically, two classes of ideas typical of medical science, that often shade into each other, by various mixtures, in the same representative; one might be called *routinistic*, the other *philosophic*. Whatever the theory embraced, the representative of *one* applies his presumed facts wherever there is suitable opportunity; the other is ever *seeking* for further light and truth, while both are laboring, through indefinite time, for the perfection of science. It requires a series of individuals, perhaps of ages, for the culmination of a great thought. Each event is a term of a series, and the present is the summation of the past, still to be added to the future. There may be imperfections in medical science while man continues to require its aid; his cravings surely will not all be gratified—still *every* basic and positive truth aids in the approximation of the perfect system that it is laudable for us to seek.

Let us adhere to the proposition, in laboring for the perfection of this system, that the true principles of medical science are drawn from physiology alone—and let us labor to develop and harmonize its various parts. For life is evolved from the same essential conditions, whether the manifestation be perfect or not. The power to restore diseased parts depends on the same source as that which maintains well parts. And so the study of the body in health affords the most suitable indication of its needs, even in sickness. It is for the physician to see to what changes, in

form or quantity, are requisite in order to render the adaptations more complete and conformable to physiology, while the inherent vital power shall so dispose the elemental constituents as to secure their more perfect order and harmony.

Water-Cure, or whatever other name it may be called, must embrace in its scope all the details embraced in this sketch. At present it suggests too exclusively the use, or the science of the use, of *baths*, irrespective of the *many other methods* in which the system may be impressed by physiological means. Yet I consider that there is an important step gained in reducing the interference of art to a single physiological element. This giving egress to temperature, whether through a limited or by the general surface, from the extensive and necessary correlative of other functions, institutes a partial and temporary subjugation of *all* of them to *one*, and this under the influence of its proper incentive. The system is, at all times, suffering the impress of temperature, and art can supply the vicissitudes that are an imitation of Nature in her diurnal rounds.

The co-ordinating functions may be merely mentioned. Five sixths of our food relates to calorification; the amount of respiration is determined by it; the variations both of quantity and quality of aliment should relate to it; the quality of the blood is influenced by it; capillary circulation, the functions of the liver, the susceptibilities of the nervous system, and muscular contractility are all controlled by that which results in the production of heat, namely, its abstraction. No drug can have so extensive control, and yet the actuating cause is so appropriate that life can not even be continued without the presence of this condition.

This is but *one* function, but we are to remember that the totality of animal life is made up of manifold functions, each of which has its appropriate external relation, through which its suffering state can be modified by means purely in accordance with its purposes, and, I think, fully to the extent to which it is capable or desirable.

I have room to scarcely more than advert to two or three other points in this sketch. *Nutrition* presents a problem more complex, upon which science has cast much light, but which awaits much more before a practical and satisfactory application of facts can be established. To the WATER-CURE is accorded the merit of establishing

more truth, in respect to diet, than has proceeded from all other sources. But we can still inquire, how shall the daily supplies be adjusted to the altered needs of the sick body? How do the different saline elements, contained in the different kinds of edibles, affect its transformation to living structures? and what are the special indications relating to these in different diseases? Especially does such knowledge require to be definite and conclusive, from the constant antagonism that is met in the sensations and opinions of the sick, that have long been perverted by disease and bad habits. The most obvious indications of nature, as pointed out by the senses, are all-sufficient to guide us in health. Science should direct in the absence of the natural guide. Very much in the system of cure, here contemplated, depends on the satisfactory solution of these questions.

Another and most important physiological relation is that we have to the atmosphere. We live and move at the bottom of one immense sea of air, and are powerfully impressed by its varying *weight*, as well as *temperature*. This fact is a familiar one in everybody's experience, especially every invalid's. Nothing has yet appeared in English on this subject, but the result of extensive investigations and experiments has found the light in France, that are satisfactory beyond all precedent. I allude to the treatment of certain classes of invalids by the compressed *air-bath* of M. Fabrice. The treatment seems to have been initiated by the experiments of M. Junod, upon the effects of removing a part of the atmospheric pressure from extended portions of the body, as the extremities, in acute congestions. The compressed air-bath is reported to effect marvels in pulmonic disease. The increased amount of oxygen, inspired in due mixture, relieves the respiratory craving and the rapid pulse and hectic at once, while the cause is gradually extinguished by its use. Should these flattering statements meet with confirmation, we should be introduced to a simple and entirely physiological method of combating certain cachexias, exceeding our most sanguine hopes. In due time it is not improbable that some practical application of this idea will be found an invaluable accessory in our plan of medical treatment.

Several phases of disease that are superinduced in certain constitutions by the habits of civilized life, have been found most difficult to meet. These may,

in general, be described as an undue preponderance of nervous susceptibilities over the dynamic capabilities of the system. Ling's medical "movements" are philosophically adapted to this whole class of cases, as it carries exercise, with its benefits, to the sick bed.

But I will conclude these suggestions with the remark, that having conceived the important fact that the vital system may be profoundly impressed in the direction of its physiological action, and that these impressions can be nicely adapted to every pathological requirement, the investigations may be extended in many new directions, and an almost endless variety of detail may be entered upon in adjusting the special applications. In proportion as this is effected, shall we acquire a more rational system of medical practice, which *must* displace the vague and contradictory plans of treatment that measures the present knowledge of the profession in general. But no special advantage for the sick can equal that which will accrue to the community in *maintaining* the health of its members, thus *preventing* sickness rather than the performance of doubtful but yet boastful cures. Such a state of things will be less influential in multiplying doctors than in securing the public interests.

LET US TRY TO BE HAPPY.

Let us try to be happy! We may, if we will, Find some pleasures in life to o'erbalance the ill; There was never an evil, if well understood, But what, rightly managed, would turn to a good. If we were but as ready to look to the light, As we are to sit moping because it is night, We should own it a truth, both in word and in deed, That who tries to be happy is sure to succeed.

Let us try to be happy! Some shades of regret Are sure to hang round, which we can not forget; There are times when the lightest of spirits must bow,

And the sunniest face wear a cloud on its brow; We must never bid feelings, the purest and best, To lie blunted and cold in our bosom at rest; But the deeper our own griefs the greater our need To try to be happy, lest other hearts bleed.

Oh, try to be happy! It is not for long We shall cheer on each other by counsel or song; If we make the best use of our time that we may, There is much we can do to enliven the way. Let us only in earnestness each do for the best, Before God and our conscience, and trust for the rest;

Still taking this truth, both in word and in deed, That who tries to be happy is sure to succeed.

Fireside Reading.

RUSSEL SMILES' CHILDREN.

BY HENRY H. HOPE.

CHAPTER IV.

In the year 17—, Nathan Comfort and Horace Waters left the State of Massachusetts and came into this State, New York, to buy land. Comfort was rich, and Waters had been, but his resources had been lessened by the failure of a friend who was largely his debtor. Comfort and Waters bought this township—Featherington—then a wilderness, of Peck & Griffin, for *eighteen cents* an acre, on long credit. Comfort was a plain man, of excellent business tact, and much beloved in his native State. He was a Friend, or what thee, William, calls a *Quaker*. Waters was a man of fine talents, highly educated, and bred to the mercantile profession. He was an Orthodox Congregationalist. His *reverses* in fortune prompted his migration and speculation. Comfort entered on his new life from different motives. Of good talents, some education, excellent judgment, and great executive force—he *wanted* room. Where he was, he was *circumscribed*. The State of Massachusetts is not a State for persons who want room. It is only good for those who can make great efforts from small stand-points, who move great bodies with machinery, whose beauty and utility are, that it concentrates great power in small space. Massachusetts has great productions, but her greatest are her *men*. Like England, she

"Has a little body, but a mighty heart."

Nathan Comfort in his way was a *great man*, but in order to be, he must have "sea room." This desire for wider surface at last "broke cover" and sent him to Featherington. He had induced Waters to go with him, and having purchased the township, Waters returned.

It was on a bright winter's morning in February that he arrived at —. The sun had just risen as he entered the suburbs of his village, and as far as the eye could see, from the topmost mountain peak to the lowest valley, snow and ice gleamed under the sun's rays. He was cold and hungry, for he had rode all night in the stage, and he was hurrying home from the inn at which he stopped, when he was overtaken by a man of the name of Butter-

"Ah! Butterworth, how do you do?" said Waters.

"Very well!" B. replied. "You have just returned?"

"Yes."

"Had a good time?"

"Yes."

"Purchased?"

"Yes."

"May I call and talk with you about it?"

"Yes."

"When?"

"To-morrow."

"Thank you;" and Butterworth passed on.

Waters walked into his yard, and his little daughter, who happened to be at the window, saw him and screamed:

"O! ma, here's pa! He's come home.

'Tis him! 'Tis! Come and see! O! 'tis him;" and as he opened the door she jumped into his arms and exclaimed, "Pa! pa! it is you, isn't it?" By this time Waters and his wife met and embraced tenderly.

"Pa!" said the little girl, "here's Carlo!"

"O, Carlo! hi! Carlo, good dog, good fellow!" and the great shaggy brute was scarcely less demonstrative in his affection than the child.

"Mary dear!" said Waters, "I am hungry as a hyena, and can eat a breakfast that will astonish you. Do you believe it? Last night I thought of Hunger eating through a stone wall, and I sympathized with all hungry personages. I thought of those who have nervous build, and how bad bodily conditions impose vassalage on them, forcing their minds into states corresponding to conditions of body. My mind was on hungry persons. I thought of David, of the Saviour, of cast-away men and women, of old Captain Riley, of Robinson Crusoe, of every one who I knew had ever been hungry."

"Well, husband, come! I will dispel those images." And she seated him at a table well spread, and gave him a cup of coffee. He drank it like a thirsty man, and his wife asked if it was good.

"Delicious! I will turn you out against the world for making coffee."

"That is not all, I trust, in which you think I excel," said she.

"O, no! I could mention other things, such as making nice dough-nuts and superior mince-pies."

"Bravo!" she replied, "I see you tell the truth of yourself. Your imagination is

most unmistakably chained to the chariot-wheel of your appetite, and can not soar above the stream of the food you eat. I will wait. By-and-by you will think me good for something else than cooking."

"Very likely," he replied; "I will not deny it. Meanwhile, the point remaining open, I will, with your leave, Mary, take another cup of coffee. Divine beverage!" looking at it as his wife poured it from the coffee pot, "thou art the true nectar. O Juno! had you known how to distill this for Jove, the king of gods and men would have tied himself everlastingly to your apron-string. But you did not—you did not—and so he went astray."

"Cup empty, sir?"

"Yes, madam."

"Have any more of the beverage which would have kept Jupiter true?"

"Thank you! not any."

"Perhaps now you can appreciate other qualities than those which gratify appetite?"

"I think I can."

"We will hand the table, then, over to the girl, and adjourn to the sitting-room, and I will request you to recount your adventures."

"Agreed, my dear."

They left the table, and Waters, when they were seated, said:

"Nathan Comfort and I have purchased ten miles square of land in the western part of the State of New York. It is far away from here, and I can scarcely realize that I have been so long away from you."

"But you do not think of going there to live, husband?"

"That is for you to decide, Mary."

"Oh! I say no."

"On the impulse of the moment?"

"Yes."

"And without a knowledge of the circumstances which impel me to think it wise for us to go?"

"Yes."

"How do you satisfy yourself that you conclude wisely?"

"By intuition, or if you please, by *instinct*. Let Nathan Comfort and family go; they need to go. His boys want land. The family wants room; they will be benefited by going. But you, my husband, are not the man to go. What can you do among Indians? Born and educated as you have been, you would retreat from a pioneer life in a twelvemonth. You are a merchant, not a woodsman by profession. Your delicate hand," taking it in hers, "can

not do service at a log heap. Its *cunning* does not lie in that direction. So, I say, stay where you are."

"But, Mary—"

"There," stepping up to him and putting her hand on his mouth; "I will hear no more of this treason, so 'but me no buts,' my dear Horace," said she laughingly, and looking into his face saw his eyes filled with tears.

"Why, what is the matter, dearest?" she exclaimed.

"The time has come, Mary, to explain why I took, as you call it, this wild-goose chase to the West."

"What do you mean?"

"Only that we are poor."

"How are we poor?"

"Williams' failure has swept the bulk of our property from under us, and how I am to support you and our children, except by migration. Heaven only knows. Richer, and better, and braver men have made this abrupt descent from wealth to poverty, from luxuries to bare necessities."

"Is this all you go for?"

"Yes. What, but worse evils than removal to a new country could tempt me. Yet, as the devil said of Job, so say I—'skin for skin'—all for you and the children."

"Westward the star of empire takes its way," said his wife. "Nevertheless, we shall not go West, Horace. There," taking a letter from her bosom, "take that and read it."

Waters took it, and read,

"NEW YORK, — 10, 17—.

"DEAR FRIEND: Thank Heaven you are safe. You will not lose a dollar. I have got by the pinch, notes paid up, credit firm, and business good. To have ruined you would have made me mad. Now, I am ready to pay you, so draw on me at sight.

Yours truly,

"JAS. WILLIAMS."

"God be praised!" cried he. "Then we are safe! O! what a load is taken off my mind!" and he bowed his head on his breast and wept like a child. "To do as I thought one hour since we *must*, in order to *have bread*, would have wrought great changes in our lives and habits. To put off broadcloth and put on sheep's-gray would make us stare at each other. How would you like to get up in the morning out of a bed in a log cabin and cook yourself some fat pork and deer's meat in what they call a spider, send 'Sukey' to the hovel for

hens' eggs, and Johnny down in the slashes for the cows, guided to them by the tinkling of a bell fastened to the neck of 'old Brindle,' while I, after having washed face and hands from a skillet that stood on the top of a stump front of the door, shouldered my axe and hied me to the forest to whack away at trees 150 feet high and four through, till breakfast was ready."

"Husband, it is not fear of hardship nor a desire to avoid labor that makes me shrink from a wild-wood home. I read it only when associated with the thought that you, in such case, would be thrust into new conditions for which your whole life has unfitted you. All that you know so well has rendered you particularly incompetent for a life such as you have described. Let us thank God that for the present the necessities for such extreme change has passed from us."

CHAPTER V.

A FEW evenings after Mr. Waters' arrival at home, as he sat in his parlor, the hired girl, Susan, entered and said, "Mr. Waters, a man is in the hall, and would like to speak with you."

"Ask him to walk in, Susan."

She opened the door and spoke, "This way, sir." As he entered, Mr. Waters looked up and saw Mr. Butterworth, and rising, shook hands with him, and invited him to be seated, saying, "I am glad to see you, sir."

"Thank you, sir!" Butterworth replied.

"Did you on return find your family well?"

"I did."

"Mr. Waters," said Butterworth, "I have availed myself of your invitation which, on your return from the West, you gave me to call on you, but it is from no curious or insignificant motive, I assure you. I have come to say, that I am very desirous to *move to the West* with you. My dear sir, you must give me a *chance*."

"Any thing that I can reasonably do, Mr. Butterworth, that I will do gladly for you, but I am not going West."

"Not going West! then I am lost!" exclaimed Butterworth.

"Lost!" said Waters, "how lost? Explain yourself. I do not understand *how* my deciding *not* to go to the West should conclude your destiny."

"Mr. Waters," said Butterworth, "from you I have received too many and too substantial proofs of your kindness to doubt that you are my friend. To you therefore I can have no reserve. I am a broken-

down and ruined man. And in a place like this I am certain there is no hope of redemption for me. With good talents, but in early life lacking *discipline*, I have always put my powers to foolish expenditure. What knowledge I have has been turned specially to the service of indulgence in eating and drinking and night carousal, till at last the love of *strong drink* riots in me like fire in a fallow. My head is gray at forty, and already I am known as 'Old Butterworth.' I am sure Nature marked me for a man; else under the discouraging, dissipating, and debauching habits which have fastened on me, I should fail to retain so much of aspiration to be redeemed. It seems to me, that if I could be placed in new conditions, in relations that are fresh, in circumstances calculated to awaken what of manliness I have left, I might recover—I might 'renew my youth.' Oh! sir, you can scarcely know the power of habit—

'How use doh breed a habit in a man.'

You can not realize how the **BODILY** of me conflicts with my judgment, how my reason and my appetite for drink antagonize; and that in my case, as in thousands of like cases, the impossibility of reform is in ratio to my *isolation*. It is the social force in man which works out his redemption. The habitual drinker stands alone, and thus the Devil gets him. With me drunkenness is a *disease*—a state of body to be cured—not a *crime*—a state of mind to be punished. My moral sense needs the infliction of no penalty to quicken it. I 'know the right, but yet the wrong pursue.' My body demands new conditions. Physical changes of a radical character must take place in me, or I can not be a sober man any more than a person smitten with typhus can be in health, unless radically physical change takes place. Now, in my solitary reflections on my state and condition, and my prospect of improving it, I have looked to you to assist me. It is barely possible that, by a removal to the West, I might recruit and be saved. A new country is favorable to good habits, the population is sparse, the residents are of necessity compelled to let down distinctions, to give and take acts of kindness daily, and to overlook many deficiencies in each other."

Waters said, "That Heaven knew that to aid a man like him he would do his utmost. But," said he, "I am not going West, and have sold my purchase to Jonas

Hemenway—that was your grandfather, Prostitution—who will go with Comfort in my stead. I learn from Comfort, that a family in an adjoining town by the name of Smilie will also go. If under this new aspect you shall continue in a mind to go, I will assist you."

"Is the land good?" Butterworth asked.

"As good as one can wish. It is heavily timbered with oak, beech, maple, soft maple, ash, basswood, elm, and hemlock, and on the intervals there is black ash for rails, and there are also cedar swamps. The surface is rolling, is plentifully watered. The up-land is a gravelly loam, the low-land a rich muck. It is barely possible that should one locate on the streams, and expose to the sun suddenly large surfaces covered with luxuriant vegetation, and set decomposition at work, he might get fever and ague."

"What is that?" asked Butterworth.

"It is a fever known in the State of New York in which the sick person has at first a *chill*, then a fever, then a sweat, and this usually—so persons informed me—occurs with great regularity every other day."

"Well, Mr. Waters, I am very sorry you are not going, but I *must* go. Live or die, succeed or fail, a sober man's or a drunkard's grave, my bones must lie in the West."

"So be it, Butterworth; your *oufit* I will look to. And I sincerely hope that the great *future* which lies before us may show your descendants holding their proper places as citizens of that country and keeping to shape its destiny aright."

"Thank you, Mr. Waters! I must now bid you good-evening," and B. took his hat and departed.

"Husband," said Waters' wife, "can Butterworth be reclaimed?"

"I do not know," he replied, "but he can not be worse than he is now. Possibly his removal may save him. At any rate it will help his children. There is his eldest boy, Mose, who without doubt is the ugliest boy I know, and he is so simply for want of work, *hard* work. Our town—nearly as old as Plymouth—is a bad place for *poor* folks. The old settlers think themselves and their children to be God's favorites, because the May Flower landed on Plymouth rock. They act as they feel, and if they have no distinctions such as the inhabitants on the banks of James River have, they have social arrangements which press heavily upon the

poor, and the tendency of which is to make the poor less manly. Aristocracy, after any sort, in proportion to the special privileges it creates, also creates special disabilities. The scales in the hands of Eternal Justice are kept balanced. Put into one side a human being, who by statute, or custom, or usage, or who by talent, or opportunity, or tact, is *more* than a man, and immediately, by an inevitable law, you find the scales poised by another human being in the other side who is *less* than a man. Christianity, my dear, furnishes the only true philosophy of government or of society. Men must be *brethren* to be properly expanded and matured. Now unhappily with us there is a deal of religion, and but the smallest quantum of Christianity, and the consequence is we have very rich and very poor, very learned and very ignorant, very considerate and conservative, and very rash and very fanatical, very good and very bad, very sober and very drunk, persons in our village town. We are a population made up of the *extremes*—our religion, our literature, our philosophy, our labor, our laws, our usages; our social forces acting divergently upon us pushing us apart, magnifying our differences, and keeping out of sight almost entirely the greatest of all truth, that we are brethren, with God for our father. Society with us is exacting, uncharitable, and unforgiving. It prides itself on its high sense of justice, and maintains its character for sanctity by despising those who sin. I do not wonder that Butterworth wishes to get away, for in *the woods*, drunk or sober, his sense of *freedom* will be greater, and this is a cardinal point in a man's efforts to conquer himself. Freedom alone is redeeming. Restraint has no saving power in it. At least it is negative. It keeps one from doing evil, but in *being kept* from wrong there is no virtue. In such conditions you can only say there is no *vice*, and *not* to be vicious is by no means *to be* virtuous. So far Butterworth will be better by removal, and I shall feel happy in assisting him. I am disgusted with the *piety* that contemns the sinner. Sin I loathe, sinners I love, and this distinction constitutes the peculiarity of Christianity. Aside from this, the Koran or the Shaster is just as good as the Bible.

"Why, husband?"

"Are you surprised, dear? Let us look at the matter. Christianity is not valuable

chiefly for the *ideas* which it furnishes us of God *only*. All men—Christian and Pagan—Gentile and Jew—agree in the main as to the qualities or characteristics of Deity—in themselves considered. The ideal of God in all men's minds must necessarily be fully equal to *their* highest conceptions of goodness. God to them must be what goodness is to them. It is only when they come to analyze and establish in their own minds the relations which their Deity sustains to *men*, that they grow blind, besotted, and wicked. Supposing it consistent with his character to hate his creatures in given instances and on given occasions, they conclude that it comports with *their* characters to do the same thing. Professors of religion take it on them to establish a standing among their fellows for goodness, by displaying very unamiable traits. By them a profane swearer, a gambler, a licentious person, a thief, are to be *shunned*, avoided, cast forth from the pale of charity and sympathy; whereas persons of this cast are in need of just such love as Christ gave when he was on earth. They should feel that Christians have for them "*bowels of compassion?*"

"Well, dear," Mrs. Waters said, "let us try to be like Jesus, 'who, when he was reviled, reviled not again.' I pity poor Butterworth. Originally, he must have been fine looking."

"Decidedly so. Under all his disadvantages he has much of what may be called—*PRESENCE*. His large form so muscularly built, his fine blue eye, his broad and well-developed forehead, all mark him, as he said this evening, as *one Nature designed for a man.*"

"But, Horace, if what he said of drunkenness being a disease is true, going to the *West* will not save him."

"I admit that; but new conditions may do something for him, and I must bespeak of Comfort and Hemenway's special kindness for him. And now, dear, let us thank God for His goodness to us, and to bed."

They did so, and their light went out, and all was still.

"Father," inquired Propitiation, "is it not time to blow out *our* lights and be still?"

"What time is it, Propitiation?"

"Twenty minutes past nine, and George and Christina have half a mile to go."

"And William, too," Christina said.

"No, Christina. William must stay with us to-night, I want him to talk to, after the *old folks* have gone."

"Oh!" exclaimed Christina, "William is an *old* folk as much as George and I."

"Granted, Christie dear, but I must have him notwithstanding."

"So be it. George is at the horse-block. Good-night, all."

"Good-night!" was the response.

"Now, father dear, I want William to myself for one hour, and I will send him to bed. Wilt thou release him? Thou shalt have him to-morrow evening all to thyself."

"Yes," said the Patriarch, "I will;" and he took up his candle and went to bed, and Propitiation and I sat down before a freshly made fire, and what our conversation was about is of no particular consequence just at this point of the story.

Reports of Cases.

CASES reported by S. FREASE, M.D.:

CONSUMPTION.—A young man of consumptive tendency was taken with cold in October. On finding it obstinate he applied to an allopathic physician of large practice, who stands at the head of his profession in a town of six thousand inhabitants. I mention these things to show that the patient was properly drugged, according to Allopathy. About the first of November he applied to his physician, and began the use of his medicines. After taking them for a few days his cough was better; but his bowels, which were not free before, were now obstinately constipated. This condition continued so long as he continued the use of the medicine. He had no appetite for food, and suffered severely with pain in his breast from his first attack. These symptoms were but little affected by the medicines he took. He applied to the doctor again, to see if he could not relieve his constipation. Of course he could, and he dealt him out some medicines for the purpose. They were taken, and the constipated condition of the bowels was relieved; but the cough again became severe as ever. He again applied for medicine for the cough. It was promptly administered, and the cough again abated. But again the constipation was severe, the pain in the breast and want of appetite still continuing. For four months he continued under the same physician, growing no better, but worse in all respects, till, becoming discouraged, he concluded to try the Water-Cure. He came to us on the first of March. On examination we found his pulse frequent, cough severe and almost constant, severe pain in the chest, with want of appetite and constipation of the bowels. Here was an excellent case upon which to test the comparative value of the two systems of practice, and nobly did the water treatment fulfill our highest expectation. The patient was put under treatment at once. He was packed in the wet sheet for an hour and a half each day, followed by a cold bath. He wore the wet-jacket at night, covered with a flannel one, with marked benefit. Sitting baths were given as they seemed

to be demanded. His diet was plain and coarse. In a few days the beneficial effects of this treatment were visible. Under it he continued to improve, till, at the end of four weeks, he left the cure with an appetite such as he had not been blessed for five months. His cough was wholly relieved—the pain in his breast was removed, and his bowels moved freely and regularly. Such is the Water-Cure. I am well convinced that this man, had he continued under drug treatment, would have gone on from bad to worse, till consumption would have ended his career in less than six months from the time he came to us. He is now well, and promises to live a long and useful life.

CHRONIC DIARRHÆA.—The following is a case of chronic diarrhæa:

The patient had suffered with it six weeks previous to coming to the cure. He was a man of good constitution, but was considerably reduced by the disease. I do not know that his would have been considered a dangerous case under drug treatment, but I know it proved to be a very troublesome one to the allopathic physician who had him under charge. For six weeks he had used medicines assiduously. At times the discharges were checked, but they would return again, till, becoming alarmed, he started for the water-cure. Sitting baths, cold injections, wet bandages on the bowels night and day, with a wet-sheet pack once a day, were the leading measures used. A very sparing diet was enjoined. At the end of one week he was well, and left the cure, and only wanted time to regain his strength to present to his acquaintances an example of the efficacy of water treatment in diarrhæa.

It is but fair to state that the above hardly present a fair average, as to time, of the cases we generally had to treat. Chronic diarrhæa has always yielded readily under our care, but it is rare that a case presenting so many unfavorable symptoms as the one first described, yields so readily. Some cases, apparently no worse, require several months to show as much improvement. But one thing they do exhibit fairly, and that is the superiority of the water-cure over the drug system.

MORE TESTIMONY.—NEW YORK, *January, 1857*.—A brief statement of my case may be instructive, as illustrating the evil effects of drugging. About two years ago, being sick, I applied to one of the first physicians of the city for relief, and was by him most assiduously drugged, until my naturally good constitution, under the combined influence of such mineral poisons as mercury, antimony, iodine, and other preparations, was broken down, and I became half-becoming chronic, or rather a species of *drug disease* being substituted for the original. Then kind friends recommended me to a homœopathic physician, whose medicated steaming, vegetable catarrhes, alcoholic tonics, stimulants, etc., were of no avail, such queer treatment affording but temporary relief. By this time I was full of "aches and pains," my joints swollen and inflamed, the liver torpid, and the whole digestive apparatus disordered. Accidentally hearing of the beneficial effects resulting from Water-Cure, I took up my abode at the Binghamton Water-Cure (Dr. A. V. THAYER'S), where, under the most judicious treatment, *scientifically* applied, and proper nursing, I gradually regained my health, and gratefully seek this opportunity of recording the triumph of *True Hygeopathy* over mere charlatanism and the *regular* school. P. A. G.

[We regret that this correspondent did not state the particulars of his case, the nature of his disease, and the mode of treatment. Had this been done, (and thus similarly situated might have adopted the same general course, with like good effects.)—Eds. W. C. J.]

Home Voices.

PRactical WATER-CURE.—*Eds. W. C. Journal:* You desire your readers, on renewing their subscriptions, to give sketches of their experience in Water-Cure; and thinking that I might probably say something which would be of some interest to the numerous readers of the Journal, or at least add one more testimony to the efficacy of Hydropathy, I will try to respond to your request and "tell you what I know."

It has been a little over two years since the ominous name of Water-Cure first sounded in my astonished ears. Since my earliest recollection our family have been the willing, and yet innocent victims of Drugopathy. Innocent, I say, because ignorant of the laws which govern their physical being. Pills and patent nostrums were purchased by the gallon, and swallowed for the purpose, of course, of curing disease and strengthening and invigorating the system, until our house presented more the appearance of a drug shop than a dwelling. About this time a gentleman, whom I shall call Mr. W., who was engaged in teaching school in our district, came to board at my father's. Shortly afterward I had a severe attack of toothache, and asked Mr. W., as I did any others whom I chanced to see, what was good for the toothache. He said he did not know any thing better than bathing in water, and applying cloths wet with cold water to the face. I thought this was horrible; the cure was worse than the disease. Besides, what folly! What medical properties, and consequently what efficacy, can there be in that simple element, water? Certainly nothing could be efficacious except it were the product of some drug shop. But at length I was induced to try it, and my tooth was cured.

I began to think, then, that there certainly must be some efficacy in water. But still I did not understand the *modus operandi*. I did not know that nature, that the living system, assisted by water, performed the cure. However, I became gradually initiated into the secret, and finally closed my mouth forever upon drugs, as also did several others of our family.

One year ago last July one of my sisters was severely attacked by the flux. She did not wish to take medicine, and Mr. W., who was still boarding in our family, offered to prescribe for her, which he accordingly did. She was treated with water, warm and cold, as the case required. Cloths wet with cold water were applied to the abdomen and frequently changed. Bathing, sitz-baths, etc., were frequently given. As the disease approached a crisis, it began, apparently, to assume an alarming aspect. My father became alarmed and thought he had better call the doctor; but my mother having lost almost all confidence in drugs would not consent to that, but continued the water treatment, and in about a week she began to get better, and having no poisons to expel from the system, she came right up almost at once, and was well in a short time. I verily believe that if the doctor had been called at that time, my sister would have been long since lying beneath the clouds of the valley. My little brother was taken soon after with the same disease, and was treated with water and cured in the same manner.

Some of our neighbors, who were taken with the same disease, called three different doctors: they were sick a long time, and some of them died; others recovered very slowly, and yet they will not open their eyes or their ears to receive the truth as it is in Hygeopathy.

Last year we took the WATER-CURE JOURNAL, and have been much benefited, we think, by its teachings. It has taught us physiological habits, at least to some extent. It has taught us when we are sick not to burden the system with food or poisons, but assist Nature, knowing that being left free to act, she will do her own work.

May the blessing of beneficent Heaven attend you in all your noble efforts to reform and aid suffering humanity; and may the gospel of salvation from physical as well as moral transgression soon be spread throughout the whole earth. Inclosed I send you one dollar for the WATER-CURE JOURNAL for the year 1857; also please send a Water-Cure Almanac. Yours truly,
MARY C. SLOAN.
KNEISLEY'S P. O., GREEN CO., O.

A STRAY LEAF.—Some four years ago I accidentally stumbled upon one of your WATER-CURE JOURNALS, which with eagerness and surprise I read and re-read. Having long been a dyspeptic of the *very worst* kind, I seized upon its suggestions and leading principles with the desperation of a drowning man. I immediately subscribed for the WATER-CURE and PHRENOLOGICAL JOURNALS; read them—became convinced of the truths of the principles they advocated—sent for Dr. R. T. Trall's "Encyclopedia," Shew's "Family Physician," etc., studied them carefully, and then put their principles into practice. The result was—that my wife, who was delicate, frail, and sickly, has been changed to a hearty, healthy, and blooming woman; my children, who were always ailing and taking medicine, are now ruddy, rosy-cheeked, and happy; my own miserable dyspepsia has nearly left me; and life, from being a burden and a sorrow, is now a pleasure and a joy to myself and family. All these happy results are the consequences of our "ceasing to do evil, and learning to do well." Previous to this, our doctor bills were annually very large; two of our dear pledges were dragged out of existence, and Providence charged with it all. But since our enlightenment, not one particle of medicine (miscalled) of any kind has ever entered the throats of any of my family, nor has an allopathic M.D. ever set foot, professionally, inside of my door. We have discarded hog's-grease, tea, coffee, white-bread, etc., live on healthy food—pure air (day and night), etc.; use soft water, daily ablutions, etc. I have attended my wife and children successfully in several cases of fever and dysentery, when neighbors and friends said they must die; also waited upon my wife in two cases of parturition with the *happiest* results, the last of which, in consequence of my wife living physiologically, was nearly *painless*—and the child, a model in form, disposition, health, etc., rarely cries except when hungry. I have attended in cholera of the worst and most fatal kind, assisted in paying the last debt to their mortal remains, and come out therefrom without the "smell of fire upon my garments." Sickness and death have been all around us, and within a stone's cast of us—and we have escaped unharmed. All these

desirable and happy results we owe to the entire change in our habits and manner of living, and thank God for our enlightenment. The prejudices of our neighbors are so strong that we are a "by-word and a reproach for our singularities," and yet they are surprised and puzzled at the wonderful change in our health, spirits, and happiness. Such is a brief outline of my experience and the results of your "God-send" to us. Myself and family are warm, earnest, and as far as we know consistent supporters, in principle and practice, of the principles of Hygeopathy and Phrenology.
A REFORMER.

HOOPING COUGH.—A little girl, about two years of age, was attacked with the hooping cough, spasms coming on and continuing until she became purple in color. She was attended by two or three physicians, until all hope of her recovery was despaired of. At this crisis, a gentleman who lived some fourteen miles distant, and who practiced water-cure, was sent for post haste. When he came, the child was insensible (in fact, it became deaf, dumb, and blind), its tongue swollen so that it could not swallow, and still having spasms. With this poor prospect he commenced by dropping water upon its parched tongue. By morning the child could swallow a little, the tongue being much reduced, and the spasms quieted by the usual remedies. He continued with her four days, when, being obliged to go on a journey, he left instructions, which were followed to some extent for a week, when her resort was again had to physicians. In four weeks he returned, and was again called on, the child having got worse. This time he had the child taken to his home; and our informant saw her when she had been at his house three weeks. She was then craving food, and could eat freely; her tongue had assumed its natural color and size; her skin was fair, the spasms having ceased; but she still was deaf, blind, and entirely helpless—her mind seemed entirely gone. From the last account, the child was well in body, and in a fair way to recover all its faculties, though it has to learn everything anew, as in infancy. The gentleman who applied the water treatment is a preacher of good common sense. He follows the Encyclopedia, and it never fails. W. G. GILLESPIE, ILL.

WATER-TREATMENT IN SMALL-POX.—J. M. E., writing from Fayette, Miss., says:

I have dropped the allopaths, and do my own doctoring, using only water, and can beat the best of them in curing diseases. I might give a long list of instances in my own family, but will not trouble you. One of my children has the small-pox at this time, and has not been confined a day. I use only the hydropathic treatment. It works like a charm. The regulars have lost several cases right around me. My child was never vaccinated. I first had the disease myself—used only water, and am now well. I have reason to bless the time your Journal first fell into my hands. But I am leaving the design of this communication.

HOT BREAD ONLY TWICE A YEAR.—The peasantry of Sweden subsist very generally upon rye cakes, which they bake only twice in the course of the year, and which, during the most part of the time, are consequently hard as a board.

The Month.

NEW YORK, APRIL, 1857.

TOPICS OF THE MONTH

BY R. T. TRALL, M.D.

A BOMBHELL FOR THE DOCTORS.—It is the testimony of the most eminent teachers and experienced practitioners of the allopathic school, that the system of drug-medication, taken all in all, does vastly more harm than good. All the standard works on materia medica really tell us more of the dangerous and injurious effects of medicines than they do of their curative properties. It is very common for the students and professors of rival medical schools to accuse each other of killing more than they cure; while it is well known that there is no common agreement among the physicians of the same school, sect, or faction, as to the proper plan of drug-medication to be pursued in any given case. The remedies which one physician of education and experience declares essential to a cure, another of equal reputation will pronounce injurious and fatal.

Besides all this, the experiment has been many times tried, in various European hospitals, of treating diseases with and without drug-medicines; and in every case the result was in favor of the no drug-practice. The great Majendie, of France, who had the medical direction of an extensive hospital, divided his patients into three classes. To one he gave no medicines whatever; to another he gave only a few simples; and to the third he administered the standard prescriptions of the dispensaries; and now mark his testimony. Those to whom he gave no medicine got along the best of all. Those to whom he gave the mild or simple remedies recovered better than the third class, but not so well as the first, and those to whom he gave the usual remedies did the worst of all!

Typhus fevers have been tested experimentally in a similar way, in other hospitals. In one instance, one class of patients were allowed the free use of water to drink, with more or less sponging and ablutions of the surface when the heat was great, but were denied all medicines. Of these there was not a single death. Another class were allowed what are known as simple or domestic remedies, herb teas, etc. Of this class

there was only one death to eight or ten cases. The third class were drugged *secundum artem*. Of these, one third of all the cases died.

In the various European hospitals, within the last fifty years, eighty-five thousand cases of venereal disease (for whose cure mercury is said to be a specific) have been treated experimentally with direct reference to testing the question of the value of the mercurial treatment. One half the cases, of all grades and forms, were subjected to the specific or mercurial plan of medication, and the other half were treated on the simple plan, that is, by attention to hygienic and dietetic regulations, with no active drugs of any kind. The result has been *invariably* against the mercurial and in favor of the simple treatment. Those treated without mercury got well sooner, were less liable to relapses, less affected by constitutional or secondary symptoms, and were never troubled with caries of the bones, deep-seated ulcers, and loss of general health, so common after a mercurial salivation.

These facts are incontrovertible, and they mean something. They point directly to the conclusion we believe (with Jackson, Jameison, Gregory, Good, Cooper, Evans, Wakley, Johnson, and a host of other allopathic authorities) to be true, viz., that the practice of administering poisonous drugs kills many times where it cures once.

And now we propose one grand experiment, which will settle this great question forever. Let all the doctors of the city of New York, of all schools, regular, irregular, and defective, cease attending upon the sick for one year. Let the doctors leave all the sick to the instincts of nature and their own common sense. Does any one think this experiment would be dangerous? Bah! the danger is all on the other side. If we had a thousand lives we would hazard them all on the result. Why, "regular" physicians were once banished from Rome, because the common observations of the people discovered that diseases were fatal just in the ratio that doctors were employed! And if the experiment we suggest could be faithfully tried in this city, a drug-doctor would no more be permitted thereafter to hold out his sign, than a mad-dog would be permitted to run in the streets!

This is strong language. It may be offensive. But it is exactly what we religiously believe to be true, and why shall we not say it?

Of course, we are in favor of compensat-

ing the doctors for their loss of business. We would have them paid a salary from the public treasury, equal to their professional incomes. After the year had expired, if the sickness is greater in consequence of their non-interference, they would of course return to their avocation with increased reputation and with still better patronage. But if the result should be, as we fully believe it will be, a vast diminution in the bills of mortality, they ought never to return to the same way of practicing medicine again.

We will stake all the property we have in the world that, before the year expires, the weekly deaths in New York city will be reduced more than one half. And if the deaths for the year are not less by *ten thousand* than those of the preceding year, we will be obligated to raise and pay *ten thousand dollars* toward the amount necessary to compensate the doctors for letting the sick folks alone.

UNLEAVENED BREAD.—An article which we lately published in one of the daily newspapers, explaining a method by which every wife and mother could always have wholesome bread on her table, and its importance in preventing the prevalent and fatal forms of infantile disease, has elicited the following from the *Hartford Free Press*:

"Dr. Trall, of New York, praises to the skies the bread made at the Hygeio-Therapeutic Institute. (No matter about name now; lay it to make the bread,—and the Doctor candidly tells us it will not be 'puffed up with injurious fermentation;' but he says that it is the 'purest, sweetest, and most healthful bread ever made.'"

Mix unbolled wheaten flour (meat) with pure warm water; knead it thoroughly; let it stand over night; lay it morning roll it into small thin cakes, and bake quickly in a hot oven or stove.

"The economy would be immense," adds the Doctor, and we agree, but we don't see how it would 'reduce the weekly deaths among our children of convulsions and scarlet fevers from sixty or seventy to none.' How would it be with lockjaw and toothache?"

Well, neighbor, we will tell you how it is, but whether we can make you see it—that is quite another matter. Scarlet fevers and convulsions are chiefly caused and always rendered dangerous by the abominations which are given persons to eat under the name of food. If they had wholesome bread as the "staff of life," they would have much to sustain them against other bad habits; and besides, their appetites would be more simple, for plain vegetables with good fruit just as naturally follow good bread, as liquor-drinking follows tobacco-chewing. Understand, eh?

ADULTERATION OF FLOUR AND BREAD.—*Appropos* to the above paragraph is the following, which we clip from an exchange paper:

The London *Lancet* continues its interesting investigations into the adulteration of food and medicine. The last article takes up the subject of flour and bread, in which it is shown that the London bakers use rice, beans, barley, rye-flour, Indian meal, salt, and alum, in their bread. These adulterations are so managed as to escape the detection of the public, while they very materially add to the profits of the bakers. The adulteration of food seems to have been carried to perfection in England. There is scarcely an article of human consumption that is not in some way tampered with, so as to increase the profits of the dealer.

ANTIPLHOGISTIC SALT.—A Boston doctor, chemist, druggist, apothecary, nostrum-vender, or all together, seems to have made a hit, traffically speaking. He has made, discovered, invented, or in some way become possessed of a remedy which is to supersede bleeding. It will reduce the fever, depress the circulation, check inflammation, diminish energy, destroy vitality equal to blood-letting, and, in our opinion, *equaler too!* Well, neighbor, you may humbug the learned and deceive the simple, but, as for your salt, we happen to know quite enough about it. We had much rather have the bleeding, *if* we must be damaged by one or the other. The loss of blood is but a waste of the sources of life, and may be partially recovered again; whereas your antiphlogistic, be it nitre, antimony, or both, or any thing similar, will poison us through and through forever. We had a thousand times rather be killed as the farmers treat their *well* hogs when they wish to convert them into pork, than to be eaten to death, or chemically decomposed, by your infernal antiphlogistic. If a man must be killed, do be merciful, and let him die easily.

HYGEO-MEDICAL.—One of our students as will be seen in another department of this Journal, has proposed Hygeio-Medical as strictly expressive of our system, and perfectly euphonious. His views are well stated in the article we refer to. The charter for our school has been reported favorably, and passed to a third reading, and will, no doubt, become a law before the Legislature adjourns. Be this as it may, however, the school will go ahead, and continue to manufacture Water-Cure, Hydropathic, Hygeopathic, Hygeio-Therapeutic, or Hygeio-Medical doctors. The summer term will commence May 1st, as usual. A biennial catalogue is now in

press, and will be ready for distribution in a few days. It contains a syllabus of Dr. Trall's course of lectures, and will be sent to order on the reception of four post-office stamps per copy.

We are, as usual, in the almost daily reception of calls, some of them pretty loud, for graduates of our school. But the demand is far in advance of the supply. The majority, who will graduate at the end of the present term, are already "engaged;" some of them, we suspect, in a two-fold sense. This is as it should be; for most persons who write us for physicians say, "Send us a thorough anti-drug doctor, and *if he has a wife who is also a physician*, so much the better!" It is said the laws of demand and supply are self-regulating.

In speaking of our graduates, we are reminded of those already in the field. We have recently had very agreeable visits from Dr. Kimball, Mrs. Case, Miss Scott, Dr. Smith, and Miss Hurd, all of whom are actively, earnestly, and successfully teaching and practicing our system. Dr. Kimball will soon be in the field again as a lecturer. Mrs. Kimball is having an extensive practice in Iowa City. In obstetrics she is doing more business than all the other physicians in the place; and when we say she is doing it better, we simply commend her system, without disparaging the other doctors *as men*. Mrs. Case has opened an establishment in the beautiful village of Norwich, Chenango Co. N. Y. She has already had an interesting and very successful experience in obstetrical practice, and in diseases of women and children. Her "confabs" with the drug-doctors are worth relating to an audience of the population of the State. Miss Scott has had a *very loud* call to go to Cleveland, Ohio. Dr. Smith is doing a flourishing business at his well-conducted cure on the banks of the beautiful Lehigh, in Bethlehem, Pa. Miss Hurd is also the subject of *calls* in various directions; the loudest of which, so far, seem to come from Oregon and California. We have heard incidentally from several others—Miss Cogswell, Mrs. Smalley, Dr. Reed, Mrs. Field, Mrs. McAndrews, etc., but, as we have not for a long time written us, we have almost a mind to "let them not be named."

DO DOCTORS EVER MISREPRESENT?—A correspondent writes, "Oh, doctor! The

drug-doctors about here are telling a power of lies about us, and about our 'cold-water system.' What shall I do with them? I would write an essay for them, and throw a few 'mill-stones' at them, if I could get the same published cheap. What would Fowler and Wells charge for printing a few thousands of a tract of thirty or forty pages? I desire it for the benefit and enlightenment of the people, to whom the doctors are continually misrepresenting us."

From fifty to one hundred dollars would print an edition large enough to bring the people to their senses, and the doctors to good manners.

THE CONSUMPTION CURERS.—Notwithstanding the many discoveries which "medical science" pretends to have made in relation to the treatment of consumption, and the numerous irregular shops where consumption in every stage is said to be surely cured by inhalation, or other nostrum-mongering, the deaths are steadily on the increase. How pointedly this fact gives the lie to all the pretenders in this line of speciality; and how deplorably does it attest the utter ignorance, or false pathology, or ruinous medication of the regular system! Consumption-curers were humbuggers from the beginning, and will be to the ending. Consumption, when seated, is, in most cases, absolutely incurable. But it may very easily be prevented. These are the great and important truths the people ought to understand. If people will live in utter defiance of all hygienic laws, they will most assuredly get consumption; and when they do, all the drugs in the world can not save them. Indeed, each and every one of them only hurries the patient on to his doom. We boldly assert that there is not a well-authenticated cure of consumption by drug-medication on record.

Query: If an experiment of three thousand years, in ten millions of cases, without a single cure, is not sufficient to satisfy the profession and the public that the whole system is wrong, would they be convinced if all of these victims should rise in a ghastly army from their graves and declare it?

DR. LETTSON, a famous physician of the last century, used to sign his prescriptions, "I. Lettson," which gave rise to the following epigram:

"When any patient calls in haste,
I physis, bleed, and sweets 'em;
I sner that they choose to die,
Why, then, of course— I. LETTSON."

DISCUSSIONAL.

DR. PETERSON TO DR. TRALL.

DEAR DOCTOR: Before considering drug-poisons, I shall notice the portion you hold in regard to the living principle in you as the agent of the curative effects of the vitality of muscular and nerve tissue as being this property, I can but think you again in error. True, these tissues do manifest vitality in the extent exhibited through the use of the analytical instruments; yet there is manifestly a difference between their qualities and the living principle. Characteristics of this principle are, life, power, and motion; of muscular and nerve tissues, on the contrary, inertia and passivity; yet, by the indwelling of the former, the tissues do active with life. It is, therefore, by this living principle that the tissues possess vital properties, and not merely by a principle or quality of their own organized physical structures; otherwise they would certainly live, grow, or as long as the organic structure existed, which, according to proper philosophy, would be forever.

I hope, doctor, you will examine this matter, and see whether your apparatus rests up in a correct and substantial premise. I fear you lack at least one link in your chain of causation.

In elucidating the rationale of drugs, I shall contend that any thing which can, by its chemical affinities, decompose any or all of the bodily structures, is a poison. We will take alcohol as an illustration. Alcohol, by its chemical affinities or the elementary constituents of the blood, coagulates its stroma, and prevents the due transformation of the same into fine particles, as is accomplished by the heat evolved in its combination with oxygen, or by this rubbing the albumen of this element. It destroys the elastic quality of the arteries, precipitating its particles. It has an affinity for the muscular, nerve, and brain tissues, or their functional forces; otherwise it never could be found permeating those tissues, unless to normally supply a demand of nature, which, of course, you will not admit. It has, I believe, an especial affinity for that peculiar ethereal essence termed brain or nerve-force, which seems to be the connecting link between spiritual matter, the medium through and by which the living principle is enabled to manifest action through the body, and receive impressment from without. This ethereal, as yet obscure force, evolved by the simultaneous action of oxygen and electricity with the tissues, becomes a very imperfect medium of communication for the living principle to act through the force manifested as we know it, when combined with alcohol; hence we have the varied and peculiar manifestations of differently developed brains in a state of inebriation, and the violence of the force acted upon by the other volatile and highly etherized essences, as ether, chloroform, hydrocyanic acid, etc. These poisons do not destroy the tissues of the brain and nerves, and thus cause death, in less or more degrees, but, by their peculiar affinities for this essence are powerfully attracted, and, by combining with it, render it an unfit instrument of communication for the living principle to act through its functional duties through so important a medium, and hence takes its flight—its separated from its physical house—to other more poisonous agents.

To prevent these direful evils, the system acts defensively in various ways. The living principle recognizing through the force of sense, or feeling, the presence of the real, or material (movable) thing poisonous, at once commences through the nerves of motion (provided their force be not destroyed), contracts, secretary, and excretory action to defend the system's machinery, mutilate the enemy, and cast him out as quickly as possible; and through the organic nerves (if they be not paralyzed) a kinetic force commences creating new material, and rebuilding the disorganized structures; yet this is all done functionally, and of course can not be poisonous action, but action performed by the system to remove the poison.

Now, you contend that this defensive action always successfully prevents the poisonous action from taking place, and so, in your opinion, there is no disease. On the subject of Hydropic Review, you say, in speaking of the "modus operandi of medicines?"—"You ever heard of food and drink acting up to the system, and you say part of it is rejected, and the body seems to know that 'elementary matter is acted upon by the organism. Thus the leech act upon it in one way, and it is rejected from the system; and in another, it is that which it receives the action of the lacteals, the mesenteric glands, the lungs, and the capillaries."

As absurd is it to talk about a drug-poison or drug-medicine acting upon the system. The system acts upon it, or rather against it; although some of its structures may be decomposed or the whole life-principle destroyed in the course of the difference of course, is one in nature. I heard of a full, nutritive, & restorative action;—the other an abnormal, disorganizing, destructive action;—a difference precisely the same as that between the drug-system and the hygienic system of treating diseases."

What do you mean by all this? Do you not mean that the system's machinery is destroyed in the contest; and that the whole life-principle may destroy itself? This is the import of your language, if intelligible; yet, if this position be true, I can not see the consistency of rejecting drugs, and still retaining hygienic agencies, when it is known that they, too, will cause the system to destroy itself against drugs. This proves demonstrably to my mind, the one as the other; and that in rejecting drugs because the system decomposes its structures, and destroys its life-principle, in contrast with them, must, to be consistent, reject alike every other agent, whether it be a medicine or a hygienic agent, provided the system is disposed to kill itself in contrast with it.

Now, it is a well-known fact that many, if not all your hygienic agents, are equally disposed to destroy the life-principle (according to your theory) in many, yet, very many instances; as persons innumerable have been drown-

ed in the sea; multitudes have died in the contest with cold, and thousands have died from heat; and it is altogether more than probable that still the greatest number have died from "the good things of this world;"—they were gluttons—yet these are the very favorite agencies by which you kill diseases; and you reject drugs for no other reason than that the system will kill itself against them. Extremely beautiful is the theory of the vitality of life, as a poison, and how do you determine a thing to be poisonous? By the same rule that you determine drugs to be poisonous. If I will determine that the very favorite agencies to be poisonous, and dare you to show any better reason for one thing being poisonous than another, as the system will wear itself out upon any and every thing; and if I know physically of the drugs because the system wears itself out in contact with it, I beseech you to cease all your hygienic agencies the same root for a like reason—they, too, are poisonous.

The fact is, doctor, your theory is incorrect; drugs do act upon the living system by decomposing its structures and functional force-materials, notwithstanding all the energies exerted to prevent it; and it is because of this destruction that many diseases are healed, the organic energies becoming excited to increased action in the part attacked for the purpose of restoring the system to its original condition, that a deficiency may be remedied, and, but for the uncertainty in extent to which this destruction may proceed, I can not see why poisons might not be equally as safely used as hygienic agencies for the cure of disease.

Yours, truly,

J. G. PETERSON.

DR. TRALL TO DR. PETERSON.

I do not see that your theory of vitality is essentially different from mine. I regard "life," or the vital principle, as the aggregate of all the vital properties of the tissues. You regard this vitality or life-principle as something abstract, not of the tissues, but manifested through the vital property of the tissue. You would merge it into mentality or soul, as did the ancient physicians and metaphysicians, and there is just where they were and you will be swamped.

You say, "it is by this living principle that the tissues possess vital properties, and not merely by a principle or quality of their own organized physical structures; otherwise they would certainly live forever, or as long as the organic structure existed," etc.

Now, sir, the vital properties do live exactly as long as the organic structure exists, and this simple fact settles your whole argument on this point.

Your definition of a poison would make oxygen itself a poison, and it is accustomed to decimate vital air, a poison, for it does, by its chemical affinities, decompose as well as recombine the constituents of the bodily tissues.

So far as the effects of alcohol and other poisons are concerned I agree with you. Our question merely contemplates the rationale of those effects.

In your circumlocutory endeavor to explain the effects of alcohol, you say, "it has an affinity for the muscular, brain, and nerve tissue; or its functional forces." True, doctor, your fact stumbling-block. Have you seriously considered what the word *affinity* means? The functional forces of the muscular, nerve, and brain tissues are contraction, sensation, irritation, feeling, thinking, etc. And so, according to your theory, we must have an affinity between alcohol and action; an affinity between alcohol and feeling; an affinity between alcohol and thought! Do you mean chemical affinity, or physiological, or metaphysical? Affinity has only two meanings. It expresses the tendency of things to accrete or combine, and to harmonize. Do you think the alcohol and the functional forces are related to each other in either of these senses? If not, what do you mean by affinity?

You very much mystify your logic, and greatly complicate the absurdity of your position, by representing the brain as an "ethereal essence," and then endowing alcohol with a "special affinity" for the "nerve-force." And then, to give the climax of this huge mountain of moonshine, you make alcohol to have a special affinity for the "connecting link between spirit and matter."

Well, I am contenting to have some stopping-point, if we have a starting-point. You do not pretend to tell us what that "connecting link" is on which alcohol acts with a special affinity, but etherize it as a nerve-force, intangible, incomprehensible, and altogether un-conceivable.

—The something, nothing.

And, in all soberness, how do you know alcohol acts on it? I shall have to refer you to the works on chemistry, for your arguments are opposed to the rudiments of that science. You tell us that "this ethereal and obscure force" (it is sufficiently obscure in all consistence) when combined with alcohol, makes "an imperfect medium for the living principle to act through."

Now, then, we have a combination of alcohol and ethereal

force. According to all the teachings of chemistry, when two articles or agents combine, they produce a third substance, different from them. Thus sulphuric acid and soda combine, forming Glauber salts, a thing very different from either of the combining ingredients. Nitrogen and oxygen by combining form aqua fortis. Hydrogen and oxygen combine and form water, etc.

Now, doctor, how do you express, in chemical parlance, the result of your combination of alcohol with ethereal force? I say your combination, for it never took place except in the oxygens or imaginings of your own brain. Nature knows nothing of the sort. Would you term the product of combination an alcoholate of ethereal force, or what?

You must—, I think, the error of such reasoning, by thus tracing it to its premises and final results; and this, permit me to suggest to you, is the only way in the world to demonstrate any scientific proposition.

On the first reading of your article, I supposed you meant to have the alcohol combine with the tissues; but a more careful examination of its latent idea convinced me otherwise. Indeed, your next paragraph settles the matter, for therein you make other poisons as well as alcohol act on the "ethereal force," which you here term the "mysterious essence." To my mind your whole argument is essentially mysterious—the very quintessence of mystery and mistiness, yet it is precisely the doctrine of our standard works on medicine and physiology.

When you come down from the region of fancy to the sphere of fact, you are obliged to agree with me. You speak of the defensive actions of the living system against drugs, and you show precisely how the vital organs do act; while you have not explained a single effect on the opposite side of your hypothesis.

You quote the Hydropic Review to prove your position, and I refer to it as proving mine. The different ways in which we interpret the same facts remind me of a descension I read in the medical journals a few years ago between an allopathic and a homoeopathic physician, both of whom belonged to the Swedenborgian church, concerning the true intent and meaning of Swedenborg's writings. One affirmed that his writings taught the doctrine of "*contraria contrariis curantur*," and the other was just as sure the principle of "*similia similibus curantur*" was clearly deducible from the teachings of the seer.

One other point, and I have done for the present. You say that, in asserting that the living system acts on or against drug-poisons, and also acts on or against food, hygienic agents, etc., there is no consistency in my rejection of drugs and application of hygienic agencies. Surely this ought to be plain enough to the merest tyro in logic.

The living system acts on food and other hygienic agents (as I have many times explained) to use or appropriate them, when they are present in normal quantities and conditions. But if they are supplied or applied in improper or abnormal quantities or conditions, the living system rejects or expels them. Thus, if a point was placed between the teeth of a hungry man, the living organism would, through a complicated series of actions, change it into flesh. But if the potato was applied to the skin, or taken into the lungs, the living system would try to kill all possible ways, to expel it.

But drugs or poisons are never used nor usable. The only action in relation to them is that of vital resistance. The difference, then, between things essentially poisonous and things essentially unusual, is as great as the difference between white and black. Drugs are always necessarily injurious. Hygienic agencies may be useful or may be injurious as they are properly or improperly applied.

Yours, truly,

R. T. TRALL.

DEATH FROM A LEECH BITE.—EXTRAORDINARY CASE.—A somewhat singular case has been brought under the notice of the coroner for West Middlesex, in which a child lost its life through excessive hemorrhage resulting from a leech bite.

The deceased, Samuel Innes Press, had been affected with a severe attack of bronchitis, when it was thought necessary for the child's safety to apply leeches to the vicinity of irritation; and the consequence was, that one of the leech bites bled so profusely, that the poor little creature shortly after expired from shock to the system occasioned by the great loss of blood.—*English paper.*

To Correspondents.

Answers in this department are given by DR. TRALL.

INFLAMMATORY SORE THROAT.—H. G. D., Newark, N. J. I have the liberty of asking your friendly advice in my case. I have had since last fall, on my ears, the inflammatory sore throat. I have tried blisters, caustics, gargles, or-son oil, etc., and found I was getting no better very fast! About ten months since I was induced to try the water treatment, which I have done until the present time, with some good results; but it bothers me very much yet, and I now ask you for some suggestions. I did myself according to your "Cook Book" and use a sub-rubor to the Water-Cure Journal, which I perceive I follow. I am most in treatment right? I wet an old piece of toweling and put it on my neck (previous to which I give my throat a good bathing), and keep it on all night. In the morning I repeat the bath. Let my extreme anxiety be my only apology for thus trespassing on your valuable time.

The term "inflammatory sore throat" is applied to two different diseases. One is ulceration of the mucous membrane of the mouth, commonly called "canker," the other is an affection of the lining membrane of the windpipe, called, in medical language, "laryngitis." If yours is the former, your plan, with the addition of hip-baths once or twice a day, may cure it. If the latter, it amounts to one form of consumption, and requires a rigid application of every hygienic measure.

SCROFULOUS HUMOR.—L. B. T., Fredonia, N. Y. I am covered with a bad humor, called by doctors a "red itching humors," which is very badly, and my blood starts with small irritation, skin (where the humor is) is thick, glossy, and smooth, and, and is of a dark red or purplish color. Have had it once before, much worse than now; it was then treated by a Quack physician, and for the time cured. My health is never very good, but am generally able to be about. Last season, during warm weather, was troubled much with a dizzy, sick headache; have pills daily; an 54 year old, tall, very thin in flesh; have never taken a great deal of powerful medicine; eat no greens, save a little but, and eat a moderate amount of animal food, quail, but not daily. Will you tell me if I can take home treatment, and what shall it be?

The proper treatment you require is a tepid bath or ablu-tion morning and evening, the wet girdle a part of each day, small enemata of cold water, the diet of butter and milk, and the use of unbleached brown bread, with a moderate proportion of fruits and vegetables. The diet should not only be very plain, but rather abstemious. This is the treatment your case requires. Whether you can take it home, you are the best judge.

CHALYBEATE SPRINGS.—D. C. R., Brooklyn, Conn. Would so water from a spring containing a solution of iron be good for drink or culinary purposes? My spring has been celebrated for good water to water rum with; and a person not used to it has been known to vomit after drinking it.

Such water is not fit to drink, nor to cook with.

PAINFUL AND STIFF JAWS.—M. E. B., Providence. I have been troubled with my jaws for a number of years. They are at times very painful, and sometimes so stiff that I can scarcely open my mouth. I have consulted several physicians, but none of them seem to understand the cause. Whenever I open my mouth there is a cracking in the joints. Can you tell me what the cause, and what will cure them?

You give us no data from which we can judge. Tell us your habits of life, especially as to eating and drinking, what diseases you have had, and what medicines you have taken, and we may then be able to form an opinion.

DEAFNESS.—T. H. R., Goshen, Mass. There is no hydrophobic work especially devoted to this subject. The "Encyclopaedia" is the best work for reference.

CONTRACTED MUSCLES.—B. S. C., Three Oaks, Mich. Please inform me, through your Water-Cure Journal, if limbs that are contracted, on their cause, or muscular rheumatism, and limber abscess of fourteen months' standing, can be cured or straightened by your water-cure treatment. If so, give me directions.

They can be improved very much, though probably not entirely restored, in two or three months. The cost will be \$7 or \$8 per week.

PALPITATION.—A. B. F., Gorham, Mass. Will you please inform me what is the best treatment for palpitation of the heart, caused by wind, and pain in the stomach, caused by wind also?

Correct the digestive organs by hip-baths, the wet girdle, and a strictly farinaceous and frugal diet—unleavened bread, good apples, mealy p-tatoes, etc.

HYGEO-MEDICAL.—We call attention to the following suggestion of one of the students of the Hygéo-Therapeutic School.

In this strife about a proper term that will truly represent our system of medicine, there seems to be yet room for a suggestion.

We want a substitute for Hyprothopy, which is, according to the dictionary, "the substitution of the water-cure for the application of all hygienic agents in the treatment of disease in order to cure."

Hygéo-Therapeutics does not exactly suit us, for the word "therapeutics" means "to wait upon." Now we want to effect a cure, and not merely wait upon a patient, as the word signifies; moreover, we want a term to suit the masses, and at the same time truly represent our system.

The term Hygéo-Medical, from the Greek *Hygilia*, and Latin *Medico*—to cure with hygiene—expresses our system exactly, and will obviate the necessity of an explanation every time it is used, as it is the case with the word Hyprothopy. It is easily pronounced, less awkward, and is as good, or perhaps better, than any other term proposed, therefore preferable.

A. T. H., 15 Light Street.

DRESS OF CHILDREN.—R. T. H., Safe Harbor, Pa. Will it delimitate a child to put clean clothes on it every day?

Do the clothes withdraw electricity from the body? Is it injurious to dress a child in short sleeves, provided it is dressed in the air?

If so, in what does the injury principally consist.

1. No. 2. No. 3 and 4. Long sleeves are better in cold weather, because the surface is more equally protected.

BREEDING SICKNESS.—G. W. H., Vienna. I have a question that I wish to ask, which is this: Does the condition of wives in a state of pregnancy have a tendency to make their husbands sick? As I understand, it is held to be so by many wives, in consequence of the sickness of their husbands in such times.

If so, has the law been found out by which the effect is brought about?

It is true that the husband sometimes experiences the "morning sickness," and other disturbed feelings usual to pregnancy, while the wife is wholly free from them. This law of sympathy, magnetism, or whatever it may be called, has never been very well explained.

DIFFICULT EXPECTORATION.—H. C. W., East St. Louis. I have a great difficulty in raising my phlegm growing on me for the last two years. I have tried myself at all sometimes trying to raise, and could not. It troubles me about singing, I can not get my voice clear; frequently coughing when I am in the choir. Please give me a remedy in the W. C. J.

You have either slight tuberculation in the lungs, or a chronic inflammation of the mucous membrane of the larynx. It is a slow affection, and requires a strict diet, with such bathing appliances as the constitutional condition requires.

INCONTINENCE OF URINE.—E. W., Monroe, Wis. Will you please inform me what I can do for a boy a little over nine old, afflicted with the infirmity of incontinence of urine at night and while asleep. He is apparently healthy, lives hydrophatically, except as to quantity, is a vast eater, has an enormous appetite, thin in flesh, sleeps very sound, plays and works manfully.

Regulate his diet carefully in quantity and quality. Restrict him to dry diet exclusively, as unbleached bread, parched corn, roasted potatoes, etc.

ASTHMA.—S. B., Burton. A lady thirty years of age has asthma, of the class designated in the "Encyclopaedia" as *asthma bronchicum*. She has a moderate cough, irregular at weakness acts as the back and hips, and lower part of the abdomen; menstruation too frequent and profuse, is very painful; is troubled also with leucorrhoea. She also a humors-like sal-rheum on her hands and sometimes feet during cold weather, which disappears in the warm seasons; a disagreeable hot, dry feeling in the throat, which sometimes is so dry that she desires to clear it up. It has taken a good deal of patent medicine, mostly expectorants and narcotics, for the asthma, to which she attributes her present condition, so she was never troubled with it before taking them. Has taken lobelia tincture, blood-root tincture, etc.

Give her a tepid sponge-bath daily, and one or two hip-baths, not too agreeably cold. Take also vaginal injections. The diet on mention will do much better without the salt and white sugar.

HYGEO-THERAPY.—W. H. O. I like this term very well, but it is not so easy of enunciation as I should like. Why can't we have some plain English word which all can comprehend, and which will correctly express our system?

This is just the question we have been asking for years, but although many repeat it, no one answers it. We have ransacked all the dictionaries within our reach, and can find no term in existence exactly expressive of hygienic medicine, except Hygéo-Therapia. If any one else can, let him bring it forward.

SYNOVITIS.—J. B. Jr., Milton, C. W. The sprain of the knee-joint, the application of blisters and the drugs taken, have together induced an inflammation of the synovial membranes of the joint. It will be a slow, tedious matter to cure, but under good management may get well in three or four months. You had better go to a water-cure, as the treatment should be very strict. Wet bandages to the knee are proper local applications.

LIVER COMPLAINT.—S. G. S., Clappville, Mass. I have been out of health for more than a year. I have suffered much from a bad feeling coming from the stomach, and palpitation at times. At the present time I suffer in a pain in my left breast, through and through my shoulder, and in my arm. I am distressingly nervous, have a morbid appetite; if I eat a little too much, it worries my stomach, causing palpitation and short breath. The pain in my chest is worse when I get tired, and at night. If I talk much it tires my lungs out, and brings on the pain and a nervous excitement. I have imagined that I had heart disease, and the thoughts of it keeps my nerves in a continual excitement. If I read of a death by heart disease, it gives my whole system such a shock that I don't get over it for a long time.

Now can you tell me through the Journal what is my disease, and what to do?

Your heart is well enough. Your troubles come from the "old-fashioned torpid liver." Use the wet girdle occasionally, and sitz baths daily. You do not tell us what articles you eat and drink, so that we can not suggest any thing in relation thereto.

ADIPOSE TUMOR.—W. H. O., Oshawa, C. W. One of my neighbors, a young man, has a large lump on his right breast, a little below the nipple. It is as large as a hen's egg, and so soft, but never increases, or even presses down. What do you call the thing, and how can it be cured?

It is a fatty tumor, and should be cut out. Your other questions are fully explained in the "Encyclopaedia," which we believe you have.

MODUS OPERANDI OF MEDICINES.—H. R. McCarswell, S. C. I can give you information here not long ago. I think proves the truth of Dr. Trall's theory of medicine not acting on the system. A neighboring woman of mine last January walked about a half a mile, and was so tired that she was then expected to be confined. The result was, her course stopped, and she was taken very suddenly with a cold, or cold, as she called it. I immediately sent for an M. D. He tried her all over her for 36 or 40 hours, at the end of which time she died. He could not get his medicine to operate or act on her for the life of him.

It is unfortunate that the amount of the salt in the medicine, and with that intensity that sacrificed life in a little time.

When will doctors cease warring on human constitutions?

APPOXY.—J. S., Clinton, Pa. I have been troubled with a severe pain in my head for the last four years perhaps as much as twice a year. Sometimes it would turn to apoplexy. Most generally I would take apoplexy through the night. My physician treated me with bleeding, and a dose of calomel, worked off with a dose of opium salt. I am beginning to think that this treatment is going to do me an injury. At this present time I am laboring in the last stage of one of the spells. As I am a subscriber to your WATER-CURE JOURNAL, I thought I would drop a line to see if you could give me any information. Will you tell me what I shall do; what process I had better go through; how shall I treat my disease? Please send me the treatment, particularly described, and obliging to me.

N. B.—What is the cause of my disease, and how should I diet myself?

You have a torpid liver and thick blood, with constipation, and a generally obstructed state of the system. Rub the whole surface thoroughly with a wet woolen morning and evening, and eat wholly on coarse, unbleached bread, with a small proportion of fruits and vegetables. Avoid salt, vinegar, spices, butter, cheese, and milk.

GRAHAM BREAD.—S. C., Crawford, Pa. Allow me to inform the readers of the WATER-CURE JOURNAL of the way and manner that I make Graham bread. Take one quart of buttermilk, one tablespoonful of the double-refined saleratus one half wheat bran and shorts, the rest wheat flour, and not mix it very hard. Put it in a stewpan or oven, let it rise ten or fifteen minutes to rise, then bake gradual until done.

We publish the above for the purpose of calling attention to its errors. We regard the article as perfectly abominable in all respects. It is enough to make Sylvester Graham come forth indignantly from his grave, to see his name still used by his name. And why should that in spirit of all we can see, such cooking is prevalent all over the country. The saleratus alone is enough to condemn it, even without the other things. We have made a pure, sweet, delicious, and perfectly healthful article of Graham bread for ten years past, and many times published the way and manner in this Journal. We use nothing but meal and water.

ULCER OF THE CORNEA.—I. T. PRIMA, N. Y. We Dr. Trall's advice in this flowing case, through the WATER-CURE JOURNAL. About a week since an ulcer made its appearance on the white of my eye, and is on the increase in spite of my efforts to control it. I apply cold water several times a day, take hot-baths once a day, and do not use the sleep with very cold water once a day. Am in the practice of bathing every morning, and diet consists of corn, potatoes, bread and fruit. Will to know if I am on the right track, or if I shall have to resort to the use of calomel.

Do I touch the eye, or bathe it gently several times a day with tepid water; or what is better still, wear a light, wet compress over it, re-wetting it frequently. The wet-sheaf would be beneficial. Corn meal is better without the bulls.

SLEEP-WALKING.—A. S., Stockton, N. Y. A boy twelve years old goes to his sleep, and sometimes goes into great danger. Is there any remedy?

Probably the difficulty consists in indigestible food and an overladen stomach. The remedy consists in a light breakfast, a moderate dinner, and no supper at all.

SEMINAL EMISSIONS.—I. M. W. Caustics and dyes are entirely improper. In cases of stricture, the digital bougies may be employed, provided there is no inflammatory tenderness of the urethra.

SYNOVITIS.—I. M. L. What is the best diet for a person suffering from synovitis? How may that disease be distinguished from rheumatism, in which it would be the best diet could be sensibly, or wet compresses?

Unleavened bread and good but. It is distinguished from rheumatism by not being attended with much swelling and by being more uniform in its symptoms. The wet compress and the leg-baths are the best local appliances.

PRIVATE CIRCULAR.—C. S., Tipton, Iowa. Will you, through the WATER-CURE JOURNAL, inform me how to obtain private information from Dr. Trall. Does he require a professional fee of his patrons; if so, what is the proper fee, and his address. Please answer this, and you will oblige a patron.

Send your address in full, and a circular will be forwarded to you fully answering all of your questions.

WHAT IS WRONG.—W. H. S., Hawleyville, Conn. Your management is about right. Exercise all you can without over-fatigue, that is, without getting so fatigued that you cannot do easily get rest after it. Use a variety of meals. Use a less proportion of cakes and nushes, but a greater proportion of solid bread and fruit. You can not in any event get strength only according to the inherent or remaining stamina of the constitution.

GENERAL DERANGEMENT.—A. S., Georgia. O. A lady, unmarried, 30 years old, has asthma, torpid liver, constipation, weakness across the back, hips, and lower part of the abdomen; painful, to frequent, and profuse menstruation; also, a bad humor. She has used much patent medicine. Since Nov. she has been trying hydrotherapy. She sleeps in a wet jacket, with a wet towel about the abdomen; takes a cold wet-bath on rising, sitz-bath at 10, a pack from 8 to 4. She is weak on coming out of the pack. Is the treatment suited to her case? What articles of diet are most suitable? Is there any special diet? She is over-treated. On the 10th packs. Instead of the jacket, lay a wet towel on her chest. 2. Unleavened bread, baked hard, with either fruit or vegetables. 3. No; all such things impose a useless tax on the system. She must not keep cool.

CHRONIC LIVER DISEASE.—P. E., Kingville, O. A lady, 20 years old is troubled with what the doctor calls catarrhism. For three years she has been subject to attacks of disease, at which time she makes a strange noise in her throat, and buries her head in the bed-clothes; the spasm comes on in the night. She has pain in the shoulders and small of the back; has a backing cough; has a craving appetite; has taken advice and medicine from different doctors. What is the disease? What should be its treatment?

Her digestive organs are deranged, and she has chronic disease of the liver. Cleanse the bowels thoroughly with tepid water, then keep them open. Take no food, except at meals, and then eat what you wish; this must be coarse, vegetable food, with no condiments. Drink nothing for two hours after meals, but take cold water. Take a bath, with friction, daily. Use the wet girdle at night; take a half-pack twice a week.

CANCER.—P. A. A., Clermont, Fayette County, Iowa. A married woman, about a year ago, got a lameness in her right hip, and in the right leg. The lameness has increased, and sharp, stinging pains affect the right

arm. For the past three years she has been subject to ague and fever; has taken quinine and patent medicine. She thinks she has a cancer.

The symptoms given do not indicate cancer. The disease more resembles stragella. She should abandon drugs; use a diet consisting of vegetables, and from an occasional time take a sponge-bath on rising, a hip-bath, five minutes at 10 A. M., and when the pain is severe, apply hot fomentations, succeeded by the cold, wet compress. The bowels to be kept open.

SPERMATORRHEA.—S. N. C. Most cases are curable. They require a moderate course of bathing, with a very strict diet. We are opposed to all forms of cauterization and druggery. They are always injurious, and often dangerous. We do not like to give you our opinion of the skill of particular physicians, but we will always express an opinion freely as to any part on a treatment.

SWELLED LIVER.—J. T. S., Segoin, Texas. I am eighteen years of age, and have always been of a weakly disposition. An very agreeable mate, of a very excellent nature. For the last two or three years I have been troubled with a great difficulty of breathing, and shortness of breath and spitting of phlegm. I have frequent pain in my sides and chest. For the last year or two I have been very sick and sour on my stomach. My bowels are not regular. I do not use tobacco or coffee. I have been staying in a store for several years, but am now doing light work on a farm.

Will you kindly answer the following questions in the next number of your W. C. J.?
What is the nature and cause of my complaint?
What kind of employment is best for me?
What kind of diet should I use?

You have a torpid state and enlarged condition of the liver. Your present vocation is the best for you. Your diet should be strictly fruits and vegetables. Avoid butter, cheese, and milk. Eat coarse, unleavened bread.

DODGING THE POINT.—ROME, VAN BUREN COUNTY, IOWA, January 26, 1857.—DR. TRALL, SIR: In common with thousands of the readers of the WATER-CURE JOURNAL, I have read with interest and attention all that you and Dr. Curtis. I have waited for the closing demonstrations, which you promised us some months ago, with great anxiety. For the last year or two I have been very sick and would conclusively establish your position, viz. that drugs do not act on the living body. But the great gain has been in the fact that you have shown the way to the truth. I am glad to believe that the real mark is the grand difficulty, has not been touched either by you or Dr. Curtis. You demonstrate in a conclusively that the apparent remedial effect of drugs on the system is the equalization of the system, or the diversion of the vital force from the disease, thus lessening the diseased symptoms, which symptoms you say that you believe to be the result of the disease. But I think you have dodged the most vital point in the discussion. You say that drugs have no action on the system; but they are chemicals. Why are they enemies? Be since they can not be manufactured into tissues, bones, &c., and are therefore foreign substances, and simply in the way. If your position, that they do not act upon or against the system, is correct, that must be the only reason why they are enemies; and if so, why is one foreign substance infinitely more in the way than another; in other words, why will one poison cause death instantaneously, when some other foreign substance in greater quantity may remain a considerable time in the system without serious detriment?

If you will satisfactorily answer these queries through the Journal, you may enlighten many doubting minds.

Reply.—You have very well presented the grand difficulty in the way of our position, or rather in the way of making the people comprehend it. But if we are not greatly at fault in memory, this very point you raise *was* explained in our discussion by Dr. Curtis.

You ask why, if drugs do not act on the living system, and are only injurious by their presence, different articles are resorted with such different degrees of violence? The reason is, they have different degrees of chemical affinity (or their elements) for the elements in the living system, or in their fluids. The so-called chemicals are not destroyed, but controlled by vitality, hence the resistance must be according to the intensity of the chemical affinities, which would, if not overruled, destroy or change the elements of tissue. This corrosive substitute, which differs from calomel only in containing one proportion more of oxygen, is one hundred times as poisonous as calomel; that is to say, its chemical affinity is so much greater, that it is resisted with one hundred times the intensity.

VARIICOLE.—P. N., Sabbath Rest, Pa. Will you please inform me through the Journal what is the best treatment for the disease known by the name of varicocele?

Usually it is best to wear a suspensory bandage, and bathe the part frequently with cold water. Bad cases require surgical management.

TEMPERATURE OF BATHS, ETC.—J. B. B. J. W. M. Trill, Conn. Should the usual baths and treatment be continued when the patient has a very bad cold on the lungs? Trill and it both comprise the treatment. Patient has a torpid liver and typical of the child in the middle of the back, can not keep his ears warm over a hot stove in moderate weather. At what temperature should his bath be taken? Urine and spermatorrhea—water cure books say nothing of this disease. Dr. E. Hollick, of New York, states that, where there is one case of nocturnal emissions, there are ten cases of spermatorrhea. Is this true or untrue; be makes microscopic examinations of the urine to test the presence of seminal albumen. Do you make such examinations? Is the disease curable by water treatment?

Can not some of the readers of the WATER-CURE JOURNAL give us a list of a making good water Indian cake—no good as that at Dr. Trall's.

In the cases you mention the water should be just as cool as the patient can bear without of comfort, and no colder. We do not make microscopic examinations in such cases; cause why—it is an nonsense. Spermatorrhea is generally curable by water treatment, provided it is carried out faithfully in respect to all hygienic appliances.

We have repeatedly published in this Journal, also in the Cook Book, the way to make Indian cake. One reason so many find it difficult to get, they don't buy. Instead of taking the requisite pains to learn how to make half-baked, the majority of people wait the bread to learn how to make them.

DISEASED LIVER WITH ERYSIPELAS.—A. H. H., Lowell, Mich. My wife has been afflicted in the following manner for the last three years, viz. difficulty in getting on the left side. Pain at times between the shoulders, a sluggish state of the bowels, and a general burning fever, affecting at times more particularly the hands and feet; food not acting well in the stomach.

Last May she was attacked with erysipelas; she was treated with water, but with little success. She recovered, but has been troubled much with the same disease since, and has had it down in her face. Her diet has been mainly vegetable.

If you should be able to determine from the above description if her disease is curable—(as what are the proper remedies. Can she be successfully treated at home? Must she absolutely wholly from meat, tea, and coffee, and be probably curable. She should take a pint bath daily, use bread or unbolned meal, without yeast or raisins, and abstain from tea, coffee, butter, and milk.

DYSPEPSIA.—E. D., Taunton, Mass. For the past three years I have been troubled with the liver complaint, which, by means of the water treatment, plenty of outdoor exercise, and abstention from greasy food, I have cured. But no sooner was my liver restored to action than I began to experience dyspeptic symptoms such as I had never felt before. For a while after my liver began to perform its function I had much distress after eating, but now the distress is not so great, but I have more acid water in my stomach than I can discharge before. My bed is constantly, and I am continually troubled with sour breath. My stomach is so sensitive that on rare bread it rises up, and I complain of the bowels; what shall I eat, and how much? What water-treatment will I make use of that my stomach may become sound and strong?

Your stomach has become so sensitive, but whether this is a good or bad symptom we can not tell, unless we know your present eating and drinking habits. Tell us, then, what you eat, and how you cook it, w. as you drink, and how you prepare, and I will try to indicate the difficulty and the remedy.

WORTH, MICH.—A letter asking information by return mail, concerning a young lady with suppressed menstruation and a consumptive tendency, was received some weeks since, without any signature. For this reason we can not answer it.

PREPARATORY STUDIES.—A. H. B. H., Springfield, O. What works should be studied, in a preparatory to entering Dr. Trall's Medical School?

"Hydrostatic Encyclopedia," "Zonma's" "Chimistry," "Fruits and Farinacea," "Uterine Diseases and Displacements," "Comstock's and Corning's" "Physiology," etc.

CHILLS AND FEVER, AND RHEUMATISM.—N. W., Harlow, Ky. Why is it that persons have the chills and fever on first moving to a new country, and what is the proper precaution in such cases?
What is the cause of a severe pain in the hip and lower part of the abdomen?—the patient was afflicted with rheumatism last winter.

1. The miasms from rapidly decomposing vegetable matter. The precaution consists in living healthfully in all possible respects.

2. The pain is owing to an obstruction of the liver. The remedial plan is, plain, coarse food, hip-baths, and water girdle.

EPILEPSY.—R. E. Winchester Centre, Conn. Can you give me any information in the *Water-Cure Journal*, respecting the treatment for epilepsy, or falling-sickness fits? I have a girl who has had those fits for eight years. I have tried a number of our drug physicians, and all kinds of quackery. In this respect, patent medicines, etc., which have cost me much money, but no helps yet.

A majority of such cases are fatal, especially after such an amount of drug-poisoning. If a cure be possible, we could only determine its probability and prescribe the treatment after a personal examination.

CHEESE, BILIOUSNESS, AND WORMS.—H. H. G., Simonsville, Vt. Please inform me, through the *Journal*, why cheese, as an article of diet, is unhealthy. Also, what food is best for a person who is bilious? And what treatment should you recommend for a person troubled with worms?

1. Because it is unnatural; that is, its chemical elements do not exist in the relations of proper food. 2. Unleavened bread made of unbleached meal, and good fruit. 3. The same diet as for biliousness.

COLD FEET AND ROUGH HAIR.—D. S., Cartersville, Ga. My wife enjoys good health. It was very bad two years ago. I have tried the sufferer during the day and night, with very cold feet, and very rough hair. What ought she to do in each case?

Use hot and cold foot-baths at bedtime for a while, then tepid, and finally cool, followed by active friction or exercise. For the hair, avoid grease, milk, and drink no hard water.

DIARRHŒA.—W. H., Milton, C. W. I have long been subject to bilious attacks. Three years last fall I had an attack of diarrhœa, and was well dragged. Since that time I have had pains in my limbs and soreness in my bowels, cold feet, and very nervous. What treatment would you recommend, and what diet?

If you have good temperature of the surface, take the wet-sheet pack daily for an hour, followed by the dripping-sheet. If not, take a tepid wash or sponge-bath. In either case live on a plain, vegetable, and fruit diet.

HUMBBERGERY.—A. U. L., of Huntington, Ind., sends us a pamphlet purporting of Dr. Grindie's "Magic Powders," which are, of course, infallible for the cure of consumption and all other incurable diseases, and "ask" "our views in regard to it," etc. We have no "views" to express in relation to any quack nostrum. The whole catalogue, from Alpha to Omega, is a fraud on human constitutions. But so long as there are ignoramuses in the world there will be knaves enough to deceive them.

NOSE-BLEEDING.—C. E. P., Johnstown, Ohio. When a person bleeds from the nose, does the blood ever come from the lungs?

No. When a person breaks his head the fracture is never in the leg.

GUARANTY AGAINST HUMBBERGERY.—C. L. B., Portland, Me. I am acquainted with several sickly married ladies who greatly desire and would willingly pay well for the information you say you possess, viz., a harmless and physiological preventive of pregnancy. Can you not give them some assurance or explanation that will satisfy them on this point? Your "discovery" is regarded by all I have heard speak of it as the most useful ever made, or the greatest humbug ever invented.

You are right. It is one thing of the other. Time and opportunity will sooner or later enable all who are interested to determine this question. Meanwhile, let patience have its perfect work. We have in our private circles explained the reasons why it is not proper, in the present state of society, to give our discovery publicly. But we have agreed, in case our prescription fails in any case (and no failure has occurred yet), to refund the money. What more would any person have us do?

QUALIFICATIONS FOR AGENTS.—W. P. L., New Bedford, Mass. I thank you for sending me your private circular. It contents interests me very much. I am not a physician, but a general letter writer, and would like an agency if you esteem my position a suitable one. I know you well, and will indorse and guarantee any title to which you will give your name. I have carefully studied all your works, and never knew you put forward a false idea. Two years ago, as you may recollect, my wife was cured at your establishment.

We prefer agents who are not physicians. We have as yet authorized but three physicians as agents, and two of them proved dishonest. When we gave their patients prescriptions, they thought they had discovered the secret. But there are some things not yet dreamed of in their philosophy. We should be pleased to have you attend to this matter; and this answer will apply to about a dozen who have written us making similar inquiries.

SCHOOL CATALOGUE.—I. W. D., Muscatine, Ia. Please send me a catalogue of the present class of the Hydropathic Medical College. If you will send a several, I can distribute them advantageously, as I know several persons who are desirous of attending the coming summer or winter term, or both.

We have delayed the catalogue this year, as we did last, in order to announce the success of our application for a charter. We have advice from Albany that the charter will undoubtedly be granted in a few days, and then we shall publish a biennial catalogue, with a more extended programme of the school arrangements.

INJURED STOMACH.—S. A. W., Middleborough, Mass. About eight months since my son, who is about 26 years of age, so lost his stomach by long-continued and over-exertion that it has not recovered, and has some what affected his general health—so much so that he has been able to perform but little labor since. What is the remedy? Should he use stimulants?

Apply the wet-girdle a part of each day. Give him a daily tepid ablation, and keep the bowels free, on plain, coarse food. Avoid stimulants and all other drug-stuff.

VAGINAL INJECTIONS.—L. E. S. Are vaginal injections beneficial to a woman in pregnancy; if they are, what temperature should the water be, and how often used, allowing the woman to be of a nervous, weakly constitution?

Yes. The temperature should be as cool as can be taken without discomfort. They may be used once or twice a day. Once is usually sufficient.

MARY, OSWEGO, N. Y.—We do not publish matrimonial advertisements now. Send an order for the money.

Miss D. L. S.—Will cranberries produce well in the southern part of Iowa? Yes; but you must select for them the most sandy soil, and it should not be too dry.

JABEZ SMITH, York, Pa.—To all your questions, No.

Literary Notices.

ARCTIC ADVENTURES, BY SEA AND LAND, from the Earliest Date to the Last Expeditions in Search of Sir John Franklin; edited by Eves Sargent; with maps and illustrations. Boston: PHILIPS, SAMPSON & Co.; New York: FOWLER & WELLS. Price, prepaid by mail, \$1.50.

A New York Journal says: The narratives of Ross, Franklin, Beechey, Back, Sir John Barrow, and Dr. Kane have all been called into requisition in the production of this volume, and though the several narratives are, of course, very considerably curtailed, the main incidents of each and all are preserved. It is a narrative of stirring, thrilling facts, more interesting than the most brilliant work of fiction, and will possess great attraction for young persons who will pore over his well-printed and amply-illustrated pages with all the interest and absorption of mind that is experienced in the first perusal of Robinson Crusoe. It is a book that every youth should read, in the absence of the more voluminous original narratives. In this they will find that it is essentially necessary for them to make themselves acquainted with, and it will, when read, find a permanent place on the library shelf. It contains an excellent likeness of the gallant and lamented Dr. Kane, and is issued altogether in a manner that is highly creditable to its publishers.

We shall give our readers some choice extracts from this excellent work.

How to TALK: A Pocket Manual of Conversation, Debate, and Public Speaking in general. New York: FOWLER & WELLS. Price, in paper, 80 cts.; in music, 60 cts.

This anxiously-looked for little manual for "the millions," the second number of our new "Hand-Books for Home Improvement," is now ready, but comes to hand too late for an extended notice this month. It is a work which should be in the hands of everybody who wishes to speak the noble Anglo-Saxon tongue correctly, and especially every young man and woman. Its principal objects are:

1. To furnish, in a condensed form, such an exposition of

the whole subject of language as will enable any person of common intelligence, by a little application to study, and a moderate degree of perseverance in practice, to avoid most of the gross errors which mar the speech of a majority of our people, and to use the noble English tongue with correctness and elegance.

2. To note and correct, in accordance with rules previously given, a large number of the most common errors in speaking.

3. To furnish useful and practical rules and hints on delivery in general, and on the kindred topics of conversation, reading, and public speaking, in particular, illustrated by examples and accompanied by suitable exercises.

Send for it, and judge for yourself. It will be sent by the first mail to any address.

"How to Behave," the third number of our new "Hand-Books for Home Improvement," will be ready in a few weeks.

LECTURES ON THE SCIENCE OF HUMAN LIFE. By G. Graham, M.D., of America. Second English edition, to which is added a copious Index, Portrait, and Life of the Author, and 20 Illustrative Engravings, 1 vol., pp. 650. Price \$2.50. New York: FOWLER & WELLS.

We have just imported from London a few copies of the English edition of this work, the original American edition being entirely exhausted. Those who desire copies of the "Science of Human Life," may now obtain them.

The following, from an English journal, shows how highly this great work is appreciated there.

GRAHAM'S SCIENCE OF HUMAN LIFE.

DEAR SIR: I lately received a letter from a gentleman to whom I had lent several books, among others, Graham's "Lectures on the Science of Human Life" and as it may be interesting to your readers to see his estimate of the work, I beg to introduce it to you for insertion in the *Messenger*.

Graham's Lectures are something wonderful. What laborious, sincere, and ardent powers of investigation, acute logic, and sagacious argument they contain! They are eminently convincing. His was, indeed, a truth-loving spirit; one of the heroic souls to whom the world has been indebted for its progressive steps in knowledge and civilization, and whose need of praise is spoken only by posterity. There is something affecting in the patient and noble zeal of such men—so grand and unselfish, so potent for the good of others—so like consuming to themselves! Graham says: "I will my labors I have carried with me a deep and solemn sense of responsibility, which has, at times, almost overwhelmed me. Most conscientiously have I tried to find out the truth for the truth's sake, and to promulgate it for the good of man."

He takes almost "comprehensive view" of man—his moral, intellectual, animal, and organic properties—the vital forces and abilities, from the action of which result the several arrangements, structures, tissues, and organs of the body. And having explicated these, which may be considered the foundation upon which he successfully builds his system, the conclusion can not by any possibility be gainsayed, that vegetarianism is the only true system of dietetics, and flesh-eating, therefore, injurious to man in all his various relations.

I am, dear sir, respectfully yours.

Words of Cheer.

PROGRESS CERTAIN.—That the habits of society are destined to become greatly changed in regard to eating, drinking, laboring, resting, washing, doctoring, and general living, no attentive observer of passing events can fail to discover.

True, upon a superficial survey of things, but little change is perceptible. Most people still follow the multitude to do evil. The road of re-tractment is frequented only by "here and there a traveler." Men and women are yet appealed to through the grossness of their senses and the stupidity of their fears, and run stark mad after each and every monstrosity that is presented, worshipping the ridiculous in fashion and the fashionable in religion. Yet here and there one may be seen resolutely breasting the tide of popularity, silently moving the world by the irresistible force of example, and quietly adopting those rules of life that will, one day, be read and observed with the same unostentatious faithfulness with which they are written in words

of love and patient waiting. It is to this class of reformers that I look for great things. For them I would write a word of encouragement. It may be they sometimes despair of the world (never of themselves)—it seems to heed them not. Their example is unheeded or ridiculed. They are cast out of fashionable society—forsaken even of neighbors and friends, because they love humanity more than brother or sister individually; and labor to *sanctify*, rather than gratify, its unholy desires—while the noisy reformer is followed by crowds, and applauded in lecture rooms. But, friends, faint not by the way. Lowly as is your walk in life, humble as are your surroundings, that walk leads unto the highest pinnacle of greatness, and those surroundings will become resplendent with the light of worthy actions, performed, solitary and alone, without the approving smile that too oft makes merit of doubtful propriety. From the mountain of true holiness you will yet beckon the wordy disputants about reform principles in the valley below, asking them up higher. Courage, then, friends. Let no obstacle be deemed insurmountable—no difficulty too great to be overcome. Let not the flatteries of fashion allure you, nor the frowns of bigotry drive you from your post. On you rests the foundation of humanity's hope. However useful, in their position, other classes of reformers are, without your earnest, quiet, patient labors they toil in vain. J. S.

WAYNE, MICH., Dec. 24th, 1856.

THE GREAT WORK GOES BRAVELY ON.—The principles set forth in the WATER-CURE JOURNAL are well received in this part of Missouri. They are revolutionizing public sentiment in an unparalleled degree. Physicians of every school are beginning to acknowledge their merits. An allopathic physician told me, a short time since, that the WATER-CURE JOURNAL had been worth five hundred dollars to him and his family, who had been reading it only about three years. This acknowledgment is the more illustrative of what the JOURNAL is doing, from the fact that he is a very popular physician.

Another very popular physician said to me that Hydrophobia would do in most cases, but he would be afraid to trust it in every case. But one would suppose, from the use he has for *tubs, sheets, and wet cloths, in certain cases*, he believes them *paramount* to medicine, as they were made to *supercede* it.

Another young allopath, while laboring under a spell of typhoid fever, did not hesitate bringing into requisition *general abutions, sitz-baths, etc.*, all of which, he had to confess, contributed to the "soothing of the troubled waters."

These confessions, a few years ago, would have been considered reasonable; but now, water is not only admissible, but really necessary. What is this but the effulgent rays of the great Hygeopathic reformation that is wearing its way slowly, but surely, into the affections of the people.

Sirs, you have everything to encourage you in your noble mission. Thousands are now rejoicing in health and vigor who have been healed by the Graefenberg balm. Yours very respectfully,

F. G. R.

Business Notices.

HOW TO REMIT.—In sending funds to the Publishers, always write in a very plain hand, at the top of your letter, the Post-offices in full, the County and State. When the sum is large, obtain a draft on New York of 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.

CLUPS may be composed of persons in all parts of the United States. It will be the same to the Publisher, if they send papers to one or a hundred different post-offices. Additions made at any time at Club Rates.

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

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

SEVERAL BANK NOTES, Postage Stamps, or small Gold Coins, may be inclosed and sent in a letter to the Publishers, without increasing the postage.

SUBSCRIBERS may remit for one, two, three, or more years, as may be convenient. The amount will be credited, and the JOURNAL sent the full time.

REMITTANCES.—Checks, Drafts, or Bills on New York, Boston, or Philadelphia, properly indorsed, may be remitted. We will pay the cost of exchange.

MONEY on any specie-paying bank, will be received at par, but New York or Eastern funds preferred.

OUR TERMS are, PAYMENT IN ADVANCE. No JOURNAL sent before or longer than paid for.

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SPECIMEN NUMBERS will be sent gratis.

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Miscellany.

SNUFF AND DYSPESPIA.—Dr. Cullen, author of a work entitled "Materia Medica," remarks of the practice of snuffing: "Among other effects of excess in the use of snuff, I have found all the symptoms of dyspepsia produced by it; and particularly pains of the stomach, occurring every day. The dependence of these symptoms upon the use of snuff became very evident from hence, that upon an accidental interruption of snuffing for some days, these pains did not occur; but upon a return to the practice, the pains again returned; and this alternation of pains of the stomach and of snuffing having occurred again, the snuff was entirely laid aside, and the pains did not occur for many months after, nor, so far as I know, for the rest of life."

A MISTAKE.—The mistake generally made by those who desire to acquire or to beget in their own taste for reading, lies in trying to force prematurely an appetite for serious works. The true course is, to foster and guide the natural curiosity inherent in every mind, and to make the attractive minister to the useful.—How to Talk.

HOW THE HEALING ART SHOULD BE STUDIED.—If I could give you the best piece of advice in my power, I think I should give you this advice: namely, in all your dealings with mankind as physicians, and in all your life-doings, strive, first to increase the boundaries of your know-

ledge; and, second, strive to make that knowledge as vulgar, as popular as possible. Be a reformer in this particular, and you will, should you succeed, become the real founder of a Sect in medicine, and that sect you may baptize as the young phisic that Dr. Forbes advocates. That will be the true young phisic, which succeeds in bringing down Old Phisic to the level of this common-sense age.—Professor Meigs' Letters to his Class.

TERRIBLE MISTAKE.—A druggist in Baltimore recently filled a prescription ordered by Arnold, a German physician, for a child. The child took the medicine and died immediately. Arnold took the remainder of the medicine to the druggist, and told him he had made a fatal mistake. The druggist persisted that the medicine was right, and to show his confidence in his correctness, he swallowed a portion himself. He was immediately attacked by horrible convulsions, and died in five minutes. The doctor, who merely tasted the preparation, and spit it from his mouth, was also attacked, and with difficulty saved. The affair occasioned great excitement. The druggist had mixed cyanuret of potassium with lemon juice, developing enough prussic acid in the preparation to have killed three hundred people.

DON'T GIVE UP TOO SOON.—Avoid giving a patient over in an acute disease. It is impossible to tell in such cases where life ends and where death begins. Hundreds of patients have recovered who have been pronounced incurable, to the great disgrace of our profession. I know that the practice of predicting danger and death upon every occasion is sometimes made use of by physicians, in order to enhance the credit of their prescriptions if their patients recover, and to secure a retreat from blame if they should die. But this mode of acting is mean and illiberal. It is not necessary that we should decide with confidence at any time upon the issue of a disease.—Dr. Rush's Lectures to his Class.

POPE PIUS IX. AND THE WATER-CURE.—The following anecdote of the reforming Pope may be relied upon for its authenticity: A gentleman, who is an acquaintance of one of this Journal, was honored, some few months ago, by having an interview with the Pope. In such interviews, subject of conversation is a difficult choice to make. However, the gentleman in question, being an enthusiastic friend and promoter of the Water-Cure, took the opportunity of introducing that subject to the Pope, supposing, probably, that so spirited an innovator would probably be struck with that spirited innovation on old modes. He went on, therefore, describing the various processes, and had an attentive listener. When he described the packing in the wet sheet, at five o'clock in the morning, the Pope lifted up his hands, and exclaimed, "Oh, che penitenza!" And when the half-hour cold sitz-bath was mentioned, he said, with wonder, "Mortificazione grande!" We recommend his holiness to send a few of his bilious discontented subjects to such penance and mortification. They would benefit both in morals and health, which many penances do not affect happily at all.—London Water-Cure Journal.

Advertisements.

ADVERTISEMENTS intended for this Journal, to secure insertion, should be sent to the Publishers on or before the 10th of the month previous to that in which they are to appear. Announcements for the next number should be sent in at once.

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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.

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KINEPATHIC INSTITUTION, 650 Sixth Avenue, New York City.—H. H. THAYER, M.D., has associated with his brother, C. F. Taylor, M.D., in the joint management of this Institution, whereby the facilities afforded the invalids are rendered much superior to any before offered. In addition to the medicolegal instruction that has hitherto been a peculiar feature of this resort, the co-operation and interest of Dr. C. F. Taylor adds many highly important hygienic means not before afforded in this country, gathered in his late residence in Europe, where many of the Water-Cures and other sanitary institutions were visited for the special purpose. They that assure that their uniting professional ability and experience, energy, and unvaried devotion to the welfare of their patrons, will increase in a large ratio the hitherto very liberal patronage that the Institution has received.

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That the Public may know what the patients of Glen Haven think of her, I subjoin a letter just now handed to me, as I am about to leave on business in New York for a few days. When the sick who read this shall come to Glen Haven, as many of them wish they may take my word, that they will find Harri. N. Austin generous in thought, more liberal in practice, and nobler in conduct than by anything ever said of her. Respectfully, J. C. JACKSON.

GLEN HAVEN, March 1, 1857.

JAMES C. JACKSON, M.D.—Dear Sir, The undersigned intending sooner or later to leave the Glen, and many of us having been there through the winter, was very anxious to go, and through your kindness the Public, the very high regard and esteem we entertain for your Associate and Assistant Physician, Miss Harriet N. Austin. In doing this, we do not overlook our obligations to you and Dr. Jackson; but our special object is in few words to say, that we contribute this lady an ornament to her profession. Her sound discretion and ripe judgment, and power of observation, and her sound and judicious and treating disease—her thorough knowledge of the laws of life and health—her untiring, self-sacrificing devotion to the cause of the Water-Cure (in the true sense of the term)—her liberality in practice, and her nobility of spirit, which she teaches, inspire in us a high respect for her as a woman, and great confidence in her as a physician. We feel grateful to have been under her care to the extent we have been. We shall always intimately link her life with our own memories of Glen Haven, and the efforts made while there for the benefit of our fellow-creatures. Those who take out places—especially such as may visit the

Glen through our influences—may find Miss Austin in good health, and be desirous to them in their sickness, as she has so ably administered to us in our sickness.

We remain, very truly yours,

- Mr. M. W. Simmons, Mr. James B. Fowler, Van Hook, N. Y. Mr. E. McCool, Mr. A. W. K. Andrews, Mr. Jacob Mestral, Miss M. E. Cady, Miss Hattie E. Tucker, Miss Francis K. Lester, Mrs. Anna A. Baker, Miss Estaline C. Borden, Mr. W. D. Teber, Mr. Joseph May, Mrs. Kate S. Crain, Mrs. Anna Johnson, Mr. Jacob Mestral, Mr. Ansel T. Fox, Mrs. C. H. Sisson, Mrs. J. B. Puffer, Mrs. Anne Sinton, Mr. John H. Thomas, Mrs. Deidamia Le Fevre, Mrs. Lizzie Johnson, Mr. Frederick W. Sowa, Mr. Thomas H. James, Miss Carrie C. Borden, Mrs. D. C. Wescott, Miss Edna D. Smithwell, Mrs. E. H. Hilditch, Miss Sarah A. Baldwin, Mrs. James A. Hamilton, Mr. R. O. Koolas, Mrs. John H. Bates, Mr. Geo. J. Copeland, Mr. Peter H. Torrey, Miss Win. B. Williams, Mr. G. W. Nickerson, Mr. F. R. Goggar, Mrs. W. Williams, N. R. Wadleigh, R. Hall Evans, James Hallis, J. P. Smith, J. Robert T. Hill, J. T. Quirk, Seth H. Boyd, Jr., Mr. Fredrick Van Ripper, Nanny D. Stuart, Mrs. M. H. Hays, Joseph Black, J. Ben Phillips, Mr. J. H. Thompson, L. L. Davidson, S. S. Warner, Emma A. Sitchnew, Sarah Williams, Matie P. Gillison, Kate Williams, E. Booth, D. Dwyard, W. D. Richardson, John Q. Mason, J. H. Sandford, B. J. Campbell, S. B. Starr, W. J. Dudley, Margaret C. B., Mary Cannon, C. J. Tyler, Ann H. Hartbut,

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Institution has been closed since the first of December. It will be opened again on the first of May. The Cure has been improved, and the buildings repaired. There has been put up a large additional building, so that we can now give better facilities than heretofore to our patients. From the reports of constant correspondents, and Mr. Glen's had become worn and weary. We will now say that we feel rested and refreshed, and ready for new labors in the enterprise we have chosen as the business of our life, willing to sit all our life in our power to restore the sick and teach the way to maintain health and vigor of constitution. April 11, 1857. S. O. GLEASON.

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FRANKLIN N. H. MARSH, 1857.

Signed by—Chas. Brewer, Peterham, Mass.; O. H. Nichols, Canton, N. H.; H. C. Rogers, Columbus, N. H.; J. C. Nichols, Northfield, V.; Harriet W. Nichols, Northfield, V.; Gustavus March, Eajah Brown, Perkinsville, V.; J. H. Palmer, Derry, N. H.; Brien, Jr., Goodis L. Cannon, and Isabella Manton, Keokuk, Ia.; L. C. Nichols, Canton, Mass.; J. W. Donaldson, Fallbrook, N. Y.; Mrs. A. G. Plymouth, N. H.; Mrs. P. W. Eaton, Plymouth, N. H.; Miss E. A. Prescott, Lawrence, Mass.

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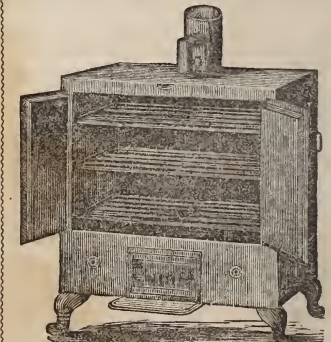
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"What put that into your head?" asked the good wife.

"Why, can't I smell? I must certainly have a bad cold if I could escape that rather strong odor of copal varnish which pervades the room."

"You are mistaken; I have not opened the varnish bottle to-day."

At this the husband, happening to cast his eyes down to his kneeling wife, who was still rubbing his extremities, was astonished and horrified at the spectacle they presented. They were of a beautiful mahogany color, so brightly polished that he could see his own startled countenance as distinctly in them as in a looking-glass. Seizing the bottle of magical elixir, what was his horror to discover that it was labeled "copal varnish!"

This explained the odor, and established an important fact in medical practice, that the best cure for rheumatism is a thick coating of copal varnish. We had heard the same remedy employed in cases of cholera, to arrest perspiration, but this is the first case we have ever known of its being found as effective in restoring the damaged legs of men as those of tables and sideboards.—*Cin. Enquirer.*

LAW OF HUMAN MORTALITY.—In a paper on the "Law of Human Mortality," read by Prof. McCoy, before the Scientific Convention at Albany, the following conclusions were stated:

1. The ratio of mortality invariably increases from youth to old age.
2. This rate is continually accelerated, even in a higher ratio than a geometrical progression.
3. In early manhood the ratio does not differ much from a slow arithmetical progression.
4. There are no crises or climacterics at which the chances of life are stationary or improving.
5. There are no periods of slow and rapid increase succeeding each other; but one steady, invariable progress.
6. The law, though not the rate of mortality, is the same for city and country; for healthy and unhealthy places; for every age, and country, and locality; and this law is, that the differences of the logarithms of the rates of mortality are in geometrical progression.

ENGLISH MEN AND WOMEN.—An unknown correspondent sends us the following:

"Perhaps you may think the inclosed not inappropriate to your JOURNAL."

When the American frigate *Merrimac* was in Southampton Water, she was visited by the Earl of Hardwicke and his family; and in return for the hospitality of the officers he invited them to his house. One of those officers sent to his friends an account of the doings at Lord Hardwicke's house, and the letter has found its way into the *Journal*, a paper published at Washington, in North Carolina. Some passages will give the reader a lively idea of its character.

"We sat down to table at half-past seven o'clock. These are always epaulette and sword occasions. Lord Hardwicke's family consists of his countess, his eldest son (about eighteen or twenty, and Lord Royston by courtesy), three of the finest-looking daughters you ever saw, and several younger sons. The daughters—Lady Elizabeth, Lady Mary, and Lady Agnita—are surpassingly beautiful; such development, such rosy cheeks, laughing eyes, and unaffected manners you rarely see combined. They take a great deal of out-door exercise; and came aboard the *Merrimac* in a heavy rain, with Irish thicker-soled shoes than you or I ever wore, and cloaks and dresses almost impervious to wet. They steer their father's yacht, walk the Lord knows how many miles, and don't care a cent about rain, besides doing a host of other things that would shock our ladies to death; and yet in the parlor they are the most elegant women in their satin shoes and diamonds I ever saw. The countess, in her coronet of jewels, is an elegant lady, and looks like a fit mother for three such women. Her lordship has given us three or four dinners. He lives here merely during the yachting season; and leaves here on Friday for his country-seat in Cambridgeshire, where he spends his winter, as do all English gentlemen of means, in hunting, etc.; and when Parliament is in session, he lives in London in his town-house. Here he has a host of servants; and they wear the gaudiest livery—white coats with big silver buttons, white cravats, plush knee-breeches and vest, with white silk stockings, and low shoes. Lord Hardwicke's brother is Dean of York, a high church dignitary; has two noble daughters, and is himself a jolly gentleman. After dinner the ladies play and sing for us; and the other night they got up a game of blindman's bluff, in which the ladies said we had the advantage, inasmuch as their 'petticoats rustled, so they were easily caught.' They call things by their right names here. In the course of the game, Lord Hardwicke himself was blindfolded, and, trying to catch some one, fell over his daughter's lap on the floor, when two or three of the girls caught him by the legs and dragged his lordship, roaring with laughter, as we all were, on his back into the middle of the floor. Yet they are perfectly respectful, but appear on a perfect equality with each other. In fact, the English are a great people."

The English public knows Lord Hardwicke well, as one of the most respectable Conservatives in the House of Lords; a gallant officer and an authority in naval matters; in debates, as a man in earnest, business-like, and high-minded.

Very respectfully yours, B.

[American women, and men too, may get a valuable hint from the above, and try and get on health and strength by similar means. Eds.]

A NEW REMEDY.—The Cincinnati *Commercial* says: A German who resides in Mill Creek township, while recently suffering from a pulmonary attack, sent for a physician, who resides on College Hill. In a short time the doctor called on

him, prescribed two bottles of cod liver oil, and receiving his fee of eight dollars, was told by the German, who disliked the size of the bill, that he need not come again. The German, who, hy-the-by, had not heard the doctor's prescription very well, supposed he could get the oil and treat himself. The doctor saw no more of his patient for some time; but one day, riding past the residence of the German, he was pleased to see him out in the garden digging lustily. The case seemed such a proof of the virtues of cod liver oil that he stopped to make more particular inquiries about it.

"You seem to be getting very well," said he, addressing the German.

"Yaw, I ish well," responded the former sick man.

"You took as much oil as I told you?" queried the doctor.

"Oh, yaw, I have used more as four gallons of de dog liver oil."

"The what?" said the astonished doctor.

"De dog liver oil dat you say I shall take. I have killed most every fat little dog I could catch, and de dog liver oil have cure. It is great medicine, dat dog liver oil."

The doctor had nothing to say, but rode quick away, and noticed in his memorandum book that consumption might be as readily cured with dog liver as cod liver oil.

DRAWING IT MILD.—The gentlest task-master we ever knew of is a blacksmith, who says every evening to his apprentices:

"Come, hoys, let's leave off work, and go to sawing wood!"

He must be the brother of the farmer down east, who, one season, when he was building a new house, used to try to get his hired men out to play at "dig cellar by moonlight!"

EFFECTS OF SNUFFING.—Dr. Alcott, in quoting from a statement of cases given by the New York Anti-Tobacco Society, has the following:

"The late Rev. Dr. S. Cooper, of Boston, by the constant use of snuff, brought on a disorder of the head, which was thought to have ended his days. A very large quantity of hardened Scotch snuff was found, after death, between the external nose and the brain. It is stated by Gov. Sullivan, that his brother, the active Gen. Sullivan, began early in life to take snuff. It injured essentially a fine voice which he possessed, as a public speaker. When he was an officer in the American army, he carried his snuff loose in his pocket, which is said to have been made of leather. He said he did this because the opening of a snuff-box on the field of battle, or while on review, was inconvenient. At times he had violent pains of the head; the intervals grew shorter and shorter, and the returns more and more violent, until his sufferings ended in a stroke of the palsy, which made him insensible to pain, rendered him helpless and miserable, and lodged him in the grave before he was fifty years of age. And I have no doubt (says he) but all this sprang from the use of snuff." To which he adds, "I have known some persons live to old age in the extravagant use of tobacco; but they bear a small proportion to those who, by the habit of using tobacco, have been swept into the grave in early or middle life."