

# WATER-CURE JOURNAL

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## 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 THAT GOOD."

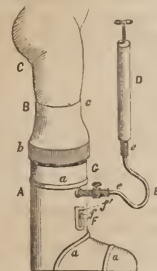
#### MEDICO-PNEUMATICS.

JUNOD'S BOOT.

BY CHAS. F. TAYLOR, M.D.

THE January number of the WATER-CURE JOURNAL contained an extract from one of the writer's private letters from London, giving an account of an instrument of French invention for relieving the lower extremities of a portion of the atmospheric pressure.

That imperfect notice having provoked some inquiries with reference to the construction and uses of such an instrument, I am induced to give the following description, for the benefit of all who are desirous of increasing the number of natural and rational appliances that can be used by the medical man, thus affording a choice of means at command in any given exigency.



of the boot at *b*, which is sufficient to make it airtight. It is conically shaped, so that when the whole is drawn on to the leg, *C*, it contracts tightly around the leg at *c*, thus effectually excluding the air, especially as the slightest exhaustion of air inside the boot allows the atmospheric pressure to force it still more closely in contact with the leg. *D*, is an air-pump, connected with the boot by the elastic tube, *E*, which

can be unscrewed at pleasure at *e*, *e*. *G*, is a stop-cock. *F*, is a pneumotometer, made of a delicate glass tube, one end sealed, and the other end communicating with the interior of the boot; near the sealed end is a short column of mercury, *f*, confining above it the small column of air, *f'*. It is evident that the moment the pressure of the air in the boot is lessened, the confined air, *f'*, will expand, causing the mercury to descend, the amount of which can be read on the graduated scale. The scale ought to be divided into fifteenths, so that each mark will indicate one pound of atmospheric pressure.

The importance of controlling a faulty circulation, of relieving congestions, and driving the blood from an oppressed organ into distant parts having, in consequence of the congestion, too small a supply of that fluid, has always occupied the attention of physicians of every school. It is not my purpose to discuss how the usual practice of blood-letting is ill calculated to accomplish the desired end; how, though it may diminish the quantity of the vital fluid, and thus afford temporary relief to an over-burdened organ, yet by thus tapping the fountain of life the organic integrity is lowered, the harmony and balance of innervation is lost, parts like the extremities already suffering from a diminished supply of blood in consequence of the congestion, have still less sent out to them for their nutrition; which condition, re-acting upon the nerves of organic life, the standard of the vital force is lowered, and general want of harmony prevails through the whole system. And thus this very means taken to equalize the circulation is often the potent cause of increasing the condition sought to be ameliorated. There is one class of cases at which the advocates of the lancet are always sorely puzzled, viz., those weak and bloodless persons on whom the effects of blood-letting is always speedily disastrous, but who, in consequence of their low powers of vital resistance, are very subject to dangerous congestions. Happily those who practice the water-cure are seldom troubled with cases of this kind that are not easily and successfully managed. The beautiful response of the organism, when her necessities are rightly interpreted and aided, is so sure and uniform, that there is scarcely ever any danger but that the interrupted harmony of organic life will

TO CORRESPONDENTS.—We beg the indulgence of those of our friends who have sent us communication for the Journal which have not yet appeared. We have many articles on hand, and several already in type, awaiting their turns. We have done all we could to keep up with our correspondents, but types are stubborn things and will not be condensed for our pleasure. Be patient, friends, and all shall have a hearing.

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soon be restored to a proper balance. Indeed, the most glorious triumphs in the water-cure practice have been in these acute and, according to old methods, desperate cases.

But there never can be anything lost, but nearly always much will be gained, by having a number of expedients at hand, provided they all act equally in unison with vital needs and manifestation.

Our blood is kept from bursting out of our veins by sustaining a weight of about fifteen pounds on every square inch of the surface of our bodies. In ordinary conditions of health, this is just about the amount of atmospheric pressure required for the normal play of the organic forces. Those who have descended to great depths below the surface of the sea in diving-bells experience great oppression, as though the blood, by the increased atmospheric pressure, were forced inward upon the heart, lungs, and other internal organs. May it not be the fact, that though the atmospheric pressure at the earth's surface may not ever increase to the extent of oppression, yet may not the physical strength be diminished in some cases to a corresponding degree, requiring great exertion of the heart to force the blood out to the surface and extremities; and hence the cold and blanched appearance of some persons. Of course the blood must be somewhere, and hence these cases always suffer from derangement of some internal organs, such as oppression of the heart, lungs, liver, brain, etc.

On ascending Mont Blanc, or going up into the upper regions in balloons, an effect is experienced opposite to that of descending in a diving-bell. As the weight of the atmosphere diminishes, the blood rushes to the surface; sometimes so much so as to ooze from the thinner and more delicate membranes, as in the ears and nose; the respiration is hurried; there is giddiness and stupor, from insufficient supply of blood to the brain, and all the phenomena indicate that the circulating fluids have receded from the internal organs, and accumulated in the external parts. Such facts, to the medical philosopher, are full of interest.

Now suppose the delicate individual above referred to, with cold extremities and livid countenance, should be carried up a high mountain; as he ascended, and the pressure of the air gradually became less, the fluids accumulated in the internal parts would proportionally pass out toward the surface, till, in the ascent, a point would be reached where the circulation would be uniform, externally and internally. A harmony of action would be established; that is, the *resistance* to the circulation would be reduced to the exact capacity of the organic circulating forces of the heart, arteries, etc., to overcome it. It is very true, that in the case supposed, the patient would not gain any permanent advantage by the change, for the diminished amount of oxygen breathed in a rarefied air would just balance the diminished pressure.

But having once established the principle that barometric variations do enter largely into physiological relations, may we not control this powerful agent so as to correspond with *pathology*? If this can be done here on the surface of the earth, while the patient still received into his lungs an atmosphere charged with its normal

amount of oxygen, it is evident there will be something gained by it. This control of the atmospheric pressure, on a small scale, the simple contrivance of Junod's boot proposes to give. To carry out the principle, it is evident that the whole body, except the head and mouth, might be relieved of a portion of the superincumbent weight of air, as well as an extremity. It is very true that the weight of the air does not rest entirely on the external surface of the body, but equally upon the internal parts as well; but though the animal tissues are very permeable to gases, and atmospheric air pervades them at all times, yet this permeability does not take place with sufficient rapidity to prevent a disturbance of the circulating fluids when the body is subjected to sudden barometric changes; for these fluids can change their relative position more rapidly than the air can traverse the tissues and restore the equilibrium of pressure on all sides. But not to needlessly prolong this article, the following case will sufficiently illustrate the view here taken. Mr. —, of this city, after exposure, was attacked with premonitory symptoms of pneumonia—a severe rigor, followed by fever and oppression of head and chest, stupor, weariness, etc. He had formerly suffered much from ill health, and was far from robust at any time. By using the appropriate treatment, as the warm bath during the cold stage, and packs, etc., to subdue the fever which soon came on, by midnight (he was taken toward night) he was tolerably comfortable, except a severe pain in the chest, apparently caused by congestion there. Already had as much water been applied, both cold and warm, as was prudent—a derivative, sitz, or foot bath would do more harm than good, for he could not re-act any more for several hours; but in the mean time, besides the suffering, great damage might be done to the organs of the chest.

At this juncture, I applied the "boot," removing about one twelfth the atmospheric pressure, which caused the blood to rapidly fill the vessels of the before cold and shrunken leg; he immediately felt somewhat relieved, the character of the pain was altered; but he grew faint when it was attempted to apply it to the other leg. He passed a tolerable night, was about the next day, and the day after was apparently as well as ever.

Another gentleman, subject to congestion of the kidneys, always accompanied with cold feet, asserts that he always finds almost immediate relief by applying the "boot." Our experience in using this instrument in chronic diseases is not extensive, except that it seems to work well where persistently cold feet is present, used in aid of the foot-bath and the "movements" directed toward increasing a healthy circulation in those extremities.

Having thus opened the discussion of *medico-pneumatics*, the subject will be resumed by one of us at a future time.

LAZINESS grows on people; it begins in cobwebs, and ends in iron chains. The more business a man has to do, the more he is able to accomplish, for he learns to economize his time.

#### MUTABILITY OF MEDICAL "SCIENCE."

BY SOLOMON FRENSE, M. D.

A DRUGGIST said to me, "There is not one bottle of cod liver oil sold now where there were twenty sold four years ago." Alas for the evanescent character of medical remedies! Alas for the reputation of medical men! Who does not remember the high praises that were sung to cod liver oil only four years ago? Who does not recollect with what enthusiasm the medical profession received it into their list of curatives, extolling it loudly, and imparting their fervid realization of its glorious effects to the unsuspecting victims of their credulity, till it was thought about impossible to die with consumption? And who does not remember with what an air of ineffable contempt that man or woman was looked upon who presumed to question its virtues as a remedial agent? About everybody but the rigid hydropathist was led captive into its embrace, and even he was not always proof against the seductive influences by which it was carried aloft on the wings of popular favor. But its days are about numbered; its requiem may soon be sung; its march was a triumphal one for the space of two years or more; its downfall is ignominious. In a few years more, its friends will disown all knowledge of it, in their hot pursuit of something better—happy if it shall not prove worse. The many volumes that now encumber the shelves of medical libraries containing its praises must be re-written. In the midst of its vigorous career it was boldly attacked by irregulars—principally Water-Curites, and from them it received its death-blow. From their well-directed efforts there was no escape. In time it would have died a natural death—its worthlessness would have sealed its fate sooner or later; but I flatter myself that the efforts of those who had not the fear of medical orthodoxy to control them, did much to precipitate its downward course. It has, after all, only had its day as have had many of its predecessors, more brilliant perhaps than some of them, less brilliant than others. Thus has it been since the commencement of the record of "medical science." And thus are human beings led astray one time after another, their hopes lifted up only to be dashed down by the introduction, every little while, of some new remedy that is to assuage their ills. Now

it is colamel, now quinine, now sarsaparilla, now cod liver oil, now swabbing the larynx and trachea with lunar caustic, now the introduction of arsenic and other deadly substances directly into lungs by inhalation. O for some competent pen to write a history of drugging, and give a truthful account of the rise and fall of the different medicines that have had their hour of triumph, and trace their effects on the human family! It would be an interesting and melancholy history. It would tell of medical men, their industry, their learning, their influence. It would tell of their false theories, and of the thousands of poisonous and destructive agencies they originated from time to time to cure disease. It would tell of their failure, one after another, and of the elevated hopes, and ruined constitutions, and blasted prospects of those who trusted to them. It would tell of the degeneracy and decay of whole nations of people that have come under its influence—of enervated men, of sickly women, of feeble children. But I shall attempt to portray it no further; an abler pen than mine is needed for the task.

The failure of each of the great remedies after a time, seems to do but little to enlighten even those who have been duped as to the true nature of all these pretended means of cure. The next new "medicine" that is introduced will excite their hopes and disappoint their expectations.

There is, perhaps, no better evidence of the false premises upon which the whole system of drugging is based, than the fact that every little while brings out its new remedies to supersede the old ones. Physicians become convinced of their efficacy and usefulness—the people take them, and believe themselves cured by them. After a time they lose confidence in them, and see that they fail to cure them—that they get well in spite of them, or do not get well at all. If there were any intrinsic merit in any of them, they would not so pass away, but would be as permanent as the human race itself. That they are not so, is very good evidence that they are worthless. Who could have thought a few years ago, when cod liver oil was in its high tide, that it would now be so humbled! Let us drop a tear over its untimely but well-merited fate, but at the same time hold up its example for the benefit of mankind. A question or two here may be in place. If the medical profession have confidence in their

old and long-tried remedies, why is there such an unceasing effort on their part to seek out new and more reliable ones? Further, if with their present stock of medicines they can not satisfy themselves, should they blame the people who have no more confidence in them than they have? Further still; being dissatisfied with their own means of treating disease, should they not hail with satisfaction our efforts to show them a better way, instead of denouncing us as charlatans, pretenders, etc., which they virtually admit themselves to be by their constant endeavors to find some medicines upon which they can rely, in the mean time using those that are not trustworthy?

How important it is that we should be guided in matters that pertain to health by principle, and principle, too, founded on truth! To those who have examined these things from the stand-point of nature, and have their principles fixed upon the laws of hygiene, these deceptions can not take place. There is no danger of an intelligent hydropathist falling a prey to the thousand-and-one nostrums that are constantly forced upon his observance by patent-medicine venders as well as by the regular faculty. His ideas are fixed upon a solid and truthful basis, and are not to be taken from him by the authority of great names or specious but fallacious theories.

To the people we say, Be on your guard; you know with what confidence cod liver oil was recommended to you by the whole medical fraternity, who call themselves regular and orthodox and everybody else pretenders. You now know that you were deceived by them—that you swallowed thousands of bottles of the nasty stuff to the detriment of your health, as well as your pocket. The inhalation of noxious substances directly into the lungs has succeeded it, and one year ago was at its zenith. It is now on the decline, and the fate of cod liver oil will be its fate. These new and astounding remedies are not all introduced, as we have seen, by medical quacks as they are called. More of them originate within the pale of medical orthodoxy, and have the authority of its great names. Be deceived by none of them. Time has demonstrated that many of them that one day stood as high as any medicines now in use, have been given up as worthless; time will demonstrate that those that are now in use, and those that are to follow, will share the same fate.

PITTSBURG WATER-CURE.

#### EXPERIENCE IN HYGEOPATHY.

I HAVE been troubled many years with an erysipelas, fiery-red sore nose, caused by an over-exertion in running in hot weather, in connection with previous violation of most of the physical laws. To effect a cure, which has been complete, I tried, during the course of many years, most all kinds of medicine with no permanent benefit. At last I resolved to try the Hygienic plan. I concluded that as it was caused by violation of physical law, if curable at all, it could be cured by discontinuing such violation. So at once I discontinued the use of all kinds of stimulus in food and drink, except a little salt; all kinds of sweets and oils, excepting a small quantity of butter, and lived on cold, unleavened, unbolted, meal bread or pudding of the different grains, with a little new, pure milk, and sometimes fruit; used as small a quantity of food as I could and satisfy hunger—washed in cool water from head to foot every morning in a cold room—slept on a wire bed, with my bedroom window lowered one inch at top and raised one at bottom—took plenty of exercise, and in four months a complete cure was effected. That four months' experience was worth thousands of dollars to me. It led me to think. It taught me lessons which probably I otherwise would never have learned. It destroyed a troublesome disease, after which a few months more of perfect temperance and carefulness elapsed, and I was a new man. I then thought and felt as I had never thought and felt before.

I had enjoyed what was called health, but never knew what was perfect health till then. I have before been strong, lively, and happy, but never before knew that life could be made such a constant stream of bliss as mine now is. My companion and myself, with our children, now live, while at home, on three meals per day of unleavened, unbolted meal bread and fruit alone. We live with perfect health in perfect harmony. Both of us possess strong animal natures, yet we walk in wisdom's ways. This course of living has become a habit with us, which now no counteracting habits oppose. Our joy is not impulsive; it flows in one full and steady stream, excepting so far as the laws of nature demand otherwise. This steady stream includes all the impulsive man ever gets, and compound interest of that besides. Impulsive pleasures generally, or the pleasures of intemperance, detract much more than their own weight from this steady stream.

The true philosophy of human life, by manking at large, is at present but little understood. But as arrangements are, it could not have been otherwise. All improvements must be gradual; gradual in individuals, much more so in nations, and still more in races. The human family has but just commenced on an endless career of progress, and has taken but a few steps up the vast steep before it. Its rising in knowledge and virtue is inevitable; it has commenced, and will continue to rise and rise by degrees, higher and higher in the scale of existence forever. The true philosophy of life will yet be universally understood and put in practice.

CAMBRIDGE, N. Y.

H. A. W.

HINTS TOWARD  
PHYSICAL PERFECTION;

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

## I.

## THE PERFECT MAN AND WOMAN.

A form, indeed,  
Where every god did seem to act his seal,  
To give the world assurance of a man.—*Shakspeare.*  
A perfect woman, nobly planned,  
To warn, to comfort, and command.—*Wordsworth.*



OUR highest ideals, whether of manhood and womanhood, or of institutions and life, are merely foreshadowings of possible realities. The wildest speculations of one age become the commonplace facts of the next. We may seek in vain to day for the perfect man and woman; but we are not therefore justified in declaring that they will never be found. The injunction, "Be ye perfect," was not pronounced in mockery. Perfection clearly comes within the range of human capability. It is a possibility for the race, if not for us individually.

But in what does human physical perfection consist? and by

what signs may we know the perfect man and woman when they shall have made their advent upon the earth? These questions would hardly be asked in reference to one of the lower animals—a horse, for instance—and if they were, our answer would be ready and brief. Perfection in a horse consists in the entire fitness or adaptation of the animal as a whole to all the functions or uses of the horse, and of each member in particular to its special function; and the external sign of this complete fitness is perfect equestrian beauty. Adaptation of form to function in different animals gives us widely differing lines, and we admire in one what would displease us in another; but, in all cases, it is fitness to the design of the species which seems beautiful to us.

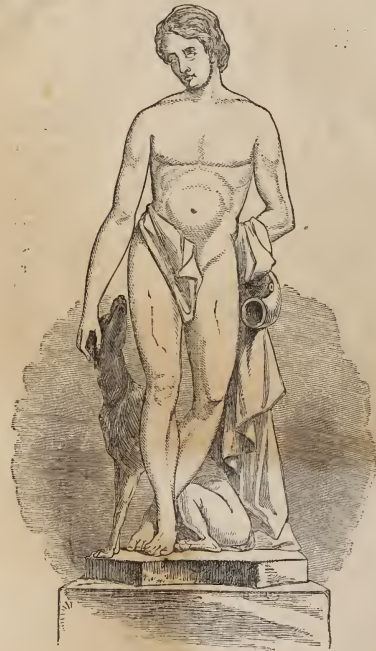
Beauty, then, whether in plants and animals or men and women, is the grand external sign of goodness of organization and integrity of function; and the highest possible beauty can indicate nothing less than perfection in these particulars. In proportion, therefore, as we become beautiful, do we approach physical perfection; "the idea of beauty" being, as the learned Dr. Fritchard truly says, "synonymous with health and a perfect organization." Physical goodness or health and beauty will always be found to bear a strict relation to each other, the latter being every where the sign or symbol of the former. A lack of beauty in any member or system of the body indicates a lack of goodness or health in that member or system. A deformity of limbs shows clearly enough a want of goodness in the locomotive or osseous and muscular system. A bad complexion not less certainly indicates something wrong in the vital or nutritive system; and a malformation of the brain, indicated by the shape of the cranium, is a sure sign of want of balance or symmetry in the mental system.

This relation was well understood by the ancient Greeks, who placed beauty next to virtue and made it an object of worship. A French writer, and a zealous son of the Church too, declares that the true object of all religions is the progressive development of beauty, since that tends to unite men with God by making them like him.\*

But, it may be said, it is from external forms and colors, and their arrangement merely, that beauty results, while physical perfection includes

the complete performance of all the internal functions as well. This is true; but, as we shall show in the proper place, the former can not exist where the latter is wanting. Any functional defect or derangement manifests itself at once externally. A dyspeptic stomach or a diseased liver records its condition on face and form in characters which can not be misunderstood. Beauty, the sign of health, has no fellowship with disease.

Looking at the subject more in detail, let us ascertain, if possible, what



REPOSING AFTER THE CHASE.

are the forms, proportions, and combinations which the law of perfect adaptation and, consequently, of perfect beauty, requires in the human form.

As the law just referred to demands in the female form what would be ugliness, if not absolute deformity, in the male figure, and *vice versa*, we may best describe both by contrasting the one with the other.

The male and female figures viewed together present several striking differences, and show that the distinction of sex is plainly marked upon the organization as a whole, as well as upon particular parts. First we note that the man is several inches taller than the woman. The ancients made the Apollo a little more than half a head taller than the Venus, and proportionally stout. The man has a more massive head, and the outlines of his form are more angular. The next thing that strikes us, that, while his shoulders are broader than his hips, and he tapers downward from his shoulders, the woman's hips are broader than her shoulders, and she tapers both ways from the hips. Camper showed that, in tracing the forms of the male and female within two elliptical areas of equal size, the female pelvis extended beyond the lines while the shoulders were within, and that the male shoulders reached beyond the lines, while the pelvis was within them.\* The neck of the woman is proportionally shorter than that of the man; her legs are also shorter and her trunk longer, her back more hollow, her bust smaller but more rounded, and her bosom greater in volume and more elegant in form. He is characterized by compact muscular de-

\* Plus on s'approche de la divinité, plus on reflète son éternelle beauté. Le but de toutes les religions est donc le développement progressif de la beauté, puisque toutes elles tendent à réunir l'homme à Dieu.—*Delacroix.*

\* Mémoire sur le Beau Physique.

velopments and a strongly-hinged frame, indicative of power; she, by bending and varied lines,

not rare. Who will dare to say that they may not all be yet combined in one individual!

It was by selecting the most beautiful parts of various individuals, and combining them in one harmonious figure, that the ancient Greek artists succeeded in creating those models of ideal beauty which are to this day the admiration of the world. Thus the parts are truly copies of real beauty, once enshrined in flesh and blood, though the ensemble is ideal. The artists have fore-run rather than outdone Nature, whose intentions and tendencies, which are always toward perfection, are constantly thwarted by human ignorance and stupidity, in the continual violation of her laws. They have created, in periods of social incoherence, and physical and mental imperfection, models of the perfect forms which will be the necessary result of the true life of the coming ages of social harmony and perfect obedience to law.

Following out the tendencies of Nature, instead of merely copying her actual forms, great artists have demonstrated, in such works as the Venus de Medici, the Apollo Belvidere, and the Greek Slave, that there are possibilities for the human form which it has not yet reached—at least in these latter ages of the world. The perfect fitness of each part to its place and function, and the complete symmetry and harmony of the whole of each of these figures, show that the ancient artists and their modern disciples must have been close students of Nature, and understood clearly in what manner physical integrity and well being and the most perfect organization are expressed in external forms.

Now, may we not, taking a hint from the artists, and co-operating with Nature, instead of contravening her tendencies, aid her to embody in real, living forms, our ideas of beauty! May we not select, modify, combine, and harmonize the beautiful members already often produced singly, as it were, in spite of us, and thus obtain all the symmetry and grace of the marble Venus or Apollo in the soft, warm, sentient flesh and blood of living humanity? The agriculturist has done as much for his fruits and grains, and the cattle-breeder for his charge. We shall see that man forms no exception to the grand law of perfectibility.

The purpose we have in view in this chapter does not require a minute description of the typical man and woman, but a few of the more important details of the figure and features, as required by the law of fitness, which is also the law of beauty, will prepare the reader for the closer analysis which will be necessary when we come to speak of the various kinds of beauty, as modified by temperament.

The proportions of the perfect human figure are strictly mathematical. The whole figure is six times the length of the foot. Whether the form be slender or plump, this rule holds good. Any deviation from it is a departure from the highest beauty of proportion. The Greeks made all their statues according to this rule. The face,

from the highest point of the forehead, where the hair begins, to the end of the chin, is one tenth of the whole stature. The hand, from the wrist to the end of the middle finger, is the same. The chest is a fourth, and from the nipples to the top of the Lead is the same. From the top of the chest to the highest point of the forehead is a seventh. If the length of the face, from the roots of the hair to the chin, be divided into three equal parts, the first division determines the point where the eyebrows meet, and the second the place of the nostrils. The navel is the central point of the human body; and if a man should lie on his back with his arms and legs extended, the periphery of the circle which might be described around him, with the navel for its center, would touch the extremities of his hands and feet. The height from the feet to the top of the head is the same as the distance from the extremity of one hand to the extremity of the other when the arms are extended.

These are general measures of the species. We shall see, in a future chapter, that there is also a rule of proportion of an individual in regard to himself, which in nature is different in all the individual of the species; so that when the world shall be filled with perfect men and women, no two will be found precisely alike.

The Venus de Medici is considered the most perfect existing model of the female form, and has been the admiration of the world for ages. Alexander Walker, after minutely describing this celebrated statue, says:

"All the admirable characteristics of the female form, the mere existence of which in woman must, one is tempted to imagine, be, even to herself, a source of ineffable pleasure—these constitute a being worthy, as the personification of beauty, of occupying the temples of Greece; present an object finer, alas! than Nature even seems capable of producing, and offer to all nations and ages a theme of admiration and delight. Well might Thomson say:

So stands the statue that enchants the world,  
So bending tries to vail the matchless boast—  
The mingled beauties of exulting Greece.

And Byron, in yet higher strain:

There, too, the goddess loves in stone and fills  
The air around with beauty;

Within the pale  
We stand, and in that form and face behold  
What mind can make when Nature's self would fail;  
And to the fond idolaters of old  
Envy the innate flash which such a soul could mold.

We gaze and turn away, and know not where,  
Dazzled and drunk with beauty, all the heart  
Reels with its fullness; there—forever there—  
Chained to the chariot of triumphal Art,  
We stand as captives, and would not depart.

We beg our fair readers to observe the form of the waist (evidently innocent of corsets and tight dresses) of this model woman in the accompanying outline. This form is as unperturbed nature and the highest art alike would have it. To compress the waist and thereby change its form, pressing the ribs inward, displacing the vital organs and preventing the due expansion of the lungs, is as destructive to beauty as it is to health. If the shape of an hour-glass had been the best shape for a woman—if her functions had



PREPARING FOR THE BATH.

gracefully rounded limbs, smooth surfaces, and elasticity, indicative of delicacy and grace As Milton says:

For contemplation he and valor formed,  
For softness she and sweet attractive grace.

The accompanying engravings will illustrate the principal differences between the male and female figures, as well as the beauty of fitness for their respective functions in each; but we offer them, beautiful as they really are, as we do these chapters, simply as hints toward perfection.

For embodiments of ideal beauty, in its completeness, we may at present, perhaps, look in vain to forms of flesh and blood; but we may find it in fragments all around us. In one person we may observe a perfect forehead, in another a perfect nose or mouth, and in a third a limb or a bust, which no artist could improve.

"Heavens! what an arm!" Powers is said to have exclaimed one day, as the mantle of one of the fair visitors of his studio, a young American girl, falling from her shoulders, disclosed the delicate beauty of a perfect arm and hand, which, in an ecstasy of enthusiasm, she was extending toward some work of art—"Heavens! what an arm! Oh, for the art to petrify it!"

This is not an isolated example. These fragmentary illustrations of physical perfection are

\* American Gentleman's Guide.

been such that their perfect performance would require this form, she would doubtless have been so created in the beginning.



VENUS DE MEDICI.

will give the whole, including the face, a pyriform appearance, in which, in every aspect, it is larger at the superior portion, and diminishes gradually as it descends, till it terminates in the delicate outline of the chin. Great artists have always been guided by this rule, and in every figure designed to embody ideal beauty, the lower part of the face diminishes, while the upper part is more fully developed. Venus, Apollo, Diana, Juno, Psyche, and the Graces, furnish mythological illustrations of this principle.

Camper's lines for determining the cerebral mass, and consequently the intellectual capacity of races and individuals, though exceedingly fallacious in the extended application which he and his followers have given to them, serve admirably to illustrate the facial angle. The base line is drawn from the roots of the upper incisors to the external auditory passage; and another line from the upper incisors to the most elevated point of the forehead. The angle thus formed is, in the most beautiful races of men, about eighty-five degrees. The Greek artists imparted an air of majesty to the heads of their gods by giving them an opening of ninety degrees.

The beauty of the face depends much upon the profile, which, in its perfect form, approaches a straight line. Perfection in the nose requires that it should be so placed as to divide the face into two equal parts, and that it should be on nearly the same line with the forehead, with but a slight inflection at its junction. In women the nose itself should be perfectly straight. In man a small degree of convexity, making it slightly aquiline, indicates the strength and energy of character which should characterize the masculine element. In both sexes it must be fine, smooth, and delicately chiseled. Our initial cut furnishes good illustrations of the male and female faces in profile.

The law of perfect beauty requires that the mouth—that most expressive and eloquent feature of the human face divine—should be of medium size, but smaller in woman than in man. The curve of the upper lip is said to have furnished the ancient artists with a model for the bow of Cupid. It must extend beyond the lower lip, which must, however, be more fully developed and rounded, turning outward so as to leave between it and the chin a gracefully curved hollow.

The teeth must be small, slightly rounded, and perfectly even and white.

The chin should be of moderate size, but larger in man than in woman, in whom it must be white, soft, and gracefully rounded.

The most beautiful neck in woman is white, smooth, straight, and flexible; less above, and increasing gently toward the shoulders. The masculine neck should be more muscular and less rounded, but easy and pliant.

Perfect beauty in the eye requires a long rather than a short high opening between the eyelids, and immaculate clearness of both the white and the iris. Dark blue, black, and brown eyes are most beautiful in woman, and light blue, gray, or hazel in man, since the latter indicate hardihood and masculine vigor. The eyes should be large rather than small, especially in woman.

Eyes loving large,

as Gerald Massey has it, have been admired in all ages and by all nations. They find a place in almost every description of beauty, real or imaginary, from Helen of Troy to Ninon de L'Enclos.

The cheeks should be moderately plump and delicately tinged with the hues of thriving health.

The most beautiful hair is fine and soft, especially in woman, and either wavy or curling. Brown, auburn, and golden are generally thought to be the most beautiful colors. The ancients were great admirers of golden hair, which they believed to symbolize the highest mental beauty and excellence. Many of the historic characters of antiquity are described as having hair of this color. Of Milo, the beautiful Ionian, we are told: "Her hair was yellow, the locks a little curled." Helen of Troy, Poppa Sabina, and Lucrezia Borgia are described as having beautiful golden hair. Among the great men of whose hair history has taken note, Alexander the Great, Demetrius of Macedonia, Sylla the dictator, Commodus, Camoens, Tasso, and Alferi, had yellow or golden locks. Cervantes had brown hair and yellow beard. Of Commodus, the historian tells us that when he walked in the sun his locks glittered like fire, so that some believed that they had been sprinkled with gold dust.

Conjoined with perfection of form in figure and face we shall not fail to find that index of perfect functional integrity, a soft, smooth, transparent, and delicately tinted skin. This is "the barometer of health and soundness of the individual, and the most indubitable sign of beauty." The cheeks must have the true blending of the rose and the lily. Too much redness is as far removed from the highest beauty as a deficiency of color.

These outlines will suffice for the present. In future chapters we shall enter upon more minute descriptions of the forms which the law of perfect human development requires, and show by what means they may be acquired and retained.

Wisop allows nothing to be good that will not be so forever; no man to be happy, but he that needs no other happiness than what he has within himself; no man to be great or powerful, that is not master of himself.—*Seneca*.

\* Sir James Clark.

## THE CURE OF SPINAL DISTORTIONS BY "MOVEMENTS."

BY CHARLES F. TAYLOR, M. D.

WHILE the medical profession is advancing slowly but surely in the appreciation of correct principles of treating disease, discarding many so-called remedial means, and adopting others simpler and milder in form and more beneficial in effects, so much so that now the advice of almost any intelligent physician will always contain much that a patient might profit by, still there are some diseases that all classes of physicians admit arc beyond the pale of successful treatment by any means hitherto employed. Among these nearly incurable diseases, as ordinarily treated, spinal distortions stand prominent. The following extract from a late number of the "Medical World" will speak the sentiments of nearly every physician. After asking if something can not be devised to meet such cases, the editor says: "There seems of late to be a diversity of opinion in respect to the value of the ordinary mechanical assistance given to the spine in distortions. Some object to it entirely, and speak favorably of training the muscles by manipulations to support the trunk, as they did before the bones were invaded by disease. What course could be economically adopted in female seminaries to prevent the tendency to spinal distortions? It is a grave question, as the origin is not unfrequently traced to the school-room."

Satisfactory as the results of Water-Cure practice are in almost every form of disease, yet in the treatment of spinal distortions we are very little, if any, in advance of others. Indeed, I have known several serious cases of curvatures produced by badly managed water treatment. The prevalence of deformities of the spine is fearfully on the increase, especially among young women and children. It is said that nearly one half of those who have been some time inmates of our fashionable boarding-schools show more or less symptoms of this disease. If we notice one of the older or more delicate pupils, we see that she invariably stands on one leg, generally the right; the right hip is the highest, so is the shoulder of the same



FIG. 1.

side, and projects backward; she generally leans on the left elbow in sitting, and toward that side; or the head projects forward, giving an insipid expression of countenance; the chest may be sunken, or slightly fuller on one side; the hands are often placed on the knees for support; she always feels a great degree of lassitude and fatigue after slight exertion; and a hundred vague feelings of discomfort indicate a general relaxation of muscular fiber, and a consequent want of support to the spinal column. One form of such distortion induced by weakness of the muscular support is well illustrated by the accompanying cut (fig. 1). But the poor girl may well

feel thankful if the extent of the injury stops here. This relaxed, poorly nourished condition of the system is extremely favorable to the development of scrofulous ulceration of the bodies of the vertebrae, producing angular projection of the spine with its accompanying train of symptoms. Now that they are being abandoned, I shall not attempt to show the cruelty of employing those instruments of torture cunningly devised with springs, pads, and levers to straighten the distorted spine, as you would a crooked stick; or the plan doing equal violence to every principle of hygiene of confining the unfortunate patient to the bed for years; for experience has taught the profession, that to allow the child to run about and exercise her limbs and breathe the purest air is much more successful treatment. A crooked man with some degree of health is of much more consequence than a straightened corpse. But can not these unfortunate fellow-creatures that so excite our sympathy—these children and young women—find relief? I answer *yes!*

The human spinal column is composed of twenty-four separate bones or vertebrae, held together by ligaments, separated by elastic cushions that allow of motion, and sustained in the upright position, not by any power of its own, but by the several layers of muscles running up and down, and all around, diagonally, and in all directions, closing in the cavities of the vital organ, and holding the spine firmly upright, as the stays and ropes hold the mast of a vessel securely in its place. When the ropes are stretched or loosened, the mast will sway to and fro; and when the muscles that sustain the trunk become weakened and relaxed, the spinal column having nothing to sustain it *must* bend under the pressure of the weight upon it. And as the vessel's mast is secured upright by tightening the ropes, so the distorted spine must be restored by giving strength to those muscles whose weak and relaxed condition allows it to become distorted. Nothing can be more plain and rational than this. Even if there are caries of the bones, the muscles themselves, by proper training and development, can relieve pressure on the point of disease (one great point aimed at in such cases) better than any instrument man can devise. Fig. 2 shows some of the posterior muscles of the trunk that help to sustain the spine. But how to impart tonic health to feeble parts, development and growth to contracted and wasted muscles at particular points, as the mechanism of the parts require, and reduce symmetry from distortion, is a problem hitherto unanswered by the profession. Ordinary exercise will not answer the indications in such cases.



FIG. 2.

Even in the first stages of this disease, and before the curvature is perceived by the person or her friends, after rising in the morning, oppressed with lassitude and unrefreshed by that sweet re-

pose secured only by those who daily employ their muscular force, she "takes exercise" by following the governess in a train of school-girls up one street, down another, and "around the square," and returns more fatigued and with far worse symptoms than before the "exercise."

Gymnastics are excellent for the well, but entirely inappropriate for the weak and diseased, whom they often seriously injure. Now Ling's system of movements is beautifully adapted to develop any particular muscle or part as the indications of each case may require, is equally appropriate to all degrees of strength or weakness, pleasant and easy to be borne, not tiring the patient or exhausting the enfeebled, nervous energies of the system, and is the only truly rational and successful plan of treating this terrible disease.

But the good effects of this treatment are not confined to the reduction of the distorted spine, so far as possible, to its natural condition, but the general health recovers an amount of vigor corresponding to the increased strength of the muscular fiber; indeed, it is the more healthful play of the functions that precede, and is the cause of muscular development. Nor are the "movements" wholly confined to efforts to restore the spinal column, but all those common symptoms of paralysis, neuralgia, and general debility are ameliorated without the aid of any other means.

#### THOUGHTS IN SPARE MINUTES.

BY HARRIET N. AUSTIN.

*Woman's Rights!* Yes, indeed, woman has many rights which she does not enjoy, and great is the pity she does not know it. Pity for her own sake—pity for man's sake—pity for the sake of posterity.

It is well that in many minds the thought is dawning, that woman is not what she should be—that the weak, dependent, shallow, frivolous creature she is, is not what God meant when he made woman. But the step from where she now stands, to be "a voter, a law-maker, a judge," is a huge one. No wonder the majority of women shrink at the bare idea. To be obliged to assume such responsibility—to be under the necessity of investigating, of thinking, studying, reasoning. Ah! such duties belong to the strong handed, and "strong minded"—to man.

But are there not rights lying between here and there? Yea, verily, Women! My sisters! all around us, close to our doors, so close that our hands almost touch them, are rights which the Creator meant for us. Then here, too, is responsibility, for RIGHTS ARE DUTIES. Nearest to us, most urgent, most clamorous for notice, is the right, the duty, to have health; and, of course, to sustain such external re-

lations as are the conditions of health. Oh! if woman could know what bounding, vigorous health is, what *physical ecstasy* there is to be healthful, in comfortable dress, pure air and sunshine, out-door work, simple food, rest, sleep—if she could realize how ill health enfeebles the mind and wrinkles the heart, how it makes her selfish, unloving, ungentle, and unenduring—could she but catch a glimpse of woman with all her faculties healthfully developed—elastic and vigorous in body, beautiful in person, loving and self-sacrificing, pure in heart, true to her instincts, clear in her intellect, and strong in high purposes—could each individual realize that this is her *right*, and hence her *duty*, what an up-heaving and over-turning would there be of society's customs! Greater than if the law should be passed to-morrow in every State that women shall vote and hold office, and in all things be just equal to man. Greater than any change that human laws could make, because the change would be in woman herself. She would no longer lead an in-door life, either in toiling, or seeking her ease and pleasure, because beings organized as we are can not live naturally and healthfully in doors. She would find time and ways to prepare food simply and wholesomely, to keep the house pleasant, and to make the clothing comfortable, but she would get into the open air, so dressed as to exercise with the same ease and freedom as man. She would go to bed at the beginning of the night, and rise at the beginning of the day. She would be simple in her dress, her diet, all her wants, and constantly strive to maintain equanimity of temper, and cherish a generous, charitable, and thankful spirit. Then her physical regeneration would be begun.

I know woman likes to excuse herself from blame for her lack of health, and charge it to man. She says, "the universal feebleness of woman is the result of excessive maternity." Too much truth—too crushing truth, in this. But it is as difficult to find a vigorous, healthful woman among the unmarried as among the married. The person who can find within the scope of his acquaintance and observation two mature women, natives of this country, who are in *good, sound health*, is usually favored. They are not to be found. *Our sex is sick*. And, sick as we are, it should not be asked of us to exhibit that strength of character, that devotion, that love, that genius, which pertain to a beautiful and

well-developed womanhood. But it should be expected of us—God, the needs of our brother man, of universal humanity, all that is left of purity, of truth, of love, in our own undying spirits, demand of us—that we no longer allow custom and fashion to be to us in the place of reason and conscience; that we no longer fritter away our lives on showy baubles, in vain display, and sickly sentimentality; but that *to-day* we begin to regard the laws of our natures in our whole being; that in dress, in food, in work, in recreation, in pursuit, we act as creatures whose physical part is but the instrument of a noble and undying spirit.

This is our right independent of legislative enactments. If the *desire* to grow in us, there is *room* to grow. We shall run across the ideas of society, but society always values the approval of man more than the approval of God. And it is absurd to demand more rights of legislatures while we have not sufficient character to *do right*, when society says, *do wrong*. If woman could be so aroused as earnestly and conscientiously to act out her highest convictions, she would have no difficulty in finding her "sphere," and man would not hinder her from filling it.

GLEN HAVEN, N. Y.

## EXERCISE A REMEDIAL MEASURE

BY W. T. VAIL, M.D.

A GREAT deal has been said in relation to exercise as a remedial measure in the treatment of chronic disease. Patients have been recommended to walk; ball alleys have been brought in requisition; calisthenic and gymnastic exercises resorted to; a variety of special exercises have been invented and put in operation; yet the vast resources of this most important curative means have never been fully realized. They never can be in a large number of very important chronic cases, until the mind of the invalid shall be made habitually to rest itself from the contemplation of its own miseries and sufferings. What the chronic invalid very often imperatively needs is a regular employment for his thoughts as well as a regular exercise for his body. He needs to be transplanted, as it were, beyond the unhealthy atmosphere of his own morbid impressions, and made to forget himself in the healthful contemplation of some of the practical purposes and useful operations of life. Nothing by way of exercise has ever yet been invented that can supplant the necessity or supply the good influences of these. To walk may be very well; and if the road had not been too many times traveled, may be made a very agreeable diversion. A roll at ten-pins may form a very thorough exercise for the body, and afford at certain intervals a most acceptable pastime. Calisthenic and gymnastic exercises are profitable

enough in their place, while music and dancing for those who have a taste for them may be made available adjuncts. Yet every one knows who has ever regularly tried the merits of these several inventions, that the mind is interested in them rather as an *occasional* than as a *regular* pastime. Something more must often be done for the chronic invalid, if we would conduct him speedily and certainly along the pathway to health. Provide the patients at our cures with all the artificial helps by way of ball alleys, gymnasiums, calisthenic exercises, etc., etc., which the circumstances may permit. But as a measure worth infinitely more than all these put together, give them regularly something interesting to do. The time of the invalid very often hangs heavily upon his hands. He has no taste for exercises merely for their own sake, or he soon gets tired of them if he has. Deprived of his regular avocation, his mind turns upon the contemplation of his own misfortunes and miseries, and preys upon the bodily functions. This very often more than counterbalances all the most valuable advice and treatment that can possibly be given him. It is a law of our nature, which no human ingenuity can circumvent, that employment having some practical purpose or valuable result in view is a necessity of our being. Chronic invalids are no exception to this law; they rather stand in the greater need of its application. Invalids at water-cures should never think of adopting the general idleness practiced at our fashionable resorts. This may do well enough for the healthy, but it is never profitable for the chronically sick. Even though the invalid may never have been accustomed to any regular occupation, he will find his happiness greatly subserved and his cure greatly promoted by some suitable regular employment for a portion of each day. The lamented Dr. Shew, in his last and most valuable work, thus writes in relation to this important point: "One of the greatest difficulties patients have to contend with in water-cures, as conducted at the present day, is to 'kill time.' As in going to sea, so in water-cure establishments, 'how shall we contrive to wear away the weary hours?' is often asked. Now in my humble estimation there is one great remedy for this difficulty, and that is to teach patients the value of work. I know it is to be said that gymnastics are to be recommended; and this I admit. But at the same time, also, it should be remembered that the mind very soon becomes tired of these, while in useful labor such is not the case. I say, therefore, water-cure establishments should be conducted in such a way that every one can have the means of employing the bodily powers regularly in something that, while it gives tone and vigor to the physical man, engages and interests also the mind." Dr. Shew was one of the most candid, practical, and reliable writers who has ever contributed to hydropathic literature. He was not only thoroughly acquainted with all the various resources of his art, but had carefully noted the practical difficulties of his calling. With a large intellect he united a larger heart. In his practical intercourse with the race, and in his writings for their benefit, he ever kept in view the great cardinal principle, that to advance the good of humanity is the greatest glory of a man's life.

Now at our water-cures let patients have something to do; something to interest their minds and enlist their sympathies. Let the lady or the gentleman, no matter how fashionable or fastidious have been their past lives, how many servants they may have had at their command at home, or how little necessity they may have ever had to labor, when they go to a water-cure lay aside the artificial arrangements and constraints of conventional life, and seek by every rational means not only the greatest amount of enjoyment, but the highest development of bodily health and mental

vigor. Let all the games and amusements, the gymnastics and calisthenics, or whatever mere exercises you please, be indulged in as much and as long as they may be found interesting and profitable to mind and body; no more and no longer. But let also the garden and the field, the orchard and the meadow, in their much greater and much more enduring interest to them, be made subservient to the patient's great pursuit, by engaging him in their practical management, and affording to him the most delightful variety. Let the lighter in-door exercises and employments of the household subserve the purposes of females who can be interested in their performance; and let the vegetable and flower-garlands in all their utility and beauty so beguile their thoughts that they shall forget all about nerves, or stomach, or heart. Why should it be thought ungentle for even a *lady* to cultivate flowers or vegetables. Adopting the Bloomer costume, she can work in the garden as well as the other sex. The fresh air of a summer morning will do her as much good as it will her husband or brother. The sterner sex should never be allowed to usurp all the most delightful and health-supplying exercises of social life.

There is another point of view in which this question of employment for chronic invalids has a humane practical bearing. A great many patients afflicted with chronic diseases, quite sick enough to visit a water-cure, and very desirous of so doing, are more or less limited in their pecuniary means. Not a few of these, by laboring an hour or two each day at some suitable and interesting employment, may diminish their expenses, while they positively advance their cure and add to their rational enjoyments. I know it has been said that this is not practicable at a cure, but two years' experience has convinced the writer not only of its entire practicability, but of its great value to the invalid, the rich as well as the poor. I know, also, patients have been told by some physicians that they can not work at anything useful and get well at the same time. Now there is no theory more false or absurd than this. They ought to know that the very reason why some of their patients fail in their recovery is because their minds are not properly diverted, and never can be while so taken a necessity of their being is disregarded. Great in connection with suitable amusements and timely intellectual entertainments, with which every cure should be regularly supplied, useful employment is one of the very most important adjuncts known in the treatment of chronic disease. Physiologists and psychologists are well aware that the mind has great power over the body. All intelligent physicians who have had much experience in the treatment of chronic disease well know that, in many instances, to get control of the patient's thoughts is to cure his malady. Take one of your desponding cases; a patient worn out with chronic difficulties, who fancies himself living to no useful end; who from long habit *chooses* to look on the dark side of the future. Show this patient in a few weeks that he may still subserve some useful purpose in life, that the world has still some need of his services; that miserable as he is, his life to him is not yet utterly valueless, and you have gained a point of incalculable value in his treatment. Henceforward his recovery is comparatively certain, and his progress proportionately rapid.

The writer is fully aware that some reader of this article may imagine that invalids who seriously need treatment at all are in no condition to engage in any useful exercise. There is a class, indeed, of whom this is true. Nor will these be able to take active exercise of any kind. Very many of this class, however, may be made to convalesce in a few weeks, when they will often find their greatest pleasure in engaging again to some limited extent in the practical exercises of life. Looking at this subject from any point of view we please, our conclusion still remains the same, and we do not but attribute the failure of many a chronic sufferer to recover his wonted health to a neglect of this important principle.

FRANKLIN, N. H.



## RUSSEL SMILIE'S CHILDREN.

BY HENRY H. HOPE.

## CHAPTER VI.

TWENTY-FOUR hours sped, and the Patriarch and his family—myself of the number—sat around the fire-place, and he resumed his narrative as follows: "Soon after the interview with Butterworth, Horace Waters had opportunity to speak with Comfort and Hemenway about him, and they readily fell into his views respecting him, and promised to befriend him in his new home. And so when Spring fairly came, the four men, Comfort, Hemenway, Smilie, and Butterworth, with their families, started for Featherington. You youngsters (said the old man), "sitting in this comfortable room, and able to look miles away over broad fields, highly cultivated, and teaming with life, know nothing of back-woods living. You can but little better conceive of the hardships of travel in a new country, than a blind man can describe colors. These four families counted thirty souls, and they had five large wagons in which to carry them and their goods. Such wagons you do not see now-a-days; the felines were four inches in width, and the tire twice as heavy and thick as that of our lumber wagon. The boxes were high in front and rear, and the sides scooped out in the middle of the boards. Into these side boards were driven large square staples, so that the ends of hoops could be thrust into them, making a frame top over which was stretched stout tow cloth, so cut and fashioned as to fit and make a tight awning. In these boxes and under these awnings were piled at the back end the chests of goods, beds and bedding, and such other articles as the pioneer chose to take, and in front of these, places were arranged for the wives and children to sit, while at the extreme front a seat was made for the driver, who was generally the father or elder son. Four horses—sometimes five—were hitched to the wagon, and the journey begun. In many instances, at the back end of the wagon a box was made in the shape of a manger or trough, from which the horses were fed at noon, and at night, and in the morning. On the sides of the wagon were also placed securely, boxes with lids, in which the traveler carried hammer, nails, augers, a hatchet, an axe, also bits of rope, and any thing else which in an emergency might prove useful. Thus equipped, our travelers pursued their

journey and in fair time reached Albany. There they crossed the river in a kind of scow, the horse-boat at that time not being known. From that place they pushed on to Schenectady—if pushing it can be called, which consisted in the slowest possible motion over those heavy sand-hills wherein the wheels cut nearly four inches, and the soil of which gave way under the horses' feet at every step.

"From that place—then a village—they came up the valley of the Mohawk, and for the first time saw Dutch inhabitants—in their character of agriculturists. They reached Utica, thence came west through the Oneida tribe and the Onondaga tribe of Indians, and reached Skanateles. Many a time, Propitiation, have I heard thy grandfather say, that he thought that place the most beautiful spot he ever saw. From that point they made their way to Featherington.

"It was all woods—thee look around thee, above thee, at thy feet, it was all woods. Huge trees, like giants, stood on every side. Start off and go which way thee would, it was forest, interminable forest seemingly. Thee got gleams of sunshine only. For a little while the company rested and roamed, making their wagons the place for sleeping and cooking at a fire which had a big back-log for a chimney back, a crotch and pole for a crane, and stones for andirons. Comfort and Hemenway sold lots to Smilie and Butterworth, and in a little while they removed to their own land and work commenced. They formed a league of friendship. They were to stand by each other, and on no account to let any one suffer while they had the means to relieve. Thee grandfather, Propitiation, built his log hut only about fifty rods from where we now sit—just across the road. Smilie built his some hundred rods east, on the west end of his lot. Butterworth his on the hill south of us, and where his courtyard now is; and Comfort built his where our meeting-house now stands. We were all within call, for in a country that is not settled, and especially in the woods, the sound of the human voice or the ringing of the axe is heard a considerable distance. I have known Mary Butterworth to stand on her door-sill and call her 'Mose' (who was in our house and the doors shut) so that we all heard her voice distinctly. It seemed as though it came down from the clouds and straight down the chimney, and had a sort of sepulchral air to it; but it was dis-

tinct, and 'Mose' knew, and we knew, that it was his mother calling him. My mother would say, 'There! Mose, thee mam is calling thee—thee'd better go.'

"In building their houses they exchanged works, all helping one; and when a house was done, they had what is called a house-warming, and the mistress of the house made a *pot-pie*. This was a simulation of the old English Yorkshire pie—the crust had to be made, however, of pounded corn, and the meat were deer meat, squirrel, pigeons, and fat pork—a barrel of which was packed and brought on, and was equally divided on setting up the family state. They built the houses in an oblong form, and each house had a front and back door, opposite. These outer doors were made wide, and had no sill except one on a level with the floor, which was made of clear basswood, of a foot in diameter, split in the middle, and with flat side up and edges somewhat straitened were laid on sleepers and pinned. The fire-place had no jambs, but the back extended across the whole end excepting a place on one side for cooking utensils, and on the other end a ladder to go up chamber. Now against this chimney-back was kept a huge log which when it was half burnt would be rolled forward and used for a fore-stick, and when it was burned in two, its pieces would be twisted round and used as andirons. These back-logs generally would be of red beech—green—and were from eighteen inches to two feet through, and about ten feet long. They were drawn into the house by a horse—across the floor till opposite the fire-place, the horse passing out of the door opposite to that which he entered. Up the chimney, from side to side, was placed a green beech or iron-wood pole on which was suspended a strait stick with a crutch hook on the upper end, and on the lower end was hitched a piece of link chain commonly known as *trace* chain. On the lower end of this chain was a hook, which received dish-kettle, tea-kettle, and various other iron vessels which carried bails.

"The father and mother slept on the ground floor, the children up stairs. Each family had a dog and cat, and soon procured fowls. As soon as possible after opening the family condition, these pioneers procured cows, and on each animal's neck was swung, by a broad leather strap, so as not to gall her, a bell—familiarily known as the *cow-bell*. I am an old man now, then I was a little lad, and between that

day and this I have traveled, I have heard martial music, I have heard church music, orchestral music, and the music of the parlor, but I declare that no strain ever touched my soul like the tintillation of a cow-bell in those great old woods where amid their depths unbroken silence dwelt, save the chirp of the blue-jay, the hoot of the owl, the twitter of the squirrel, and the howl of the wolf. In such dead stillness the sound of that bell used to awaken me to sadness almost, its noise was so plaintive! Far off, down by Mud Creek, our cows used to wander, and in searching after them, the first vibration that reached the ear was actually exciting. The sensorium would just take cognition of it, and it was gone. They would stop and listen; soon a wave of air would float along to thee a fresh note, faint, failing, almost dying, yet of immeasurable sweetness, and thee would stand as still as a pointer dog, with head bent a little to one side, ear wide open, eye dilated, heart almost still, that thee might catch the direction from which the sound came. And when at last it was found, and thee got near enough to hear the full swell, no piano thrummed by a school miss ever gave forth such music as old Brindle, in fighting flies, shook out from her sonorous bell. I can go back seventy years and call it up as freshly as when I wandered, a little ragged boy, over all this broad table-land. Listen! (and we were all still, while the Patriarch shut his eyes and elevated his head just perceptibly) there! I hear it now—how sweet! but it is not 'old Brindle's;' that is Comfort's 'old Black;' ah! and there is Butterworth's 'old Dun.' Ha! ha! and the old man laughed merrily. Ha! ha! now comes the ring of 'old Brindle;' she's standing in the water to her belly and keeping the flies off by swinging her head to one side and the other. Ding, dong! ding, dong, ding, dong—there's more melody in that than in any piece of Mozart's that I ever heard played."

**GAMBLING.**—Gaming was invented by the Lydians, when under the pressure of a great famine. To divert themselves from dwelling on their sufferings, they contrived dice, balls, tables, etc. It is added, that to bear their calamity the better, they used to play a whole day without intermission, that they might not be disgusted with the thoughts of food. The invention intended as a remedy for hunger, is now a very common cause of that evil.

### HOW TO GET THE DYSPEPSIA, AND HOW TO CURE IT.\*

E. J. TO HIS FRIEND M. E. P.  
NEW YORK.

MY DEAR FRIEND—I am sorry to learn, as I do from your last letter, that you are "not quite well, and suffer from certain unmistakable symptoms of dyspepsia." This is unpleasant news; but I trust you will not allow your ailments to become chronic. Let it be your first care, my friend, to get well; and then see to it that you keep well!

You ask me to prescribe for you. I am not a physician, and am no more familiar with the laws of health than you are, or ought to be. They are plainly written on the vital organism, and if we are ignorant of them, we are willingly so. But, alas! we know more of the mechanism of the stellar universe than of the structure of our own bodies! How little heed do we give to that old and wise injunction: "Know thyself!"

Health is the natural state of the human system. If disease invades the vital domain, there is a constant effort on the part of the system to expel it. In this, if we do not unwisely interfere, it generally succeeds. But disease generally enters the fortress of life through some act of treason on the part of its garrison. In other words, we are the authors of our own misfortunes in this as in other respects.

Whence come, in your case, the stomachic disorders of which you complain? You have a good constitution. There is no hereditary predisposition to dyspepsia, as there is in many persons. In what way or ways are you accustomed to sin against your own body? Do you sleep in an ill-ventilated chamber, and neglect your morning bath? Do you rush down stairs and bolt, in haste, a breakfast of hot biscuits, or buckwheat cakes, saturated with butter, and washed down with three cups of strong coffee? Do you take a cigar? but I beg you pardon, I know you have not *this* sin to answer for. Do you eat roast beef, with plenty of greasy gravy, and other condiments, for dinner, and finish off with plum-pudding, covered with wine sauce, and smoking hot? Do you eat hot biscuits or muffins, and drink a cup or two of strong green tea for supper? Do you exercise the brain, too much, and the body too little? I need not go on with the enumeration. Of which of these, or of what other transgression, are you guilty? Disease, like every thing else, has its cause.

Ascertain the causes of your illness, and remove them at once; this is the first step toward a cure, and will, perhaps, be sufficient. Nature will do the rest, if not too much fettered by unfavorable conditions already induced. It may, however, be necessary to abstain almost entirely from eating for a time; to drink plenty of soft water; to bathe and rub yourself frequently; to take a good deal of moderate exercise in the open air, and to let your brain as well as your stomach rest.

You know my opinion of drugs; avoid them, by all means. Trust to the recuperative powers of your own system, aided by abstinence, exercise, and bathing, and you will soon be well. When your stomach has regained its healthy tone, begin to eat moderately of plain, wholesome food, and, unless you would invite another attack,

\* From "How to Write. A Pocket Manual of Composition and Letter-Writing." [Price 30 cts.]

carefully avoid the causes which have led to the present.

You have my prescription. Dr. Pillsbury will give you a very different one, no doubt, if you apply to him. Choose between us. In one thing, at least, mine has the advantage—costs nothing.

Hoping to hear of your speedy recovery and continued prosperity, I remain,

Very truly, your friend,  
M. E. P., NEW ORLEANS. E. J.

### THE HAMAM OR TURKISH BATH.\*

In the East there is one source of comfort and enjoyment which is more essential than all else, and that is the use of the *bath*, which follows all other pleasures, when excess has wearied the system, and precedes and prepares for anticipated luxuries, physical or mental. This process of purifying and refreshing the body is eagerly sought for as soon as the traveler arrives at Constantinople; indeed, seems to be second only in his mind to the impressions of an entrance to the magnificent harbor.

The baths of classic memory, where the heroes of ancient Rome went to prepare their sinews for the athletic games, and where the patrician games of Pompeii resorted, to add fresher and more glowing tints to their charms, were all conducted on the same principle as those of Stamboul at the present day.

It is wonderful that modern civilization should not yet have adopted the refinements of olden times, when they are so essential to real health and comfort.

As by some mishap this desideratum exists, it would not be mal-a-propos to describe the real charm and merit of these institutions. The object of all bathing is to free the skin from the deposits of insensible perspiration. The Turkish baths are neither immersion nor vapor baths; but the atmosphere is heated, by means of flues through the walls, to a temperature suited to induce a free perspiration, without causing over-exhaustion; for the interior is so arranged that the bather, in passing from one apartment to another, gradually becomes acclimated to the heat.

These baths, unlike many other institutions in the East, are perfectly accessible to all, both natives and foreigners, and are the more attractive on account of their entire dissimilarity from all establishments for the same purpose in Europe or America.

Frequent ablutions, and the greatest personal cleanliness being strictly enjoined upon all true believers, by the precepts of the Koran, it is considered an act of piety to erect edifices and public fountains for those purposes, either during lifetime or by personal bequest; consequently such instances of benevolence are by no means rare, nor are the structures deficient in architectural beauty. They are built of stone, and adorned with cupolas, besprinkled with globular glasses, which transmit a softened light to the interior.

The interior is divided into three compartments: the saloon, the tepidarium, and the bath itself. The saloon, where the visitors dress and undress, is a large apartment surrounded on three sides by elevated platforms, on which are placed mattresses and cushions for the comfort and accommodation of those who frequent the bath. In the center of this room there is usually a marble fountain, whose trickling waters soothe the ear, and add beauty to the scene, dispensing a delicious coolness to the atmosphere. On his entrance to this saloon, the visitor is immediately greeted with *Banyanyun* (you are welcome), from the attend-

\* From a new work recently published by Derby and Jackson, New York, entitled "The Sultan and his People," by C. Oscanyan, of Constantinople. Illustrated by a Native of Turkey. Price \$1 25.

ants, who conduct him to one of the mattresses on the platform, where he is undressed, within a temporary screen, made by holding up a towel to prevent exposure of the person; for the Osmanlis are sensitively modest, and feel a feminine delicacy in this respect, so that none ever bathe in public without being suitably invested.

His watch, ring, and purse are handed over to the Hamamy for safe keeping, and his apparel being carefully folded in a shawl, and designated by his own head-gear, which is placed upon it, is deposited by the side of the mattress, now appropriated to his exclusive use.

Notwithstanding all these precautions, very ludicrous mistakes sometimes occur, as happened recently to a certain soldier, who was anxious to abandon the ranks, and possessing no other means of changing his uniform for a citizen's dress, entered the bath *en militaire*; where, after having performed his ablutions, he committed the very slight error of appropriating to himself a neighbor's mattress, with its accompanying wardrobe, and thus was enabled to make an honorable retreat, *en bourgeois*.

Being now undressed, enveloped in large towels, and mounted on *nalluns*, or wooden pattens, to protect his feet from the hot marble and the water, the bather is conducted into the *Halvet*, or tepidarium, which is heated to a degree a little above temperate, where he reposes on cushions until he is gradually acclimated to the atmosphere.

When the pores of the skin are opened, and perspiration excited, the visitor proceeds to the inner room to go through the process of bathing.

The *Hamam*, or bath itself, whose temperature is raised to any requisite degree by means of flues constructed within, and all along the walls, so as to allow the flames to circulate freely in every direction, is in many of these establishments exceedingly beautiful; the dome being supported on magnificent columns, and the walls and floors inlaid with large slabs of marble, and adorned with finely chiseled fountains on all sides, which are furnished with double ornamented brass cocks, for the supply of warm and cold water.

There is an elevated marble platform in the middle, where the bathers lie at full length, for the purpose of having their sinews relaxed and joints examined. Both the apartment, and this process in particular, have been most ridiculously described, and, either through malice or ignorance, most egregiously exaggerated by travelers.

When the person is in a state of free perspiration, he is seated by the side of one of the fountains, beneath which are marble basins to receive the water, both hot and cold, and it flows from the ornamented cocks, for no Osmanli ever uses the tub, water which has once been in contact with the body, having imbibed its impurities, is deemed unfit for further use; therefore, on all occasions, their ablutions are performed with flowing water, for they do not delight to wallow and splash in a solution of their own dirt.

The *tellak* having upon his right hand a *hesse*, or bag made of raw silk, commences a *gentle rubbing* (for they can not bear any rude or rough treatment, for which reason the delicate hands of boys are employed), over the surface of the body, by which the deposits of insensible perspiration are disengaged from the pores of the skin, and

combining together fall from the person like fibers of paste, which, to the uninitiated, might seem like the peeling off of the outer pellicle itself.

In this process consists the real virtue of a Hamam, and to it alone is to be attributed the peculiar velvet-like softness of the skin of an Oriental, which even gives them an air of effeminacy.

Immediately after the process of shampooing or rubbing, the marble font having been filled with water of the desired temperature, it is poured over the person of the bather from the brass *tass*, or bowl, used for the purpose by the attendant. The person is now thoroughly washed with perfumed soap, again water is poured over him in abundance, and he is finally enveloped in the *havlous*, or large napped towels, manufactured in the country expressly for the purpose, and admirably adapted to absorb moisture.

Now perfectly purified, with a sensation of languor, the bather proceeds to the dressing saloon, where, as he reclines upon luxurious cushions, his whole being seems momentarily lost in that dreamy repose of half-conscious existence, which is the true *kief* of an Oriental.

He is only awakened to real life by the assiduities of his attendants, some gently fanning him, and others presenting sherbet, coffee, pipes, etc.

The fatigue and languor gradually pass away, as, with a sensation of renovated existence, he reposes until the heat of his body is reduced to its natural temperature. His toilette being completed, he surveys himself in a small enameled mirror which is offered to him, and after depositing upon it the amount of money compatible with his own station in life, he quits the precincts of this luxurious establishment, light, joyful, and contented.

The Hamams being altogether charitable institutions, there is no fixed price demanded from visitors for the use of the bath itself—it being entirely left to their own option. But the personal services of the attendants, and the wear and tear of the splendid bathing paraphernalia not being included in the same category, an adequate remuneration is of course expected. This, also, is left to individual generosity; in ordinary cases, from half to three quarters of a dollar is sufficient, but there may be no limit to a person's munificence, nor to the attentions bestowed upon him.

A gentleman of rank once visited a bath where he was an entire stranger, and although he was not treated with even ordinary politeness, he left on his departure a sum of money far beyond the expectations of the attendants, which, opening their eyes, forced them to make a thousand apologies for their remissness, and protestations for the future. The gentleman soon after gave them an opportunity to retrieve their former errors, and contrary to their excited hopes rewarded them with a couple of piasters (about eight cents), observing, "This is what you merited on my first visit, and what you then received is the equivalent for your present services."

The money collected at the bath is divided into two portions; one of which is for the Hamamy, or proprietor, and the other is shared among the attendants.

Many of the public bathing houses are divided into two parts, one for men, and the other for women, and when the establishment is not a

double one, Fridays and Sundays are only reserved for the ladies, and the rest of the week allotted to the men.

There are always exquisite specimens of these Hamams attached to the houses of the wealthy; and their friends and neighbors are often invited to partake with them of this amusement.

As the Osmanli ladies very seldom enjoy the excitement and bustle of a crowd, they consider the occasion of *going to bathe* as one of the greatest festivity; and they always carry with them every article necessary for comfort or luxury, the Hamamy not furnishing mattresses, towels, etc., as in the case of the gentlemen.

Besides the opportunity of displaying embroidered cushions, napkins, etc., they find rare and ample amusement in the discussion of scandal, moral and political, as well as general and domestic gossip. The *tout ensemble* of a lady's bath is one altogether peculiar, and of course more enchanting to the eye than the ablutions of their lords and masters.

The following description of a visit to a bath by a lady long a resident in Constantinople, may be interesting as the result of personal observation and experience.

"My first Turkish bath—shall I describe it, dear?

We were a large party. The mother, her three daughters, three maids, and my humble self. You would have supposed we were arranging our wardrobes for a long season of travel—except that the garments would be rather unrepresentable on ordinary occasions. Very peculiar nappy towels, large as sheets, issued forth from their repose in the vast closets, white and colored, embroidered and fringed; head-gear of the same style; curious-looking yellow woolen mittens, to rub with, they told me; innumerable shining bowls; tremendous stilt-like clogs for the feet, great bars of soap, precious packages of dyes, paints, capillary antidotes, perfumes, essences, mirrors in embroidered frames, and a thousand other et ceteras of Oriental toilette, in due order entered the vast bundles which were in preparation. Next appeared a beautiful rug or carpet, a rich silken mattress and cushions, and a large piece of crimson woolen, shaggy material, to envelop the cushions, such as I have frequently seen spread in the beautiful *cayiks*. Really one would have supposed we were to be deposited in some unfurnished dwelling with all this paraphernalia.

"Then came the private wardrobe of each individual neatly folded in a separate envelop—and last, but not least, the most refreshing array of fruit, sherbets, and a curious machine, some five stories high, in whose different compartments were packed various specimens of Turkish cookery. I began to wonder if we were ever to return from this bathing *pic-nic*, so vast were the preparations; but every one was gay, and nothing was tiresome. Besides, we always go to bathe in this style, at least once a month.

"Our carriage waited at the door, a grand spacious one, covered with crimson shag, the ends trimmed with deep fringes of gold—no seats, but plenty of cushions, and two milk-white oxen were our steeds.

"Having duly veiled ourselves, that our 'ornaments' or charms might not be displayed to the eyes of the unprivileged, we ascended the steps

at the end of our arabs, and were seated according to our respective ranks, the old lady and myself occupying the honorable places in the front, just behind the tails of the oxen, which were fortunately looped up, so that they could neither switch us nor themselves. There is a decided advantage in this seat, the view being unobstructed by any coachman, as that dignitary always walks before the head of the animals. Next to us were the three hanums, behind whom were the maids and bundles, and the large pannier was slung underneath full of its creature comforts.

"I felt as if I had suddenly been transformed into a houri, as they all de-



THE SALOON OF THE BATH.

clared that the *Yashmak* converted me into a real Circassian beauty. In due time we arrived, and descended from our airy vehicle. As we entered the outer hall of the bath, each one made a polite *temannah* to the *Hamamgy-Kadun*, or the lady proprietress, who was squatting on her cushions in a corner. This salutation she returned, to all genuine Turkish ladies (myself included), with the same polite gesture—but the unfortunate gaiours only received a slight nod, no matter how profound their salams. It is well to be queen somewhere, even of a bathing establishment.

"The maids, Eleny, Marin, and Sophy, spread out our cushions in one of the niches upon the elevated platform, and as they modestly held up a towel as a screen, we proceeded to reduce ourselves to a state of nature. Enveloped from head to feet in our bathing habiliments, which kung about us in just such folds as they drape the statues—we willingly thrust our pedestrial extremities into the great clogs, inlaid with mother of pearl, entered the antechamber of the bath, and sat down on the marble platform to acclimate ourselves. Here we take a *coup d'œil* of the strange scene.

"Old women without any charms to conceal, spare themselves the effort, and multitudes of naked cherubs patter about. Yonder sits a victim to paints and dyes—her hair now white, suddenly becomes beautifully black, and the color streaming over her body bedecks her for the moment à l'*Indienne*. But that was all washed off, and they proceeded to rub a sort of mud all over her body, to take out the pains. Then she underwent a process of pommelling, as she was stretched out on the marble floor—poor thing, she had both rheumatism and gray hairs, and was a fit subject for the most special and extra efforts of the attendants of the bath. But the children! such victims, of all ages, from one month upward, were screaming to the highest pitch of their little voices, as they were unmercifully rubbed and lathered from the crown of their heads to the soles of their feet. 'Rough up and smooth down,' seemed to be no part of the nursery creed of their unmerciful mothers, but rough all ways. Amid these infantile yells and agonies, the girls, young and pretty, walked up and down, pattering with their clogs, and chanting their wild native melodies, as if to put out all other noises, and the great marble halls did their best to re-echo all these floating sounds.

"Was I in Paradise or Pandemonium; were these peris or demons, I could not tell; everything was so bewildering. I was duly rubbed and washed like the rest—then it was proposed to take lunch. Our party *en déshabillé*

*de-pechetemat*, which means crimson faces and napkin drapery, with long and dripping hair, sea-nymphs—maids of the mist—seated themselves on the marble platform in the cooler room, and the large round tray made its appearance. How delicious the iced sherbet, the little balls of rice covered with delicate vine-leaves—the artichokes à *Thaïle d'olive*, the kebab, the helva—in a word, spite of the strange table, strange costume, and general humidity, we all had tremendous appetites.

"Then came a chibouk to the old lady, little cigarettes to the young maidens—a delicious cup of coffee, and we all raised our voices in a sweet Turkish song, about loves, Jessamines, and gile and bülbül.

"Being thus recruited, we were able to undergo the last ablutions, and with a complete investment of pure white and delicately perfumed towels, we proceeded to our first niche in the great dressing-room, and laid us down to dream, or listlessly to watch the innumerable toilettes of the devotees to *Venus* and Love.

"Some, all fair and rosy, were reclining luxuriously like ourselves, enveloped in fine white drapery, richly embroidered and fringed with gold, while their beautiful slaves, whose charming figures were not so carefully concealed, were combing, braiding, and perfuming the long silken tresses of the fair hanums.

"After we had amused ourselves at the indifference of the really beautiful, and the minute and strenuous efforts of others to appear so, we again sipped our coffee and completed our toilette, ready at any time to spend another day in such delightful aquatic luxuries. I could not help contrasting my sensations with those I had often felt on leaving one of the bathing establishments in my own country. There, a solitary closet, a tub, from which, perhaps some dirty wench had just emerged, a hook or two, a dirty flesh-brush for general service, etc. True, the warm water was agreeable, and for the moment caused an oblivion of all antecedents, the hook convenient, and the brush need not be used. After an immersion of perhaps half an hour, you hurry on your apparel, and hurry home, all à l'*Américaine*. But here, in this Turkish bath, how imperceptibly a whole day had passed away, how entertaining the scene, how beautiful the fair hand-maidens of Nature, so soft and pure, after their watery festivities! Their skin so white, their lips so red, the delicate rosy tinge of their cheeks so tempting; even old age seemed to bloom again, while a universal exhilaration took possession of us all. A delicate tissue of softness seemed to envelop my body, and a wonderful feeling of amiability and love for all the race of human kind glowed within my breast. Every motion gave me pleasure, and I could scarce recognize myself. Alas! for American ladies, they



HAMAM, OR TURKISH BATH.

can never feel the true Oriental *kief* in bathing; for they have no cushions to repose upon, no softly murmuring fountains to lull their senses, nor any such relaxation from all external and internal woes, as follows a Turkish bath. In vain they tinge their complexions, powder, and wash, they can not attain this *ré çalon* of beauty, nor be electrified by this wand of enchantment, which renders the humblest Cinderella of the Orient lovely as a princess, and says *avant* to all the modern mysteries of the toilette."

# The Month.

NEW YORK, MAY, 1857.

SEVERAL QUESTIONS.—“Can you still supply back numbers from January, of the WATER-CURE JOURNAL?” Yes; we have still a few hundred sets in numbers complete, which may be had by new subscribers. No: we can not furnish volumes further back than 1855 and 1856. A few copies for those years may be had, richly bound, at \$1.50 per volume. A new volume begins with the JULY number.

We can still furnish our friends, gratis, sample numbers—such as we have to spare—with which to canvass and form clubs. We have the promise of special efforts on the part of friendly spirits everywhere, to introduce the Journal into places “where it is needed,” on the commencement of a new volume. Well, we shall be ready, and will agree to put our best foot forward on that occasion.

ANSWERS.—Of course, those who expect answers to their letters will send a prepaid envelope, directed to themselves, in which to inclose the answer.

MEDICAL QUESTIONS, of general interest, are answered briefly in the JOURNAL. We are not able to comply with the requests of correspondents, to answer them “in the next number,” when not received previous to the day of going to press—usually on the 10th of the month previous to the date—but in the following number. Thus our *Jane* number will go to press on or about the 10th of May. Advertisements should also be sent in early.

## TOPICS OF THE MONTH

BY R. T. TRALL, M.D.

DREADFUL MORTALITY.—Medical Journalism seems to be in a bad way; verily it is getting no better very fast. Since our last issue, our professional friends and brethren of the allopathic school have lost two or three more journals. Cause of death, as usual, want of patronage.

Down, down, down, derry down, seems to be the tune to which they are all marching a quick step. We suggest an appropriate accompaniment:

Cold water, cold water is the drink for me.

If a chorus is wanted, the following is respectfully proffered:

Away with drugs, away!

And if it be deemed advisable to sing a requiem over the graves of the departed periodicals, the following couplet from one of the songs of the Hutchinson family may answer an admirable purpose:

Their souls were sent to heaven or h—ll,  
By doctor's dose of calomel.

Death, however, is no joke, though the subject of it be an allopathic medical journal. And the eases before us are vividly suggestive of disappointed expectations, ruined investments, unsettled printers' bills, and printers' devils out of employment.

But we are not left without some consolation. Nature, in some way mysterious to us, seems to make

All seeming evil universal good.

Perhaps the present afflictive dispensation

of fate will form no exception to the poetry. Those medical journals, whose going hence we are called upon to celebrate, have long taught the people to poison themselves with deadly drugs whenever they have the misfortune to get sick. They have long, too long, taught the doctrine of casting out devils through Beelzebub the prince of devils. In the days of our ignorance this may have been permissible. But now light has come into the world. A new dispensation is demanded. Evil must be overcome with good. Disease must be cured by supplying the conditions of health; not by producing new diseases. The journals aforesaid have answered their destined end. They have served to open the eyes of the people to the horrid consequences of a false philosophy. Let them pass away. *Requiescat in pace.*

We trust it must not be charged upon us that the WATER-CURE JOURNAL is in any sense the murderer or the executioner of these journals.

“Thou can'st not say I did it!”

It is true, nevertheless, that allopathic journals have “kinder gin out,” as the boy said of the sick sheep, in a sort of ratio to the circulation of this JOURNAL. But this we do not say is to be considered as cause and effect. We prefer for the present to regard the circumstance in the light of a “remarkable coincidence.”

By way of a *sedative* to the chief mourners on this semi-melancholy occasion, we append the following letter, just received from a North Carolina “regular:”

“I send you \$3 for your three Journals one year. They are not well known here yet, but if they are what I have reason to believe, their circulation will soon be largely increased. I am a physician of ten years' experience, and, until within the last three years, have paid considerable money for medical journals, which have really been of but little service to me as a practitioner. Chemical knowledge they do indeed supply in great abundance. But so far as curing disease is concerned, this is of no sort of use. It is a knowledge of the vital forces that physicians want and the people need; a knowledge taught in no journals but yours. Prepare the public mind for the reception of such principles as you advocate in your Journals, and the first great plank in the platform of moral, intellectual, and physical regeneration has been firmly nailed down, which is destined, at no distant day, to effect an entire revolution in the present absurd, contradictory, and dangerous methods of medical practice. With this view and this hope I shall do all in my power to circulate your Journals among the people.”

EPIDEMICS AMONG THE ANIMALS.—For several months past the newspapers, and more especially the agricultural journals, have had a good deal to say concerning the various distempers now prevailing among

the domesticated animals. Cholera has desolated the “hog crop” extensively in the Western States. Erysipelas has also been very prevalent among the “pent up” portion of the worthy porkers. We read, also, of the *gapes* afflicting the chickens in various parts of the country; and our latest foreign exchanges tell us of the murrain or plague among the European cattle.

This is a bad state of affairs for the flesh-eaters, who, we believe, are still in the majority, notwithstanding the sturdy arguments, and more sturdy examples, of the vegetarians.

We do not wonder that animals, when subjected to artificial habits, become diseased. It is just as natural for them to get sick, as it is for humans under similar circumstances. But who wants to eat them? And how are we going to know whether they were sick or well when the butcher took them in hand.

Herein the vegetarians have a decided advantage. When apples, potatoes, bread, etc., are unsound, their sensible properties very plainly indicate it. It is not so with unsound flesh. An animal may die of any of the above-named diseases, and no one could detect anything wrong by the taste or flavor. It is only when flesh is partly rotted with putrefaction, “tainted,” that its bad condition is evident to our senses.

We read not long since in an English periodical called the *Gardener's Chronicle*, the statement that several hogs, which had in some way got sick, were over-dosed with allopathic medicine, and unfortunately killed thereby. But the flesh was eaten, and, as the story goes, *was not in the least injured!*

It seems to be an important point now to have some test or guide by which the people can determine between the flesh of diseased and that of healthy animals. We shall settle this question for ourselves by practicing, as heretofore, vegetarianism. Others may do as seemeth to them good.

ELECTRO-CHEMICAL BATHS.—A medical gentleman in Sacramento, Cal., wonders why we do not say something more about the electro-chemical baths, and is suspicious that they may have “run out,” etc. We do not write about them continually because we have nothing new to say. Something more than a year ago, after having given them a fair test experimentally, and studied the theory of their operation, we came to the conclusion we then expressed, and have had no occasion to alter

that opinion since, nor to modify it very materially.

Electro-chemical bathing is not a specific for any particular disease, nor for the depuration of mercury or any other mineral or noxious substance. Nor will a single bath of an hour's duration "seek out and remove from the system all the mercury, lead, arsenic, antimony," etc., as some pretend, who wish to elevate the process into a business by making it a specialty.

It is, however, one efficient method of depuration; and in some cases the most efficient we are acquainted with. It favors the chemical changes in effete matters, whether mineral ingredients or the retained debris of the tissues, so as to expedite their expulsion, and, by determining the circulation to the whole surface, increases depuration through the skin in an especial manner.

But they must not be used indiscriminately. Their application must be adapted to the particular circumstances of each case, and governed by the same rules that regulate the employment of the vapor-bath, sweating blanket, wet-sheet pack, etc.

We have many times witnessed most excellent effects from them in cases of torpid livers, with dyspeptic stomachs and feeble external circulation, where the patients had been repeatedly dosed with blue pill and quinine. And this fact will be a sufficient reply to a score of letters or communications asking information on this very point.

**MANUAL LABOR WATER-CURES.**—Among the wants of the age are institutions where invalids who are too poor to sustain heavy expenses, and where others who are able to pay yet prefer to work, can pay their way in whole, or in part, by manual labor, while undergoing the remedial discipline of the treatment. And we learn with great pleasure that this idea is about to be reduced to practice.

A few days since we had a visit from Rev. Azor Estelle and his estimable wife, both of whom are whole-souled and radical in the cause of medical and physiological reform. They have an excellent location, in Peterboro', Rensselaer Co., N. Y., some twenty or twenty-five miles from Troy, and propose to erect, during the present season, suitable buildings for a water-cure. They have abundance of the best water, with farming and gardening grounds, so that such patients as are disposed, can work their way to health. One part of the plan, and we think the very best feature of it, is to con-

nect a school department with the cure, where all the branches of common and high school education will be taught, while the students can have a healthful diet, and learn the art of preserving health.

We are sure the philanthropic enterprise will be abundantly patronized. Mrs. Estelle will attend our school the ensuing winter, and prepare herself for assuming the duties of female physician to the establishment. We wish a thousand men could be found with heads, and hearts, and purses to found similar institutions all over the country.

**CURE FOR THE MANGE IN SWINE.**—MRS. TUCKER & SON: In one of the late numbers of the *Country Gentleman* inquiry was made for something that would cure the mange in pigs, and as one of my neighbors has recently cured a very bad case, I have concluded to send you his method.

He first thoroughly washed his pig with soapsuds, with the view of getting him as free from dirt as possible, and then, once every day, wet him with a solution of corrosive sublimate, made by dissolving sixteen grains of corrosive sublimate in a pint of rain water. The pig was as bad as need be—mangy from snout to tail—and the application of this wash to the affected parts resulted in a cure in about three weeks.

It may be well to note that care must be taken in the use of this solution, for it is a very active poison.

D. W. B., *St. Catharine's, C. W.*

We clip the above from an agricultural journal. We have no doubt that this manner of saturating a pig with corrosive sublimate will drive the mange from the outside. But what we marvel at is this: Who would want to eat the pig?

**MEMORABLE CIRCUMSTANCE.**—Under the above head the *Boston Medical World* says:

"In Winchester, Conn., there has not been a death in one and a half years, and but two or three deaths in three years. The village is surrounded by 150 smoking coal-pits, and besides, there is no physician in the place.

Whether there is any connection between the absence of physicians and the presence of health, we must leave to the imagination of the reader.

**SCARLET FEVER.**—This epidemic seems to be on the increase. One of our city papers remarks:

"The most terrible disease that has afflicted this country during the past twenty-five years has been the scarlet fever, or scarlatina, and it still remains a fearful scourge in every part of the country. The cholera was a passing epidemic which only manifested its dread presence in particular localities, but the scarlet fever knows no time, nor season, nor place, nor age, nor condition, except that it visits children with more terrible effect than old persons. During the past year its ravages have been greater than ever before, and there has been hardly a family in the land that has not suffered by it. It is still a mystery to physicians.

Mysterious to some physicians it may be, but we do not acknowledge that there is anything mysterious to us about it, except

the marvelous stupidity of doctors and people in not understanding it. There is not a malady known among men more simple and intelligible. The bodies of children get obstructed and their blood impure and inflammatory from bad food, bad air, bad water, and from any other noxious agents taken into the system. The vital machinery then undertakes the process of depuration by working these impurities out through the surface. The struggle or fever will be severe and difficult as the system is less vigorous or more obstructed. Hence the various forms of scarlatina, known as simple or mild, anginose, malignant, etc. Drug medicines repel this remedial effort from the surface to the center; and this is the reason why their effects are so fatal. These deaths would be very rare if the patients were left entirely alone. This disease is much less fatal under homeopathic than under allopathic treatment, for the simple reason that the former give less medicine.

We have never known a case of death where water treatment, and none other, was judiciously employed. We have not lost a case in a dozen years, although forty or fifty die in this city every week under the hands of the regular physicians.

**DRUGGING US THROUGH THE SKIN.**—Dr. M. Langenbeck, the eminent professor in Gottingen, published an essay on the *Inoculation of Medicines*. The editor of the *American Druggists' Circular* observes, "The author has, by way of trial, convinced himself of the great absorbent faculty of the cellular tissues, and he increased the same by combining the medicine, intended to act, with some irritating vehiculum, other, ungt. tart. stibiat., ungt. canthar., or principally with ol. crotonis, ungt. The operation is performed either by needles, made expressly for this purpose (which contain the substance in a spoon-like deepening of the point), or by plasters, which are made to cover a little cut made by the lancet, in which some fibers of lint, saturated with the medicine, are inserted. A slight reaction of the organism excepted (but which will not equal the pain of a mustard or fly blister), the specific effect of the medicine will appear in a very short time and with great energy. The author prescribes, for instance—

℞. Ung. tart. stib., gr. x.  
Extr. belladonnæ, gr. vi.  
Ol. amygd. dul., gr. xx.  
M. S. for inoculation.

The number of medicines which the author uses in this way is very large. The cases in which they were used in this way were the same as when they were given internally.

Great Galen! what are we coming to? If we must be poisoned, let us have it the natural way. When poisons are taken into the natural passages, the vital organism has more chance to defend itself. But when worked into the blood through the skin, their potency for mischief is vastly increased. Isn't it a beautiful process, this puncturing

the skin all over with little needles in order to get a medicine through it. Oh, Hippocrates! Oh, Esculapius! Oh, diabolical nonsense!

**HYGIEO-THERAPEUTIC COLLEGE.**—The Winter Term of this school closed, with the usual exercises, on Monday, April 13th. About twenty of the students received the irregular diploma of the School. But as the Act incorporating the School passed the Legislature the same day, the next class will receive regular diplomas. The Summer Term commences May 1st. The lectures will commence about the middle of the month, and continue until Nov. 1, with an intermission of two or three weeks in Midsummer.

## To Correspondents.

Answers in this department are given by Dr. TRALL.

**FATAL CASE OF SCARLATINA.**—M. S. W., Ticonderoga, Essex County, New York. Dr. Trall: A friend of mine, a firm believer in Hydropathy, lately lost a boy, aged about 6 years. He received a hard blow on the head by a fall, but which left no mark that she could discover; she applied water, and kept him awake as long as she could. About two days after he was attacked with scarlatina, which is prevailing here; he did not appear very sick; she followed your directions in the ENCYCLOPEDIA, feeling no alarm, but the utmost confidence in the treatment. The rash did not appear quite as fast as desirable, and more on the limbs and body than the head. In about a day and a half, suddenly he became pale and delirious; feeling no confidence in Allopathy she sent for me. I believe I am the only one in the place who is perfectly converted to the Water-Cure. He lived only about two days here for a moment had his senses. It was evident to me that his brain was affected. We used no violent treatment. His head was not hot, neither at any time was his general fever violent. We took the utmost pains to keep the circulation even. A diarrhea commenced soon after the delirium, which was partially, but not sufficiently, checked by cold enemata; used frequent warm foot-baths, cold cloths to the head and neck and tepid spongings of the whole surface. His neck did not swell at all, and could swallow water with ease.

So far as you can judge by my description, is it your opinion that his death was caused by the blow? If so, why was his head not hotter? And why was his general fever comparatively slight? If you will answer these questions you will oblige his almost heart-broken mother, as well as myself.

The injury to the head probably induced extravasation in, and compression of the brain. For this reason, the fever could not be violent toward the surface, nor the remedial effort successful. This is further proved by the diarrhea, which was an effort of nature to deplete by the bowels, because the brain affection rendered it impossible to do so through the skin.

**COCOA.**—S. M. C., East Greenwich, R. I. What is the nature of cocoa, used as a beverage? and will it induce headaches like coffee?

It is a little oily and slightly nervine. It is not as good as pure water, nor as bad as coffee, tea, or chocolate. It is one of the best of the bad beverages.

**DIETARY FOR STUDENTS.**—S. S. W., Footville, Wis. Will Dr. Trall, through the WATER-CURE JOURNAL, answer the following questions. First—What is the best diet for students attending college who are, or have been, accustomed to considerable exercise, and of active temperament? Second—Will it do to confine such persons to a few staple articles, and if so, what articles to be confined to would be safe, keeping in view the object of least expense? Third—In treating polypt of four years' standing at the University, and if so, what articles to be confined to would be safe, keeping in view the object of least expense?

1. Fruits and farinacea. 2. Yes. Unleavened bread parched corn, crackers of meal and water, apples, and potatoes, make an ample variety, and are economical.

We always use the forceps in extracting polypt; cautery alone can not be relied on.

**PNEUMONIA.**—C. T., Rome, Mass. The affection in your case is not pleurisy, but pneumonia, a rheumatic affection of the intercostal muscles. Use fomentation to relieve the pain, and the wet griddle to overcome the cause.

**MYSTERIOUS.**—M. F. R., of Calhoun, Ga., gives us the history, sickness, and death of his two children whom he endeavored to raise hydropathically, and who, in their last sickness, were doctored hydropathically, with the exception of a little medicine. He is unable to account for the disease, and asks us to explain. The symptoms indicate poisoning; but here we have no data on which to predicate an opinion. Poison of some kind may have accidentally got into the food, or have been generated in the cooking utensil; or the milk may have been bad. Cows often eat stramonium and other poisonous weeds, so that their milk will destroy their calves, or children who feed on it, without making the cow noticeably sick. Hundreds of children die annually in this city from the effects of bad milk.

**WATER-CURE FOR THE POOR.**—W. C. O., Marine, Ill. We regret to say that there is as yet no establishment where the indigent can get treatment gratuitously. We are not able to answer your question in relation to manual labor schools.

**CHARCOAL ES. PILLS.**—A Subscriber wants to know which we consider the least of two evils to regulate bilious stomachs, common charcoal or the doctor's pills? There is not much to choose. Both are children of the evil one.

**DIRTY CHILDREN.**—B. S. writes: A venerable old man in this neighborhood objects to the water treatment because he has always noticed that the dirtiest children are the most healthy! There is a good deal of truth in this matter. Those parents who are too careless or too poor to wash their children are too careless or too poor to pay doctors. The dirt outside is not half as bad as the medicine inside. We would rather go unwashed externally from the cradle to the grave than be put through an ordinary course of drug-medicine.

**DEAFNESS.**—J. T., Greenfield, Mass. We can not determine on the curability of your case, nor the particular treatment required, without a personal examination. We regard iodine inhalations as much worse than useless.

**FALLING OF THE WOMEN.** M. D., Lafayette, Oregon. The water treatment is sufficient to cure the majority of cases. Sitz-baths and vaginal injections should be frequently employed. Do not use very cold water; probably 75° will be about the right temperature.

**A BACHELOR'S PREDICAMENT.**—Woolbe-Reformer, New York. I subscribe for and read the WATER-CURE JOURNAL regularly, fully believe in hydropathy, and would like to live accordingly. But how are we bachelors, who depend upon hotels, boarding-houses, and restaurants for our daily food, to avoid the use of "spiced" sausages, fat meat and gravies, hot loaves and fine biscuits, and the like, of which I have read in this month's JOURNAL until my stomach is fairly turned at the thought of what it daily receives and works up, and I wish I were a sheep or a cow, that I might live on sweet clover hay in winter, and luxuriate on the fresh green grass in summer.

Are there in this city such establishments (unknown to fame) as hydropathic boarding-houses, where they that hunger for hygienic food may be satisfied? If any, please mention a few of the best in your next number. There may be others besides myself in want of information on this subject.

We do not sympathize very much with the troubles of our bachelor friend. If his grating against pork and sausages had been half as earnest as his lamentations, he would have found out long ago that there are places, even hydropathic and vegetarian boarding-houses, in this city, where pork and sausages can not come. The best plan for the gentleman is to take to himself a wife who is skilled in the cookery of wholesome food; excellent material may be found in the New York Hygieo-Therapeutic school.

**GOITRE.**—E. M. S., Sherman. The patient has a large neck, unnatural size, has been growing several years; is quite full from the breast-bone to the chin;

think it is not quite as large as it was last fall; has taken iodine, and used several outward applications, but is discouraged about a cure. Can she be cured? Can she be cured at home, and by what process? She is nineteen years old.

There is no assurance of a cure without the thorough management of an establishment. The electro-chemical baths would be beneficial.

**SRUP.**—W. L. S. "Is the best sirup, viz., molasses, unfavorable to health or not?" It is. All sweet things should be taken with the food just as nature has prepared them.

**CUTANEOUS ERUPTION.**—M. E. Y., Blackstone, Mass. "My husband has been troubled for several years with a cutaneous eruption, most marked on the face. For three years he was strictly vegetarian in his living, not using butter or grease of any kind. There were more pimples, if possible, at this time than at any previous time." All right. His improved habits are bringing the "bad stuff" out. Let the work of depuration go on until purification is complete.

**LEUCORRHEA.**—E. G., Danville, N. Y. Moderately cool sitz-baths, tepid vaginal injections, with strict attention to the dietary, and to everything which affects the general health, are the outlines of the remedial plan. If there is induration or extensive ulceration, surgical treatment may be necessary.

**IMPOSITION AND HUMBUG.**—C. G. I learn that Dr. Trall has made important discoveries in sexual physiology, and that he charges a fee, giving the information. Now I ask, is this fair? Would you not be equally entitled to fees for directions how to cure fever or rheumatism? Are not your readers and patrons entitled to your knowledge and experience on this subject as well as others? Does not this smack a little of imposition and humbug? Will you please to favor us with your views etc.?

Our "views" are at your prescription in "short particle meter." In the first place, Dr. T. is not an appendage to the WATER-CURE JOURNAL. He is a distinct entity, an individual sovereignty, common with many other practitioners of our system, he writes for the JOURNAL as well as can. But this fact does not make him, nor his knowledge, the property of any other person or persons. Secondly, he does charge for giving directions to cure fevers and rheumatism, and intends to continue to do so. Thirdly, he does not hold himself bound to serve any person in any way without pay, merely because he has, generously as he has the vanity to suppose, offered to answer questions of general interest gratuitously through the JOURNAL. As well might C. G. ask the publishers because they frequently give away books, to hand over all the books in their establishment to any "patron" who should purchase one. No, no, friend, there is a very great difference between a patron of a paper and an owner of a man.

**DRUGGING AND A TOUCH OF THE AGEE.**—A. G. S., Ill. My wife had a dyspeptic attack some four or five years since; applied to a regular M.D., who prescribed "bismuth." It nearly killed her. The prescription stood "equal parts bismuth and cayenne pepper, in teaspoonful doses." The first was the only dose. No doubt a second would have finished her. At this time she labors under a complication of ills. 1st. Inflammatory state of the mucous membrane of the stomach. 2d. A general and troublesome throat, which no doubt owes its existence to the bismuth. 3d. Nervous debility—and, to finish with, at present, has a "touch of the ager's."

Now to say "such drugging is not the true way" is very tame and unmeaning. Such "doctoring" is but one remove from manslaughter, and snatches of *mordeu* downright. Such a case of course opened my eyes a little. Last year (1856) being confined to her bed by ague and great nervous debility, a very worthy and cautious "regular" was sent for. The usual prescriptions of quinine, blue pills, ether, and niter, of course. No purpose was answered until she commenced bathing. In a few days she was out in her usual health. During the summer, another attack of ague made a little quinine (seem) necessary. Her child was broken—but in spite of bathing the malicious monster is now with us again. Her treatment is what I would know.

Give her the tepid bath, or abluion in the hot stage, and a warm sitz and foot bath on the first symptoms of the cold stage. No other water treatment will be required if you attend well to the dietary, which must consist almost wholly of fruit and unleavened bread.

**WEAK BACK.**—C. A. D., Parkersburg, Va. I have a very weak back; the whole length of the spine is diseased; been growing worse for several years. I think brought on by over-exertion. Stomach and bowels very weak; feel the weakness in my back, stomach, and bowels worse a while before, and which is relieved by taking food. Please inform me, through the JOURNAL, if it is curable, and what treatment you would recommend, and oblige a warm friend.

A tepid bath daily; one or two sitz-baths, ten minutes, at the temperature of 75° or 80°, and a very plain farinaceous and fruit diet. Eat nothing except at regular meal hours; and let the food be mainly dry and solid. Unleavened bread made of unbolled flour is one of the essentials.

**GENERAL DEBILITY.**—M. J. G., Detroit, Mich. Your plan of managing your niece is about right. One sitz-bath a-day is enough. Do not use very cold water at all. Let each meal be moderate in quantity.

**TOBACCO.**—E. W. T., Westfield, Vt. "Can Dr. Trall inform me of an easy and effectual way of curing the habit of using tobacco?" Certainly. Leave it off altogether. Can anything be easier than to let an evil thing alone?

**CHEWING GUM.**—E. W. T. "In what manner does chewing gum render the breath offensive?" By impairing the salivary secretion, whose healthful properties are essential to good digestion. Animal fats do tend to clog up the pores of the skin. We regard the medical gentlemen you name as arrant humbugs.

**PLOUGHBOY.**—It would be no easy task to tell you the cause of your cough without knowing something of your habits, of which nothing is said. There may be several causes—one may be keeping the throat too warmly dressed; another, a dyspeptic stomach and diseased liver. As to an immediate cure, that can not be promised. Health can only be regained by a careful attention to the laws of health, for which see ENCYCLOPEDIA, or any of our standard works. 2. Yes. We will send ten copies of LIFE to different addresses for \$10.

**JAUNICE.**—A. G., Wilmington, O. The dimness of vision and hearing you complain of, spots before the eyes, tenderness along the spine, etc., are, we suspect owing to your dietetic habits. Tell us what these are, and we will tell you how to correct them.

**BLUSHING.**—Will you inform me, through the pages of your JOURNAL, the cause of, and remedy for, blushing? I have read your papers, and feel confident that you will reply. You will oblige me by doing so.

Yes, Nattie, we will tell you all about it. The causes are bashfulness, modesty, and nervous irritability; and the remedies are confidence, brass-facitiveness, and good health.

**LARYNGEAL CONSUMPTION.**—E. M. D., Scottsburg, N. Y. You have a chronic inflammation of the mucous membrane of the larynx, which may be connected with tubercles of the lungs. If so, the disease is probably incurable. But in some cases the loss of voice is attributable to weakness of the abdominal muscles, when proper manipulations are one of the essentials of treatment. You should have the advice of a competent physician before un-der-taking treatment, as it is a question of life or death with you. As to diet, the fruit and farinaceous is the best under all circumstances.

**DUODENITIS.**—W. M. B., Colfax, Ind. Your erysipeloid and dyspeptic symptoms are owing to a diseased liver, with a chronic inflammation of the mucous membrane of the upper portion of the bowels, called *duodenitis*. This last affection is the occasion of the great tenderness you feel about the pit of the stomach.

Baths daily with tepid water. Wear the wet girdle a part of the time, and take one or two moderately cool sitz-baths each day. The diet must be strictly on the plan recommended in the Encyclopedia for Liver Complaint.

**DR. ANDERSON.**—We have a long communication from our homoeopathic friend, who now gives his full

name—Dr. Robert Lawson Anderson, M.D., of Connersville, Ind. We do not publish it, because it amounts to nothing more than a tissue of assertions and reiterations without show of argument or proof. This can not instruct nor interest our readers. The Doctor will very naturally conclude that we decline publishing his article from very fear. However, he has only to state distinctly some proposition wherever we differ, and advance his arguments, to meet a cordial reception and a respectful reply. We can not attend to everybody's nonsense. If you write again, Doctor, drop all personal matters, and deal less in rhetorical flourishes and superfluous Latin, which, to our readers, are no better than Hebrew or High Dutch, and give us real argument in good old-fashioned short Saxon.

**DYSMENORRHEA.**—S. M. R., Totten's Wells, Tenn. The vaginal injections of tepid water once or twice a day, and intra-uterine injections during the menstrual period. The diet must be of the plain, coarse farinaceous and fruit kind. The extreme congestion and induration of the neck of the uterus has been caused, probably, by the emmenagogue drugs which she has taken.

**INFLUENCE OF OUR PUBLICATIONS.**—A subscriber writes: "I have taken the WATER-CURE JOURNAL one year, and would not be without it for ten dollars a year. I have also the Encyclopedia, Dr. Shew's works, and other of your publications. I am now a strict temperance man; use no flesh, and never intend to; my health is better than ever before. I take no drugs, and use none in my family. Have a child one year old that has never taken a particle of medicine nor been unwell a moment."

Can any medical journal of the drug system boast of such results among its patrons? Gentlemen, don't all speak at once.

**DYSPEPSIA.**—J. E. C., Schoolcraft, Mich. Will you please to direct a subscriber, through the JOURNAL, how he may best treat himself with water for dyspepsia; nothing that I have tried affords any relief. My symptoms consist of a pain in the stomach, with frequent nausea and vomiting. These are almost daily, with at times a voracious appetite and a costive habit of the bowels.

The best water-treatment for you is coarse unleavened bread, good apples, parched corn, etc. Be abstemious in quantity.

**DYSPEPSIA AND NERVOUS DEBILITY.**—J. B. We can not mention here all the details of home-treatment required in your case. It would require the spaces of several pages. The Encyclopedia will cost you but \$3, and will tell you a hundred things you ought to understand before commencing treatment. Get that, study it well, and then if you desire to ask questions, we can answer, in few words, so that you will understand.

**AMPUTATION.**—S. G. Y. I have a very weak foot in consequence of getting it injured a number of years ago. There is an ulcer on it which seems impossible to be healed. The foot is very much swollen, and I think will be so as I can use it freely. My health has been undermined by not being able to take free exercise. Please inform me through the WATER-CURE JOURNAL if you think it would be prudent for me to get it amputated. What would be the best time for it? Would June be a suitable season, and what would it cost at your establishment? You should get the general system in as healthy a state as possible, and then, if it did not incline to heal, amputation would be proper. June is a good time. Any season would do except the heat of mid-summer. The expense of the preparation and operation would be about one hundred dollars.

**HERNIA.**—R. G. K., Henry, Ill. Can a rupture in a person fifty years of age, which has been of three years' standing, be cured without a surgical operation? The homoeopaths say they can cure it with their little fish-gel sugar-pills, but I have no faith in them.

It can not be cured without surgery of some kind. Your best way is, wear a truss and let it alone.

**WORMS.**—L. P. D., Waveland, Ind. I should like to know your theory in regard to worms that infest mankind—whether they are naturally and necessarily bred in the intestines of children, as some suppose, or are they produced by some particular kind of diet and management?

Our theory is, that worms never breed in human beings except when there are foul secretions, as a consequence of

improper food or uncleanly habits. This theory suggests the cure—cleanliness and pure food. All the apparatus can be had through the office of this JOURNAL on a few weeks' notice. The cost depends on the quality of the articles. The whole would cost \$150 to \$200.

**NEURALGIA.**—C. H. B., East Winthrop, Me. Give us the particulars of the case of neuralgia for which the patient has drunk whisky, per advice of Dr. Hill, taken homoeopathic medicines, etc., besides being a tobacco chewer and smoker. He wants our opinion as to his past medication and future medication, etc. We think homoeopathy, whisky, and tobacco are bad, worse, and worst, and that if the patient is really anxious to get well, he should cease to do evil, and learn to live physiologically.

**CATARRH IN THE HEAD.**—M. J. P. This disease requires a very strict farinaceous and fruit diet, with such bathing processes as the general condition of the system demands. As you do not mention any particulars, we can not prescribe in detail.

**LIVER DISEASE.**—G. B. M., New Bedford, Mass. One year ago I was troubled with what I called the liver complaint. I left off eating pork, butter, and grease of every kind. I have eaten fresh beef twice a day through the summer. I eat bread and milk for dinner. After a while I got over it, and this spring I am attacked more severely with short breath, sore throat, with hoarseness at night; have no pain; appetite good. At times my throat feels full, as though I should choke. By snuffing cold water up the nose I find relief. I have a slight cough. Coopering, which I follow, is very hard for me, so that I have had to give it up. Will Dr. Trall please to answer through the JOURNAL the following questions, and oblige a subscriber: What is my complaint? Can I be cured of it? What is the remedy? Do you think a man can work at his business, the hardest of all businesses, on vegetable diet?

Your troubles are all owing to a diseased liver. You want as much general bathing as the temperature can bear, with frequent hip-baths, and the wet girdle. You should abandon all animal food, not excepting milk. A man can perform the severest labor on a fruit and farinaceous diet.

**TORPID LIVER.**—E. S. Will you explain, through your valuable JOURNAL, the cause of sediment forming in the urine, if left standing a few hours. I feel a desire to urinate very frequently, but pass a very small quantity at a time, attended with difficulty. Ravenous appetite, bad feelings in the head (not pain), especially at night, bowels constipated. Also menstruation very difficult and painful, but regular; about twenty-two years of age; unmarried; formerly in habit of taking all kinds of food, with tea and coffee, but have commenced a reform lately.

You have a torpid liver, and the kidneys secrete the elements of bile. Sitz-baths and the wet girdle are indicated. The diet should be unleavened coarse bread, with vegetables and fruits. Avoid grease and all condiments.

**ST. LOUIS.**—P. G., Henrietta. We do not know of any water-cure establishment in the State of Missouri. There are several in Illinois, Iowa, and Wisconsin.

**BILIOUS.**—H. B., Shrewsbury, Vt. Please inform me, through the WATER-CURE JOURNAL, the cause of, and remedy for, frequent attacks of severe pain in the stomach (something similar to cramp), water rising to the mouth, nausea, and vomiting of a bitter matter. I drink no warm drink; my food is of the simplest kind.

Your food may be very simple, and yet simply wrong. We never knew such a stomach where the diet was right. Tell us what you eat and drink, and we will advise how to improve your dietary.

**RATTLESNAKE'S BITE.**—A. D. R., Stockton, Min. Ter. "What do you recommend for the bite of the rattlesnake?" The hot bath, or the wet-sheet pack, as the fever is high or low. The best local applications are caustics, or the knife, to destroy the bitten part, and the ligature to prevent the absorption of the virus.

**SORE LEG.**—J. B., Mercer, Pa. The ulcer near the knee-joint may be the effect of the doctor's drugging. The ergot administered before birth may have injured its constitution, and rendered it thereby liable to various forms of disease. Keep the child mainly on unleavened bread and fruit, and give it a tepid wash daily.



## Home Voices.

**BRONCHITIS—ENS. OF WATER-CURE JOURNAL—Sirs:** Here, as in other localities, hydropathy, like knowledge, is struggling against ignorance; and, like truth, is supplanting error. With many others, when I knew nothing of it, I regarded it as quackery. Now, the test of experience has converted me to an acknowledgment of its efficacy. Gratitude impels me thus to testify to its power, in the hope that some who may read this may be wooed to a kindred cure. *Hydropathy has banished bronchitis from my daughter's system, and she who under the assiduous attention of Dr. Stone and his lady, on the opposite shore of the St. Clair, by the blessing of God regained her health in September last, has since repeatedly delighted us with letters from the West, confirming the fact of her re-established constitution, which "vires acquirit unda," or, in plain English, acquires fresh vigor, the nearer she draws to the Mississippi; and, Sirs, had not we called in the aid of Hydropathy, the silence of the grave might have enveloped the voice which now cheers us from the shores of the mighty river. Let me add one argument for the encouragement of hydropathic recruits. In the intermediate stage of our daughter's treatment, our hydropathic faith was staggered by her seeming declension.*

Prejudice pronounced us to be in *deadly* error. We painfully paused as to the propriety of persevering. Our more experienced attendant rallied our drooping spirit; and now the reward of our perseverance is—resuscitation. May others stem the midway point of depression, and rise, like us, till they stand upon the terra firma of recovery.

In conclusion, let me chronicle the climax of this anodyne. It not only brings bad humors out of its friends, but—greater wonder still—it brings out *worse* humors from its foes! Pending the process, it is *killing the patient*; crowned with cure, nothing ailed the invalid but morbid phantasy!

Thanks to our *Soney* friends, whose hearts *bleed*.

Have dragged a daughter from disease's mesh.

Thanks for the gift of God—an able head—

To snatch a victim from dom nian's dead.

I am, respectfully, yours, THOS. SUTHERLAND.

**WATER-CURE IN THE FAMILY.—EDS. W.-CURE JOURNAL:** I have been a reader of your Journal for a number of years, and from the commencement have felt no prejudice against it, but I arrived by degrees, as my mind became informed, to my present firm conviction of the truth of the position it takes with respect to the *modus operandi* of drugs, and the necessity of obeying the laws of nature if we would enjoy health; and if we get sick, that the true way to recover is, to give nature a chance to restore us by a strict conformity to her laws. That there is no specific for disease I am well convinced. It is about three years since I first saw the water-cure applied to any extent, and that by myself. I had entirely lost confidence in the curative nature of drugs, and was thrown on my own resources. What I did was done in much fear, feeling my incompetence; but as no

water-cure physician is located anywhere near us, I did the best I could, aided by the directions in the "Encyclopaedia." The case was my sister, Miss J. A. B., now a correspondent of the Journal, pronounced by physicians far gone in consumption. I had no expectation of any thing more than its soothing her passage to the grave, but lo! and behold! the fever was subdued, the chills and night sweats left her, the horrid incessant cough disappeared, and action was restored to the lung that apparently had entirely ceased to perform its natural function; the effect on my own mind was to deepen my belief in the water-cure, and my confidence in "home treatment." My sister was not materially better until she entirely discontinued the use of medicines, which she did not do at first; but when she did so, she improved rapidly. Since that time I have administered no medicine in my family. At present the cancer rash is prevailing in this place; four children have had it in our house. I gave no medicine whatever—not even sage tea, or any gule but soft, cold water, following the directions in the "Encyclopaedia." I think it very important to take food entirely away for several days. When our children began to recover they did so rapidly, and since their recovery have had no attack of enlarged glands or dropsical appearance, which has been the case with many.

I know of hut one family in this place which depends entirely upon hydropathy when ill, hut some are disposed to favor it. So sure I am that I have the truth, that I feel it my duty to advocate my sentiments in the social circle, and, indeed, at all convenient seasons. I have observed the most intelligent look upon it more favorably than the ignorant, which to me is evidence of its truth. May God speed your valuable Journal, until the truths it promulgates may find their way to the minds of the people, and the laws of life he understood.

TICONDROGA.

M. S. WICKER.

**HOME TREATMENT IN COLIC.—In the Feb. WATER-CURE JOURNAL** I find an inquiry for a refutation of a statement made by a venerable physician, that colic is not curable by water. The distinguished gentleman is, however, under a great mistake, as I am about to show. Some time since (I do not know the exact day, as I did not make any note of it) I had a severe attack of the colic. So severely was I held that I could neither sit, stand, nor lie; I expected to die, and yet somehow I had the greatest faith in the application of water, and from my first being taken I applied hot-water cloths to my abdomen. At the end of four hours I was, however, nothing better. It then struck me that I was not using proper treatment, and so I alternated the wet cloths, taking the warm ones off and putting cold ones on. I had not alternated more than half an hour before relief came, and that so suddenly that I could not for a time believe that I had my right senses. But a few minutes sufficed to prove that I was well. I have felt nothing of it since, and that very day I went out to my work as well as ever. If the above will be of any service to H. B., Marlboro, N. H., you can give it him through the Journal. If you think not, no harm done.—A. W. MASON, Jeanesville, Luzerne County, Pa.

**ICE IN FILES.—AURORA, ILL.—**One year ago last fall I had been down sick with the bilious fever for some time, but managed to get along without any of the Dr. Pillcoddies. Still I was very weak, and I didn't look much like myself. Some of our doctors are what we call "good fellows," and cold-waterman or not, I don't feel too big to associate with them. I used to brag how they were cheated out of their fees—they asked me, in turn, when I was going to bury my bones. I told them not until they had killed a few more with their dead-shot calomel, etc., etc. But, by-and-by, by being too smart, getting to work and walking too soon, I began to be troubled with *piles*. Of course, I began to take sitz-baths, cold injections, etc. This had many a time cured them in short order before. But they grew worse. I could not walk across the street. I tried water every way; stopped eating, except a little fruit, and had eaten little but Graham porridge before. Then I tried the advice of every old man or woman in town—except the *doctors*. One morning I managed to get down town, but the pain was so intense, had to return. Seeing the ice-wagon, I got on and rode home, went to bed, and day and night, from Friday morning till Sunday at four o'clock, without intermission, did I keep ice applied to the *seat of disease*. I have not been troubled since. On Saturday, one of the doctors called to ask when the funeral was to be. He uses ice a good deal now; so you see I half converted him. More anon. Moses.

A MEDICAL STUDENT in Cincinnati, Ohio, renewing his subscription, says, "Soon after becoming a subscriber I was attacked with the ague, and commenced immediately to apply what I knew of Hydropathy—taking a hot bath in the cold stage, and a tepid bath in the warm or fever stage, with a pack once per day. In three days I was well, and have not had a day's sickness since. My wife has also turned vegetarian, and our health never was better.

Liking the new plan so well, I determined to turn "doctor," and at present am attending an allopathic medical college in order to practice Hydropathy, hoping I shall be able at some future time to graduate at the "Hygeopathic School" in New York.

**HEAR WHAT A WORKING MAN SAYS.—**WATER.—"Three times as much water as there is land." "Lots of people perish in the water," just said my little boy. "And yes," said I, "lots of people perish for the want of water."

Said a physician's wife to me: "I have stood by the bedside of dying friends and seen them close their eyes in death, begging for a drink of cold water"—and refused it. Doctors—If any of you see this, let me beg of you in the name of poor humanity to cease your outrageous practice. If you can not get a living any other way, starve or steal. But there is no necessity of doing the latter. Go to work; be men, not pill and powder-peddlers. Beg your pardon. Wish you no harm. Only wish you "could see yourselves as (some) others see you," you would drop your saddle-bags. They contain more evils than Pandora's box.

**Storks.**—There is no danger of that. "Behold the fowls of the air, they neither have store-house nor barns, and yet your heavenly Father feedeth them."

**Do Good.**—Get you a hand-cart and bathing-tub, and visit your poor, sick neighbors. Bathe them gently; insist upon obedience to the laws of health. Tell them to follow the instincts of *original nature* (not sin), for these are the direct emanations from Deity. Take a sack of apples or potatoes along, too. James xi. 13, 14.

*In a Hurry*.—A doctor said to me the other day that he did cure, or could cure, twenty-four out of twenty-five of his patients. Says I, "Doctor, for every one that you or your profession will prove that you have cured, I will prove that you have killed two, and I'll do it, or stand committed."

*Queen Logic*.—"Feed a sick fellow on poison to cure him." And then what faces are made up to get down the "nasty pisen stuff." "Yah!"  
Said a doctor: "You water-cure folks dose down the medicine whenever you get sick. You are very courageous when well, but you are as keen after the doctor when sickness comes as anybody else." "My dear sir," said I, "you are mistaken; there are no less than four families just around us who have taken no medicine for years, and almost every one of us have been sick; but very few know it, I am aware, as the general impression is that one can not be very sick unless they have a doctor."

*Automating*.—How many will get well just by doing nothing! I have tried it time and again, and seen it tried over and over. Take a warm bath; lay down and rest; eat and drink what nature demands, and you will get well nine times out of ten.

**OUR CASE IN OREGON.**—With a TWO-HUNDRED-DOLLAR order for our publications, to go to Oregon City, our enterprising friend F. S. HOLLAND writes us as follows:

"The cause is progressing in Oregon, and the allopaths, what few there are, are being driven out. We have but one *drug shop* in our place, and that barely gets a living: another year or two will 'dry it up.' I have considerable sport here sometimes with some of the not very consistent temperance folks who make *whiskey* their only theme, and who at the same time spit tobacco-juice before their audiences, and then replenish so frequently by pulling out of the pocket a three-by-six-inch plug, and cutting a *quid*. Oh, then how sublime the ideas they bring forth, when under a strong head of tobacco steam! This is consistency," in a *hoax*."

We submit the above as quite equal to some things which are practiced on this side the Rocky Mountains. Reader, should you chance to know any one whom this cost will fit, just let him try it on, and see how he looks in it. "TEMPERANCE in all things," is our motto.

#### LETTER FROM TEXAS.

I HAVE for twenty years been a student of medical science; have passed up from "steam and lobelia" through Eclecticism and Allopathy to Hydropathy; have never practiced much, having devoted the most of my time in preaching the Gospel. I now find myself, past the meridian of life, vigorous, because I never took but little medicine, and a hearty advocate of all reforms. Intimately connected with the health reforms for which you are so nobly battling, is the improvement of our race. The subject is of vast importance, and should be managed with prudence and caution. I look upon it as the harbinger to "the good time coming," predicted by the prophet Isaiah, xiv. 20—"There shall be no more thence an infant of days, nor an old man that hath not filled his days, for the child shall die an hundred years old," &c.

Such I believe will be the case when men get to living right. Children will not inherit disease and depravity, nor frail constitutions, and then one being raised in the "way they should go," the child will die an hundred year old; men will build houses and inhabit them; plant vineyards and eat the fruit thereof; and as the days of a tree shall be the days of a man, "he shall long enjoy the works of his hands." "Men shall be blessed of the Lord, and their offspring after them." It is not so now. Men in the aggregate are not blessed, at least with health, but the contrary. They are cursed with ignorance of the laws of health, perverts and then inherits a host of little maladies, die prematurely, and leave a puny posterity to follow more quickly, if not precede them to the grave.

A physical as well as a moral regeneration is absolutely demanded, ere man can occupy that lofty position his Creator designed he should. As "there can not be a sound mind without a sound body," hence I conclude that the improvement of our race should be the *basis* of all reforms; but how can this be done with the present race with our inherited drug medication?

The command to Mother Eve, "To multiply and replenish the earth," does not possibly apply to the women of the present age, as there is but one, perhaps, in a thousand, really in a *natural* condition, and therefore not fit to bear children. But enough for the present. R. L. D.

## Business Notices.

**EXTRA INDUCEMENTS!**—To pay for time, trouble, postage, and so forth, we now propose

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

TWO DOLLARS in Books, for Clubs, when \$20 are sent, and FIVE DOLLARS in Books on every \$50 sent us, and TEN DOLLARS in Books on every \$100, and TWENTY DOLLARS in Books on every \$300 sent us, and FIFTY DOLLARS in Books on every \$500 sent us, and ONE HUNDRED DOLLARS! on every \$1,000 sent us.

Think, it will be seen, we send one hundred copies of either THE PHRENOLOGICAL or WATER-CURE JOURNAL, or a FIFTH COPY OF LIFE ILLUSTRATED a year, for \$50, and give a premium of \$5 to the get-ter-up of the Club.

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

The full subscription price to single subscribers for THE WATER-CURE or PHRENOLOGICAL JOURNAL is \$4 a year each, for LIFE ILLUSTRATED \$2 a year. In Clubs of twenty, for either, just half price, i. e., 50 cents for Journals, and \$1 for LIFE ILLUSTRATED.

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

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

**SUBSCRIBERS, POSTMASTERS, and others,** are respectfully solicited to act as AGENTS for this JOURNAL. A liberal commission will be given.

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

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

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

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

REGISTER all letters containing remittances.

**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.

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## OBITUARY.

LOCKPORT, March 27, 1857.

DEAR SIR—It has become my painful duty to record the death of one of our associates and co-laborers. Dr. D. W. Hall died at Mankato, Minnesota Territory, January 15, 1857, of typhoid fever, after an illness of five weeks. After leaving the Institute, he entered upon an extensive practice at Elgin, Ill., where he remained but one year, and was then attracted to Minnesota. When taken sick, he was in attendance upon several patients sick with the same fever of which he died. He was attended by an allopathic physician—the only one that could be procured—but directed his own treatment until he became delirious, and was then treated *suavemortem* until he died. He refused medicine, and used such water treatment as he was able to apply himself, while reason remained; but away from home and his friends, he could do but little, and as soon as he became delirious he was dealt with in "regular" style. He did not again recover his consciousness for any length of time during his sickness. He was buried at the time in Mankato, but his remains were subsequently removed to the home of his youth, in Carleton, Ontario County, N. Y.

His friends desired that an obituary notice should appear in the W. C. JOURNAL, and I told them I would send you these facts respecting his sickness and death, leaving it to you to give them to the people in such style and with such remarks as you may deem proper. Also inclose a copy of the resolutions passed by the Mankato Lyceum after his death. Yours truly,

E. W. GANTT.

The following resolutions were approved and adopted by the members of the Mankato Lyceum, January 23, 1857, upon receiving the intelligence of the death of Dr. D. W. Hall, a fellow-member.

On motion, a committee of three, consisting of E. D. Bumler, S. C. Kitchin, and W. Maxfield, were appointed to draft resolutions expressive of the sense of the meeting in view of the recent death of Dr. W. Hall.

1. Resolved, That in the death of our late friend and fellow-member, his Association has lost one of its most efficient members.

2. Resolved, That his general character and attractive qualities endeared him to all who knew him, and his death will leave a painful void in the society of which he was an ornament.

3. Resolved, That while this Association sorrows over its loss, it deeply sympathizes with the bereaved parents in the loss of their beloved son.

4. Resolved, That these resolutions be published in the *Ontario Watchman and Register*, and a copy be sent to his parents by this Association.

E. D. BUMLER, } Committee.  
S. C. KITCHIN, }  
WESLEY MAXFIELD, }

R. J. STBLEY, President.

## PHRENOLOGICAL JOURNAL for May—Contents:

The Sultan and his People; The Phrenology of Nations, No. II; Ida Pfeiffer, the Great Female Traveler; Is Originality Decreasing? Physical Education; Sir Benjamin Brodie on Phrenology—Review; Intellect and Identity; Man a Fighting Animal; The Kindergarten; Pocket Printing Machine; Iron more Useful than Gold; Reception of Lord Napier; The Mormons; The Temperance Bill; Submarine Telegraph; Bond Street Tragedy; John Dean's Marriage; Death of Judge Douglas; Taylor in the Niagara River; Indian Author; Golden Wedding; English Elections; French News; War in China; Nicaragua. MISCELLANEOUS—Wood Next the Skin; Children Not Taught to Think; Letters from the People; "How to Talk;" Discipline of the Mind; Bank of England; Jacob Erick—Character and Biography.

S. W. B. MOUNT SPERLING, ILL.—We can furnish Dr. Smith's Electro-Chemical Foot and Vapor Bath from this office. Price \$50 00. They have been used with much advantage in cases where excessive drugging had impaired the vital powers.

## Practical Water-Cure.

REPORT OF CASES BY DR. A. SMITH.—RHEUMATISM.—Mr. J. T. was afflicted with rheumatism of some two years' standing. The parts affected were the knees and feet. All the various so-called remedies of the allopathic and homoeopathic systems had been resorted to, but without receiving any relief. At the time he presented himself at our cure, we found the knees and feet very much swollen; in fact, so much so, that one knee was as large as both should have been in a normal condition. Some of these learned physicians had told him that his was a case of permanent enlargement of the knees and feet, and that it would be useless for him to try to reduce these enlarged conditions. We had news of a different nature to impart to him. We told him that this was not a natural condition for his knees and feet to be in, and that by using natural remedies his knees and feet could be restored to their normal size and form again.

We began treatment by giving him a wet-sheet pack 45 minutes, the sheet wrung out of water, the temperature of which was 75°. After the pack we gave him a half bath at 80°, at 6 o'clock A.M.; at 11 o'clock A.M. we placed the patient in a leg bath, water covering his knees at 70°; 4 P.M., a hip bath at 85°; seven minutes in the evening a foot and knee-bath at 90°. This was to relieve the pain in those parts. The wet girdle he wore one half of each twenty-four hours.

This treatment was followed out for one week, with marked improvements. The treatment was then changed to a dry pack three times a week, with a douche of ten feet fall immediately on those parts affected, with strong friction at the same time. This change of treatment caused considerable pain in the knees and feet, but the enlarged conditions began to diminish rapidly. To relieve the pain at this time, which was quite severe, we gave him a warm leg bath at 92° each day, with wet bandages on the parts. After continuing this treatment some three weeks, the patient was enabled to throw away his canes and walk with tolerable ease. Two weeks longer, with nearly the same treatment as above, placed the patient so as to be able to return home and resume his usual business, and with a heart full of gratitude to that friend who had persuaded him to try nature's great therapeutic agent, the water-cure.

BETHLEHEM, PA.

[Dr. Smith will oblige us by continuing his reports of cases.—Ens. W. C. J.]

### THE TWO PRACTICES IN CONTRAST—

CASE 1.—A — H — was taken with a burning fever, which was succeeded by chills, and accompanied with severe pains in the right leg. One or two packs were administered, but the fever and pain increased, and water was pronounced insufficient for the case. A "regular" was called—who, by the way, is rather "liberal"—the patient was "powdered" and "purged" thoroughly. The limb began swelling—a little elm-bark water was occasionally applied, and when the swelling was at its height, fearing it would "break" and "discharge," thereby ruining the limb, a "bandage" was decided upon. The limb was wound

with a "roller bandage," from the body to the heel, as tightly as two stout men could wind it.

The patient suffered extremely—died of course.

CASE 2.—B — M —. Swelling began in the right elbow. Same disease of No. 1—fever the same—acute suffering. Mucilage applied as before, for a few days; then, by advice of a friend, the "regular" was dismissed, and iced water applied until the inflammation and fever subsided. Strict attention paid to diet, and the "morphine" and "dover" thrown into the fire. Room well ventilated, patient kept quiet. The crisis came, the arm did "break" and did "discharge," and the patient did recover without losing, or in any way injuring the limb. These are *dissimilar* results upon *similar* constitutions affected with the *same* disease.

S. W., Footville, Wis.

## Miscellany.

### VEGETARIAN LIFE.

No grinding of coffee, no chopping of hash,  
No heating of steak with rude clatter and crash;  
No frying of pork with its frizzling sound,  
In which tones more pleasant are haplessly drowned;  
No holling tea-kettle, those mournful refrain  
Is typical proof that its mission brings pain;  
No grease on the cloth, and no saving of swill,  
With loathsome diseases doomed porters to fill;  
No spilling of meats, and no fear of the flies;  
They harmless huzz over the food of the wise;  
No stewing of oysters (the dull, sluggish things),  
Nor turtles, nor eels—naught that bites nor that stings;  
No mustard, no pickles, no brandy or wine,  
O'er which men grow noisy, or prone as the swine;  
No serpent-like vinegar, pepper, nor salt;  
No food with which man's sense-eyes could find fault.  
The sweet singing-bird is not stayed in her flight  
To glut the gross maw of some death-dealing wight—  
Nor lamb, nor the ox, nor sensual wine  
Unfeelingly slain for the human canine.

There's no milking of cows to rob the poor calves,  
No grumbling, no hypo, no living by halves;  
No churning, no butter, no making of cheese,  
But oh, we live quiet and nice as you please.  
Our food? O ye gods, what a feast do we find!  
To which the flesh-ster is sadly purblind.  
There's fragrant strawberries, and currants like gems—  
Bright rubies suspended on emerald stems—  
(To say naught of spragrus, green peas, and corn,  
Food tender, nutritious, and fresh as the morn,  
With the beautiful wealth of bread-forming grains  
We gather from bounty of broad, fertile plains),  
But ripe, juicy melons, with fair, golden hues,  
And pulp as refreshing as midsummer dew;  
And cherries so tempting, through leaves of bright  
green;

The long, trembling blackberry's ebony sheen;  
The raspberry, too, with the color subdued  
To velvety softness, as pretty as good;  
The plum, with bright surface hatched on by the fays,  
Who bring out sweet honey from mellowing rays;  
And proud, purple grapes dyed as clouds at the dawn;  
(They eat them ere tendrils or leaves are withdrawn!)  
The peach, with gray vesture of delicate hue,  
While soft golden tins reap suggestively through;  
The pear drooping gracefully down from its stem,  
The apple, too—fruit to try flesh-eaters' plegm;  
The clear sunny yellow, the rich russet brown,  
The rosy-cheeked, mottled, white bell and red crown,  
The green, and deep crimson—all shades which the  
light

Ever painted, from purple to pure lily white—  
Sour apples, half sour, and spicy, and sweet,  
Pear-flavored, peach-flavored, all palates to meet;  
The solid and light, the juicy and dry,  
At hand through all seasons, in tempting supply.  
With this wealth before us, the butcher may slay,  
The sportsman may culture-litchee feed on his prey;  
But a purer, holier repast is ours,  
In fruits kindly nursed in the heart of the flowers.

EMILY M. GUTHRIE.

HYGEO-MEDICAL SCHOOL, 15 LAIGHT STREET.

A Boston medical journal is distressed to know where all the graduates of the 39 medical schools now in session are to find locations. It isn't a proper thing to worry about. There is a great deal of land yet uncultivated, and there are no better practical farmers than men who have graduated at first-class medical schools. They are up in the chemistry of agriculture, and if they have enjoyed a year of medical practice on the rounds of their country precursors, they are quite apt to be contented. And, besides us! what money is to be made on a farm! Potatoes, that it cost eighteen pence to raise, selling at a dollar a bushel. Turnips, that cost almost nothing, selling at outrageous rates; cattle, lambs, sheep, going higher every week. If a man makes up his mind that he must be honest, we don't really know where a living is to be got so cheap and so good as on a farm. If the young doctors all go to farming, we are in strong hopes that provisions will be cheaper.

A CALL.—One of our friends in Vermont, Fulton Co., Ill., says that while writing, his wife is busily engaged in packing and bathing two of her near neighbors several times each day. "Our neighbors are dying all around us with typhoid fever, and can't tell what to do. The WATER-CURE ought to give us some light on the matter. A skillful hydropathist would find a good opening here."

ANOTHER CALL.—One of our friends in Lewis Co., Ky., while renewing his subscription, says—"I wish you would send us a physician of the hydropathic stamp. Our county-seat is surrounded by hills and dales abounding in soft-water springs, and is only four or five miles from the Ohio River, and twenty-five miles above the city of Maysville, nor is there a Water-Cure practitioner within seventy-five miles of us."

The Medical World thinks no persons are more gratified when general good health prevails than physicians. Probably the lawyers would all be in ecstasies of delight if the people should become universally honest.

SALT COPPER AND CANCER.—An impression has prevailed extensively among medical men that the eating of dried and salted codfish favors the development of cancer.

The scarlet fever was never so prevalent nor so fatal in this country as at the present time. Has the prevalent fatality any connection with the prevalent medication?

DYSENTERY.—An amateur water-cure doctor informs us that two years ago there were, in one neighborhood in a New England town, twelve cases of dysentery under allopathic treatment, all of which died. In an adjoining neighborhood, at the same time, six cases were treated hydropathically, and all recovered.

MORE SPECIFIC NONSENSE.—A Dr. Palmer, of Pittsfield, Mass., directs the attention of the medical profession to a marine plant, the *Asidium Blodgettii*, which Dr. Rue, on the coast of Australia, has discovered to be a specific or sure cure in consumption and scrofulous diseases. Any physician who knows what consumption or scrofula is, knows this notion to be an utter absurdity.

**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 the one in which they are to appear. Announcements for the next number should be sent in at once.

TERMS.—Twenty-five cents a line each insertion.

**HYGEO-THERAPEUTIC INSTITUTION.**

151 Light Street, New York. This establishment is situated in a central, yet very quiet and airy position, on a large lot 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.

E. T. TRALL, M. D., Proprietor.

**TO HYDROPATHIC PHYSICIANS**

AND HOUSEKEEPERS.—Having obtained a charter for the New York Hygéo-Therapeutic College, the undersigned would like to associate with himself in business a thorough Water-Cure Physician, who is competent to take a professorship in the school. He would also make a liberal arrangement with a suitable party who would take the entire charge of the boarding department.

E. T. TRALL, M. D., 15 Light Street.

**DR. TAYLOR'S WATER-CURE AND**

**KINESIOPATHIC INSTITUTION,** 603 Sixth Avenue, New York City.—Dr. G. H. FAY, who has associated with his brother, C. F. Taylor, M.D., in the joint management of this Institution, whereby the facilities afforded the invalid, are rendered much superior to any before offered. In addition to the medico-scientific 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 known in this country, gathered in his late residence in Europe, where many of the Water-Cure and other sanitary institutions were visited for the special purpose. They feel that their united professional ability and experience, energy, and unvaried devotion to the welfare of their patrons, will increase in a large ratio the ability to verify liberal patronage that the institution has received.

GEORGE H. TAYLOR, M. D., C. F. TAYLOR, M. D.

**BINGHAMTON WATER-CURE—**

BINGHAMTON, BROOME COUNTY, N. Y.—DR. O. V. and Mrs. H. E. THAYER take great pleasure in announcing to their former patients and generally, that they have completed their arrangements, and are prepared to take and treat invalids under the most favorable circumstances. There has been no sparing of pains or expense in fitting up their "Care" in such a style as would best conduce to the comfort and convenience of patients. Particular attention will be paid to every form of FEMALE DISEASE. Ladies can here realize the great advantage which every woman will know how to appreciate—of having a physician of their own sex, to whom to make known their wants.

LUNG AFFECTIONS will also receive special attention. We are treating with success, with a success that defies competition, *Spermatorrhoea* and *Nocturnal Emissions* treated upon an entirely new plan, which rarely fails of a permanent cure. The following diseases we treat also with success, viz. Acute and Chronic Rheumatism Gout, Nervous Diseases, Dyspepsia, Scrofula, Fevers of various forms, Diseases of the Liver, Duodenum, Uterus, Enlargement of Joints, etc. Terms: From \$5 to \$10 per week. For further particulars address O. V. THAYER, M. D.

**DR. GEORGE F. ADAMS, WATER-**

**CURE PHYSICIAN,** 141 Amity Street, Brooklyn, L. I. receives patients and adheres into his family, and attends to out-door practice, both in city and country. May, 11.

**SARATOGA SPRINGS REMEDIAL**

**INSTITUTE**—For the cure of Lung, Female, and all Chronic Diseases. Pure soft water for Baths. Galvanism, Electro-Chemical Baths, Gymnasium, etc. For full information, send for a circular. Address, *in full*, as there is another person of similar name. SYLVESTER S. STRONG, M.D.

**CINCINNATI WATER-CURE, No.**

159 Richmond Street. Address, Drs. GALLOWAY and GLASS.

**JAMESTOWN WATER-CURE**

Jamestown, Chautauque Co., N. Y. Female Physician, Mrs. C. L. SMALLEY, M. D. O. Address CHAS. PARKER M. D.

**ELMIRA WATER-CURE.—THIS**

**INSTITUTION IS NOW OPEN.** As the public are aware, it has been closed for the past five months. There were several reasons for not receiving patients the past winter.

The physicians in charge, from ELEVEN years' constant toil, had become weary and needed rest. The requisite recreation and change of employment could not be had and keep the *care open*.

A large addition was needed to accommodate the increased numbers who yearly apply for treatment at this retreat for the weary invalid. *St. The main building needed extensive repairs to make it more convenient and attractive to our guests.*

4th. The *bath-rooms* also needed repairs and improvements to make them more attractive and more convenient baths for the invalid, and for those who assist in care of the sick.

We have not aimed at display in our new additions, but we have not spared any pains to make the rooms comfortable and convenient. Each room has most of its necessary conveniences (for the protection of clothing and such articles as patients may bring with them) *in the suite of the house*, viz., such as closets, shelves, and drawers.

The *main Care* has had permanent wardrobes put in the rooms, and they have undergone many improvements to make them attractive and desirable as may be in a house designed as a home for the sick. The reason why I am so particular in descending upon these details is that *so large a number* who will read this have been guests in the house, and will appreciate our efforts to add to the comfort of our patients.

We live in our house *surely* in as good order, and be as well managed as any *Care* in the country.

We have secured the services of the same old and well-known hands to take the charge of each important department in the necessary business arrangements of the institution. We regard competent assistance of so much importance, that we have spared no pains to obtain the aid of those who have by long experience proved themselves fully competent to discharge the duties imposed upon them. The *Care* is located on an extensive one hundred and twenty feet above the village, and within one half hour's walk of the town. A distinguished gentleman who has traveled extensively both in this country and in Europe, said to me one day, "Doctor, your *Care* commands one of the *best views* in the world."

We have purchased during the last year a fine young *GOAT* raised by a highly successful and experienced dairyman. This bridge has been put up to accommodate patients in their rambles over our grounds.

We intend to increase our facilities in various directions, to make our home a desirable one for those seeking health. Cheerfulness and beauty of scenery adds much to the recovery of the desponding invalid.

Dr. and Mrs. Gleason have had so long experience in treating the sick, that they confidently hope to be able to do so for those who may put themselves under their care. They are treated and prescribed for nearly ten *thousand* cases.

Mrs. Gleason's experience in the treatment of *special diseases* of females, make her competent to be a good judge of such cases, as well as a successful practitioner.

To all who may seek lost health at our hands, we will do the best we can to aid them in regaining the lost treasure, and at the same time make our home as much of a *home* as is possible where so many are gathered to—th.

Address, DR. S. GLEASON, Elmira, N. Y.

May 1, 1857. May 11.

**GOING TO A WATER-CURE—**  
VISIT TO GLEN HAVEN—I OFFER TO THE SICK the following reasons why, in trying Water-Cure—you should go to GLEN HAVEN:

1. Because it is what it claims to be—a *Water-Cure*.
2. Its water is very soft, pure, and of great abundance.
3. The air of the place is very salutary.
4. The place is so situated that you can get access.
5. The bath arrangements are superior.
6. The treatment is very different from that in other Cures.
7. No medicine is given.
8. No Electro-Chemical baths are used.
9. No Sulphur-vapor baths, nor any medicated baths are given.
10. No little pellets are put on the tongue.
11. No woman having local ailments has to be tortured by caustic burning, or get well. They dispose with such *ease*, *abundance*, and *certainty*.
12. No eating five or six times a day in Glen Haven.
13. No sitting up till midnight in Glen Haven.
14. No drinking or eating of anything in Glen Haven.
15. No drinking ardent spirits in Glen Haven.
16. No tight lacing or rod-stoppers in Glen Haven.
17. No long faces, nor cross looks, nor hopeless waives in Glen Haven.
18. No whining, nor fault finding, nor evil speaking in Glen Haven.
19. No favoritism shown by the Doctors or their helpers in Glen Haven.
20. Each person—rich or poor—has all the attention needed—and the *necessity* of it is the reason for it.
21. It is a grand place. It is altogether the best conducted Health Establishment on the world.
22. The physicians are equal to their trust. They are *in earnest*. They preach the truth—and then they practice it.
23. Dr. Jencks does not preach like a Christian, and live like a hypocrite.
24. Dr. Jencks does not utter diatribe against drugs, and then give them to his sick child.

25. Doctor Harriet U. Austin does not inveigh against the present fashion and habits of the society, as they have not them a better example. She does not write books "on the laws of life," and show up eloquently the deterioration of woman, and yet do as well as we can.

26. But they live with their sick ones. They eat at the same table, they walk with them, they work with them, they know them, they sympathize with them, they encourage them when right, they admonish them when wrong.

27. They know how they eat, how they drink, how they walk, how they sleep, how they afflict them, how they sleep, what their state of mind, they correspond with their friends.

They correct their habits, rectify their appetites, cure them so their higher views of life, strengthen their faith, and cure them so that they stay cured.

Reader, you can not know anything of this place, nor how much it is entitled to the confidence of the sick, till you visit it. I tell you that you can not find anywhere else on the Earth what I have seen here this winter past.

Here have been for the most part 50 patients—half and half of either sex, and if you want to know how *well* they came from, look in the April WATER-CURE JOURNAL. Well, they all came here looking like *death* in the prime of life, weak, feeble, haggard, ghsly, scrofula-like, dotage, nervous or despair on each face, and I have seen 50 of this number sitting in a row, each rising and testifying to improvement in feeling and appearance, and each attaining having gained in flesh. They had every kind of sickness among them that takes the chronic form.

But this is not the part of what I have seen since I have been in Glen Haven. For six months I have not seen a cross look, nor heard an unkind word, nor witnessed an act of neglect from one person to another. I have not heard an oath, nor any obscene language, nor anything that bordered on impropriety of conduct. I have heard no ill-natured or spiteful remarks, and each attaining having gained in flesh. They had every kind of sickness among them that takes the chronic form. But this is not the part of what I have seen since I have been in Glen Haven. For six months I have not seen a cross look, nor heard an unkind word, nor witnessed an act of neglect from one person to another. I have not heard an oath, nor any obscene language, nor anything that bordered on impropriety of conduct. I have heard no ill-natured or spiteful remarks, and each attaining having gained in flesh. They had every kind of sickness among them that takes the chronic form. 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**LAKE VIEW WATER-CURE, NEAR CHICAGO, ILLINOIS.—THIS FLOURISHING INSTITUTION IS SITUATED**

five miles north of Chicago, on Lake Michigan, possessing one of the most beautiful locations to be found in the country. It was opened on the 1st of April, 1856, and already enjoys an extensive patronage from almost every portion of the West.

Particular attention will be given to every form of female disease. Such cases will be under the care of Mrs. Gross, who has had a most successful experience in the treatment of this class of diseases. The peculiar nature of those complaints from which females suffer, often induces them to endure years of untold agony before they will submit to the only true mode of treatment—if they can receive it only from their physician. But the time has come when that oft-repeated and earnest appeal from the depths of every true woman's heart, for the relief of her suffering, at the hands of some of her own sex, should meet with a full response, and particularly beneficial establishments, which would prove a Bethesda for the afflicted, be provided with a lady who is prepared by study and experience to charge of this department.

We are happy to announce an important addition to our means of treating diseases, in the ELECTRO-CHEMICAL BATH: Its efficacy in removing medicinal astringents, such as mercury, iodine, lead, &c., from the body, and in curing Paralysis, Neuralgia, St. Vitus' Dance, Rheumatism, Scrofula, Dis- ease of the Liver, &c., is now proved beyond a doubt. The water-cure has been particularly successful in the treatment of the following diseases: Acute and Chronic Rheumatism, Gonorrhoea, incipient stages of Consumption, Nervous Diseases, Dropsy, or Inflammation, with all its train of symptoms, as Headache, Constipation, Liver Complaint, Jaundice, &c.; Scrofula and Spinal Complaints. It does a peculiar good to Females, in various forms, arising from an excessive use of opium, &c., and all affections arising from impurities of the blood, as Tumors, Ulcers, Cancer, Enlargement of the Joints, &c.

Full attention will be paid to Gynecæic as well as Calisthenic Exercises, and a fine hall, fifty by twenty five feet, is devoted exclusively to this valuable portion of our treatment. There is also a large Bowling Alley for the use of patients.

**TERMS OF BOARD AND TREATMENT—TEN DOLLARS PER WEEK.** Each patient will be required to furnish their bathing-dresses, viz.: one comfortable, two woolen blankets, two or three cotton sheets, and six towels. The above articles will be furnished, if required, at an extra charge of one dollar per week.

The Lake View Omnibus will leave the Briggs House for the Water-Cure daily, at 9 A.M., 12 M., and 3 and 6 P.M.

For further information, address Dr. J. E. Gross, Lake View Water-Cure, Chicago, Ill.

May, 11.



**THE MODEL WATER-CURE, DANVILLE, LIVINGSTON CO., N. Y.—THIS POPULAR PLACE OF RESORT IS NOW**

open for the season, under the care of Dr. C. R. BLACKALL, formerly of New York City. Every effort will be made to render it an attractive home for the invalid, while its natural advantages, combined with a thorough Hygienic Treatment and Physiological Diet, offer especial inducements to those who are seeking health.

Circulars, with full particulars, may be obtained by addressing C. R. BLACKALL, M.D., Danville Co., N. Y. May 11.

**GRANITE STATE WATER-CURE,**  
FRANKLIN, N. H. We say to invalids that the Granite State affords the best and facilities to patients, unknown to any other establishment of the kind in the United States, with accommodations inferior to none. In saying this we have no desire to detract from the merits of any other cure; we merely say what we know to be true of our own. The Granite State has penitentiaries which the invalid who seeks first of all a cure, will find of imprudence. A circular containing particular information, with references to de reed, will be sent to all patients who indorse a stamp, address—May 11. W. T. VAIL, M.D.

**GRÆFENBERG WATER-CURE AND KINESIOPATHIC INSTITUTE.**  
ELECTRO-CHEMICAL BATH.  
Electricity has for many years been esteemed by the most scientific medical men as a natural curative agent, and one of great remedial power. We have used it during the last nine years of our practice with signal beneficial success. For the last year the electro-chemical bath, the latest modern improvement, has been among our remedial agents, and its results have surprised all that is claimed for it by its most ardent supporters. It is a most valuable auxiliary, hastening the cure, and accomplishing as much in weeks as would otherwise require months to perform. Diseases examined and described at this establishment, with perfect accuracy, by the aid of Electricity, without a single question being asked.  
For particulars address  
R. HOLLAND, M.D., New Græfenberg, N. Y.

**NOTICE!—FEES: WE ARE IN** the receipt of letters from all parts of the country, asking for advice and prescriptions for treatment, in given to the writers gratuitously. Now, in such as we would like to do this were our time our own, our services can not be rendered in this way. Our terms are as follows:  
For Circulars descriptive of the institution a postage stamp to pay the postage on the Circular.  
For advice as to the propriety of water treatment: \$1.00.  
For prescription written out in full for home treatment: \$5.00.  
For visits to the sick, where we can go and return on the same day: our traveling expenses and a fee of \$5.00.  
Where we have to be gone overnight—per day—\$30.00.  
We do not seek business as of Glen Haven, but those who think our counsel worth seeking have—if their own statements are reliable—found it worth what we ask for it. We will gladden us joyfully, and with warm hearts, advised and assist the poor who are sick; but we must not advise of their poverty, else we shall ask our fee. Respectfully,  
JAMES O. JACKSON, M.D.  
HARRIET N. AUSTIN, M.D.  
GLEN HAVEN, April 11, 1857. May 11.

**BOSTON WATER-CURE. — ELECTRO-CHEMICAL BATH, HYGIENE, AND DIETETIC INSTITUTE,** Nos. 18 and 20 La Graze Place (Washington Street, near Baylston Market). The location is quiet and airy—within three minutes' walk of Boston Common, and five minutes of the Park River, Providence, and Worcester Depots. Patients are charged \$5 for examination and attendance of physician, and for board and treatment \$1 to \$1.50, or more, per day, according to accommodation as required.  
Strangers visiting the city, who may wish the benefit of our diet, are charged \$1 per day.  
J. S. BROWN, Physician.  
WILLIAM HUNT, Proprietor.

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

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

**WORCESTER WATER-CURE.—FOR** terms, etc., address S. ROGERS, M.D., Worcester, Mass.

**DR. WEDER HAS REMOVED TO** ORANGE, N. J.  
**DR. BEDORITH'S WATER-CURE**  
ESTABLISHMENT is at Saratoga Springs.

**KEENOSA WATER-CURE, AT KEENOSA,** Wisconsin. We have connected with the Cure, Dr. S. B. Smith's newly-invented Electro-Chemical Bath. July, 11. Address, H. T. SEELEY.

**THE HYDROPATHIC AND HYGIENIC ESTABLISHMENT AT ATHOL, MASS.**, is situated on the borders of the village, in close proximity to every variety of beautiful scenery. To cool and invigorate the system, shady and dry walks, pure and soft water—hills, mountains, glens, falls, ponds, babbling brooks and rivers, render it attractive to both patients and visitors. It is accessible by stage and by railroads. This institution is not a large and fashionable one, where excitement, late hours, dress, and luxurious living counteract the beneficial effects of pure air and treatment. But for the patients who desire health and a quiet and pleasant home—for boarders who can enjoy such a situation, this Cure is unsurpassed by any other. *Please refer to a Circular.*  
Apr. 14 Address GEO. FIELD, M.D.

**PHILADELPHIA MODEL WATER-CURE.**—*Messrs. Editors:* Long since had I anticipated to give a notice in your Journal of this Institution. Philadelphians may well be proud of the proprietor and physician of this establishment. Having visited, as a patient, the various Cures in the country, I have not found one equal to the above, for the successful and judicious applications of cure. It is located on the outskirts of the city, in a most pleasant and beautiful situation, at the southeast corner of Twentieth and Spruce Streets. It may be called both a country and city Cure. The doctor is a thorough-going hydropath, experienced and singularly successful practitioner. He is extensively known in this city as an able popular lecturer on health, anatomy, etc., and is recognized by the name of S. M. Landis, M.D. The Electro-Chemical and Dry Vapor Baths and the Movement-Cure are extensively used with signal success.  
May, 11\* Yours truly, I. B. FELLOWS.

**LEIGH MOUNTAIN SPRINGS WATER-CURE.** Those who visit our Institution tell us that in point of purity of water, purity of air, Water, Air, Scenery, Walks, Bowing etc., it stands Number One as Water-Cure. Our system of Diet can not be surpassed. Terms moderate. Address,  
May T. A. SMITH, Bethlehem, Pa.

**CLEVELAND WATER-CURE ESTABLISHMENT.**—The above Establishment is now commencing its Tenth Season. It has been in successful operation for the past nine years, has treated over thirty-five hundred Patients, who are located in every State in every State in the Union. It is now the Oldest Establishment in America, having been and is the charge of one physician longer than any other Institution of the kind in the West. The proprietor informs, as his Establishment was the great pioneer of the new treatment in the West, that it shall continue—what it ever has been—pre-eminently the Water-Cure of the West.

Large expenditures have recently been made without and within, in enlarging, beautifying, and improving. Special reference was had to improvement in the Bathing Department.

Advantage was taken of the wants suggested by the experience of many years, and for variety, comfort, and convenience the subscriber is confident his bathing facilities are unequalled by any Establishment in the Union.  
During the past year we have been constantly using the Electro-Chemical Bath, in cases where it could be used appropriately, and our experience fully justifies previous anticipations, that in the cure of very many diseases it is an invaluable aid, and in many others it is impossible to effect a cure without it. The most skeptical can very readily be satisfied of its power to remove the various poisonous mineral and metallic substances which have been taken into the system from time to time (and some of which have remained there for years), by the evidence of their own senses.  
The proprietor, who is associated with him, Dr. J. S. Burgess, whose past experience and success need no commendation from those that know him; and determining to give the sick and suffering relief, he has called to his aid the talents of Prof. H. P. Gatswiler, who will, in addition to his other services, lecture regularly in the Establishment every week, on topics of general interest.

In the Female Department he has engaged the services of Finita E. East, M.D., a lady whose experience and tact in the treatment of the female sex, by her own and golden opinions in the South, as well as the greatest confidence that she will not only sustain him, but add to her previous excellent reputation in her home in the West. The large experience we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, induce us to believe that they can here be treated with a success and a purity of cure unsurpassed by none.  
To the sick and afflicted, who are seeking health, and who wish to try what air and skill surround by all needed facilities and the most judicious attention can do, to give again the blessing of health—Xmas for your sakes.

CLEVELAND WATER-CURE ESTABLISHMENT.  
May 11. T. F. SEELYE, M.D., Proprietor.

**THE PHILIPSBURG WATER-CURE** establishment is situated 25 miles west of Philadelphia opposite the Junction of the R. F. and W. and Chicago, and the Cleveland and Pittsburgh Railroad, at Richester, Pa. The panorama of the surrounding country is unrivaled, and the institution has been so conducted as an equal and praiseworthy of 15 years has engendered as the most approved. Address, Dr. C. Baez, Water-Cure, P. O. Beaver Co., Pa.

**PITTSBURGH WATER - CURE.**—Invalids desiring to visit a Water-Cure will find the PRINCEBROTHER WATER-CURE one of the best institutions in the country. It is supplied with pure soft spring water—is very convenient of access from all parts of the country being located at the *Haystack Station* of the Pittsburgh, Fort Wayne and Chicago Railroad, ten miles west of the city. The Physicians here had long experience in conducting Water-Cure establishments—the attendants are skilled in their duties. The surrounding scenery is truly magnificent. The city of Allegheny, Pa., is a beautiful and comfortable, the Pittsburgh Water-Cure is unsurpassed. We have the Electro-Chemical Baths. For particulars address SOLOMON FEESEY, M.D., Box 1904, Pittsburgh, Pa.

**THE GALESBURG WATER-CURE** is in successful operation, and have in connection the Chemical Baths and Torpedo Magnetic Machine, Gymnasium, Bill-Alley, etc., etc. Address, for particulars, Dr. J. B. GULLY, or T. JENNINGS, Proprietor.

P. S.—The above valuable and desirable property, in the flourishing city of Galesburg, Ill., will be sold low, and terms easy. Apply soon at above. April 17

**LADIES, THE SPRING TIME OF THE Year** has come, and if you wish to promenade, you will find at MILLENS, in Canal Street, beautiful Fashionable Boots, Buttons and Laces. Boots of all the Fashionable Styles, from twelve to twenty shillings. Slippers, Ties, and Baskets, from six to twenty shillings per pair, with Boys' Suits, and Children's Boots and Shoes, all at low prices. Ladies remember, J. B. MILLER & CO., 131 Canal Street.

**SAVERY'S TEMPERANCE HOTEL AND TELEGRAPH DINING SALOON**, No. 14 Bowker Street, New York. Kept on the European plan. Meals at all hours of the day. Lodging rooms, from \$2 to \$5 per week, or 35 or 50 cents per night.  
JOHN S. SAVERY, Proprietor.

**THE BOOK THAT SELLS!—VOLUME 10**, or The Cross and the Crown. By Maria J. McIntosh. The tenth thousand of this most charming book is ready this morning.  
JOHN P. JEWETT & CO., Publishers.

**IOWA AND MINNESOTA.—PARKERS HANDBOOKS OF THESE STATES**, with new Maps. Each volume complete in itself. Price 15 cts each. Every traveler to the West should purchase these admirable Handbooks.  
JOHN P. JEWETT & CO., Publishers, Boston.

**"IT IS NOT GOOD FOR MAN TO BE ALONE."** "The Old Physician" again. His new work is now ready. THE MORAL PHILOSOPHY OF COURTSHIP AND MARRIAGE, designed as a companion to that excellent book, THE PHYSIOLOGY OF MARRIAGE, by the same author.

- The following is the Table of Contents of the First Part of this unique work:
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- Price 25 cents. It contains the general head of "Proper Qualifications for Marriage," treated in the inevitable style for which "The Old Physician" is justly celebrated. In one vol. 18mo, price 25 cents.  
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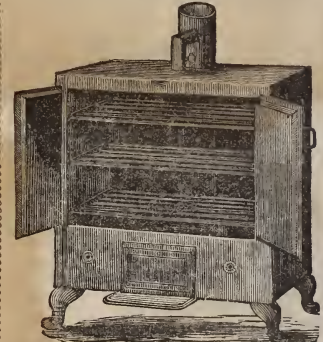
**ANATOMICAL AND PHYSIOLOGICAL PLATES.**—These plates, which were arranged expressly for the New York Hydropathic Medical College, and for Lectures on Human Physiology, by H. Daniels, Anatomical Draughtsman, are now completed.  
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- A Templing Invitation. A Morfona's Villainy. A Morfona's Apartment. Letters from the Source of Degradation. An Interesting Aged Couple. A Miserable Girl. A Desperate Party. A Daughter and her Wives. A Mysterious Death. A Solon's Humour. Ill-Treatment of Wives. Brother Wives' Wives. The Bishop's Three Wives. Superiority of the First Wife. A Sensible Woman. A New Wife. Female "Help" Dangerous Occupations of the Women.
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- The MOTHER'S HANDBOOK may be ordered of the principal booksellers, or it will be mailed in any part of the United States, and the postage will be paid by the publisher, and published by **E. P. ALLEN, 9 Spruce Street, N. Y.** May, It.

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