

# PALE 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 THE GOOD."

#### ULCERS AND THEIR TREATMENT.

BY R. T. TRALL, M.D.

**VARIETIES.**—For all practical purposes it is sufficient to distinguish ulcers into the *indolent*, those which incline to remain stationary, and are not attended with much pain; the *irritable*, which are painful, and which often assume and lose the healing tendency; the *callous*, which present an indurated or hardened surface; the *varicose*, which are connected with an enlargement of the veins; and the *specific*, which are connected with some constitutional taint, or the operation of some particular poison.

Authors again distinguish ulcers into the *benign* and the *malignant*, a distinction, however, not exactly scientific; for the idea of a benign disease is as shocking to reason as is the phrase virtuous sin, or sinful right-

eousness. *Mild and severe* are much better terms.

The term "healthy inflammation" is also frequently applied to such ulcers as readily incline to heal; but this is another misnomer. We might as well talk of healthy fever, or healthy small-pox, as healthy inflammation.

Some ulcers are called *inflammatory*, and others are said to be destitute of inflammatory action; but here again is a grave mistake in the whole pathology of the subject. All ulcers are inflammatory, and all inflammations are remedial, though not healthy.

In a late work on the "Treatment of Obstinate Ulcers," by Henry T. Chapman, F.R.C.S., of the London Hospitals, the author thus remarks:

"Inflammation, however, is not so much a distinctive feature of any one class of these sores, as an accident to which they are liable." I dissent wholly from this doctrine. Inflammation is the very essence of the ulcerative action or process.

The diagnostic symptoms of inflammation—pain, heat, redness, and swelling—are owing to the congestion of blood in the capillaries of the part.

"Microscopic observations," says Chapman in the work above mentioned, "demonstrate that, during the reparative process, the capillary vessels of an ulcer, in any region, are more dilated than those of the sound parts, and that the blood circulates through them more slowly, the circulation recovering its normal velocity in proportion as the ulcer progresses toward cicatrization."

Sir Everard Home has described the granulations of a "healthy" sore as presenting an appearance of "eminences consisting of small clusters of tortuous blood-vessels." And Mr. Dalrymple has given a profile sketch of the injected capillaries of an ulcer, which he calls "enormously and irregularly dilated—varicose, in fact"—as represented in the following cut:

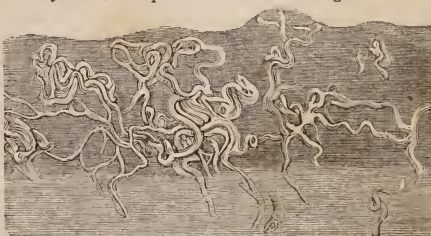


Fig. 1.—INJECTED CAPILLARIES OF AN ULCER.

A certain amount of dilatation of these vessels appears, accordingly, to be a necessary condition to the establishment of granulation; it may be for the purpose of retarding the flow of blood through them, in order to favor the deposition of new matter from that fluid—termed by a French writer so emphatically *la chaire coulante*; and further, probably, to facilitate the development of new capillaries, described by Mr. Liston, in the paper just referred to, as projected into the new and adventitious structure from that beneath it. Unless, however, a due proportion be maintained between the vascularity and the rate of deposition in a granulating surface, that process will not long be carried on healthily.

Now the capillaries of an ulcer in a depending part being acted upon by two opposing forces—the *vis a tergo* of the heart and arteries on the proximal side, and more or less pressure, according to the weight of the column of blood in the veins, bearing on their distal extremities—circulation through them is impeded, their dilatation becomes excessive, and, the balance between vascularity and deposition being disturbed, reparative action is impaired, if not wholly suspended.

The naked eye will readily detect this redundant vascularity in the loose, semi-transparent granulations formed under circumstances so unpropitious, especially when compared with those of a healthy ulcer. In the one case, they present the

appearance of a mere congeries of membranous cells, surcharged with purple blood; in the other, they are round, compact, and florid, looking solid and fleshy, rather than cellular. But it is still more clearly seen in the accompanying woodcuts from drawings of three microscopic preparations of injected ulcers in Mr. Quek-



Fig. 2.

ett's very beautiful collection. Figs. 2 and 3 are front and profile portraits of healthy granulations, magnified forty-five diameters, in which due proportion exists between the newly-formed capillaries and their envelops of organized lymph.

In fig. 4, taken from a subject in whom the veins of the limb were varicose, the



Fig. 3.

granulations are much more elongated, and consist of little else but convoluted capillaries. As if loop upon loop had been projected with abnormal



Fig. 4.

former specimen is very distinctly shown.

And here I may remark, that sufficient importance does not appear to have been accorded, by any writer on this subject, to the circumstances in which the capillaries of a granulating ulcer in a depending part are placed by the loss of an elastic envelop like the skin. The acceleration of the blood's motion during rapidly repeated muscular efforts, when an alternate action and re-action between the muscles and the skin are kept up, speedily emptying the superficial veins, is sufficient to prove that the skin, by its resilience, must afford an essential aid to the circulation in the veins. And since, as long as it remains entire, it thus exercises a constant and uniform control over forces tending from within outward, it is obvious that the vessels of a granulating surface, deprived of the support of this elastic integument by a breach in its continuity, will have nothing but the feeble resistance of their own delicate walls to oppose to the pressure from within.

To counteract this distention, adhesive straps and bandages have been much resorted to. And in ulcers of the lower extremities, where the whole muscular tissue is soft and flabby, they are, no doubt, very beneficial. It is also useful in such cases

to elevate the limb a portion of the time, or, what is better still, confine the patient to a horizontal posture when disposed to rest.

The proper medication of ulcers of all forms is exceedingly simple. When the granulations are very tender and imperfect, the parts around may be supported by adhesive plaster. The temperature is to be regulated by cold water dressings, and if the part is hot and painful, the wet cloths should be frequently changed. When situated on the lower limbs, the leg-bath becomes of service. Very irritable ulcers are soothed when necessary by tepid or warm applications or fomentations. Callous edges are readily removed by the knife or caustic, so as to present a healing surface.

One of the sources of irritation to all ulcerated surfaces is the contact of atmospheric air. To prevent this the surface may be covered with fine flour, or the cavity filled with chalk-powder. This latter is preferable in cases attended with a fetid and acid secretion, on account of its absorbent properties.

The constitutional treatment is still more important than the local. Indeed, without a strict attention to general hygiene all local measure will be liable to fail. And this is the reason why drug-medication so generally fails.

The diet should be strictly frugivorous and farinaceous, as well as abstemious. All irritant seasonings and condiments, as butter, salt, alkalies, vinegar, spices, etc., should be abstained from, and it is better to avoid milk and sugar.

**ECONOMY.**—Economy is one of three sisters; of whom the other and less reputable two are Avarice and Prodigality. She alone keeps the safe and straight path, while Avarice sneers at her as profuse, and Prodigality scorns her as penurious. To the poor she is indispensable; to those of moderate means she is found the representative of wisdom; and although some moralist has said, that at the hearth of the opulent Economy takes the form of a vice, she is perhaps as great a virtue there as she is elsewhere. Her very name signifies the law or rule of a house, and her presence is as much required in the palace as in the cottage. The prince who despises her and outruns his means is at once a slave and a knave. The honest man who lives within his income, and owes no man anything, is your only true king. Economy is an excellent virtue, no doubt; but like all other virtues, it must be applied with prudence, or it will turn into a folly or a vice. In the olden time there were sumptuary laws which while they attached a penalty to extravagance, set a fine on the man who let a year pass by without asking a friend to dinner.—*Athenaeum*.

## PRINCIPLES IN MEDICAL SCIENCE.

BY G. H. TAYLOR, M.D.

**HEALTH THE RIGHT OF ALL.**—Those who account themselves *well* may in respect to health be *indifferent*, and even *defiant*, but the *loss* of due power, or a twinge of pain, will reduce all to a state of common mendicancy. This strong intuitive desire for good health implies the *right* to its possession, and the means within and around oneself for attaining it. The existence in all ages of a medical profession, and of accredited medical means, is based upon the assumption that health is somewhere within reach. However misdirected the efforts of the sick man may have been, he is always ready to "try again," and with the desperation of the drowning man, clutches at the straws within his reach; and ignorant of those elements within and around him that are working to perpetuate existence, he is ever ready to bless those *accidental* means to which he often ignorantly refers his recovery.

**STATES OF HEALTH AND DISEASE.**—Man is a very complex being. Health and available power are derived from harmony of the parts. These parts, with their powers and adaptations, constitute the essential man. The *actions* that result from this co-ordination constitute *function*. Every functional act is the result of its cause—which is traceable to some ultimate external condition. Imperfect conditions substituted for the proper ones tend to produce imperfect results—ill health. Here, then, we are to look in general for the means of preserving and of restoring health. In a primitive and natural condition of society correct intuition and feeling will predominate, and good health is as natural a result as that fruit should succeed the flower.

But in cultivated society, the kind of health, like that of morals, represents the *precepts* which the individual reduces to *practice*. In the common mind, the choice is *based*, not so much on the abstract considerations of right and propriety which imply *mental* action, as how the *sensations* are to be affected. Hence society will be composed of two classes, viz., those who desire mostly the acceleration of function so easily procured, and those who regard mostly the ultimate aggregate of power that it is possible to enjoy. One desires a rapid expression of function, the other, its continuance.

**OBJECT OF PAIN.**—Pain is a friendly monitor. It is a finger-board, warning us of forbidden ways. Pain causes us instinctively to avoid the circumstances capable of producing it. But nature often withholds unheeded warnings, and we are at last compelled to seek for causes through several indirect sources. Pain leads to instruction and improvement, and should therefore be blessed. To render the senses oblivious to pain, by obliterating the capacity by drugs, is an outrage. Nothing is more heathenish than to suppose that pain is a malignant demon that comes unbidden, requiring exorcism by the infliction of expurgatorial and nauseating penalties.

In civilized life there is an increased number of elements that are capable of affecting vital manifestation, and of increasing pleasure and pain; and thus increasing the liability of disease. The latter occurs only because these ele-



ments are incongruous, and are not made subjective to the power of reason and the will. Sensational life, in its development, outstrips the *knowing* life. Every pain, with a right control, might be turned to knowledge and pleasure. It is doubtless true, that the benefits and ills of life are more nearly balanced than the cursory observer thinks, since the capacity for either is co-extensive; but the will can choose which shall be paramount, according to the knowledge or forethought of the individual.

In society, men in their hot pursuits and passions are impelled headlong into all manner of improper actions, and of course are visited by the legitimate results; and heedless of causes, they accept any proffered recourse, which at best can only engage the attention anew, without affording to the mind any *principles* of action. The old medical science does not say, "Remove the causes inimical to physiological welfare, and substitute those that are favorable," but "Palliate the symptoms," "tickle the senses."

**GENERAL VIEW OF FUNCTION.**—A cursory analysis shows the union of *three grades* of existence in man, giving rise to three general heads of classification of function. In health these are interdependant, and in disease they each furnish channels through which medical principles may be rendered practically available.

The first division is **ORGANIC LIFE**. This is the life of growth and reproduction of parts, and furnishes the substratum whereby the other forms of life are rendered possible. Organic life is diffused universally upon the surface of the earth, in the vegetable and animal productions of nature.

It embraces numerous special departments, as nutrition, circulation, secretion, assimilation, as well as even the depurating offices of animals, effected under the influence of respiration, motion, etc. It gives rise to the possibility of action, since it furnishes the *instruments* of action. Thus, organic life produces muscle, nerve, and brain just in proportion as the *powers* of these organs are employed. Hence the amount of organic life is a measure the *muscular, sensational, and intellectual* powers or forces he is capable of exhibiting.

Now, in animals, it is precisely the same power or property that re-produces those parts (whose activity effects their molecular destruction) which first *produces* such parts, and precisely the same power is employed in *restoring* parts when imperfect by any cause that is concerned in *re-producing* them. Hence a large field is open (through the sub-functions of this plane) for improving or restoring the health of the sick. The *means* of affecting the health through the organic life are such as might receive the denomination of *culture*, from its analogy to the operations of the husbandman.

The particulars involved are those relating to the right kind and quality of food, and the means of maintaining the freedom of the organic functions by the continuous exclusion of *effete* material through *respiration* and *exercise*, considered merely as *mechanical* conditions, without reference to the vital dependencies these acts hold.

The second division is **SENSATIONAL LIFE**, and exists in various grades in animals, and rises to perfection in man, while mere *organic life* un-

influenced by sensation is as perfect in the most inferior monad as in the highest and most complex animal. This furnishes the distinction between vegetable and animal life, and implies a nervous system capable of receiving impressions from without, and with reference to which impressions the organic system may *act*, both *with* and *without* the consciousness.

The actions following sensational impressions appertain to each of the functions. Thus muscular contractility, the movement of the blood, and the dependent actions of digestion, assimilation, etc., are controlled by the sensory power.

Although the system may be affected in several ways by the external and internal use of water, yet it is chiefly through the sensory power, by means of the temperature of which water is the medium. Temperature is so indispensable a condition of organic actions, that all functions are incited with any attempt at its variation. The circulation is immediately controlled through this influence, and so the general actions of the physiological economy are equalized at will.

Man's exalted position in the scale of being is due to the third department—**INTELLECTUAL OR SPIRITUAL LIFE**. The connection of function is so direct between these departments, that Physiology may be regarded as comprehending Psychology also. The body and the senses exist as servants of the intelligence, and it is the proper duty of the intellect to mold these to its purposes. Some philosophers contend that the body is an outgrowth of the soul, and is but an exterior representation of its qualities. A due knowledge of their co-relations it is important for us to know.

The intellect is a medium for controlling the health in two ways. First, through the possession of so much scientific knowledge as to render it able to guide and control all its material conditions with the utmost propriety, and to effectually antagonize all the accidental causes of ill health.

Indeed, it is highly derogatory to man that he permits the preponderance of the lower functions to subject the whole being to their partial and perverted action. He forgets and forsakes the nobleness of the nature he possesses in higher capacities. And still further does he mistake in attempting recovery by *any* system of treatment that omits the important necessity of "learning to be wise." Health, to all such, is but an accident, and its possessor can not claim any merit in its possession.

Another means of benefiting the health through this channel is of rather a negative character, and consists in contributing to the balance of the general functional activities, by repressing any undue action of the mind.

It is apparent that health is a harmonious action of all the functions that make up the man; whatever through the natural operation of function tends to produce this harmony contributes to the health; all outside of this is either super-erogation, or detrimental.

In civilized life, most cases of ill health are connected with an undue preponderance of the functions of either *sensational* or *mental* power over the organic, for since the organic life is limited in its extent, and since also the power or

capacity of sensation and of thought depend on the organic sub-stratum, it is evident that any undue action of either of the two latter over the former must abate the capacity of the organic life, by withdrawing its materials and its incentives. It is readily seen that the race for enjoyment, through cultivation of the senses, and especially by affording them unnatural incentives, must with great certainty induce this state of things. The various modifications of disease growing out of the cause here specified can never be properly and permanently cured unless the patient himself has some idea of the philosophy of the cure.

Nearly the same observations might be made of the preponderance of mental action that often obtains in the same way as the immoderate sensibility—organic disability, disease, and death too often follow in rapid succession, when the victim might have been saved simply by an *IDEA*.

Let the invalid keep in mind, then, that to recover his health, he is not called upon to suffer the performance of some mysterious operation, but only to understand well the elemental constituents of his being, so as to enable him to harmonize them in accordance with their obvious requirements.

#### HINTS TOWARD

#### PHYSICAL PERFECTION;

OR,

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

#### II.

#### STRUCTURE OF THE HUMAN FORM.

La connaissance de la structure et des propriétés du corps humain doit diriger l'étude des divers phénomènes de la vie.—*Cabanis*.

OUR progress in the study of the laws of life and development, as manifested in the human form, will be greatly facilitated by a thorough knowledge of its curious and wonderful mechanism; and we shall here devote a few pages to the presentation of such an outline of a natural system of anatomy, as will serve our purpose, and enable the reader the more readily to comprehend the teachings to be set forth in the chapters which are to follow.

The human body consists of three grand classes or systems of organs, each of which has its special function in the general economy. We will denominate them:

1. The Motive or Mechanical System,
2. The Vital or Nutritive System, and
3. The Mental or Nervous System.

These three systems, each naturally subdividing itself into several branches, include all the organs, and perform all the complicated functions of the physical man.

#### I.—THE MOTIVE SYSTEM.

The motive or mechanical system consists of three sets of organs, forming, in combination, an apparatus of levers, through which locomotion and all the larger movements of the body are affected. They are:

1. The Bones,
  2. The Ligaments, and
  3. The Muscles.
1. *The Bones*.—The bones form the framework

of the body. They are primarily organs of support, sustaining and giving solidity to every part. The accompanying cut illustrates the position



THE HUMAN FRAMEWORK.

of the bones and the relation they bear to the general system. The proportion, however, of the frame-work to its fleshy covering differs materially in different individuals; and this fact should be remembered, as it has an important bearing upon the doctrine of the temperaments, hereafter to be laid down.

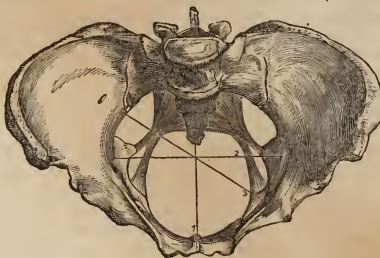
In the earlier stages of their formation, the bones are cartilaginous or gristly in their structure, very flexible, and not easily broken. This wise provision of all-wise Nature is illustrated in young children, whose innumerable falls never result in a fracture, and whose rapid growth would be entirely inconsistent with a hardened osseous frame. We may note here too, in passing, that the legs of infants are often made permanently crooked by being made, under the injudicious training of unwisely ambitious parents, to support prematurely the weight of the body. Little is gained by interfering with Nature, in attempting to hasten her processes.

In due time the bones, receiving deposits of earthy materials, among which are lime and phosphorus, gradually harden, and at their maturity are composed of nearly equal proportions of animal and mineral matter. In old age the earthy matter often greatly predominates, rendering them very brittle.

Like the other parts of the body, the bones have a system of blood-vessels and nerves, and, like the other parts, are subject to growth and decay, though their changes are less rapid than those of

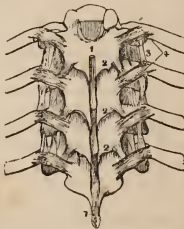
the softer portions. Their minute structure is very curious and beautiful; but our limits do not permit us to describe it here.

The genius and skill of man has never yet succeeded in constructing a machine so beautiful in its perfect adaptation to its uses as the human skeleton; nor can the wisest of mortals suggest an improvement in its structure. See what noble twin columns, resting upon the firm, but flexible bases of the feet, support, in its proper position,



THE FEMALE PELVIS.

the grand arch of the pelvis! And the pelvis itself, how admirably adapted to its various functions! While it has all the necessary strength to support the weight of the body, which rests upon it, it is not the less perfectly adapted to protect and sustain the vital organs situated within it, and to afford them room for the proper performance of their functions. It is larger in the female than in the male, for an obvious reason, and gives that breadth to the hips of a well-developed woman of which we have already spoken. That grand central pillar, the spinal column, on whose capital rests that sublime "dome of thought," the cranium, has its base on the sacrum, a wedge-like bone which forms the keystone of the pelvic arch. The spinal or vertebral column itself is one of the most wonderful of Nature's wonderful works. It is composed of twenty-four bones, called vertebrae, linked firmly together by a complicated system of ligaments, giving it immense strength, and, at the same time, great flexibility. It is pierced by what is called the



A VERTEBRAL JOINT.

vertebral canal, through which passes the spinal cord (*medulla spinalis*), of which we shall have more to say in another place. The spinal column is not straight, since that form would have rendered it more liable to be broken, but forming a double curve, readily yields a little to any unusual pressure.

Attached to the dorsal or back vertebrae strong ligaments, and hending forward so as to form the grand cavity of the thorax, are the twenty-four ribs, twelve on each side. The uppermost seven on each side are called the true ribs, because each of them is connected by a separate cartilage directly with the sternum or breast-

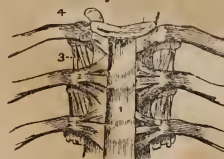
bone; while the lower five are called false, because one or two of them are loose at the anterior extremity and the cartilages of the rest run into each other instead of being separately prolonged to the breast-bone.

The arms are loosely attached to the body by means of movable shoulder-blades, which are kept in place by the collar-bone, and the strong muscles which overlay them.

Bones are of various shapes—long, as in the arm and leg; cuboidal or six-sided, as in the wrist and instep; and flat, as in the cranium and the shoulder-blades. The larger ones are hollow, which property gives them more strength in proportion to weight than could otherwise have been obtained, and also secures a permanent storehouse for nutriment in the form of marrow, which seems to be set aside as a reserved fund for the sustenance of the body when all other supplies fail.

The connections of the bones, called joints, are very beautiful contrivances, which no mechanic or artist could improve. These connections are of various kinds—by sutures, or a sort of dovetailing, by cartilaginous attachments and by movable joints. There are hinge joints, allowing only a forward and backward movement, and ball-and-socket joints, which allow the bone to move in all directions.

2. *The Ligaments.*—The ligaments have already been incidentally mentioned. They help to form



VERTEBRAL LIGAMENTS.

the joints, and they are properly called organs of connection. The strength and toughness of them is so great, that it is hardly possible, by means of any ordinary force, to tear them asunder.

"It is wonderful," a late medical writer says, "to see how admirably the ligaments are arranged



KNEE JOINT—BACK VIEW.



to answer the purposes for which they are intended! Where the ends of two bones meet, as in some of the joints, ligaments pass across from one to the other; and so firm are they in their structure, that they never allow the joint to become loose, however much it may be exercised. Some of the ligaments are arranged so as to keep the joint from bending the wrong way. The knee joint,

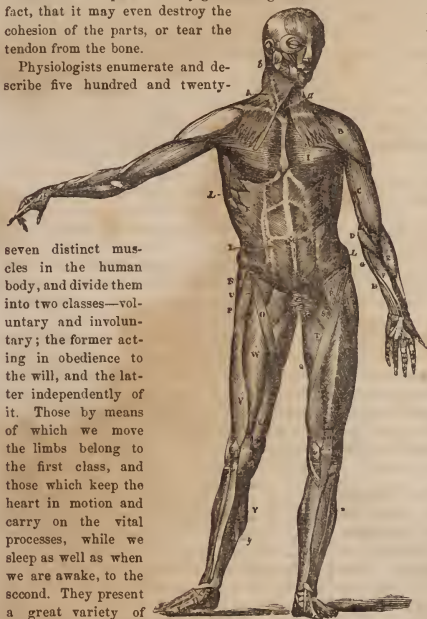


which, were it not for its numerous ligaments, would be altogether unfit for the important offices it fulfills, has in it two of these bands crossing each other like the legs of a saw-horse, in such a manner as to prevent the leg from being carried too far backward or forward; and to guard against dislocations sideways, strong lateral bands are placed on each side of the joint. Not only the large, but the small bones of the body, likewise are bound together in this way as firmly as if they were secured by clasps of steel. Add to all this, the ligaments, like the bones themselves, are nearly insensible, being of a white and shining substance.

The provision for keeping the joints constantly oiled, so that they never wear out and are never injured in any way by friction, is not less wonderful or less efficacious than the arrangement by which they are held together.

3. *The Muscles.*—The muscles are simply bundles of red flesh, growing tougher and more compact toward the extremities by which they are attached to the bone, and terminating in white tendons or cords. The muscles are, *par excellence*, the organs of motion. It is by means of them that the indwelling mind, telegraphing its mandates through the appropriate nerves, effects any desired movement, by causing a contraction of the fibers of which they are composed, thus drawing the parts to which they are attached toward each other. This contractile power is very great—so great, in fact, that it may even destroy the cohesion of the parts, or tear the tendon from the bone.

Physiologists enumerate and describe five hundred and twenty-

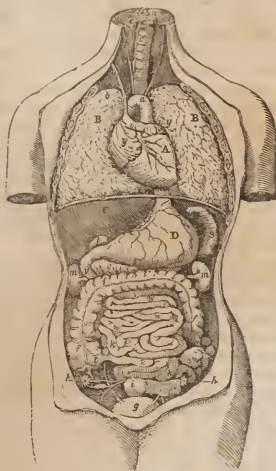


THE MUSCLES.

seven distinct muscles in the human body, and divide them into two classes—voluntary and involuntary; the former acting in obedience to the will, and the latter independently of it. Those by means of which we move the limbs belong to the first class, and those which keep the heart in motion and carry on the vital processes, while we sleep as well as when we are awake, to the second. They present a great variety of forms, and are of all

lengths, from a fourth of an inch, as in some of the muscles of the larynx, to three feet, as in the Sartorius, or tailor's muscle, which is used in crossing the legs. Our wood-cut gives a good general

idea of their forms and arrangement. The muscular system, in its development and organic con-



THE VITAL SYSTEM.\*

ditions, is more completely under our control than any other part of the body, a circumstance of vast importance in connection with the subject of human physical perfectibility.

## II.—THE VITAL SYSTEM.

The vital or nutritive system consists of three classes of organs, forming a complicated apparatus of tubes, which perform the functions of absorption, circulation, and secretion, and incidentally of purification. Their principal seat is the trunk of the body, and they exercise a minute peristaltic or pulsating motion. They are designated as

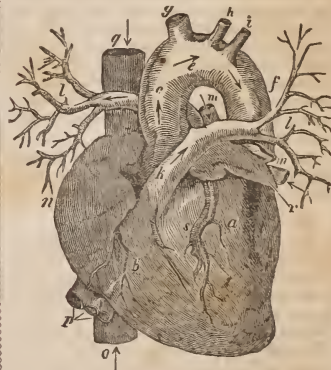
1. The Lymphatics,
2. The Blood-Vessels, and
3. The Glands.

1. *The Lymphatics.*—These are small transparent tubes furnished with valves at short intervals and connected with the ganglia or glands which are distributed over the body, but are most numerous on the sides of the neck, the armpits, the groins, and the mesenteric folds of the intestines. Their office is to absorb nutriment and pass it into the circulation. They convey the lymph from every part of the system to the descending *vena cava*, where it mixes with the venous blood returning to the heart. When, through disease or deficiency of food, the supply of

nutriment from the ordinary sources is inadequate to the wants of the system, these absorbents take up the fat which has been deposited in the cellular tissues, to be reserved for a time of need, and empty it into the chyle duct, to be thrown into the circulation. This causes the falling away or emaciation observed in the sick and starving. Even the muscle and cellular tissue are thus appropriated, in extreme cases.

These organs, when they open into the intestines and serve to convey a portion of the nutriment elaborated by the stomach through the thoracic duct to its proper destination, are called lacteals.

2. *The Blood-Vessels.*—That all-important function, the circulation of the blood, is effected by means of a system of tubes, or, rather, two interwoven systems of tubes, which carry it to every part of the body and then return it to the center of circulation. This center of circulation is the heart, a muscular organ situated in the lower part of the thoracic cavity, between the two folds of the pleura, which form the central partition of the chest. It consists of two parts, a right and a left, in each of which are two cavities, an auricle



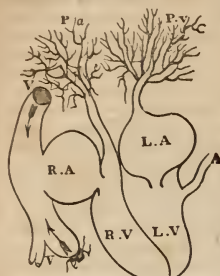
THE HEART.\*

and a ventricle. In other words, it forms a double force-pump, most ingeniously constructed, with well-fitted valves, which always act perfectly, and never get out of order or wear out. These pumps send the bright, red vitalized blood through the arteries to every part of the system, to be taken up by those minuter organs the capillaries, whose millions of fibers permeate everywhere, and which furnish just the supply needed to each organ and part. To bring the blood back to the heart to be sent to the lungs and revitalized, we have a system of veins, which, commencing in minute capillaries, like little rills, gradually unite and enlarge till they form their contents, river-like, through two

\* a, the left ventricle; b, the right ventricle; c, a, f, the aorta, the great artery that goes off from the left ventricle; g, h, i, the arteries that are sent off from the arch of the aorta; k, the pulmonary artery, that goes from the right ventricle to the lungs; l, i, branches of the pulmonary artery, going to the two sides of the lungs; m, m, the pulmonary veins, which bring the blood back from the lungs to the left side of the heart; n, the right auricle; o, the ascending vena cava; q, the descending; these two meet, and by their union form the right auricle; p, the veins from the liver, spleen, and bowels; s, the left coronary artery, one of the arteries which nourish the heart.

\* A, Heart. B, B, Lungs. C, Liver. D, Stomach. E, Spleen. m, m, Kidneys. g, Bladder. d, Diaphragm, which forms the partition between the thorax and the abdomen. h, h, Ovaries. i, Uterus.

large tubes (one ascending and the other descending), into the right auricle or receptacle of the heart. A muscular contraction sends it into the right ventricle, which, contracting in turn, forces it into the pulmonary artery and thence into the lungs, where it is purified and changed by contact with the air, and becomes again fitted for its life-bestowing mission.



CAVITIES OF THE HEART.

3. *The Glands.*—The glands or filters are the organs which secrete or deposit not only the various substances of which the different organs are composed, but the fat, milk, hair, and other animal products. They are composed of two sets of capillary vessels, the one for the circulation of arterial blood, and the other for secreting their proper materials. The lungs, stomach, intestines, reproductive organs, and especially the liver, are mainly glandular in structure and function, and so far are included in this system.

The intimate relation and sympathy between the glands and the brain give rise to some singular phenomena, as we shall show further on.

### III.—THE MENTAL SYSTEM.

It is by means of this system that sense, thought, and impulse of action, and consequently all connection between the soul and the external world, takes place. It consists of a series of globules bound by membranous investments into fibers of various forms, the motion of which is invisible. The chief seat of this system is the head. It admits, like the other systems of a division, into three orders of organs:

1. The Organs of Sense,
2. The Cerebrum, and
3. The Cerebellum.

1. *The Organs of Sense.*—The organs through

which we receive impressions from external objects—the eye, the ear, etc.—need not be described. They communicate their impressions to the brain by means of special nerves, some of which are represented in the accompanying cut. They all seem to center in the base of the brain.

2. *The Cerebrum.*—The human brain, speaking of it as a whole, is an oval mass filling and fitting the interior of the skull, and consisting of two substances—a gray, ash-colored, or cineritious portion, and a white, fibrous, or medullary portion. It is divided, both in form and in function, into two principal masses, called the cerebrum and the cerebellum. At its base there are two other portions, called the annular protuberance and the medulla oblongata.

The cerebrum is divided longitudinally by the falx, or scythe-shaped process, into two equal hemispheres, and each of these, in its under surface, into three lobes. But the most remarkable feature in the structure of the cerebral globe is its complicated convolutions, the furrows between which dip down into the brain and are covered by the pia mater, a delicate fibro-vascular membrane, which lies upon the immediate surface of the brain and spinal marrow, bending down into all their furrows or other depressions. By means of these foldings the surface of the brain is greatly increased, and power gained with the utmost economy of space; for it is a well-ascertained fact that in proportion to the number and depth of these convolutions, is the power of the brain. "The mind's revolvings," as Wilkinson beautifully expresses it, "are here represented in moving spirals, and the subtle insinuations of thought, whose path lies through all things, issues with power from the form of cerebral screws. They print their shape and make themselves room on the inside of the skull, and are the most irresistible things in the human world."

The cerebrum is the organ of perception, reflection, and all the other essentially human faculties and sentiments.

3. *The Cerebellum.*—The cerebellum is the organ of volition, of determination, of permanent action, of physical life. It lies behind and immediately underneath the cerebrum, and is about one eighth the size of the latter organ. It is divided into lobes and lobules, and consists of a gray and a white substance, like the cerebrum, but differently disposed, the white portion being internal in the latter, and external in the former; in which also both substances are disposed in thin plates instead of convolutions. There is said to be no direct communication between the lobes of the cerebrum and the cerebellum.

Extending from the base of the brain to the atlas, or bony pivot on which the head rests, is the medulla oblongata. It is conical in shape, and may be considered as merely the head or beginning of the spinal cord, which continues it, and, in fact, extends the brain down the vertebral canal, and by means of the nerves which it gives off and which pass through notches between the vertebrae, connects it with every part of the body. There are generally reckoned eleven pairs of nerves arising from

the brain and thirty-one from the spinal marrow. It is thus seen that the whole nervous apparatus is included in the mental system, as we have defined it, and that the brain is omnipresent in the human body.

With these briefly stated facts, which form the outlines of the system of anatomy on which this work is based, the reader will be measurably prepared to read with profit what is to follow. Those who have access to anatomical and physiological works, and leisure for their study, will do well to pursue the subject further.

## TO ALLOPATHIC PHYSICIANS.

### No. II.

GENTLEMEN: Under Water-Cure treatment of the sick, when conditions are favorable, peculiar exhibitions take place. These, Water-Cure physicians call a *crisis*.

I find in your medical journals, which I read carefully, and often not without profit, that you deprecate such appearances, and quite strongly urge them as evidences of the empirical nature of our practice. Your conclusions are false, because not borne out by the facts in the case. Crises, in Water-Cure treatment, are exactly evidential of the converse of your conclusions. Why? Because whenever they appear the sick person improves, and gains rapidly. They are his harbingers of redemption. They proclaim trumpet-tongued that he is *better*, that his morbid conditions are greatly mitigated. That is the reason why your opinion is false, why any man's opinion is false who, reasoning *à priori* about them, finds his theories, his speculations, his scientific expostions in direct opposition to *facts*. When men like yourselves grow so learned as to frame hypotheses which utterly ignore *facts*, or which *facts* demolish the moment they and the hypotheses meet, they only lay up for themselves a stock of mortification, and withdraw from themselves the public confidence.

Now there are various reasons why you should not understand that peculiar condition or manifestation of the human body described by Water-Cure doctors as *critical*.

1. Such a condition under drug-treatment you never saw, and never will see, while you give drugs. Your method of treating disease is so unnatural, that the symptoms under it are all unnatural. Am I not right? Do you not proceed, in a given case of disease, to treat it, first, by creating another and antagonistic disease, and second, by means of this expel the first from the body? And if so, are not all your symptoms, ordinary and critical, alnormal? You have no chance to witness such shows as Water-Cure physicians, wherein the vital forces gather up themselves to great resistance against whatever in the system perils its integrity or endangers its health. To be sure, under drug-treatment your patients have *crises*, and you are familiar with them, and attach great significance to them, but crises such as a *Water-Cure* patient has you abjure, and forswear, and condemn, because they are so utterly unlike those with which you are familiar. Did you ever reflect as to the *cause* of the difference in crises such as your patients show,



THE NERVES CONNECTED WITH THE BRAIN.



and Water-Cure patients show? Let me suggest to you the cause. The difference is owing to the different instrumentalities employed. You employ substances against which the life-forces of your patients must of necessity war; we employ one which those forces most gratefully acknowledge. Our crises are exhibitions manifestly sanitary. Yours often foreshadow destruction.

Four out of five of my patients have crises of some sort. Ninety-nine out of each hundred who have them are benefited by them, or, to speak perhaps more correctly, are better after them. It makes but little difference what the disease of the patient is, only treat the case naturally, that is, scientifically—not artificially, that is, empirically or quackishly—before the patient gets well, a critical state will show itself, and which will be from various causes more or less severe, but in no instance dangerous, but, on the other hand, decidedly encouraging to the patient as well as the physician, except where the patient has taken powerful poisons as remedies from the hands of a drug-doctor. Why, gentlemen, you who write against *crises*, and labor hard in the use of very learned language to make out how unexceptionable the practice must be which produces or results in a crisis, and how dangerous a critical action is, would be dumb-founded were you to come to our Glen and see sixty persons, from the gray-head to the tow-head, all under manifest critical action, and scarcely two affected alike; one having a dozen or twenty large boils, another with a great ring-worm rash, another with miliary eruption; another having diarrhæa; another passing five to ten times the secretion of the kidneys usual; another going through a regular series of night-sweats; another undergoing great expectorations, and throwing off immense quantities of mucus, and sometimes muco-purulent sputa; another having chills; another having fever; now one with a sore mouth, and anon one with neuralgia of the face, the back, the small of the back, the inside of the legs, the bottoms of the feet; now one having an attack of acute rheumatism; another of vomiting; another of sick headache, and so on, you would be frightened well-nigh out of your wits, and if permitted to do so, would play your remedies vigorously. But we who know what the matter is, are quiet and easy, and our patients are cheerful and expectant. In a majority of instances, themselves are good judges of the healthful nature of these changes, for they are consciously better upon their appearance. Now, what is the use of spending time and ink and brain power to write down conditions like these, when they will not stay down. It is more foolish than Mother Partridge, who undertook to mop the Atlantic dry, as it came in the majesty of its upheaving tide rushing into her back door.

It may not be unbecoming in me to say, if any man in the United States is entitled to speak of the worth or worthlessness of crises in *Water-Cure* practice, I am. For,

I have never used any other substance as a specific remedy for disease but water. All the hygienic agencies I use—air, light, heat, food, etc., etc.—but I have never made use of any of them as *specialties*. In this direction I have used only soft, pure, unmedicated spring water. Is it not fair to suppose that I may likely know what can be done with, and by it, as well as you who

do not use it specially or specifically? As well as those who, using it, also mix up with its use all sorts of other things, making *olla-podrida* of their remedies? When I produce results with water which no man has produced by any other means, am I to hesitate to claim for it all that it is entitled to? Never. Though I may be alone, I can not compromise. Others more talented, more learned, and of higher grade than myself, may descant of the virtues and values of other remedies, and do their ablest to make the common mind entertain poor ideas of *Water-Cure*; but as far as I have strength, the people of this land shall be led to feel and believe, and act upon the belief, that in all cases of disease which do not involve surgery, water is the best *medicamentum* that man can possibly have. I have said in all diseases, and I repeat it. I want you, and I want the readers of the *WATER-CURE JOURNAL* to understand me, and I repeat the statement, that in no case of disease can you apply any thing else as broadly, as liberally, as variously, as usefully, as frequently, as successfully, as water can be applied. Still further; you can not apply all other remedies as successfully as *water* can be applied. Take your most potent remedies, and they fail you so often as to mortify you; yet when these have failed you, your patients are cured by water treatment. And if they are cured after you have failed, how easy would have been their cure had they been treated hydropathically before you treated them! Ah! gentlemen, many are the cases which are treated by *Water-Cure* successfully, whose conditions you have complicated and made much worse by your *infernal poisons*. The common people will judge you yet, and when they do, you will have justice done you, I ween.

2. I deny that my great success as a practitioner is to be ascribed mainly or chiefly to my dietary—the kind, the quantity, and the manner of eating food at the Glen; or to the fact that my patients live in the open air, or to the quiet and seclusion of the Glen, or to their faith in me. The benefits derivable from all these I cheerfully admit, but each and all hold secondary place. They are auxiliaries which I could not well do without, but they do not constitute my right arm. It is in *water* as I use it that my success lies; and while I can have it to use as I now do, surrounded by those other great aids mentioned above, I fear to grapple with no morbid condition or state of body that Heaven ever gives man strength and skill to overcome.

3. While you and other medical gentlemen spend your knowledge and skill in treating disease by other methods, I have been a painstaking student, concentrating all my humble abilities in the elaboration and development of the *Water-Cure* philosophy and practice. I have enthusiastically applied to make water answer, in connection with the other hygienic agents or forces, whatever demands sickness could prevent, and, as far as opportunity for trial could be had, I am satisfied with the result. If it shall be given to me to have still larger fields of trial and observation opened to me, I shall enter on them, confident that, for any illness or ailment of my fellow-man which is not incurable, the same determination which has hitherto guided me, will enable me so to apply the water treatment, along with its natural allies, as to give him good sound health.

I have no bounds within whose limits my confidence in it can be hemmed. It has already accomplished results so wonderful, that I know, under proper circumstances, it will do whatever reason and common sense demand. It has one element of success—it is lasting. It is not like your remedies, which to-day are in vogue, and have, in your esteem, any and every constituent that a remedy ought to have, and to-morrow, or next year, or in the next decade, are cast one side as worthless. No, water as a remedy for human diseases will last as long as it runs down hill; and the more you try to make the people disbelieve in it, the stronger will be the faith of its friends. Vincent Priessnitz was not born in vain. His apotheosis is yet to come.

And now let me call your attention to facts.

1. In chronic diseases, under water treatment, critical actions are a natural product. So far is this true, that it constitutes the rule, and absence of critical action the exception. A *Water-Cure* physician, whose patients have no crises, may well suspect that his method of treatment can be improved. For the nearer he gets to nature, and the closer he works after her method, the more certain will he be of producing crises, and the more satisfied will he be with his practice. He may also be sure that his patients will be better satisfied with the result.

2. It is not needful that he should proceed to treat the sick under his care with the intention, on his part, to produce a crisis; all he needs to do, is so to treat his patient that the system can be assisted in casting off unhealthful and assuming healthful conditions, and I warrant me that crisis will be forthcoming. I know of no way under water treatment to avoid crisis except—(1) to have a patient who is so feeble that restoration is like a new creation, so slow as to be almost imperceptible, and yet ultimately to be accomplished; or, (2) to have a patient who insurable. In very many instances patients have critical states, and their physicians know nothing of it.

3. In the treatment of chronic disease, the crisis is quite apt to be the same disease in an acute form. Thus chronic rheumatism is quite likely to show critical action in the shape of acute rheumatism, which latter is much more easily managed than the former, and which overcome, the patient puts on good, sound, vigorous health; so of the dumb ague, the crisis will be the fever and ague; so of deafness consequent on scarlet fever, the crisis will be a return of the scarlet fever, and unless the structural ear has been injured, the patient, after the crisis, will hear; so of chronic dysentery or diarrhæa, the crisis will be a touch of typhoid fever; of minister's sore throat, the crisis will be acute dyspepsia; so of chronic dyspepsia, resultant from mercurial medication, the crisis will be calomel sore mouth; of chronic torpor of the liver, the crisis will be severe yet painless diarrhæa; of the worst forms of leucorrhæa, the crisis will be a swelled leg perhaps, familiarly known as a milk leg; so of greatly debilitated skin, the crisis will be night-sweats; so of long-continued and unconquerable (by drugs) constipation, the crisis will be a very severe skin irritation, etc., and so on through the whole range. In a majority of instances, the crisis or turning point is a simple reappearance of the original disease or ailment, but which disappeared

on exhibition of medicinal remedies, leaving in its place the disease in chronic form, for which the patient seeks relief in Water-Cure. It is quite common for patients at the Glen to show symptoms, or signs, or touches of every morbid state between that for which they place themselves in our Care, and that which marked their first swerve from health. To illustrate: I have had a patient taken with fever and ague who seven years after came to be treated for afflicting debility of the reproductive system. In the interim he had bilious fever, dyspepsia, liver complaint, piles, continual and rebellious constipation, which last was on him when he placed himself in my hands. The other diseases he said he was cured of, and gentlemen of your school had wrought the marvel. Well, sir, I placed him under treatment, and his ailments took the back track, and he had every one of those diseases over again, closing up with fever and ague. It took him nine months to get well, but he has not had a sick day since, and can do very hard work, and *do it well*. It is only fair to say, that the appearance of these various ailments was symptomatic, lasting but a little while, but he passed over the ground retrogressively which your medicines had pushed him over progressively at a rapid rate, and he closed his sickness at the *place of beginning*.

I had a patient with a fever-sore, an ugly and unmanageable thing. It defied the doctors and surgeons, this side the amputation of the leg. Years before, the patient "took cold," which was followed by a fever, an inflamed leg, resulting in suppuration, caries of bone, and a running incurable sore. The general health was feeble, or to speak precisely, was *delicate*. Life was endurable, but of no *avail*. He had no power of accomplishment. I became satisfied that the fever-sore was the direct result of the medicines administered, and that but for them no fever-sore would have shown itself (did it ever occur to you that if no medicine was given no such metastasis would show itself?). I put this patient under treatment, and in ten months and ten days from his arrival he was put to bed of a fever which lasted four weeks; his sore all healed up, he recovered good health, went to California, and the last I heard of him was in Sacramento, doing well.

A lady, now in my house, came to the Glen on a bed. She had a fever somewhat more than a year ago, "was doctored, and the fever left," but in leaving, left her on her bed from which she could by no medicinal administration be raised. Her parents brought her by land-carriage forty miles, thence a hundred by railroad to Homer, and by carriage to the Glen. She was a pitiable-looking object. My heart ached for her. She was the victim of medicinal poison. Had her parents kept away the doctor, who knew of nothing better to do than to give her medicine, which *ought* by virtue of its *intrinsic* deadliness to have killed her *outright*, she would have recovered her strength and health after the fever had subsided. As it was, poor thing! they brought her to the Glen. The instant I saw her I drew my conclusion, that she would recover under water treatment, but that before her health was confirmed she would have a recurrent attack of fever. Seven months or more elapsed; she gained strength, and the use of her limbs, walked about the house,

rode out of doors, and increased in flesh largely. But she had had no fever. To the on-looker it seemed that I was likely to be wrong. But I was certain of my point. One day—of a sudden—she did not feel as well, went to bed, and the next morning the old enemy was in possession. She was prostrate; for three weeks the fever was on her. We did not hurry ourselves on it, or disturb her. She lost flesh, and looked pale, but was quite self-possessed, and came out of it grandly. Now she looks magnificently, and will in good traveling go back—this time *cured*.

For my own part, *I hail crises*. They are like a finger-board at a cross-road. With chronic diseases to treat, the best diagnostician is troubled. But a crisis is like a light shining in a dark place—it makes darkness visible. With us of the Glen, patients and physicians, we cry a view-halloa! at your appearance, and clap our hands for joy. They are easily managed. *Nature* takes care of them, and under them, as a great fact, the patient feels decidedly better than before. Your nervous dyspepsia is a marked instance. When his skin is largely covered with a bright red rash, he eats, and sleeps, and conducts himself like a gentleman. And what is best of all, he gains in flesh. Notwithstanding the powerful exhalations by the skin, he gains in weight and strength, and his eye looks upward to the heavens once more, and he begins to grow manly. In conclusion, gentlemen, I warn you that there is no hope that you will keep Water-Cure patients from having crises unless you can persuade them along with water treatment to take drugs, or to subject themselves to processes which use up their vitality in large quantity and at rapid rates. With *soft* water to use externally and internally; with good unstimulating food; with pure air for the lungs, and proper exercise; abundant sleep and quiet; gentle, clean, social relations, they will have *crises*, and what is more, will get well, though you write learnedly against them.

I am, yours respectfully,

GLEN HAVEN, N. Y. JAMES C. JACKSON.

### THOUGHTS IN SPARE MINUTES.

BY HARRIET N. AUSTIN.

EXTRACT from a private letter, dated Jan. 25th, from a lady formerly of this State, now of Illinois:

"My health has been perfectly good since I was at the 'Glen,' and nothing would induce me to take medicine again. I came to this State last spring, alone, and superintended the building of our house. I painted all the sashes twice, and the wood-work once. I made a garden, took all the care of it, and gathered all the seed corn for the farm for another year. I took my morning bath, donned my short dress and boots, and sallied forth, with hoe in hand. I worked almost every day until three o'clock, nearly all summer. I defy any woman in swaddling-clothes to do the amount of work that I did. Our house finished the first of October, I went to housekeeping, after cleaning it all myself. My husband came on about the middle of the month, and we are now residents of this beautiful State."

This is rather out of the common way of doing things. It is not usual, when a family intends to emigrate to the West, for the woman to leave her husband to pursue his ordinary business, while she goes on alone to make their home, and get things comfortable and snug against his arrival. The question arises—Is it *unwomanly* to act in this way? I know Mrs. — to be a *lady*—intelligent, refined, and warm at heart—not wanting in gentleness, modesty, or any of those qualities supposed to belong peculiarly to woman. Has she got out of her sphere? Is she likely to become less gentle, less refined? Will her husband love or respect her less? Would he have had higher appreciation of her womanliness had he felt that it was unfit that she should go on alone and look after *business*? Is it *unwomanly* to superintend workmen, to paint sashes, to plant corn and potatoes, and gather in the harvest? This is a question of much interest; for if it is fit and proper that women should do such things as this, than are most of the women of our day very *unwomanly*, for they are entirely incapable of doing anything of this sort. Where are the women who are sufficiently acquainted with architecture, or with the qualities of lumber, and other requisite materials, to take the responsibility building a house? Or where are those able to work for half a day planting or hoeing corn or digging potatoes? They are "*nowhere*."

Notwithstanding the ideas into which we all, men and women, have been educated, as to what belongs to woman, her delicacy, her helplessness, the gallantry due to her, I confess I am on the side of this good friend of mine against the masses, or against the world, if need be. And I *know* we are right. I *know* it is not only proper and right, but it is *absolutely necessary* that woman should assist in cultivating the earth. I know it because *Nature* requires it. And if to obey her is to crucify all our preconceived notions of the relations and appropriate duties of the sexes, then I say, *crucify them! crucify them!* Nature does not leave us in the dark as to her wishes. Her rewards or punishments come close on the heels of our actions. And she is *cursing* woman all the time. My correspondent says her health is "perfectly good." Not one woman in a thousand can say that—and their thoughts, their feelings, all their conceptions and imaginations are as sickly and feeble as their bodies. How could God say to us more plainly that he



disapproves our habits, than in the fact that all the women in this country are sick? And He tells us as plainly, in facts innumerable and incontestable, and known to all intelligent minds, that it is positively essential to the health of human beings that they should exercise much in the *open air*.

Well, women may walk, they can drive or ride on horseback, they can skate or row, or devise various means for out-door exercise, without labor. But while there is so much labor to be done, while there is so large a share of agricultural labor adapted to the strength of *healthy* women, it can not be right for them to make their exercise mere amusement, while man is engaged in severe toil. That would be degradation. No; if there were genuine womanliness left in the hearts of women, they would say to their brothers, "We are feeble and sickly—our habits of life *make* us sick—we *live* in the house—our time is taken up in preparing nice food, or preparing dress, or putting it on, or keeping the house in order, or in useless needlework, or other fanciful and frivolous work. Thus we manage to pass our time. But we are not happy. Our lives are purposeless. We feel that they are vanity. We are no help to you, and we can not help ourselves. If we walk out, we must lean on a gentleman's arm, and have every obstruction removed from our path—the gate must be opened for us, and shut for us after we pass through—our parasol must be carried for us, and if we drop a glove, it must be picked up for us—if we pass a stream or a fence we must be assisted over it—if we ride, our horse must be brought to the door, ready saddled, and we assisted on to it, or we must be helped into the carriage, and the buffalo carefully tucked round us—if we skate, our skates must be put on for us—if we are going in the cars, some gentleman must accompany us, to see to our baggage and buy our tickets. We do not object to politeness and mutual helpfulness. But we *must* have some independence, some character. And in order to have these we *must* have health. And in order to have that we *must* have out-door life. True, there are in-door duties to be done; but neither comfort, nor the gratification of refined taste, requires half the time and strength expended in household work. But our organizations are the same as yours. God has made it as necessary that we should breathe pure air as that you

should, and we dare not longer live in so manifest opposition to His will. So, if necessary, you must come in and assist us in our heavier work, and we will come into the field by your side. Thus, by companionship of the sexes, will we make that which is weary toil to us both, pleasant labor. And to enable us, successfully, to change our habits, we must essentially change our mode of dress. Our present mode, with tight waists, long, heavy skirts, and paper-soled shoes, is well adapted to our present habits, and the production of such a race as we now are. But we never can have our physical, mental, or moral powers developed till our dress is adapted to our structure and wants. We will endeavour to construct such a dress as will allow us the free use of all our powers.

If women could be inspired with such purposes and determinations, we should soon learn that *womanliness* is something else than dependence and sentimentalism—that it is a loftier, holier, more powerful, more *manly* quality, than we have yet conceived—that there is divinity in it.

GLEN HAVEN, N. Y.

## Fireside Reading.

### RUSSEL SMILES' CHILDREN.

BY HENRY M. ROSE.

#### CHAPTER VII.

##### THE PATRIARCH CONTINUES HIS STORY.

THE life of a pioneer in the *woods* is very different from that of a pioneer on the prairie. In the one, a generation passes away making improvements for another succeeding generation to enjoy. In the other, labor produces its fruit immediately, or almost immediately. Featherington was no prairie. The bass woods run themselves from the earth's surface a hundred feet into the air as straight as a may-pole, without a single limb. The elm of the low ground, on the intervals through which Mad Creek ran, not exactly like "the sacred river, down to a sunless sea," but at times quite foamingly to Lake Ontario, threw up a trunk three feet in diameter, and a top a hundred feet high, and fifty feet in diameter. The oak, the emblem of durance and strength, shot out from its immense body limbs sixty feet in length and two feet through, and when in foliage making a shadow within whose rim 500 persons could easily gather for shelter from the sun's heat. The sugar-maple, delightfulest and cleanest of all forest trees, which vermin never infest, but in which the robin prefers always, if possible, to make its nest, grew large and full of sap; while the hemlock, monarch of the forest for height and perpetual youth, shot its apex so high cloudward that a crow cawing in its upper branches seemed an unearthly visitant. Then

there were the white ash, the red elm, the spreading beech—

Under whose shade the suckling goes to sleep;  
Whose budding leaves the yearning aets, and dozes  
Like children eating poppies.

All together made a canopy so thick that the rays of light but pierced it poorly. These were in our way; and to let the sunlight in, and bring the soil to the face of day, required task-work, compared to which the toil of a prairie farm is but pastime.

Two things in our life in Featherington affected me. One as a child, the other as a lad and a man. I can scarcely tell in which I was most interested, which gave me the greatest pleasure. Each touched me appropriately, and so was conducive to my high enjoyment. You all know that pleasures are relatively such—that childhood and old age are not pleased with the same things. What I refer to was sugar-making and wood-chopping. Everybody loves sugar, and especially *maple* sugar. It is a delicious sweet; the *sap* is good to drink. So is the sirup: the molasses and the sugar are good to eat. Fortunately for all of us, our farms had fine sugar-bushes—*now* called *orchards*—on them. My father's was a *very* rich bush: over 300 maples on 60 acres. Related to the whole farm, the orchard was in about its center; but such was its value that father determined to spare it in his clearing, though to do so would be to have a *woodland* in the middle of his farm. It has always been a matter of gratulation to me that he did so, for after I attained to manhood, and took possession, I cut out every tree but the maples, and let in the sunlight, so that by underbrushing and clearing all the partially decayed timber, and smoothing down the knolls, it took timely seed and formed a nice green sward, so that it has always been a beautiful pasture for cattle, and a most excellent sugar-bush. One year I made 2000 pounds of sugar, and from one tree that stood before our log-house, but which unfortunately we had to cut down—or have it pass through the center of the parlor—I made one season 22 lbs. and 10 oz. of sugar. It was not a very large tree, but of the finest sap. In our whole "*bush*" we did not find another tree so productive in quantity or quality of sap.

The process of making sugar was with us in our early forest life extremely simple. The first thing to be done was to make troughs to catch sap. Buckets could not be had: we had neither timber nor cooper to make them. We made troughs of the butternut, of which we selected a size sufficient to split in two, leaving it in halves: these we scooped out with a short bitted axe, making them to hold about a pailful. A man skilled in it could make ten or fifteen a day. When made, it was desirable to have them dry, so as to evaporate the sap that was in them, else the sap of the maple falling into and standing in them would commingle with the butternut sap, and give a stringent or pucky taste to the sugar, withal making it bitter. But if curing or drying them had to be dispensed with—and it had to be with us the first season—then the next best thing was to soak them in water. A good drenching rain which would fill them, and whose water could stand a few days, would soak out all the butternut taste, and make them fit for use. Now through our orchard a pretty little stream ran,

and as fast as our troughs were made they were carried to the creek and filled with water, allowed to remain so awhile, then canted and rinsed, and placed around to the foot of the trees.

Next came the *tapping*. The original or primitive way was to provide oneself with an *axe*, and an iron tool about a foot long, three fourths of which was *handle*, the remainder *bit*. The part called the *bit* was the lower end of the handle hammered by the maker first flat, so as to be about two and a half inches broad, then made convex on the back side, and concave on the front, and brought to an edge partly in the making and partly on the grindstone. When finished, it was a kind of chisel. Next came the making of *spiles*. These were made of chestnut, pine, or cedar—cedar is the best—or any soft or easy rifted wood—and sawing it into blocks of ten inches long. We then split these blocks in staves, using this chisel, or *sap-gouge* as it is called, to do the splitting, on the handle of which the maker struck with a wooden mallet. Thus split, they are like the chisel—convex and concave—and when whittled with a knife to an edge, are wedge-like, and will drive into an incision in a tree made by the *gouge*. Hurra! Now for the sap. Two go together, one to do the tapping, the other to fix the troughs. This latter is a nice job, for they must be so fitted as not to be *totting* and spill the sap, and the jutting out roots of trees sometimes make this quite difficult. The tapper steps up to a tree, strikes into it his *axe*—generally on the south side—making an incision in the shape of a wood “*cal*” about the length of your hand, and two inches deep. This incision or “*cal*” is made oblique, one end higher than the other, so that the sap runs out easily. Under this lower edge the *tapper* makes an incision with his *gouge*, drives in his *spile*, the trough is arranged, and sugar-making in this department is begun.

Next comes the arrangement for boiling. With us we took every kettle, from the five-pail to the small pot that hung on the trammel in the chimney for heating dish-water, and driving down crotches some twelve or twenty feet apart, dropped into them a green swamp beech or iron-wood pole, on which we hung our kettles. Fore-and-aft the kettles we placed large logs to keep the heat among the kettles, and make them boil the sap faster. Then a *reservoir* had to be provided for the sap, for it would not unfrequently happen that the sap would run much faster in a given time than we could boil it, and so we had to have a place to empty it.

For this purpose a large, thrifty, straight bass-wood was chosen, and it was cut down, and cut square off at each end. This was dug out, and a large trough made that would hold from fifteen to thirty or forty barrels, and when done was drawn up so as to be, quite contiguous to the boiling-place, that from it sap might be dipped handily into the kettles. We had to cut our wood as we wanted it, and then the gathering of the sap. In our “*bush*” there were two *gatherers*, and each had two large buckets and a *neck-yoke*, generally made of bass-wood, that it might be as light as possible. This was made so that it let a man's neck into it, and was scooped out so as to fit his shoulders. On each end was a groove or notch cut, to which was appended a strong string, and

on the end of that a little wooden hook into which the *bale* of the pail would set, and the man was ready to gather. Going from tree to tree he filled his pails, and then walked to the reservoir and emptied, and back again to refill, till he had gone over his *beat*, and all the sap was gathered in.

In the boiling process there was nothing marked, except that the boiler skimmed the scum from the top of the boiling liquid and always kept a piece of *pork* to throw into the kettles whenever there was likelihood that the sap would boil over. It was a good illustration of the old strivings of peace-makers, of whom it is said that they threw “oil on to the troubled waters.” A bit of fat pork, an inch square, would calm down the most violent ebullition of the sap. Many a time have I heard my father soliloquize as he caught up a tit-bit of pork, “Oh, ho! thee intends to boil over, does thee? I guess I can put a stop to thy noisy boiling wrath!” and he would fling the bit into the kettle, and burst out laughing, and say, “Ha! ha! levitation, I can tame thee.”

Generally speaking, we used to boil three days before we siruped: then we prepared for sugaring. First we strained the sirup through a strainer of clean *tow* cloth, then it was allowed to stand all night and settle, and pour it off carefully in the morning—a process such as wine and cider makers call *racking*—then to every four gallons of sirup was poured a half pint of new milk, and the kettle swung on the chimney for boiling. We always sugared off in the house; it was so much more comfortable: we were secure from the wind, and dirt, and smoke, and gained something of quiet, and so more precision in sugaring.

One great show of skill in this process is to have the molasses pass from the *ungrained* to the granular form without being *scorched*. Just before the molasses reaches a point at which it grains is the time for the youngsters, and those who act like youngsters, though *not* young, to dip out of the kettle and drop on to *snow*, and immediately it candies, and makes delicious eating. In a new country, “*SUGARING-OFF*” is a great event, and it seldom happens that neighbors do it at the same time. One family sugars off one night, another the next night, and so on, and the neighbors and children—babies and all—go around and eat all the hot sugar they want. Sugaring-days were happy boyhood days to me. I remember the scenes that transpired then very vividly. Proposition, it was at a *sugaring* that I first saw your mother, and though I am a *patriarchal “friend,”* I may say to thee, and William here, that I was not long in coming to the conclusion that there was a *sweetness that surpasseth sugar*. Sugarings and corn-huskings in bright moonlight nights are grand places for developing the social affections. Ah me! those days, how far back in the great Past they lie. What heaps of buried hopes, what masses of worn-out labors, what accumulations of disappointments lie between me as I now sit here, a white-haired old man, and the joys of my youth. But a truce to *sentimentalism*. I must tell you of the other thing that gave me great pleasure when I had outgrown the boyish enthusiasm for making sugar, I allude to

“WOOD CHOPPING.”

I have often thought what various degrees of

emulation exist among men. The desire to *excel*, to be the *first*, shows itself among men of all pursuits and professions. Two tinkers can be rivals as well as two statesmen. Two wood-choppers as well as two great lawyers. In fact, the line of separation in the professions is not so broad as most imagine. The tinker and the President are not very far apart, when all that is purely conventional and fictitious is taken away. They edge up pretty closely; they are approximately related. In Featherington, for ten to twenty-five years after my father moved into the town, the hero of the town was the *man of the axe*. Other things being equal, he who could chop the most trees down, and get them ready for logging; who could split the largest number of *rails* in a day; who could cord the most wood at night from a day's chopping, he was the observed of all observers. To him were paid similar honors by girls and women as noble ladies in the times of chivalry paid to knights in battle. They wore chaplets of wild flowers and wreathed his head. To him did the men make obeisance, and gave him the seat of honor at their feasts and merry-makings. His *axe* was like a *mace*—a symbol of power—and power in *rude* communities always illustrates and types character. The stronger man to such is the nobleman, and to him do the weaker pay homage. Nothing with us so well represented character as wood-chopping. In other parts of the country hunting was the representative power. But with us there were no bears nor buffaloes; no wild-cats nor cougars; and smaller game did not challenge such regard as to serve as a basis broad enough for one to plant his character on. True, the better workman the better man, but the *better* wood-chopper the *best* man. As I grew toward full stature I caught the fever, and my whole soul was centered in the determination to be the *man* of the town. Old men should speak of Ichabod Hemenway, and their wives and daughters should be proud to invite me to *tea*, to the dance, and the corn-huskings. I knew what it was to be in practice, that skill did not lie in strength purely, but in choice and well-directed use of it, and I begged the privilege of being excused from attendance on general farm work, and devoting myself exclusively to chopping, and logging, and fencing. These three involved the constant use of the *axe*, until I wielded it for my purposes as Richard Cœur de Lion did his battle-axe for his.

I began with an axe which weighed three pounds, and I grew till I could use one that weighed six pounds twelve ounces, without heave; and while I used a lighter one to split and trim the tops, all my cutting of the trunks or bodies was done with this heavy axe. I could begin to work at sunrise, and except at meals, stop only at night-fall; and yet I could go home whistling. I used to strike on an average about five strokes a minute, or 300 strokes an hour; and in the day about 3,000 blows. Now think of it! To lift an axe weighing seven pounds over your head, and bring it down with *precision* and exactness just where, or nearly where, you wanted it every time, 3,000 times between sun and sun, and then go to corn-husking if in the fall, or to bed if in June, and feel only measurably fatigued—is not that to have good *health*? I had ample opportunity to keep good measure of myself, for we



had company choppers, or, as we called them, "Bees," when each chopper did his best and gave and took challenges for cutting off a log each. In my earlier trials I used to be badly beaten, as Peter the Great did by Charles the XII. But I kept my own counsel, watched the best choppers, studied their postures, their axes, how they were helved, how they swung them, and laying up these hints and observations for my use, I put them into practice in my solitary choppings in the forest I was clearing; and when I could show thick bearded furze on my face I fought my foe at *Pultova*. I could, and did, beat any and every man who challenged me in the town. When the "king chopper" of Featherington took off his crown and placed it on my head, I was invited to a public dinner and took my choice of maidens for my queen of the day, and ate all the pigeon potpie, and mushrooms rolled in meal and fried in butter, that my stomach could hold. I believe I was the man who invented the method of so cutting down trees as to make them help topple each other over. At least, I never saw it done till I did it, nor did I ever hear of its being done. Till I did it, trees were cut down at hap-hazard, or merely to suit the caprice of the chopper; but when the idea flashed upon me, I rose to the dignity of an *artist* at once. I viewed my work from what Lieutenant Porgy called a scientific standpoint, when he crawled on all fours to *catch ter-rapins*. I became a labor-saving machine, a gentleman chopper. Trees were henceforth to fall as much by my wisdom as by my *blows*. Blows I knew would tell—they always have since the world began; and though I am a Friend, or, as the world's people call me, a *Quaker*, and devoutly wish that in certain directions blows would not tell, I fear me that to this rule there are no exceptions. However, right or wrong, I knew that in clearing land, blows *would* tell. Now, the question was, whether by a little forecast I could increase their telling. I felt sure I could, and I determined I would put my idea into practice. I was ready to commence on an unbroken piece of woods, and I walked over and viewed it. I took measurement of trees by my eye; their height, the size of their tops, the position in which they stood to each other, the way they leaned, etc., etc., and began. I found a large and very tall maple, seemingly higher than any tree on the same acre. It stood close to a bass-wood, and that to a large red beech, that to a hemlock, that to an elm—a great white elm—and these all stood so as to *fall*, when cut down, *one way*, unless forced by circumstances in different directions. But beyond the elm stood an enormous white-wood on a little *knoll*; and this little earthy elevation had had influence enough to throw the tree out of perpendicularity, and give it a decided *twist*, in a direction opposite to that in which the other trees would fall. Beyond this white-wood were, for some space on, trees which would fall in the direction of these first named. Now it stood to *reason*, that if I could "pitch into" the top of this giant white-wood half-a-dozen other tree-tops, I could overcome its leanings and change its center of gravity, and when it went down, the way in which its leanings evidently intended it should *not*, it would carry a mighty influence with it on all the trees beyond it. What then did I? I

went beyond the white-wood and cut some eight or ten trees about *half* down; some a little more or little less, according to size and leaning; some a little higher on one side and lower on the other, always cutting each tree somewhat on both sides, and always lower on the side opposite to the leanings of its top. Then I proceeded to deal *scientifically* with the white-wood. I cut that on the side of its leaning about half off, and then only slightly on the other side, and passed on to my elm, beech, bass-wood, hemlock, and *maple*, cutting all about a fourth or half of the way through on each side, except the bass-wood, which I cut as nearly off and have it stand as I could. I then approached the maple and began. Stroke after stroke did I ply with my seven-pound *axe* on that tree, like Thor with his hammer. I was inspired. I did not feel weary; it seemed to me that fatigue could never overcome me. My sinews when I struck were like whip lashes; the veins on my forehead I felt were swollen. I felt like Cellini when casting his statue of Jupiter; I was in the hands of a great idea—one which, if successful, would give me *renown*, give me more pigeon potpie and the smiles of the girls for ten miles round. At last the monarch recognized me. Its broad and antlered head, which for a hundred years had first felt the rays of the newly rising sun, and had appropriated the kisses of each evening breeze, to the envy of all the smaller denizens of the forest, shook—aye, *absolutely trembled* under my strokes. I heard its creakings—they were its dying agonies, and for an instant I almost regretted that I had thrown the bit of my axe into its clear and solid wood. It was only a passing regret. I saw it quiver; I saw it lean; I saw it fall square against the top of the bass-wood, and it snapped that soft and juicy giant like Hercules a pipe stalk. Over they went into the beech, that into the hemlock. Crash! crash! crash! crash! till the old white-wood was reached. It *creaked*, trembled, partially recovered its ground, but it was of no use. Its doom was on it, and *against its bent*, it was hurried along with the current of public opinion which I had set up; and when it went I dropped my axe, and whooped like an Indian in the woods who leaps from an ambush. Whoop! whoop! hurra! hurra! Crash! dash! smash! *flash!* Aye, flash it was, for with the falling of those trees I let in on the earth a flood of light where only a stray ray had fallen since the dispersion of the *ten tribes of Israel*. I saw what I had done, and I saw that I had done only half of what might be done; yet enough was done to make me proud. I said nothing, but went to dinner, and hurried back to the woods. I took a new survey, and at night I had piled trees on each other as nothing else but a hurricane whirlwind could tumble them. I had a winnow of trees, and when I came to cut them into logging lengths, it was surprising to me how little ways the log-men would have to haul them to make their heaps. I obtained great credit for making each tree knock down its neighbor; sometimes, with not five minutes' chopping. I must tell you about the process of *clearing land*; for you who sit here eating butternuts and sipping lemonade, know nothing of it more than a young man of twenty-one born and reared on an Illinois prairie. It was only a small part of the clearing process

to fell the trees—nor yet to cut them into proper lengths. All these were easily done. But trimming the tops and piling the brush was a slow and tasking job. To this purpose I used a light axe, which if occasion required I could use with one hand; and as fast as I trimmed, I piled the brush; then when April or September came, as the case might be, we set them on fire, and the heavens were smoky by day, and red with fire-light by night. After all the brush had been burned, then came the logging. Ha! ha! How black we used to look! But it was grand work. With a good stout yoke of cattle, and my brother Job as a driver, the heaps grew rapidly, and the cleared space was dwelt upon with affectionate longings. I thought of the corn, the potatoes, for spring crops; of the winter wheat for a crop after the corn; of the day when plenty should preside at our board, and no want should show its wolfish teeth within our door. I used to think to what almost fabulous degree. Organized life is capable of growth and culture. A mere animal, like an ox, by nature rather dull and unintellectual, can be trained to a degree of intelligence very surprising. We had a yoke of oxen that, by long labor in the slash, became very expert in draught. Drive them up to a log, so as that they could see it, and let them look at it, and then hitch them to it, and depend on it, when Job spoke the word, they would move a log that would seem to a stranger impossible. They needed no direction. At the word of command they settled themselves in concert to the task. They were not competitors nor rivals, but *co-operators*. Look out, boys! The reds are coming. Whip! whom! Roll! tumble! Dash ahead! See them come to the log, and stop as quick as ever rifle-ball stopped leaping deer. Brother Job was a capital driver. The oxen were his, and he was the servant as well as master of the oxen. They knew *him*, would obey the slightest sound of his voice, would follow him when yoked or unyoked, and give *him* their confidence and strength. Bright boy! brave lad! we all loved him. He died in his bloom, and fifty years have spent their force on my poor head since we buried him out of our sight. But I have spent time enough on this narration of our earlier life in Featherington. All this while the Com-forts, the Smiles, and Butterworths had increased in numbers and improved conditions. Asaph Smilie had grown to manhood, and he and I were married within a week of each other. But years sped before he had a child, and I had four when his Russel was born. Our George was born six months before Russel. Mose Butterworth, who was older than I am, had married and turned out rather poorly, except in the number of his children. He had children after George and Russel were married and had children, though the last family were by a second marriage. Mose's father, who came out with the original stock, lived and died a sober man. But Mose—now an old man—has always been a drinker—and at times a drunkard. He was begotten in iniquity, and inherited the love for strong drink. And it is his second crop of children that Elizabeth Smilie is so afraid of, and from whom she means to keep her children, whose lives and fortunes it will be henceforth the object of this story to illustrate.

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### EDITORIAL OPINIONS.

WELCOME!—Here they come—those two welcome messengers—THE PHRENOLOGICAL and WATER-CURE JOURNALS! Bright and beaming with intelligence; full of instruction; laden with wholesome food for the mind—they come, alighting upon our table like carrier birds. We undo the package and find—what we seek in vain for in most of the pretentious journals of the day—something to stimulate the thought, and elevate, instead of enervate, the senses.—*Hudson (N. Y.) Star.*

THE PHRENOLOGICAL AND WATER-CURE JOURNALS—Both these publications should be in the hands of every man, woman, and child in the West. The information they contain in the course of the year may prove of incalculable benefit in preserving health and inciting the reader to improvement and progress in every department of life.—*Minnesota Republican Advocate.*

THE PHRENOLOGICAL JOURNAL and THE WATER-CURE JOURNAL are excellent periodicals, and ought to be read in every family. Both Journals are for the elevation of the human race, and are working great good in every village in the Union. There should be a large club of each gotten up in this village.—*Richland Co. (W.) Observer.*



# The Month.

NEW YORK, JUNE, 1857.

## VALEDICTORY.

BY R. T. TRALL, M.D.

THE present number completes another volume of the WATER-CURE JOURNAL, and the next number will be the commencement of a new one. We can not forego, on these semi-annual occasions, a little familiar interchange of thoughts and feelings with our friends and patrons. An extensive correspondence keeps us posted in relation to their views and wants, while our position, as watchmen on the towers of our vast field of reform and of progress, enables us to anticipate the promptings of their hopes and fears, and to indicate responsively thereto

What the signs of promise are.

We need scarcely say that our cause is onward. This is a mere necessity of the case. All truth is persuasive, and is equally sure of ultimate triumph, whether we labor for or against it. We have faith in truth, and in the laws of nature, and in the attributes of Deity—the trinity of the universe. In whatsoever direction they point we are willing to travel.

We know that we are right. We know that the system we teach is true; hence we feel, in its advocacy, almost indifferent, or rather, almost thoughtless, as to consequences. Whether the world will receive and be benefited by the truths we teach the next year, the next generation, or the next century, or a thousand or ten thousand years hence, is the business of others. It is our duty, and your duty, friends, to speak the truth and live it.

Thus may we and our cause deserve success, while God and nature, in the appropriate order of things, will in due time command it.

But we have a thousand encouraging indications that the cause of health-reform is now taking deeper hold than ever before on the minds of the people, and is about to achieve great and mighty results. The people are just beginning to see what our system really is. They are just beginning to understand that, carried into universal practice, it would produce in the human family universal health.

Those, then, who labor with us in en-

lightening the public mind, in educating the people, in teaching them how to cure their own maladies and remove their own infirmities without inducing other ones, are taking the most efficient means to bring about, in the shortest space of time possible, the millennial period of an earthly existence. Who does not wish to live to see it? Who would not like to be able to say, of a state of society redeemed from disease, "This is my work!"

Lives of great men all remind us,  
We can make our lives sublime,  
And, departing, leave behind us  
Footprints in the sands of time.

## TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

OUR CHARTER.—We have gained a substantial victory at last. The New York Hygieo-Therapeutic College is now a chartered institution. Its graduates may henceforth go out "armed and equipped" according to law. The diplomas of the Water-Cure school will have all the rights, privileges, and immunities, all the technical advantages (if any there be), all the legal sanctities (if these amount to any thing), and all the popular *clat* (if this is worth any thing), which attach and give dignity, character, and influence to other regular medical schools. We are now regulars.

We attach, however, very little importance to the act of incorporation *per se*. In itself it is a mere form. Our students can learn medical science without it; and the people have thus far respected the irregular diplomas we have granted probably as much as they ever will the regular ones we expect to give hereafter.

But it is, nevertheless, a matter of no small importance, as the test of a great principle, and as significant of a great and wholesome change in public sentiment. Ten years ago we might as well have asked the Legislature to incorporate a bath-tub or a batch of bran-bread. Five years ago, the idea that there was in the appliances of hydropathy the elements of a perfect, complete, and philosophical system was scarcely thought of except by a very few, very obscure individuals. And when, after organizing our school, and sending out a few teachers and practitioners, like Davids among the Goliaths, we presented an application for a charter, our best friends could hardly think we were in earnest, while the

allopathic medical journals affected to treat the thing with the contempt which privileged corporations are so apt to manifest toward the unprivileged. The *Boston Medical and Surgical Journal* was especially troubled in spirit (of course disinterestedly) lest the Legislature of the Empire State, in granting a charter to a quick institution, should lower its dignity to a very dangerous degree.

We have been met with every species of mean, unmanly opposition from "our professional brethren." But now we are in a position to revenge ourselves, and we shall do it. And this is the way we shall do it. We shall educate and send among them young men, and young women too, who will not only excel them vastly in the business of curing the sick, but will also "whip" them every time when, and on every point of argument whereon they happen to differ. Nor will our spirit of retaliation stop here. We will see to it that our graduates get their patients away from them, thus cutting off their supplies; and they will also teach the people how to keep well, thus destroying their prospective revenue for all time to come. Our graduates will, too, have a way of making the people believe that drugs are poisons, thus convicting them of manslaughter in the most extensive degree, and thereby also destroying their fame as physicians, and their character as useful citizens, for ever. In fact, now that the tables are turned in our favor, we calculate to have our fill of revenge, and exterminate our opponents (as drug-doctors, not as men) from the face of the earth. We give them a rope just ten years long.

TYPHOID ENDEMICS.—During the last winter we have heard of a "peculiar form of malignant disease" in various parts of this State, and in other States, sometimes taking the form of a "low typhoid fever," sometimes of "putrid sore throat," sometimes called "malignant erysipelas," and sometimes "some unknown disease." In whatever form it has appeared it has been very fatal. In Hannibal, N. Y., a correspondent informs us, it took off all who were drugged, while all who used water-treatment alone recovered.

This is the simple history of all of the severe endemic or epidemic diseases which the world has ever known. *They have been fatal in an exact ratio to the amount of drug-medication.* This appalling truth is affirmed by all history, and confirmed by

all the records of medical science. Is it not about time that the doctors or the people began to look into this matter, and understand for themselves the reason of it?

ANOTHER NAME PROPOSED.—Our friend Dr. J. G. Peterson, of Newton, N. C., writes:

"DR. TRALL: I have been thinking considerably about the changing of our system of medication, and am sorry to say, do not like any of the names proposed as well as Hygeopathy; and I do not like this because of its paradoxical meaning. Sanatology or Sanology might express the science of the system, as Hygeology might, yet I do not know that either is properly expressive of its practice. Hygeio-Therapia may be expressive exactly, yet in calling the practitioner of the system according to this appellation, seems rather uncouth than otherwise. The same objection I have to Hygeio-Medical, only 'more so.' I think if we must have a compound name, that Hygeio-Curapathy would do very well, as expressive of what we mean. *Cura* means care, and *patos* or *pathy*, disease; hence Hygeio-Curapathy means, literally speaking, hygienic care, or waiting upon disease."

We feel quite sure we will get the right name at last; and we have no doubt this discussion about an appropriate one will induce the people to look a little more closely into the merits of our system. Very few of our readers yet have anything like a correct view of the subject.

OIL FROM WALNUTS.—A. E. L. R., of Pleasant Lake, Indiana, in a late letter to the *Tribune* of this city, says:

"I have a word for those who cook, and those who eat. That carbon, in the form of oil, is a demand of the physical constitution in cold climates, especially during the cold season, is amply proven by its general use; and in improving our cookery, the question is, not whether we can altogether dispense with such a form of food, but, where can we find the best form of nature's supply? I once turned through a 'Hydropathic Cook-Book' to find an answer. However satisfactory the one given may be theoretically, it fails practically. Olive oil is there frequently named as a substitute for lard; but, when pure, it is too expensive for general use, and, what is worse for health, very much that is sold for olive oil is a sort of clarified lard, of more doubtful cleanliness than the raw material. We ought to be producers of our own 'shortening' certainly. I beg permission, therefore, to name an idea which has often occurred to me in regard to the possibility of manufacturing a superior home article of vegetable oil for culinary purposes."

Our forests in many localities abound with the black walnut and butternut, *Juglans nigra* and *Juglans cinerea* (this generic name is recommended, being a contraction of *Jovis glans*, the acorn of Jupiter, from its goodness). The nuts of these trees are a product manifestly adapted to our wants in this climate, and I do not consider it chimerical to imagine the possibility of its extensive cultivation or of the construction of a nut-cracking and oil-expressing apparatus with which to obtain the limpid nut-oil. Cider-makers and sorghum-expectants ought seriously to admit it. If any one is disposed to exclaim against the inadequacy of the supply, they will please remember that a family of six, who, with their company, eat ten hogs and a barrel of lard per annum, besides the butter and cream of three cows, are inordinate consumers of carbon in the form of grease. Then these and other nuts are

much more delicious and social for the table than fried bacon; but now they are eaten between meals and for evening pastime, in addition to the pork, and by dyspeptics pronounced indigestible. There is no transcendentalism in leaving off pork feeding, yet an earnest effort in that direction is an immediate step toward a realization of the purity and truth which make life divine."

The writer of the above seems to have entirely misapprehended the teaching of the Hydropathic Cook-Book. Olive oil is not recommended as necessary or useful, but as preferable to lard or butter. We do not teach nor believe in the principle of greasing food in any manner, nor of shortening it in any degree. We do not believe grease, oil, or fat is required as food in the Arctic regions any more than it is in the torrid zone. A cold climate demands a greater quantity, but not a different quality of food. The idea of eating particular kinds of food to serve as fuel is all nonsense. How did folks manage to keep warm before the science of chemistry was known?

DEARNESS OF MEDICINE.—Under this head, a writer in an Edinburgh paper, *The Scotsman*, remarks:

"I know no more crying evil in the present day than the enormous profits charged on medicines. To the rich this is a matter of small importance, and perhaps it is so to the poor, as they must be supplied in some way through the intervention of these better off; but to the middle classes it is an enormous evil."

"A friend of mine, having an income of five hundred dollars a year, has a member of his family laid on a sick bed at present, and it would appear that a tenth part of his income will be required this year for medicines. What my friend will pay \$50 for will not cost the apothecary fifty cents, so that, making a fair allowance for shoprent and profit, they ought to be sold for \$10. Can anything be more absurd than the public submitting to such extortion? I think the medical faculty much to blame in not seeing that medicines are supplied to the public at a reasonable rate. If they do not immediately interest themselves in the matter, I hope the public will."

I am, etc.

We are of opinion that the poor man had much better give \$100 to have the medicine kept out of his house, than as many cents to have it used in his family. But doctors will sometimes differ.

WATER-DRINKING AND VEGETABLE DIET OF THE ARABS.—The Arabs have been often spoken of as water-drinkers. Says Dr. Bell, "Except camel's milk during a repast, water is the only drink of the Arabs; and even of this in their wanderings in the desert they are sometimes deprived of for days together." And he further remarks that, "If we are to measure the goodness and appropriateness of a dietetic regimen by the hardy and athletic frames, and endurance of fatigue under the exposure of a burning sun, of those who follow it, we are bound to think well of the vegetable food and the water drink of the Bedouin Arabs."

## To Correspondents.

Answers in this department are given by Dr. TRALL.

HIP DISEASE.—N. S. What should be the hydropathic treatment in the case of a young lady suffering from hip disease, or something analogous thereto? Her limb has been inflamed, the soreness and swelling have been severe, and the limb is now smaller than the sound one, but she suffers from neuralgia or rheumatism in it, and there is probably a gathering forming in the cap of the knee. She is somewhat scrupulous, has been doctored allopathically, bathed with brandy, quinine and humbugged generally, and been confined to her couch for several weeks.

She should be sponged with tepid water once or twice a day, and have wet cloths, covered with dry, applied to the swelling; and her diet should be very light and exceedingly simple, consisting mainly of coarse unleavened bread and fruit. It is also very essential to a cure that she quits taking drugs.

ARTIFICIAL POLYPUS.—E. A. H. B. sends us the following very singular case: A distinguished lecturer—a surgeon—on a professional tour through our region, was called to visit a lady who, it was said, was suffering from polypus. The patient's head was thrown back, the doctor had made the necessary examination, and called for a basin in which to deposit the mass to be removed. But what was the lady's surprise, on being shown the result of the operation, to find that, instead of a "shocking bad tumor," there was a tumescence of the mucous membrane, cut and piled up by the surgeon! "O tempora!" O mores!

SALT AND MILK.—J. L. G., Lovettsville, Va. Will Dr. Trall let us know why he objects to the use of salt and milk?

Because salt is an indigestible mineral substance, very irritating to the mucous surfaces, very inflammatory and putrescent to the blood, and in no sense food; and because milk is intended by nature only for young animals. After the teeth are sufficiently developed, solid, and not fluid food is the law of nature.

SWELLED LEG.—A. E. R., Iowa. Please state in the *Journal* the disease which my wife is afflicted with, and the process to be followed to effect a cure. She took cold when about ten years of age, at the time of her turns, which settled in her left knee. This has been very much inflamed and swelled since. At the present time it is drawn up, and so weak that she can not walk a step, and her leg above the knee and hip has felt very much. At the time her turns came on she suffered very much from chills and pains. She is now 32 years of age, and has doctored a great deal for the Milk or White Leg.

The whole glandular system, including the liver, milk, kidneys, etc., is very much obstructed, and she can not recover until the whole constitution is thoroughly renovated. This implies the full hydropathic and hygienic treatment. The electro-chemical baths would improve her rapidly, if all the other hygienic influences were duly attended to.

MISUNCIATION.—E. K., East Douglass, Mass. We have a boy eight years old who does not talk plain, never has. Strangers can not understand him at all, but we can most that he says. There are a number of letters that he can not sound; he calls v b and g d, and so on. His tonsils are very large, come down each side of his palate, and nearly fill his throat. And now, what I want to know is, do you think that is the reason of his not talking plain, and would you advise to have them clipped, or is there any Water-Cure process that would meet the case? His father thinks it would be injurious to have them clipped.

You should keep the child on the most wholesome diet possible for one year (unless you have already done so), and attend to all other circumstances of health, and if the tonsils do not then get smaller, they should be removed. Our opinion is, that a proper regimen, duly persevered in, will cure.

FRUITS.—T. L. D., Pekin, Ill. Will Dr. Trall please to answer the following questions?

1. Are raisins, such as are sold at the stores, a healthy article of diet for a healthy person? 2. Are they proper as part of a diet, with Grapefruit, for one who is dyspeptic? 3. Which are preferable as an article of diet, dried peaches or apples? 4. Are dried wild grapes wholesome?

1. Good fresh bloom raisins are wholesome.

2. For a dyspeptic they are better than no fruit, but not as good as apples or prunes.

3. It depends on the quality. If both are of the best, there is no choice.

4. Yes.



**INTERESTING CASE.**—W. H. M., Gallipolis, O. I would like to ask Dr. Trall a question or two, but can't well do so without a rather lengthy description of a case that occurred in this place. An apparently healthy child, about a year old, fell from the bed to the floor without any apparent injury for several days, except a bruise upon the head just above the eye, extending back near three inches. This part began to swell until the skin was elevated some three or eight inches, and appeared to contain a fluid of some kind, as it would shake upon being touched. The doctors held a consultation; some were for lancing it, others opposed. There was nothing done, and the swelling began to subside three days after the child was seized with convulsions or spasms, and continued to have them for near a week. Almost continually, every one or two minutes' intermission, the physician resorted to every drug—mercury known, and finally caused it to subside. About this time an eruption of a fiery red color appeared in a small patch upon the body of the child, and began to spread rapidly. The doctor tinkered at it with sugar of lead, water, etc., and finally, after a day or two, pronounced it erysipelas. It now spread rapidly over the child's body, and soon the spasms ceased. The doctor concluded he had killed the spasms; he would now attack the erysipelas. So, armed with lunar caustic, he made a circle around the outer edges of the eruption, to check its headway. But it would break over. The burning process was then repeated, and each time the eruption appeared weaker so that the doctor began to flatter himself that the child must be in a fair way to recover, as he had conquered the spasms and nearly overcame the erysipelas. The time consumed up to this stage was about seventeen days. About this time the child's mouth began to get sore and its teeth loose, so that some of them had to be taken out. The parents supposed that the doctor had given it calomel, but he denied it. I know not what medicines were given internally—principally oil, I think. The child lingered some three or four days longer in this condition when it died. The child's eyes commenced swelling, and death ended its sufferings.

Now for the questions.

- 1st. Would it have been proper, under the circumstances, to have opened the wound or bruise on the head?
  2. Do you think that bruise the cause of the spasms or the erysipelas?
  3. Was not the eruption over the surface the cause of the cessation of the spasmodic action?
  4. Was it right to try to check or drive in the eruption?
  5. Did not the erysipelas attack the internal viscera, causing the swelling, sore mouth, etc.
- No. 1. No. 2. The erysipelas. 3. Yes. 4. No. 5. Yes.

The whole case is an illustration of

"The deadly virtues of the healing art."

**DYSPEPSIA—DYSMENORRHEA.**—J. H., Monmouth, Ill. My wife suffers much from liver complaint, or some kind of dyspepsia; her menstrual periods are irregular, and attended with much pain; she has cold feet; her food distresses her, and sores in the stomach; she has sick headaches constantly, and has pain in the small of the back and pain in the shoulders. Can you tell me what the matter is, and what to do?

Give her a rubbing-sheet on rising, a sitz-bath of five minutes at 10 A.M., and a warm foot-bath at night. Have her wear the wet girdle at night. For the pain, at the menstrual periods, give her warm sitz-baths and fomentations. Let her food be coarse bread, baked hard—not burned—eaten slowly, varied, occasionally, with a meal of fruit or vegetables. Bowels kept free by enemata till they act naturally.

**PULMONARY DISEASE.**—M. C. B., Mount Hope, S. C. Your husband is evidently consumptive, and, as we have occasion to say almost every day of our lives, we can not promise any cure; nor can we well say whether a given case is curable. It depends chiefly on the original stamina of the constitution, and the previous habits of the patient. We are daily implored to restore persons who are in the last stages of consumption. But nature's laws are fixed and unalterable; and none but ignoramus and impostors pretend to effect cures in violation of them. It is certain that we can not.

**PUTRID SORE THROAT.**—C. H. W., San Francisco. The disease which you describe as so prevalent and fatal among children is a malignant form of scarlet fever. The morbid matter, instead of being cast off through the skin, is determined to the glands of the mouth and throat. Cold wet cloths, frequently repeated to the throat, and tepid spongings or ablutions of the whole surface, often enough to keep the feverishness down, are the essentials of hydropathic treatment.

**RHEUMATISM.**—J. W. Can you do any thing for a man 65 years of age who suffers dreadfully with the rheumatism, and whose limbs are drawn out of shape?

We can relieve the pain, and probably straighten the limbs, if we can have him with us a few weeks.

**INCIPIENT CONSUMPTION.**—M. J. W., Medina, I dislike troubling you, but there are none but all-palms do cure in this vicinity.

The case is that of a young lady of active, energetic habits, and rather delicate. She is very much troubled to breathe. As a feeling as if the lungs were ossifying; finds it very difficult at times to eat and breathe, or talk and breathe at the same time. She is a teacher, and has had a slight attack of bronchitis, cured by wearing the wet compress; has spells of being hoarse, coming on very suddenly, and can not speak loud, sometimes for a half, one, or two days.

There is a disagreeable throbbing under the right scapula upon the least exertion, but is very painful, and at times the whole length of the spine a prickling sensation, as if pierced by many needles. There is a determination of blood to the head, with the erysipelas, which usually gathers about the head and shoulders. After eating, and finally at all times, a great deal of wind in the stomach, when it is so troubled to breathe; never has pain in the lungs, except when vigorously exercising.

Such cases are seldom cured, for the reason that they are seldom attended to in season. It should be treated as incipient consumption. If not, it will soon be incurable.

**TUMOR.**—A. S., Gilboa, O. The tumor you describe as growing on the neck just above the collar-bone, may be scrofulous or cancerous. We can undoubtedly cure it if you will come to the establishment; but you can not manage the surgical part of the treatment at home.

**SORE EYES AND BLINDNESS.**—J. W., Bellmores, Ind. The cases you describe require all water-treatment, with a very strict fruit and farinaceous diet. The drug curing course they are at present pursuing will, if persevered in, probably ruin the eyes in the end. They should go to an establishment.

**SCALDED HEAD.**—C. W. C., Giles, Tenn. I have a very troublesome itching of the scalp, which has affected me for fifteen years. I used Gray's ointment several years ago, with seemingly good effect. It is now getting very bad again, and no remedies which I try do any good. How can it be cured?

Eruptions of the skin should never be driven in. Such cases always make the matter worse, so far as the general health is concerned. Cut the hair close; wash the scalp two or three times a day with tepid water; bathe the whole surface once a day, and eat plain fruit and farinaceous food, abjuring all fine flour, grain, and condiments.

**GOITRE.**—S. M. L., Charlotte Centre, N. Y. The cause of goitre is obstruction from some impurity in the system. We can not tell in your case precisely what the material is, for we do not know your whole history. To check its growth, or to remove it, requires a very strict diet, in which case bread and fruits are the leading articles, with a daily bath or wash down. In bad cases the occasional application of the freezing mixture is of great service.

**CANCER OF THE UTERUS.**—G. E. E., Edrington. Dr. Trall: We wish to know if a cancer in the body of the uterus is curable, if not of too long standing? Would you take such a case? Age of patient 35 years. Is there any other disease that the regulars are liable to mistake for the above?

Such cases are generally curable in the early stages. We would undertake to cure if the patient has a good constitution left. Various ulcerations are sometimes mistaken for cancers.

**CONSUMPTION.**—J. B. C., Lawrence, Mass. Your sore throat, expectoration, etc., indicate that form of pulmonary consumption called *laryngeal*, and which is frequently mis-called bronchitis. Such cases are never cured, except in their early stages, so that you had better attend to it at once.

**HIP DISEASE.**—H. E. W., Mt. Gilead, Ky. I have a little sister, 10 years old last December, who is afflicted in one of her limbs. She has an aching misery from her hip to her foot; her foot seems to hurt her the most; it hurts by spells, and is worse some times than others. Her leg has shrunk away, and is about half an inch shorter than the other, and that hip is lower than the other. She has not much appetite to eat, and has fallen away very much.

Has she probably got the hip disease. See the "Encyclopedia" for the treatment.

T. W. E.—You will find your questions fully answered and doubts removed by consulting our books. *Fruits and Farinacea*, \$1 25; and *Hydropathic Cook-Book*, \$1 00.

**CONSISTENCY.**—A correspondent, writing from North Jackson, Pa., says: There is a man in this vicinity who peddles patent medicines, and, at the same time, acts as agent in engaging grave-stones. In his family are three drug-doctors, who furnish him with medicines to sell. Is not this a very consistent?

Certainly. Nothing could be more appropriate. Those who go forth "killing and to kill," ought at least to assist their victims to decent burial. It is also proper that the peddler of drugs should take precedence of the agent for grave-stones; as Diogenes has it—"Let the thief go before and the executioner follow." Let the murderer go before and the undertaker follow.

**SEXUAL ABUSES.**—A. B. Why do Drs. Trall and Jackson prohibit the use of milk in invalids under treatment for sexual abuses? Do you think three ounces of unheated bread and one apple, twice a day, too much or too little for a person who can walk five miles a day without fatigue?

Milk is not the best diet. Solid food is preferable. The reasons are explained in full in a work called "Sexual Abuses," which you can get for \$1 25. The quantity of food depends on your digestion more than your locomotive capacity. Eat all you can use or appropriate, without burining or oppressing the system. June will be in time to send in the club of subscribers for next volume.

**NIGHT-CLOTHES.**—H. D., Waldo, Me. Why should we at night change every article of clothing worn during the day for a night-dress? In other words, What advantage would this be to the health?

You have probably answered this question many times in the *W. C. JOURNAL*, but you will oblige one of your subscribers (perhaps many) by answering it again.

The clothes worn during the day retain more or less of the perspirable matter—hence the advantages of a change of garments.

**CONSUMPTION.**—M. R. P., Fall River, Mass. The case you describe we must regard as consumption already advanced to an incurable stage. For this reason we do not answer the various questions you propound.

**GOITRE.**—N. P. This disease requires a strictly fruit and vegetarian diet, with a daily tepid wash, and one or two hip-baths. The "Hydropathic Encyclopedia" is the best work for reference.

**DR. TRALL'S LECTURES.**—J. S. S., Lowell, Mass. It is very uncertain when these lectures will be published. Perhaps not in the author's lifetime. We find too much pressing work on hand to think of preparing them for publication at present.

**WEAK EYES.**—W. H., Bethel, Vt. The school-mistress who is afflicted with weak eyes, and "lives as the rest of the world does," must either adopt the hydropathic regimen, or let the eyes take their chance. We do not know any way to remove the penalties of transgression while the transgression continues.

**ITCHING OF THE SCALP.**—C. M. S. Headache, trouble of mind, and severe mental labor, are causes of this affection. Cut the hair short, and bathe the head every morning. Keep the bowels entirely free on plain, coarse food.

**CHRONIC DIARRHEA.**—C. E. D., Faribault, M. T. An acquaintance wishes to know what you would advise for chronic diarrhea of seven years' standing, and shortness of breath? He undoubtedly lives unphysiologically, but will not believe what I say about diet.

We advise him to believe what we say about diet, and practice it, too. He that believes may be saved; but he that doubts will be sick.

**INFLAMED EYES.**—S. R. Bathe the eyes frequently with water of an agreeably cool temperature, and take two or three cool, but not very cold, sitz-baths daily. The diet must be plain, opening, and abstemious.

**PILES.**—J. P. P., New Bedford. Use frequent cool injections, and keep the bowels entirely free by a proper diet, of which unleavened bread and fruit should be the leading articles.

**CORNS.**—W. T. K. Corns may be cured by the frequent use of cool or cold foot-baths, the hot-and-cold foot-bath occasionally, and paring off the horny excrescence now and then.

## REMEDIAL USES OF COMPRESSED AIR.

BY R. T. TRALL, M.D.

THERE are so many maladies and so many abnormal conditions in which deficient or difficult breathing is a prominent symptom, that medical men have frequently, during the last quarter of a century, directed their attention to the supplying of a greater amount of oxygen or vital air, by means of compressed or condensed atmospheric air, as a therapeutic agent in such cases. Many dyspeptics, all persons with very torpid or enlarged livers, persons laboring under chronic congestions of the liver, lungs, or of the pulmonary mucous membrane, and all asthmatic, bronchial, and consumptive diseases are among the cases likely to be most benefited by this appliance.

Drs. Simpson and Macleod, of Ben Rhydding, Scotland, have made extensive experiments with this agent, and have recently published a small work on the subject, which we have before us. The apparatus for administering the *condensed air-bath*, as it is called, is thus described: it consists of a chamber, constructed of closely riveted iron plates, like the boiler of a steam-engine, and the air is supplied by means of force-pumps worked by a steam-engine. There are the proper contrivances for a constant supply of fresh air, and by which the amount of pressure can be regulated, and also to enable the persons or patient in the chamber to communicate with the operator or director outside. An apparatus is also attached by which the temperature of the air entering the bath-chamber can be regulated during its condensation or rarefaction.

Of course the amount or degree of pressure must be gradually applied, and adapted discriminately to the circumstances of different cases. But the ordinary pressure employed is about two fifths of an atmosphere, that is, six pounds to the square inch above the ordinary atmospheric pressure. It is increased at the rate of about one pound in each five minutes until the maximum is attained, and the patient is usually kept in the bath about one hour under the full or highest pressure, which is then gradually withdrawn, making the whole sitting about two hours.

There can be no doubt of the utility of this process in the cases I have intimated, although the experiments of Drs. Simpson, Macleod, and others, do not fairly nor fully present its advantages, for the reason that the majority of their patients were treated at the same time or previously with a promiscuous medley of hydropathic baths and allopathic drugs; douche, dripping sheet, chest wrapper, rain-bath, water-drinking, etc., with cod-liver oil, iron, quinine, iodine, and various tonics and stimulants. The effects of the condensed air-baths were, however, in nearly all cases, more or less beneficial, in many cases remarkably so.

Much experience in the management of consumptive cases has convinced me of the utter inutility and absolute mischievousness of all degrees and forms of drug-medication. And both theory and experience prove that as all forms, states, and stages of consumption, and of asthmatic and bronchial affections, are essentially connected with defective aeration of the blood, the introduction of a greater quantity of the common atmos-

pheric air into the vital domain, in the manner proposed, would be a great addition to our present remedial resources, and probably enable us to cure many cases of consumption in its earlier stages which could not be cured by all other known means. We shall endeavor to profit by the experiments, whether judicious or injudicious, that others have made in the use of this hygienic appliance, and our brethren of the Hygieo-Medical or Hygieo-Therapeutic School will reduce the principle to practice in such ways as are accessible to them. Who of them will construct an air-chamber capable of seating twenty or thirty persons at once!

## "THE WATER-CURE JOURNAL."

BY B. F. TYLER.

List, while I sing a little song,  
Ye who would live in comfort long;  
Ye sick, who racking pains endure,  
This paper take—THE WATER-CURE.  
Heed its advice, and you will be  
Free from disease and misery;  
You save, if you this paper take,  
Both health and money—no mistake!

Learn, ye who talk in peevish tones,  
Of dullness, cramps, and aching bones,  
Pure water, air, light, exercise,  
Are Nature's cure; use them—be wise.  
Observe strict dietetic rules,  
And do not follow fashion's fools;  
Use water to relieve your pain,  
And you will soon be well again.

Don't separate, because you can,  
The fine meal from the coarse rough bran.  
As Nature mingled, in the grain,  
Its elements, let them remain;  
Then, mix with water—add no yeast,  
Grease, salt, nor sugar, not the least  
Pernicious condiment—then, bake,  
And eat the good unleavened cake.

Ay, bake it *hard*, and eat with fruit,  
Nor fill your stomach, like a brute,  
With flesh—'tis only fit for dogs—  
The Scripture ban rests on the hogs;  
From Moses down, they never can  
Be made the proper food for man.  
Leave them—eat grain, delicious fruits,  
The wholesome and nutritious roots.  
This JOURNAL tells you God designed  
That man, in body and in mind,  
Should be kept *whole*, should never be  
Impaired by alcohol and tea,  
Tobacco, coffee, compounds dire,  
Named, wrongly, food; a dull, slow fire  
That kindle, which in madness burns  
Till "dust to dust" the body turns.

And He has given man to eat  
The food which grows about his feet,  
Of herbs and trees the ripened seed.\*  
And man on these may safely feed  
For nourishment, and not for lust  
Of pampered appetite. You must  
To Nature and her laws be true—  
The "JOURNAL" teaches this to you.

\* Genesis I. 29.

## THE BLIND WHO WILL NOT SEE.

A FEW days since, as I was alluding in conversation with a stranger to the WATER-CURE JOURNAL, he replied, "The Water-Cure Journal! Cold water—it is all a humbug! Like every new thing it has had its day." Inferring from his use of the term "*cold*" that he did not understand the principles of the hydropathic system, I asked him to give me a definition of WATER-CURE. He did give me a definition! He said the Water-Cure system pretended to cure all diseases with *cold* water. I retorted, "Your reply only evinces your ignorance of its first principles. If this is your definition, you are lampooning your own intelligence. You—living in a land reputed for its intellectual acquisitions—are deprecating a science of whose fundamental principles you are entirely and willfully ignorant!" Thus it is with not a few. When will mankind throw away their lampblack spectacles of inveterate prejudices, and look at the system of Hydropathy *honestly*?

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

Prejudice—that little, snappish, rabid, purblind poodle-dog of old fogysim—is the vilest curse of our physical, intellectual, moral, and religious progression. Prejudice has whet the edge of the guillotine, and lit the death-torch of the martyr! It was Prejudice that nailed Christ to a Jewish crucifix! It was Prejudice—but I will not insult the intelligent readers of this journal with more rehearsals.

Let us search patiently and diligently for the pearls of Truth; for, if we find them, we *must* wade through the muddy waters of the morass of Error. Truth is the loveliest star which twinkles in the moral firmament; and the soul that wears the diamond of Truth as its badge of glory, will be the most divine of any when ushered into the presence of the living God. C. R. G.

HARTFORD, CONN.

## ELECTRO-CHEMICAL BATHS.

BY DR. R. HOLLAND.

THE electro-chemical bath, recently introduced into medical practice as a remedy for disease, seems to afford them for much discussion and dispute. One advertises baths that in "an hour will eradicate all poisons from the system;" another cries, "It is all humbug—a trick to make money and delude the simple." One hydropathist says: "I do not use the electro-chemical bath in my practice, and shall not, because I can more safely and surely cure without it;" another, equally honest and zealous, openly declares that he has "adopted it from the fact that with it he can cure cases which simple water alone could not reach; and that, in connection with correct hydropathic regimen, it hastens recovery and speedily restores to health." Now, amid this discrepancy of views and disagreement of doctors, facts deduced from the careful experiments of judicious practitioners can alone decide the question. How is it best administered? what are its effects! to what peculiar condition of the human system is



it specially adapted? how frequently to be resorted to? and how long continued? are queries to be answered by correct reports of a variety of cases; and those using it will do good service to the cause by carefully noting and reporting the mode and results of their treatment. I regard it both a duty and privilege to report to you a case at New Grafenburg. Miss —, aged thirty-seven, entered our cure in the early part of last autumn. She had been an invalid from childhood. When thirteen years of age, an attack of the measles left her in a weak and suffering state, and, to use her own words, "for twenty-four years I was never for one hour without pain." A severe accident subsequently injured the spine, causing great nervous derangement—add to this, chest difficulties, bleeding at the lungs, and profuse expectoration—which symptoms developed themselves at a later period in her history—and you have an embodiment of disease and suffering seldom found in one "clayey tabernacle." For months she was unable to sit up; for years unable to walk. The best physicians were summoned; council after council only pronounced her hopeless. For ten years drugs were almost literally her meat and drink. Calomel, antimony, and the host of remedies known in the allopathic vocabulary, were administered, with little avail. The external remedies were equally numerous. Her body is now completely scarred by these applications. "For eleven months I had antimonial sores over my whole chest; I had setons, and issues, and 196 blisters. I was bled 83 times." One doctor used the lancet on my arm 69 times—44 times in two years. I was also repeatedly cupped."

Truly, like the woman in ancient times, "she had suffered many things of the physicians, and was no better, but rather worse." She came here with scarcely strength to bear the journey, feeble, and in the extreme. After all that she had endured, it seemed very doubtful whether there was enough of Nature left to enable her to rally. We adopted the mildest treatment. She slowly improved, and in about three weeks she commenced the electro-chemical baths—the first, ten minutes. We took them at intervals of two or three days, gradually extending the time until she bore the bath for three hours at once. There was great disturbance in the system, very acute suffering, and the mineral poisons lodged in the body were removed. The water in the tub showed the presence of the foreign substance. There was a drawing and painful sensation through the whole nure, but more perceptible in those parts which had been the seat of disease. After the long bath of three hours previously alluded to, there was a breaking up and giving away of old difficulties, but by her urgent request and our judgment, we decided to try a daily bath—four the first, and half an hour the second day, and thus alternating.

I would here state that during the progress of treatment a fact was developed of which we were before ignorant—that she was a clear clairvoyant, and in her mesmeric trance was able to tell her exact state during the baths. She took them in this manner on ten successive days, suffered extremely at times, but at the end of the period was plainly and surely convalescent. I felt that she was healed. She said of herself, "I feel that all disease is removed. I am only weak. I shall now regain my strength, soon be well. For long years I have not been well as now—so easy, free from pain. I can I'll refrain from constant grateful weeping." manifested the greatest fortitude when racked with agony. We asked her, "Shall we break the electric current?" She promptly and decidedly replied, "No." "Shall we take you out of the

bath?" "No." She had from the first the greatest confidence in the means used for her restoration, and rigidly adhered to every direction. She has now been under treatment three and a half months, will remain with us a few weeks longer, and then return to her home and friends physically renewed and regenerated. A greater change I have never witnessed in any patient. Indeed, the result has astonished all who have beheld it.

Such, Messrs. Editors, are briefly the facts in this interesting case. Much more might be added, but my communication is already long. I have used the electro-chemical bath one year with gratifying success, but this has been the most triumphant proof of its power. With it we have accomplished in three months what with water alone would have required two years. I regard it as a valuable auxiliary, a powerful agent for good. Chronic diseases are reached and removed by it in a short time, and I doubt not, when the whole subject in all its bearings is well understood, that it will become one of the most efficacious remedies known.

NEW GRAFENBURG, N. Y.

## Home Treatment.

**INFLAMMATION OF THE LUNGS AND TYPHOID FEVER.**—A lady friend of ours says: In the spring of 1856 our little boy, aged ten years, of scrofulous constitution, was taken very severely with inflammation of the lungs and typhoid fever. My husband not having as much faith in Hydropathy as I had, we called an M.D. He considered the child in a dangerous condition, and perhaps past cure, but would leave some pills, and call the next day. Well, we gave the pills as directed, and the child continued to grow worse until the third day, when we threw the pills out of the window and resorted to the Water-Cure. We put on the wet jacket and gave one or two sitz and foot baths daily, and the wet-sheet pack when the fever raged highest. About the sixth day the fever abated, he began to cough and raise with more ease, and on the seventh he began to ask for something to eat. From that time he continued to get better, and on the thirteenth he rode out and went to see the lifeless remains of a little boy that was taken the same day that he was with the same disease. They trusted to Providence and the doctors—were, to nature and water-cure remedies. S. I. W.

**A SAD EXPERIENCE.**—A farmer's wife in Wyoming Co. says: "In March, 1849, I took cold—had cold chills, dizziness in the head, pain in back, limbs, etc. Sent for Dr. Allopath, and he pronounced my sickness inflammatory fever. He went to stimulating me, and I grew worse, of course, and failed so fast under his treatment that counsel was called—for I was almost dying with congestion of the chest and bowels. It was concluded that I could not live long in that condition; he must quickly give me a portion of calomel. He did so, and four hours I lay suffering everything but death, vomiting every few minutes and calling for drink. But all I could have was herb tea. It seemed that I should die for the want of a drink of cold water. The doctor said he could not see what made me so thirsty, did not know what to make of it after the operation of the calomel; and then commenced giving me drugs to make me sleep, which did not amount to much. The saliva soon began to run from my

mouth, and my tongue became black through the middle of it, which lasted eight months. My pains were numerous and severe. The doctor would bleed for palpitation, puke for bitter stomach, purge for torpid state of the bowels, blister for pains in my sides, put plasters on my chest for pains there. I would be close by the fire in July, and be cold then. The doctors said they could not tell what in the world ailed me. Strange they should not have known, for they made it all themselves; for in the first place I had no more sickness than I have had many times since, and been relieved in a short time with the use of a little water and strict attention to hygienic rules. Oh, fool that I was to go through with all this dragging, and not take the hint! My stomach finally revolted, and would not take any particle of their drugs. Through the influence of a friend I was induced to try the better way, which I then considered a humbug. I took the plaster from my chest, and applied a cold wet cloth, covered with a dry one, and to my great astonishment it relieved me. I soon commenced bathing and hand rubbing, though I was so much reduced that I could not take much treatment. I now enjoy quite good health if I take care of myself, though if I get a little cold, the effects of the drugs are plainly perceptible.

"We hope always to take the WATER-CURE JOURNAL, and have succeeded in getting a few new subscribers."

## Voices from the People.

**A MECHANIC'S STORY.**—Here, as well as elsewhere, new thoughts have come into the minds of many relative to what should be done when a person is sick. Sore throats and croupy children are now treated with clean towels wet in clean water, instead of dirty stockings, greasy rags, patent sirups, and other filthy applications. I have thus far in life obtained my support, not by head work, but by the exercise of the muscle, being a mechanic. Since the publication of the WATER-CURE JOURNAL, and many books on health, I have kept watch of the progress made, and learned many things, all the while preaching to the people as new light broke in; not at stated periods and places, but wherever myself and audience happened to be, individually, or when two or three were gathered together. The impatient say that preaching does no good, but I know to the contrary, in the face and eyes of drugs and the drug theory. I have been called upon many times, without saddle-bags or a word of Latin, to tell what was to be done for somebody that was sick. How to administer the water treatment, and have not yet failed to make a sure thing—a cure. Many predicted evil. "Why, the patient will have the dropsy to use so much water." Yet we do not use so much water after all, only about a pint to a sheet. "You will certainly starve that poor child to death!" and yet they get well. I have a case in my mind now. A young man with kidney complaint had been doctored with drugs three months, got out of doors, taken down again, concluded to try the better way, and in eight days, with the

help of wet sheets, sitz baths, abstinence from food, was on his feet again. Another, a stout man, a farmer, had overworked, overeaten (a good organism can not stand every thing), had pain in the side, soreness all over, no appetite. I directed the bowels to be properly relieved with injections, the sheet applied, to abstain from food until the tongue should look better. A relative called, one of the "old dispensation." After the usual inquiries, she says, "My David, you ought to have the doctor." He replies, "I have had the doctor, I have been into the wet sheet." "Do be a fool," was the rejoinder; "you will get that cold settled upon lungs so that you will not get over it the longest day you breathe." But a few days of perseverance, with natural means, and the patient with whip in hand was by the side of his team.

**A Severe Case of Inflammatory Rheumatism.**—A young lady could not be moved one inch without the greatest torture. The wrist would swell almost instantly, then the arm, the knee, the ankle, foot, moving from one part to the other. Much redness and inflammation, *great pain*. On account of the great difficulty of moving the patient, we had not used the wet sheet, depending on local applications of the coldest cloth, pounded ice, until I was called in the night, she having been attacked in the region of heart, producing great difficulty in breathing, and failing to obtain relief from vigorous local applications. I directed that, if possible, she must be put in the coldest wet sheet to bring the blood to the surface and relieve the internal parts. With the help of many willing hands we succeeded, without a shiver from the patient, so great was the heat. The sheet becoming hot very soon, it was turned back and another put on and tucked under as well as we could, which did the work, the patient falling into a drowse. The full envelop was continued twice daily until the violence of the fever was past. No food was taken for two weeks. Local applications were continued of the coldest cloth and pounded ice, the patient calling for them whenever the pain came on. "Are they going to let poor woman lie there and die and do nothing for her!" was the remark of one of the doubting and sympathizing. "Why don't they send for the doctor?" Thanks to those teachers of these simple truths who have persevered so manfully, she is on her feet also, and in good health.

SHARON, MASS.

J. P. H.

DEAR DR. TRALL: I have for some time felt a desire to correspond with you, but have been afraid of trespassing on your time. I am under great obligations to the system which you so ably and so zealously defend, and would become a co-worker with you in the great health reform if Providence had not placed me in another sphere in life, in which I am fully occupied, that of a traveling preacher. As it is, I try to do what I can to advance the cause of Water-Cure. It is closely connected with the cause of Religion. The Apostles were commanded to heal the sick as well as preach the Gospel. How much better Christians we should see if the bodily health was properly attended to! but we meet with much opposition in preaching this gospel of health. There is physical as well as moral depravity to

contend with. I have no doubt but the Gospel of the grace of God would make much more rapid progress in the world if men's physical habits were correct. As it is, we have to preach to men, and women too, who are stupefied with narcotics or drunk with tobacco, with their moral sensibilities so blunted that it is next to impossible to get them properly aroused. Notwithstanding the formidable opposition the health-reform meets with from old and deep-rooted prejudices, and the array of drug doctors and their friends, and, what is worse, the false tastes and wrong habits of the great mass of the people, it is gaining ground rapidly. Your excellent Journal is doing a good work. The people are getting their eyes open. I find many who are heartily tired of being drugged to death. I believe, with one of your correspondents, that the worst humbug ever imposed upon our unfortunate race is the drug system. Many who believe this when they get sick become alarmed and send for a drug doctor, because there is no hydropathist near. I have been called upon a number of times to attend to the sick, and have in a number of cases brought them out of a spell of sickness in a very short time, to the astonishment of their friends who were up to that time strangers to Hydropathy. My wife also has been engaged for a few years past in this good work, with good success. Sometimes she takes a female patient to our house; other times she stays a week or two at the house of a sick lady; in this way she has been instrumental in curing a number of persons, some of them hard cases. There would be a good opening for a Water-Cure doctor in this region. The prejudices of the people will doubtless give way after a while; the facts in Water-Cure are such stubborn things that the most incredulous will have to believe. We want a much greater circulation of your excellent Journal. I am endeavoring to make up a club of twenty. I think I shall have it made up before long; I suppose you can furnish the back numbers.

Pardon the length of this letter. With an earnest desire that you may live long and successfully, do battle for what is true and righteous, and promote health and peace and purity among your fellow-beings, I subscribe myself,

Yours, with much esteem, JOHN EDWARDS.

P. S. I believe the system you advocate will regenerate the world *physically*. But man needs a moral or spiritual regeneration too, which can only be brought about by the grace of God as proclaimed in the Gospel; yet I am free to admit that the Gospel would have freer course and be more mighty in its work of salvation if men lived as you teach.

J. E.

#### HORRID EFFECTS OF DRUGGERY—MEANNESS OF THE DRUG DOCTORS.

FOWLER AND WELLS: It has been on my mind to write to you for about two years, and once I began, but shrunk from the task. I will now make another effort to give you some of my experience; not, however, for the purpose of publication, unless you think it will be productive of good.

From my earliest childhood up to maturity I never heard a hint unfavorable to the allopathic practice of medicine, as I have two uncles (by

marriage), two brothers, and three or four cousins who are practitioners in that school. After my marriage I was still surrounded by an atmosphere of the same kind, although some rays of hydropathic light shone across my pathway; still, my early prejudices were like mercury in the bones, they clung to me despite my better judgment, and, in fact, we had very limited opportunities of acquiring the right kind of knowledge.

In the fall of 1849 typhoid fever prevailed here, and my husband was attacked with it. By that time our prejudices were very much warped against Allopathy, and he strove very hard to get along without calling medical assistance, and I doubt not he might have soon been well had he not been so intent to *work* it off by bone labor; he thus irritated the disease, and as no hydropathic physician was in all the "region round about," we called an allopathist, who bled him profusely, and left calomel to be taken every three hours, and he (my husband) took his bed from that time, and kept it mostly for eleven weeks, which gave the doctor a chance to make a *bill*, and to ruin my husband's constitution.

Four or five years previous to this illness he had sprained his right wrist while cradling in the harvest field, and kept it irritated by using until it became at times very painful; after that thorough drugging, he manifested all the symptoms of consumption, and the physicians pronounced a cure beyond all hope; his wrist being well.

After trying various remedies with no success, as a dernier resort, with very little faith, we concluded to try Brant's Indian Pulmonary Balsam and Extract, which brought a change in less than twenty-four hours; and after using eleven bottles, his lungs were entirely relieved, but his wrist again inflamed, and gathered and broke and has since broken five times, which has drawn the leaders, and at times deprives him of the use of his hand, which gets well when he does not use it. Nearly all the next year after he was sick he was unable to do any kind of labor.

Well, after he was convalescent, our little daughter, three and a half years old, and our little son, eighteen months old, were quite unwell, though neither seeming very bad, and my first thought was to treat them hydropathically; but I knew so little about it, and my father-in-law being opposed to "running the risk" of delay, yielded to his judgment through fear and anxiety. My husband, still unable to sit up, protested to the last against calling the physician again.

Father went and sent the same (quick) doctor and he came and administered his deadly poison to our darlings, and they, as in all similar cases rapidly grew worse, and even now, in seven years I can scarcely nerve myself to tell the balance my tale of sorrow. In a few days the little boy lost all consciousness, and I told the doctor not give him any more medicine, and he lay in a state of apparent insensibility, and in a rigid position most of the time for about ten days; and by way of consolation, the doctor said there was no probability that he would ever get well, and if chance he should, he would be an idiot, his brain had been so diseased; it gathered, and his eyes run for six months after. Sometimes, when would take him out of the cradle, his limbs were



as stiff as sticks. Some of the bystanders would say, "Don't hold him—he will die in this lap." I told them I knew he must get tired of remaining so long in the same position, and he might as well die in my lap as anywhere; and I tried to make his exit from the world as easy as possible; but behold one night he cried violently, the first noise he had made for the ten days. Strange to tell, the boy is living, and seems to have as much sense as the rest of the children.

But our unfortunate little daughter, though she recovered, was terribly salivated with calomel, and the doctor made a wash for her mouth containing opium, and told me to put a teaspoonful in her mouth; I said, "What if she swallow it?" He said, "No danger—she will be sure to spit it out." But she did swallow it. I told her next time she must spit it out, but was ignorant of the danger if she should swallow it, which she did, and her mouth mortified, and a piece came out of her cheek as large as a fifty-cent piece. The doctor could not arrest the progress of the sloughing; and had not a stranger chanced to call in, I know not how it would have terminated. He told us what to do, and it was stopped in a few hours. Her mouth is drawn to one side.

I this winter requested the privilege of a lecture in the Literary Society in this place, without telling my subject, which was granted; three doctors being members, I gave some facts in regard to the injurious effects of calomel on the human system, and alluded to my own experience. Only one doctor was present when I spoke, and at the next meeting he replied to it. I then asked the privilege of a rejoinder, as he (the doctor) had said my lecture was only the garbled testimony of the WATER-CURE JOURNAL.

By this time some excitement prevailed, and several came from the country to hear a woman talk; but the doctors were opposed to my having the privilege of speaking there any more: it was then put to vote, which turned in favor of me speaking, but I declined, and went by invitation to a public house, most of the audience going with me, and I said all I wished.

Since then, Wm. Hamilton, M.D. (hydropathist), has lectured here, which I think has had a good effect, as Jno. D. Wright, your book agent here, has since sold several books on Hydropathy.

If I were in circumstances to justify, I would take my daughter and preach reform to the people from Maine to California. We have surely been very stupid to be so long finding out the right way, but I think we are thorough hydropathists at last.

Yours truly for reform,

LOUISA M. PATTERSON.

CHESTER HILL, MORGAN COUNTY, OHIO.

## "WHAT WILL THE PEOPLE SAY?"

THAN the above text I know of nothing that reform and its promulgators find so strong a barrier to exclude conviction from the minds of the multitude. The truth of this is painfully evident to every seeing, hearing, and *working* mind. In nothing is this more clearly seen than the matter of diet; few will deny that temperance and simplicity are commendable, but, oh! how few will dare to carry their approval home! Some might be persuaded through hopes of better or restored health—not to mention the increased acuteness of mind—to adopt a strictly simple manner of living if they were assured that *nobody knew it*—if Mrs. A., B., and C. would not come in and find them in the very act of eating *brown bread*. Only think of it—to know that Mrs. A. went to Mrs. B. and told that she saw with *her own eyes* a certain family over the way—of course she would not divulge the name of the "strange" family—eating supper, and not a bit of *white bread* on the table! How could such a family ever show face in respectable society *after that*? Forgery, a commercial collapse, or even conjugal infidelity, *might* be overlooked, but to eat brown bread at every meal is *horrible*.

No matter if God made the bread brown and mixed it with his own hand, the miller brands his with "extra family flour," and as *everybody* uses that it must be the best. If, in addition, Mrs. A. should tell that she not only saw no flour bread, but that there was not a bit of meat, and, worst of all, their neighbors actually drank *water*—yes, *cold water* right out of the well! and that they even made the children drink it instead of warming the poor little things with a nice cup of tea! Mrs. A. would be apt to say she would not *visit* her strange neighbors again, as she always found them poring over some book or paper, and would never put away the *trash* to enjoy a nice social (?) talk.

Ignorance, servility, and moral cowardice may pretend to admire simplicity when recommended by the moralist, the painter, and the poet; but it requires intelligence, independence, and *moral courage* to practice that lovely, heavenly, and much-needed virtue. Love of approbation is part of the human mind, and I would not have it undervalued; but there is nothing like *self-approbation*—conscious virtue. I have seen in this country of schools and churches young ladies—the prospective mothers of freemen—blush scarlet if caught stirring the "mush-pot," but who would be pleased and even proud to be found mincing—with rotten teeth—pies, cakes, and candies, washing them down with the drunkard—making tea, or mind-becclouding coffee.

Let those who see in the diet reform not only a physical, but a moral and intellectual value, console themselves with the reflections that it is characteristic of the mass of all *classes* to misunderstand the motives and aspirations of superior minds. It may be that more judgment and skill are required to provide for and adorn a table on the reform system, but this is partly owing to the fact that a higher stratum of humanity is to be provided for. It is not merely the stomach that seeks gratification, but the *mind* looks for the evidences of propriety, order, and *simple elegance*, which peculiarly belongs to the sex into whose hands the kitchen and table arrangements are intrusted. A more neglected portion of society could hardly be found than that whose business it is to prepare for peasant, merchant, and President the food that builds, sustains, or destroys. The learned and unlearned alike sit down blindly to swallow whatever comes from Bridget's laboratory.

An air of plenty, variety, and neatness may characterize the humblest table, although *flesh, fish, and fowl* are excluded. The vegetable kingdom offers a vast variety, but it requires more knowledge, tact, and taste than a majority of housekeepers are possessed of to choose from Nature's overflowing lap. When did Peter exhibit human nature in its meanest aspect? When, among the crowd, he denied his master. When does age appear the most pitiable? When, for fear of ridicule, he lends his gray hairs and furrowed cheeks to countenance obscenity. When does the hero look the grandest? Is it when he leads his serried battalions to the dripping bayonet's point? Is it when he moves with firm step and unflinching eye to the cannon's mouth? No—it is when he thinks, speaks, and acts with calm brow and untroubled soul when asked to explain "*what will the people say?*" D. ROBERTSON. CLEVELAND, O.

## THOUGHTS FROM THE WEST.

An "original" correspondent writes us from Hamilton Co., Illinois. We give place to his curious suggestions and hope they may be considered. His last, "Short Articles," is commended to all who write. We take this occasion to give contributors a "hint," namely: A rich, rare, short article or paragraph gets copied into a *hundred* newspapers where a long one gets into one. Be brief.—Eps. W. C. J.

A FEW THOUGHTS FROM THE WEST.—A mad dog broke loose from his owner a short time since in this county, and within about twelve hours bit some three thousand dollars' worth of horses, cattle, and hogs.

OMY COUNTRYMEN! when will you learn this simple truth, "That whatever is *natural* must be *right*," because it tends to harmony and happiness; and unnatural, wrong, because it is the cause of discord and suffering.

There is no more need of hydrophobia in dogs than there is of "delirium tremens" in men. "Male and female made He them."

This is one of the laws (I had almost said miracles) of nature—that is, that the two sexes of all animals are about equal in number. I know not why it is so, hence the miracle. But thus it is. Therefore give every dog his or her mate, and I'll be bitten by all the mad dogs you can scare up.

THE DOCTORS, God bless 'em! The devil blesses them now; but hold on, treat them kindly—circumstances, over which we have no control, make us all mostly what we are. We should be thankful for the few that are converted to a better faith.

But pitch into them, friend Trail, and "for mercy's sake" write short articles; as for one, I never read long ones, unless they are well "streaked" with fun or pathos.

PREVENTION.—He or she only is the real true benefactor who *prevents* evil. All others ought to have Boats painted over their doors.

REFORMERS, come and settle near this place if you like it; we have an open, healthy, prairie country, and would like those for associates who think with us. We believe, too, that this would be an excellent place to open a "cure," or rather, perhaps, hotel; or better, an Associate Boarding-House, with the very best bathing conveniences, with fine walks and grounds, and fixtures for exercise and amusement.

I DON'T THINK it the better way to *battle* the evils around us. "Let the dead bury their dead" but go thou and preach the gospel of *prevention*—come out and build up the HARMONIC REPUBLIC, where a brother will be recognized in every man, a sister in every woman, and God in all nature.

CURE.—I doubt about curing anything. Violate but a single law of your being, and you will suffer. There is no vicarious atonement for the transgressors of physical law.

"Birds of a feather (only)

Flack together."

Would you have the most perfect harmony and concord, and transmit the same to your offspring, obey this instructive law—

"SHORT ARTICLES."—"That's the chat," short, and to the point. HAMILTON, ILLINOIS.

WHEN TO EAT.—Eat when the stomach, through the instinct of appetite, demands a new supply of food. If all your habits are regular, this will be at about the same hours each day; and regularly in the time of taking our meals is very important. Want of attention to this point is a frequent cause of derangement of the digestive organs. We can not stop to discuss the question how many meals per day we should eat; but whether you eat one, two, or three, never, under ordinary circumstances, take lunches. The habit of eating between meals is a most pernicious one. Not even your children must be indulged in it, as you value their health, comfort, and good behavior.—How to Behave.

## Reports of Cases.

REPORTED BY DR. S. M. LANDIS.—LIVER COMPLAINT AND DEBILITY.—Mrs. Dr. T. R., an allopathic physician's wife, who had suffered for years from the above complaints, has lately been placed under our charge for a cure. For the last years her case has been handled in every way possible by the drug-doctors, for relief, but to no avail. Her husband acknowledged that their skill was exhausted, and our treatment was the only hope. As any one may suppose, she had been thoroughly dosed with drugs of all kinds, and was scarcely able to live, walk, or talk—perfectly exhausted and prostrated; without any signs of reactive powers. Cold extremities, bad cough, chills in the morning, fever in the afternoon, and frequent night-sweats with obstinate constipation, and no appetite at all, except for a few delicacies. Treatment the first week—a full electro-chemical bath every other day at 10 A.M., alternately with a mild dry vapor-bath. Each of these baths were followed by a cold plunge: after which the patient was put to bed, with bottles of hot water to the feet, being too weak to take any kind of exercise. During the forenoon, and at bedtime, copious draughts of hot water were used; and in the afternoon, when the fibrile symptoms appeared, cold water was taken internally, and a frequent cold half-bath. On rising in the morning, a cool rubber-sheet was administered; the same at bedtime. The second week, her appetite returned—bowels became regular—chill and fever left her—and she improved very rapidly under a similar course of treatment; and at the close of four weeks her husband—Allopath—pronounced her well, and took her home.

I will state that we gave her a hot and cold douche bath three times weekly on her abdomen, for the inactivity of her bowels and liver, in addition, with movement appliances. We would draw particular attention to the dry vapor-bath. We have used it over seven years, with very great success. It is truly a physiological process; and where the reactive powers are too much impaired for packing, where bloodlessness of the skin exists, with internal engorgement, it is an extraordinary remedy. It is simple in its application, yet it requires very judicious and careful attention. It can be given in any chamber without confusion, and why not make use of it? It does not prostrate the patient as does the steam or vapor-bath, hence its superiority.

PHILADELPHIA WATER-CURE, PA.

## Literary Notices.

THE HORSE'S AGE AS SHOWN BY HIS TEETH.—G. H. Dadd, Veterinary Surgeon, has published, under the above title, a very useful lithograph, by which the merest toy in horse-dealing will be enabled to determine, with sufficient precision, the age of the animal he purposes to purchase. The plate represents the upper and lower jaws of the celebrated "Black Hawk," as he appeared at the age of twenty-three years and eight months; with ten other cuts, showing the various changes which occur in the teeth, from the temporary set of the colt up to the period of full maturity. We commend it to all who intend to buy their own horses, as all should, for "jockeys" are rather uncertain customers. Indeed, we do not see how they can do without it. It may be had of FOWLER and WELLS. Price 1¢.

LIFE OF DR. KANE.—Childs & Peterson, of Philadelphia, announce as in course of preparation a Life of Dr. Kane. It is to be written by Dr. Elder, of Philadelphia, who has been furnished with all the manuscripts, journals, and other documents available for the preparation of an accurate and complete biography. The work is to contain about three hundred octavo pages, with a new Portrait on steel, from a photograph by Brady (the best we have seen), Engravings of his residence, tomb, medals; and sold by subscription at \$1.50. J. O. WARD, 115 Nassau St., is the General Agent for New York and vicinity.

N.B.—The work is to be furnished for the present to Subscribers only.

## 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 INSTITUTE,  
15 Light Street, New York. This establishment is situated in a central, yet very quiet and airy part of the city, on the corner of the prominent grand old St. John's Park, and has accommodated for one hundred or more persons. The Medical School Department is divided into two semi-annual terms, commencing respectively on the first of May and November of each year.

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

TO HYDROPATHIC PHYSICIANS  
AND HOUSEKEEPERS.—Having obtained a charter for the New York Hygeo-Therapeutic College, the undersigned was a duke 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.

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

KINESIPATHY.—MR. EDITOR:

Allow me to bring to the notice of your readers an institution located in New York, 69 Sixth Avenue, in which the principle of Movement-Cure is held in view with that of Hydropathy in its widest and more intelligent sense. All the advantages of our best Water-Cure establishments are here blended with a new remedial agent or system called Kinesipathy, or Movement-Cure. This latter mode of treatment of invalids is of Swiss origin, being employed there and in other places in Europe most successfully. In this country it has but recently made its advent, and is not found at any other establishment than the one above mentioned. Its principle is this: It applies to a disease, or its management of local parts external exercises or manipulations, as the case may require—by means of which a healthy internal action is induced. In instances of certain sets of muscles, are distributed, this system applies especially certain effort of exercise, the salutary effects of which are soon felt. This exercise is local, not general, for then it would affect the whole body, and thereby produce little or no benefit at all. The way this principle can be applied is astonishing to every one who is not wise—see an experienced Invalid's experience. Have been put through a part of the course, for the purpose of understanding its operation, by Dr. Charles S. Taylor, who has the care of this department, our experience testifies its practicability.

The whole institution is under the intelligent supervision and proprietorship of Dr. George H. Taylor, whose learned contributions—as well as his brothers—to our Medical and Scientific Journals, have earned for each of them a lasting and enviable reputation.

We commend this institution to the Invalid as a place where the advantages of an intelligent Hydropathic treatment are combined with other highly valuable forms of the curative art. It is in a very accessible yet quiet part of the city, and Dr. Taylor and his estimable lady make every effort at home and happy—HON. C. M. THAYER, of the *Nelleville Tribune*.

DR. GEORGE F. ADAMS, WATER-CURE PHYSICIAN, 141 Amity Street, Brooklyn, L. I., receives patients and boarders 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, Gymnastics, etc., etc. For full information, send for a circular. Address in full, as there is another person of similar name.

SYLVESTER S. STRONG, M.D.

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

MOUNT PROSPECT WATER-CURE, Binghamton, Broome Co., N. Y.

Invalids desiring a place to spend their time pleasantly, while recovering health, can find no more delightful location than this. The natural attractions of the place are unsurpassed. It is intended to be a place of complete rehabilitation, and present greater facilities for a cure, or receive more thorough attention in every department. For circulars address Dr. J. H. M.D., P.O. Box 10, New York and Erie and Syracuse Railroads pass through the town daily. June 11.

## BINGHAMTON WATER-CURE—

BINGHAMTON, BROOME COUNTY, N. Y.—DRS. O. V. and Mrs. H. B. Thayer take great pleasure in announcing to the friends and general acquaintance of patients who 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 "Cure" 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—when every woman will know how to appreciate—of having a physician of their own sex, to whom to make known their wants.

LING AFFECTIONS will also receive special attention. We are treating all five of our cases of Blisters with a success in a full 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, Catarrh, Fevers of various kinds, Diseases of the Liver, Tumors, Ulcers, Enlargements of Joints, etc.

Terms: From \$5 to \$10 per week. For further particulars address O. V. THAYER, M.D.

## ROUND HILL MOTORPATHIC

WATER-CURE AND HOTEL, Northampton, Mass. H. HAYDEN, M.D., Proprietor and Principal Physician. It was known that Dr. Hall had made the diseases incident to Women a specialty. The establishment combines the advantages of being a Cure for the treatment of chronic diseases of either sex and resort for the seekers of pleasure. Circulars sent gratis. "MORTON-LIFE" a pamphlet on the treatment, on receipt of six post gold stamps. 6m

## NOTICE!—FEES: WE ARE IN

the receipt of letters from all parts of the country, asking for advice and prescriptions for treatment, to be given to the writers gratuitously. Now, much as we would like to do this were our time our own, our service 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: \$2.00.

For visits to the sick, where we can go and return on the same day: our traveling expenses and a fee of \$5.00.

There we will be gone overnight—or only \$10.00.

We do not ask business of our Glen Haven, but those who think our course worth seeking have—if their own statements are reliable—found it worth what we ask for it. We will gladly attend to the sick, and with warm hearts, advice and assist the poor who are sick; but we must be satisfied of their poverty, else we shall ask our fee. Respectfully,

CHARLES C. D. HARRIS, N. AUSTIN, M.D.

GLEN HAVEN, April 1, 1887. May, 11.

## GREENSBORO WATER-CURE AND KINESIPATHIC INSTITUTE.

ELECTRO-CHEMICAL BATHS. 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 benefit and success. For the last year the electro-chemical bath, the latest modern improvement, has been among our remedial agents, and its results have surpassed all that is claimed for it by its most ardent advocates. 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 send address.

R. HOLLAND, M.D., New Greensboro, N. Y.

JAMESTOWN WATER-CURE, Jamestown, Chautauque Co., N.Y. Female Physician, Mrs. C. L. SMALLEY, M.D., of Office. Address CHAS. PARKER M.D. Ap. 11.

## WATER-CURE FOR FEMALES EX-

CLUSIVELY, at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, address, W. SHEPARD, M.D. May, 11.

PHILADELPHIA MODEL WATER-CURE and Electro-Hydrogenic Institute is located on the outskirts of the city, cor. Twentieth and Spruce streets. June 11. S. M. LANDIS, M.D., Principal.

## LEHIGH MOUNTAIN SPRINGS WATER-CURE.

All who visit our institution tell us that in point of treatment, comfort, purity of water, air, scenery, and towing, etc., there is no one as a Water-Cure. Our system of diet can not be surpassed. June 11. Address DR. A. SMITH, Bethlehem, Pa.



**BOSTON WATER-CURE. — ELECTRO-CHEMICAL BATH, HYGIENE, AND DIETETIC INSTITUTE.** No. 1 is at 101 Orange Street (Washington Street, near Boston Market). The location is quiet and airy—within three minutes' walk of Boston Common, and five minutes' of the Fall River, Providence, and Worcester depots. Patients are charged \$1 for examination and attendance of physician, and for board and treatment \$1 to \$1.50, or more, per day, according to accommodations 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.

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

**MERIDEN MOTORPATHIC WATER-CURE AND COLLOID OF HEALTH.**—This Institution is open to 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.

**THE HYDROPATHIC AND HYGIENIC ESTABLISHMENT AT ATHOL, MASS.,** is situated on the borders of the village, in close proximity to every variety of beautiful and romantic scenery. Its cool and airy situation, shady and dry walks, pure and soft water—is its chief recommendation. The grounds are well wooded, and the river, rendered it attractive to both patients and boarders. It is accessible by railroad from all directions. This institution is not a large and fashionable one, where excitement, the latest fashions, dress, and luxurious living count for the beneficial effects of pure air and water treatment. But for patients who desire health and a quiet and pleasant home—for boarders who can enjoy such a situation, it is unsurpassed by any other. Please send for a Circular. Apr. 1. Address—GEO. FIELD, M.D.

**CLEVELAND WATER-CURE ESTABLISHMENT.**—The above Establishment is now commencing the bathing season. It has been in successful operation for the past nine years, having treated over Three Hundred Patients, who have flocked hither from nearly every State in the Union. It is now the oldest Establishment in America, having been in operation since the day of a physician longer than any other Institution of the kind.

The proper for invalids, as this Establishment was the great pioneer of the new treatment in the W. W. that shall continue to be—what 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), and thus to determine the progress of the disease.

The proprietor has it associated with him Dr. J. J. Sturgis, whose past experience and success need no commendation. From those that have been treated, it is determined that the sick and suffering every facility, he has also secured the talents of Prof. H. P. Gatchell, who will, in addition to his other services, devote his time to the treatment of patients, on terms of interest and profit.

In the Female Department he has engaged the services of Eliza E. Scott, M.D., a lady whose experience and tact in the treatment of diseases, have already won her golden opinions in the East, and he has the greatest confidence that she will not only sustain, but add to her previous enviable reputation in her house 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 we can here be treated with a success and rapidity of cure unsurpassed by none.

To the sick and afflicted, who are seeking health, and who wish to try what is new and different, surrounded by all needed facilities and the most careful attention, we can do, to give again the blessing of health—examine for yourselves.

CLEVELAND WATER-CURE ESTABLISHMENT.  
May 1. F. T. SELLEY, M.D., Proprietor.

**THE PHILLIPSBURG WATER-CURE** establishment is situated 35 miles west of Pittsburgh opposite the junction of the P., F. & C. and Chicago and the Cleveland and Pittsburgh Railroad, at Rochester, Pa. The panorama of the surrounding country is unrivaled, and the climate is equal, with its moderate and pleasant experience of 15 years has suggested as the most approved. Address, Dr. C. Baile, Water-Cure, P. O. Beaver Co., Pa.

**WATER-CURE FOR LADIES. —** AMELIA W. LINES, M.D., has removed from Brooklyn, N. Y., to PLAINFIELD, N. J., a place unsurpassed for purity of air and water. A few Patients can have excellent accommodations and thorough attention.  
Summer boarders received.  
June 1.

**PHILADELPHIA MODEL WATER-CURE.**—This Institution is most beautifully and healthfully located on the outskirts of the city. For speedy cures this establishment is renowned. The Water-Cure, Electro-Chemical, Movement-Cure and Hygienic Cure are rendered most effective by the aid of our very important and improved Vapor-Bath. This discovery has been made, and it is very difficult to what many people imagine it to be. It is truly a physiological process, and we would direct special attention to it. We have used it over seven years, with astonishing results.  
Our PHYSICIAN, DR. THOMAS COLLINGS.—Medical students have every advantage in this city, and our institution is well supplied with appropriate manikins, etc., so each or any part of the human body is clearly illustrated in any way, and a thorough knowledge of anatomy, etc., obtained, without submitting to the disgusting habit of dissecting human bodies.

We have just published the "Medical Discussion" between professors of Allopathy, Homoeopathy, and Hydrotherapy; also a treatise on health, etc., by S. M. Landis, M.D., for which four postage stamps.  
Address S. M. LANDIS, M.D., Principal, S. E. cor. Twentieth and Spruce streets.  
June 1.

**FOREST-CITY CURE. — ITS CONDITION** is prosperous; patronage increasing every year. The reasons for this are obvious; the building is justly admired, the grounds highly spoken of, and the walks extensive; within its walls, invalids have been treated with a success unsurpassed in any other, and taken as a whole, for the purposes for which it was designed, it has no superior. Call and examine, or write for a Circular.  
Address, in full, DR. G. W. STRONG, Cleveland, Ohio.  
May 1.

**YELLOW SPRINGS WATER-CURE.** This splendid piece of property and "Water-Cure" has recently changed hands, and offers facilities, with all recent improvements, for the restoration of invalids, unsurpassed by any in the Western country. For beauty of scenery—first, grove, hill, and valley—this place stands unrivaled by any in the United States. For particulars, address as above.  
June 1.\* JOSEPH P. ADDLEMAN, Business Agent.

**WATER-CURE OR HYDROGENIC AND KINESIOPATHIC INFIRMARY. — DR. GEO. C. WOOD,** formerly of Louisville, Indiana, has removed his establishment to Peoria, Illinois, which will be immediately opened, under favorable auspices, for the reception of Patients.  
June 1.\*

**THE GALESBURG WATER-CURE** is in successful operation, and has in connection the Chemical Baths and Torpedo Magnetic Machine, Gymnasium, Ball-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 1.

**FRANKLIN WATER-CURE, NEAR** Winchester, Tenn. Plain style cure, no medicines given here, and just the place for the sick with all diseases.  
June 4.\* Address DR. J. PARKS.

**KENOSHA WATER-CURE, AT KENOSHA, WISCONSIN.** We have connected with the Cure, Dr. S. B. Smith's newly-invented Electro-Chemical Bths.  
July 1. Address H. T. SELLEY.

**FAMILY SYRINGES,** a large assortment of different sizes and prices constantly on hand. Prices vary from \$2.75 to \$3.50. Prepared by mail from \$2.25 to \$4.  
Address FOWLER AND WELLS, 808 Broadway, New York.

**150 PLANOFORTES. — THE SUBSCRIBER** offers to the public his entire stock of Planofortes, at twenty per cent. discount from former prices, in contemplation of a change in business.  
GEORGE HEWS, 517 Washington Street, Boston.

**READER, WHAT SAY YOU TO GETTING** up a Club for LIFE? It is one of the best Family Papers ever published. May it visit you every week?

**GREAT DRESS-REFORM MEETING** AT SYRACUSE, N. Y., ON WEDNESDAY, June 10th. FRANKLIN and THE GREAT REFORMERS will be invited to attend this meeting. It will be one of great interest, and will hold two days. Every effort will be made that it should be made to interest the ladies. There are now over 6,000 women in the United States who have adopted a Reform Costume. One year from to-day there will be ten times that number at the meeting; you will hear a few arguments, and appeals that will do you essential service.

If you have the least desire to make women healthier, and so nobler, than she now is, come to the meeting. You will find an assemblage of persons whose deliberations will be marked by great regard to propriety; by calm courage; by faith in the right; by ardent desire to move forward in judicious plans for woman's elevation. The Dress-Reformers are right, they know they are right, and they are not in a passion; but they are determined that women shall be awarded them, by PUBLIC OPINION, the liberty so to dress as that life in the open air is possible not only, but entirely comfortable, and thus insure to them God's greatest blessing, Health. By order of Ex. Com. J. C. JACKSON, Chm.  
May 21.

**UNDER-GARMENTS, AND GENTLEMEN'S FURNISHING GOODS.** An extensive and superior variety of the above goods, at the lowest prices, and in the most complete assortment in this country, will be found at the well-known Importing and Manufacturing Establishment of J. C. JACKSON, 151 Broadway (opposite the Metropolitan Hotel), New York.

**New Hand-Books for Home Improvement.—By Mail.**  
**HOW TO WRITE; A NEW POCKET** Manual of Composition and Letter-Writing. A popular Hand-Book, embracing hints on Penmanship, choice of Writing Materials, Practical Rules for Literary Composition in General, and Epit-Data and Newspaper Writing, PUNCTUATION and PROOF CORRECTING in particular; with Letters of Business, Relationship, Friendship, and Love; illustrated by numerous examples of genuine epistles, from the pens of the best writers; including Forms for Letters of Introduction, Notes, Cards, etc., and a collection of Poetical Quotations. Price, in paper, prepaid by mail, 30 cents in cloth, 50 cents.  
**HOW TO TALK; or, Hints toward a Grammatical and Graceful Style in Conversation and Debate.** This is the second number of our new "Hand-Books for Home Improvement," which are emphatically "books for the million," and should be found in every family. Its principal points may be briefly stated as follows:

1. "How to Talk" furnishes in a condensed form such an exposition of the whole subject of language as will enable any person of common intelligence, by a little application to study, and a moderate degree of perseverance in practice, to avoid most of the gross errors which now mar the speech of a majority of our people, and to use the noble English tongue with correctness and elegance.  
2. It not a correct, in accordance with rules previously given, a large number of the most common errors in speaking.  
3. It gives useful and practical rules and hints on delivery in general, and on the kindred topics of conversation, reading, and public speaking in particular, illustrated by examples and accompanied by suitable exercises.

Price, in paper, 30 cents; in cloth, 50 cents.  
**HOW TO BEHAVE; A Pocket Manual of Republican Etiquette, and Guide to correct personal habits,** embracing an exposition of the principles of good manners; useful hints on the care of the person, the dress, the personal habits, dress, self-culture, an behavior at home; the etiquette of salutations, introductions, receptions, visits, dinners, evening parties, conversations, balls, press, and funerals, the street, the church, place, amusement, traveling, etc., with illustrative anecdotes, a chapter on Love and Courtship, and Rules and Order for Denial Societies. Price, in paper, 30 cents; in cloth, 50 cents.  
The following in press, will be issued as soon as practicable:  
**HOW TO DO BUSINESS: A Guide to Success in Practical Life, and Hand-Book of Legal and Commercial Forms, same.**

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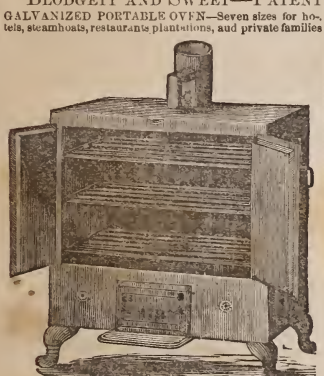
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A TURKISH PRACTITIONER.

universality, and signifies almost any ailment; the second is applied to erysipelas and nervous pains in the face.

The art of curing the *gelinjik* has long been possessed by a single family, and descended in hereditary succession from one to another of its members. There is a certain *Meriem Kadun* of this profession, who once had the good fortune to cure the present sultan, with some of the mysterious red nectar, which is the principal medicine administered for this malady. She has ever since had abundant practice in the royal palace and everywhere else; and the famous *Yelanjikgee* has a far-famed reputation.

A particular class of Emirs, or the descendants of *Fatima*, the daughter of *Mohammed*, are supposed to possess the virtue of healing the nervous diseases of the face called *yananjik*. They wear green turbans, repeat certain prayers over the patient, and are supposed to possess a charm in their fingers' ends. The Emir lays his thumb on his nose, breathes upon the extended fingers, then lays it upon the forehead of the patient, and pressing upon the nerves of the face, utters a short prayer. Thus he often succeeds in dispelling the malady in a few minutes—whether by his own medical skill, or by the credulity of his superstitious patients, may be questioned. Strange to say, their only belief is, that when a cure is not effected, it is not because of the inefficiency of the charmed fingers, but the disease was not genuine *yananjik*, and therefore the holy Emir could not cure it. When any disease fails to be cured by either of these characters, the *Gelinjikgee* and

*Yelanjikgee*, then in despair the other disciples of the healing art are summoned, of whom there is no scarcity in Constantinople, where the last comer is generally patronized until some new pretender succeeds him."

**HIPPOCRATES ON WATER.**—Hippocrates, the "father of medicine," the "old man of Cos," who lived more than two thousand years ago, considered water the best drink. He lived to be very old—ninety years—and it may be fairly inferred that he availed himself freely of the fluid he admired. It was a recommendation of Hippocrates, that those who have headache drink nothing but pure water. Hippocrates is said to have discovered, by the inscriptions in the temple of *Esculapius*, that the priests had used water mixed with secret ingredients, in order, probably, to give the remedy more importance in the eyes of the people.

"Hippocrates himself," says *Macartney*, "seems to have understood more of the modes of application of water, and its adaptation to particular circumstances, than we discover in the practice of many who have lived in later days. He used warm water in gangrene (or mortification), sea water for chronic cutaneous diseases, cold water in fractures of the bones, erysipelas, and ulcers. His method of application was to bathe the parts with a sponge, and afterward leave it on charged with the fluid, wetting the sponge as often as it became dry."

Hippocrates held that in subjecting the body to the action of water, we should not proceed to any great excess which will injure it. We should stay in a bath, whether warm or cold, only so long as to produce a moderate effect. If we stay but a short time in a cold bath it will produce but a small effect; but if we stay in it a long time it will produce a great one; and too long will destroy our natural heat. While we are in health, according to Hippocrates, a mediocrity between hot and cold baths answers best.

Warm water produces a chill, while cold produces warmth. We are told that to produce sweating artificially, Hippocrates did not resort to the use of internal remedies, but merely poured warm water over the head and body of the patient, and then heaped clothes upon him, which would produce the desired effect without the irritation of the internal organs consequent upon the administration of powerful diaphoretics. He recommends cold applications in hemorrhages and all inflammations while recent, but it blackens old inflammations. He speaks, too, of pouring much cold water upon a part to stupify pain. The gout is to be cured by a

large affusion of cold water; for it is certain that holding the foot a long time in it abates the swelling, redness, and pain. He used cold water to arrest hemorrhages, and in the treatment of excessive menstruation the same treatment was recommended.

**HEALTHY AND UNHEALTHY HOUSES.**—Under this caption the *Boston Medical World* has a very good article against the construction of underground basements in our dwellings. We presume the *World* will not be offended if we correct its language. Houses can not be either healthy or unhealthy, but their occupants may. Houses may be favorable to health or otherwise—that is, wholesome or unwholesome.

**THE BERBER, OR TURKISH BARBER.**—The *berber*, or barber, is not only the shaver, hair-dresser, and trimmer in general, but extends the province of his sharp profession to bleeding, cupping, leeching, and tooth drawing; the results of which avocations are displayed at the door, fantastically strung and diversified with colored beads.

Barbers always follow in the train of doctors, and even precede them, for bleeding is a universal remedy in Turkey, whether the patient is sick of fever or fright. Indeed, it is the custom for every one to be bled once a year, generally in the spring, in order to purify the system. Add to this the frequent application of leeches, scarifications, and cupping, and it may be easily conceived that this branch of industry is very profitable; still more so when it was the custom to shave the whole head, for the convenience of frequent ablutions. Many, in conformity with European civilization, now allow the hair to grow, but those who op-



BERBER, OR TURKISH BARBER.

pose their terms are equally unyielding in this respect, and "calculating even to a hair."

\* From "The Sultan and His People." By C. Oscanian, of Constantinople. Illustrated by a Native of Turkey.