

WATER-CURE

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General Articles.

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

AERATION OF THE BLOOD.

BY R. T. TRALL, M.D.

The proper ventilation of streets in cities, of dwelling-houses in city and country, and of ships and cars which move on the water or thunder along the iron road, has long been, and still is, matter of great interest and much discussion. But the proper ventilation of ourselves, though occasionally discussed by scientific lectures, and partially explained in medical works, is very little understood, and still less regarded by the people generally.

One of the evils of this age is *want of breath*. All around us young children are turning pale and sickly for want of vital air; the young man shrivels up like a withered sapling, because his lungs do not receive half air enough; and the blooming daughter just budding into womanhood, is found to have tuberculated lungs and a passport to the grave, because the atmosphere around, so lavishly distributed, has been unable to get within the organic domain.

It may serve to fix on the mind more indelibly the lesson we would indicate, by referring to the careful and ample provision which nature has made, throughout the whole domain of animated existence, to supply the needful nutriment of the common atmosphere.

In the vegetable kingdom the leaves supply the place of the lungs of animals; and when it is recollected that a plant, placed in a pot of earth, and supplied with water, will increase in weight and bulk, much more than the loss of substance around its roots, and that some plants will grow, blossom, and bear fruit, while entirely suspended in the atmosphere, the importance of the nutritive as well as the purifying properties of air will be better appreciated.

Animals which live and breathe under water, have a pulmonary apparatus consisting of a collection of tufts or fringes, called *gills*, by which the air existing in the water round them is brought into contact with the blood.

Fig. 1 represents one of the aborescent processes forming the gills of the *Uoris Johnstoni*, separated and enlarged.

With some of the air-breathing animals, as the snail, the respiratory apparatus consists of a single

sac or cell, as in Fig. 2. In some of the reptiles, such as the turtle, the cavity of the lung is divided

by membranous partitions, the trunk of the pulmonary artery (a) running along one side of the sac, and that of the pulmonary vein (b) along the other, and that numerous branches arise from the former, which subdivide into capillaries that ramify over the whole of the surface, and then reunite into small veins which terminate in the latter.

Fig. 3 shows a portion of the lung of a living *triton* as seen under the microscope with the magnifying power of 150 diameters. The arrows indicate the direction of the current of blood; a, b, pulmonary vein, receiving blood from the large trunk, c, and a smaller vessel, d.

In warm-blooded animals which have a complete double circulation, as birds and mammals, a much larger extent of surface is provided for the aeration of the blood. The whole current of blood is carried through the lungs, constituting the *pulmonary circulation*, and then transmitted



Fig. 1.



Fig. 2.

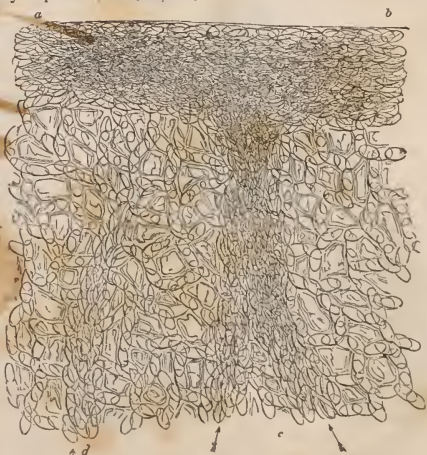


Fig. 3.

through the system, constituting the systemic circulation.

Fig. 4 exhibits the larynx or upper portion of the windpipe, the trachea or windpipe, and its ramifications through the lungs, called bronchia.

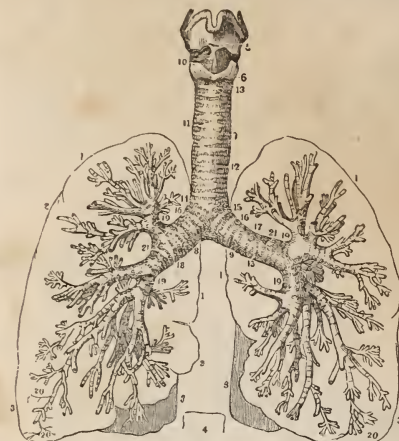


Fig. 4.

A single glance at the structural arrangement exposes the error of those who contound "throat-ail" with "bronchitis." One is an inflammation of the mucons membrane or the mouth and throat, the other an affection of the mucons membrane of the bronchial ramifications in the lungs.

Another complaint, properly called *laryngitis*, is often confounded with and mis-called bronchitis.

The cut (fig. 4) represents the larynx, trachea, and bronchia, deprived of their fibrous covering, and with the outline of the lungs—1, 1, outline of the upper lobe of the lungs; 2, outline of the

lungs and the vertebral column; 5, thyroid cartilage; 6, circoid cartilage; 7, trachea; 8, right bronchus; 9, left bronchus; 10, circo-thyroid ligament; 11, 12, rings of the trachea; 13, first ring of the trachea; 14, last ring of the trachea, which is corset-shaped; 15, 16, a complete bronchial cartilaginous ring; 17, one which is bifurcated; 18, double bifurcated bronchial rings; 19, 19, smaller bronchial rings; 20, depression for the course of the large blood-vessels.

The walls of air-cells of the mammals are formed of very thin and transparent membrane, and have a lateral communication with each other. This membrane is folded very sharply at the orifices of communication, so as to form a very definite border to them; and the capillary plexus is so placed between the two layers, which form the walls of two adjacent air-cells, as to expose one of its surfaces to each, by which provision the fullest contact of the air is secured.

Fig. 5 is a view of the bronchia and blood-vessels of the lungs, as shown by dissection, as well as the relative position of the lungs to the heart: 1, end of the left auricle of the heart; 2, the right auricle; 3, the left ventricle, with its vessels; 4, the right ventricle with its vessels; 5, the pulmonary artery; 6, arch of the aorta; 7, superior vena cava; 8, arteria innominata; 9, left primitive carotid artery; 10, left subclavian artery; 11, the trachea; 12, the larynx; 13, upper lobe of the right lung; 14, upper lobe of the left lung; 15, trunk of the right pulmonary artery; 16, lower lobes of the lungs. The cut also shows the distribution of the bronchia and of the arteries and veins, as well as of some of the air-cells of the lungs.

M. Bourgey has concluded, from researches he has made into this subject, that the development of the air-cells in the human being continues up to the age of thirty; a fact which attests the sad perversion and monstrous abuse which causes them to begin to fill up and decay at the age of fifteen and twenty, as is the case with thousands of the youth of our country of both sexes.

The diameter of the human air-cells is computed by Weber and others to vary from the one two hundredth to the one seventieth of an inch. Their number is almost beyond enumeration. M. Rochoux has calculated that as many as 17,790 are grouped around each terminal bronchus; and that their total number amounts to not less than 600 millions!

Fig. 6 represents the arrangement of the capillaries of the air-cells of the human lungs.

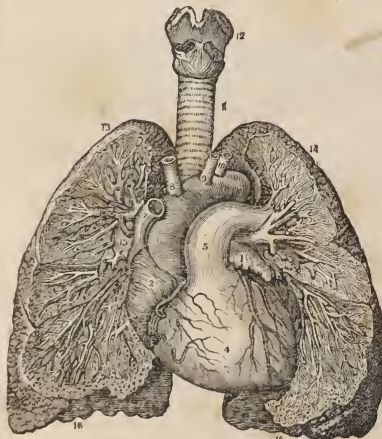


Fig. 5.

middle lobe of the right lung; 3, 3, outline of the inferior lobes of both lungs; 4, outline of the ninth dorsal vertebre, showing its relation to the

Object of this extension and complicated contrivance is to purify the blood by expelling its effete carbon; to supply the motive element in the form of oxygen or electricity, or both,

and to furnish nitrogen when not sufficiently furnished in the materials of our food.

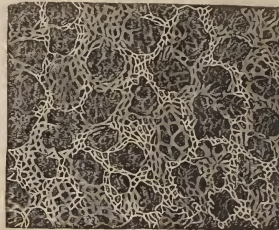


Fig. 6.

From this simple statement of the physiology of respiration it is easy to see that our sum of vitality, our *quantum* of life, our available power, and our capacity to endure or prolong existence, bears a direct and precise ratio to the extent and integrity of these myriads of air-cells in our lungs. Not one of the whole six hundred millions can be oppressed, compressed, restricted, filled up, or destroyed without abstracting just so much from an ability to act or to exist.

And yet we see human beings, almost everywhere, resorting to all conceivable expedients either to keep the air out of their lungs entirely, or to poison all that can chance to get in.

Respiration also bears a direct and precise relation to digestion. The quantity of food taken into the stomach must be exactly proportioned to the quantity of air taken into the lungs, or disorder will exist, and both organs go to ruin. The sedentary person can not digest and should not take as much food as the active; although he may use the same kinds. The inhabitant of the cold regions can appropriate and requires more food than the person who dwells in a hot latitude.

In our cities everything that perverted human ingenuity can devise is resorted to to diminish our respiratory capacity. Houses are built and sleeping-rooms are constructed as though the object was to exclude rather than admit the air. And, as if the gutter stenches, the grave-yard effluvia, the market-house misms, the slaughter-house contagions, and the suffocating clouds of dust were not sufficient to reduce our breathing apparatus to the standard of foul stomachs, stupid intellects, and quick consumption, tobacco-smoking, that vilest of all forms of voluntary nastiness, is brought to bear upon us with a fatality exceeding that of all the other nuisances we have named.

DRUGGING—THE ERYSIPELAS.

MR. EDITOR: I have been sick—I can't say that I am quite well now. Perhaps you will say, when you read this, "I don't wonder! Strange that you are alive!" What! after taking so much medicine!—an article—in my case articles—that Webster defines as "any substance, liquid or solid, that has the property of curing or mitigating disease." Well, then, I ought to be well, for I have taken medicine, both liquid and solid. First, I was taken with the malignant erysipelas, most malignantly; and then I took—I let me see what.

To begin with, some "family pills," intended to

act cathartically; but as they went contrary to law—that is, the law of their nature, or drastic composition—I took warm water copiously, and got up an exhibition of cascades in colors—yellow predominating. In fact, I was what very body understands as sick; still, the fever, inflammation, and ulceration proceeded, and my nurse said “something must be done;” and proposed to send for “the doctor.” I refused, and accepted a wash of sulphate of iron (coppers) in solution, and ordered a poultice of mashed raw cranberries. The latter are soothing as well as active, and if steadily persevered in, with ice cold cloths to cool the concentrated fever upon the brain, I believe will effect a cure. Whatever the remedy used in disease, there is nothing like steady perseverance.

But in my case, as well as one half of all others, because the remedy did not immediately stop an obstinate disease, it was pronounced useless, and “something must be done.” Well, something was done—the doctor was sent for; but as the doctor was not at home, a doctor was called in, and of course, said it was “a desperate case;” because that would warrant desperate means of cure.

The cathartic pills, Dover’s powders, and a cooling drink of cream of tartar had been taken, and a blister applied; and, singular enough, was approved by a doctor. But as the inflammation and ulceration was spreading—in fact, had spread pretty much over the face, he resolved that it must be stopped before it reached the region of the brain or vital parts of the chest. So, upon the same principle that we “back fire” to stop a conflagration, he made a circumvallation with kreosote; prescribed an extra addition of nitrate of potash to the compound called Dover’s powders; and a pleasant sort of cooling cathartic medicine called citrate of magnesia, and retired; and soon after came the doctor, who of course could not look at his patient, notwithstanding he was “the regular family physician,” until he had consulted his brother of the craft, because that is the etiquette of the doctor’s trade. The consultation proved that the patient was “a very sick man;” and had about an even chance for death as life.

An examination proved that the first line of circumvallation had been passed and that a new one must be established. In short, kreosote had not proved strong enough, and so nitrate of silver (lunar caustic) was substituted, both solid and in solution: and if ever a poor devil was worse burned and blistered, I pity him. The scar, now, has the form of a horse-collar around the neck and down upon the breast.

For the inflammation, a wash composed of unknown drugs was ordered, to which ice was added—and a very sensible addition it is to cool a raging heat; sugar of lead in solution was also used as a wash; I suppose that one violent poison should neutralize another poison.

As the Dover’s powders, which are largely composed of opium, did not produce sleep, and as I had had none for a hundred hours, I was allowed a little morphine, which is the only thing that ever would keep me awake. However, as it is set down in the books as a sleep-producing medicine, I took it. But I didn’t sleep; nor did the disease stop or abate one jot until it had its five days’ run, in which I believe it generally proves fatal, or otherwise.

The greatest relief that I experienced from anything internal or external was from an application of collodion to all the parts ulcerated by the disease. Where too tender to apply so fiery a remedy directly to the spot, a coat of solution of gum arabic was first given.

Without a question, erysipelas is one of the worst diseases that we are afflicted with and I don’t believe that physicians generally know how to cure it. Like the small-pox, it is a fever, and like that, and every other hot-tempered disease, it should, if it can, “keep cool.”

Now, as I have had personal experience a couple of times, and a nurse’s experience more than a couple of other times, allow me to give my advice.

First, second, and third: keep cool, use ice externally all the time, and internally if you desire. Use cooling acid drinks, open the passage of the bowels at once, and if you are nauseated, drink hot water copiously, and vomit in the same proportion. Apply externally nothing but cooling applications. The poultice of raw cranberries, kept cool by ice is excellent—what can be better?

I answer that question—collodion. I do believe that if this is applied to the first ulcer, and every show of the disease covered as fast as it appears, so as to completely shut out the air, that like any other fire without air, it will go out; that is, provided you “keep cool,” internally and externally.

When the disease is checked, purify the body with water, and the blood with such simples as our grandmothers would have used a hundred years ago, and be careful of your diet: for erysipelas is a disease that does not leave the body in a healthy condition. In my case it was followed by imprudent exposure too soon, and taking, by advice, brandy and quinine to restore strength, and an affliction of boils more painful than I can possibly believe those were which the good old Job bore in spite of the devil more patiently than I have done.

Now, reader, if you are so unfortunate as to have this distressing disease, have patience, keep cool, and exercise common sense, and get well. And if to this end my advice and experience proves beneficial to you, it will add to the pleasure felt by

A CONVALESCENT.

NEW YORK, 1857.

[We object to our convalescent’s advice in the use of collodion. Erysipelas is a humor which nature expels through the surface. If this effort is suppressed, though the skin may seem better, the vital organs are the worse for it. Simple water or flour is all the application that ought ever to be made to the surface.]

HINTS TOWARD

PHYSICAL PERFECTION;

OR,

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

III.

THE TEMPERAMENTS.

The comparative standing of individual man, as relative to his race, is graduated by the predominance of his leading organs.—Cabanis.

In order to prepare the reader fully to comprehend and appreciate the important practical details which are to follow, it is necessary for us to set clearly before him the doctrine of the temperaments, as we understand and purpose to apply it. It will be seen to have an important bearing upon the leading topics of our work.

When we compare man with the other animals, we observe that he is distinguished by characteristic features which do not permit us, for a moment, to confound him with any of them; and when we compare man with man, we are struck by the no less obvious fact, that there exist between individuals differences analogous to those which mark the different species. One is tall and muscular, another is short and plump, a third is small and slender. We observe, also, that the functions of life are not performed in all with the same degree of force or rapidity, and that their likes and dislikes have neither the same direction nor the same intensity.*

These differences are the result and indication of what we call temperament, which is defined as “a particular state of the constitution, depending upon the relative proportion of its different masses and the relative energy of its different functions.”

In their last analysis, the temperaments are as numerous and varied as the individuals of the race, no two persons being found with precisely the same physical constitution. Tracing them back to their simpler forms, however, we shall find them all to result from the almost infinite combinations of a few simple elements.

In the outlines of a natural system of anatomy, which we have given in a previous chapter, it is shown that the human body is composed of three grand classes or systems of organs, each of which has its special function in the general economy. We have denominated them—

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

On this basis rests the true doctrine of the temperaments, of which there are primarily three, corresponding with the three systems of organs just named. We shall call them—

1. The Motive Temperament,
2. The Vital Temperament, and
3. The Mental Temperament.

It is the predominance of the class of organs from which it takes its name that determines each of these temperaments. Thus the first is marked by the superior development of the osseous and muscular systems, forming the locomotive apparatus; in the second the vital organs, the principal seat of which is in the trunk, give the tone to the organization; and in the third the brain and nervous system exert the controlling power.

The simple or primary temperaments are, however, practically, little better than abstractions; but they serve as points of departure from which to arrive at their various combinations.

I.—THE MOTIVE TEMPERAMENT.

The bony framework of the human body determines its general configuration, which is modified in its details by the muscular fibers and cellular tissues which overlay them. In the motive temperament the bones are proportionally large and generally longer rather than broad, and the outlines

* Cabanis’ “Rapports du Physique et du Moral de l’Homme.”

of the form manifest a tendency to angularity. The muscles are well developed, but only moderately

agility and lightness. "The whole figure," Walker says, "seems almost aerial; and we should imagine that if our hands were placed under the lateral parts of the tapering waist of a woman thus characterized, the slightest pressure would suffice to throw her into the air."

The portrait of a real Hebe, which we have placed near the head of this section, happily illustrates the beauty of face characteristic of a woman of this temperament. The Diana of Grecian sculpture also furnishes a fine representation of this temperament

The motive temperament, in its typical form, is less proper to woman than to man; but we may note two or three modifications of it which constitute its more feminine phases:

The first is that in which the bones, except those of the pelvis, are proportionally small, which gives the figure additional delicacy and grace. This conformation, while it adds to the beauty of the female figure, detracts

shoulders broad and round; the chest full; the abdomen well developed; the arms and legs plump, but tapering and delicate, and terminating



A REAL HEBE.

rounded, and correspond in form with the bones. The figure is commonly tall, elegant, and striking; the face oblong; the neck rather long; the shoulders broad and definite; the chest moderate in size and fullness; the abdomen proportional; and the limbs long and tapering. The complexion and eyes are generally, but not always, dark, and the hair dark, strong, and abundant. Firmness of texture characterizes all the organs, imparting great strength and endurance.

Men of this temperament are naturally vigorous, active, energetic, and impassioned, and possess strongly marked, if not idiosyncratic, characters. They manifest great capacity for conception, receiving, and combining rapidly many and varied impressions, and are constantly carried away, bearing others with them, by the torrent of their imagination and passions. They are leaders, rulers, and conquerors in the sphere in which they move. This is the temperament for rare talents, great works, great errors, great faults, and great crimes.*

The motive temperament was the prevailing one, apparently, among the ancient Romans. A Roman nose, great ambition, and an insatiable love of power and conquest very frequently accompany it. It is pre-eminently the American temperament.

In a woman of this temperament, the bosom is only moderately developed, the waists remarkable for its fine proportions, the haunches not very broad, the thighs elegantly formed, and the arms and legs indicative of



JULIUS CAESAR.

* Cabanis.

from the strength, and, consequently, from the beauty of the masculine form.

The second is that in which the development of the ligaments and the articulations which they form are proportionally small, which adds to the beauty of the female figure by correcting the tendency to angularity and abrupt bendings which, as we have seen, is characteristic of this temperament, and rounding and softening the contour of the joints. This will be particularly apparent in the wrists and ankles.

The third is that which presents proportionally shorter bones, and, except around the pelvis, smaller and more rounded muscles, affording less strongly marked reliefs and more of that rounded plumpness essential to the highest beauty in woman.

An abnormal development of the motive temperament, in which both the vital and the mental systems are sacrificed to mere animal strength, forms what the ancients called the athletic temperament. It is marked by a head proportionally small, especially in the coronal region; a thick neck; broad shoulders; expanded chest; and strongly-marked muscles, the tendencies of which are apparent through the skin. The Farnese Hercules furnishes a model of the physical attributes of this abnormal constitution, in which brute force usurps the energies necessary to the production of thought, and leaves its possessor decidedly deficient in all the higher mental manifestations. This temperament does not occur in woman.

II.—THE VITAL TEMPERAMENT.

As this temperament depends upon the predominance of the vital or nutritive organs which occupy the great cavities of the trunk, it is necessarily marked by a breadth and thickness of body proportionally greater, and stature and size of limbs proportionally less than in the motive temperament. Its most striking physical characteristic is roundness or plumpness. The face inclines to roundness; the neck is rather short; the

in hands and feet relatively small. The complexion is generally rather florid; the countenance smiling; the eyes blue; and the hair soft, light, and abundant.

In a woman of this temperament (which seems peculiarly the temperament of woman), "the shoulders are softly rounded, and owe any breadth they may possess rather to the expanded chest, containing these organs, than to any bony or muscular size of the shoulders themselves; the bosom, a vital organ, in its luxuriance seems laterally to protrude on the space occupied by the arms; the waist, though sufficiently marked, is, as it were, encroached on by that plumpness of all the contiguous parts, which the powerful nutritive system affords; the haunches are greatly expanded for the vital purposes of gestation and parturition; the thighs are large in proportion; but the locomotive organs, the limbs and arms, tapering and becoming delicate, terminate in feet and hands which, compared with the ample trunk, are peculiarly small; the complexion, depending upon nutrition, has the rose and lily so exquisitely blended, that we are surprised it should defy the usual operation of the elements; and there is a luxuriant profusion of soft and fine flaxen or auburn hair. The whole figure is soft and voluptuous in the extreme."^{*}

The accompanying female head, which we have named "Vitalis," furnishes a good illustration of the species of beauty founded on this temperament.

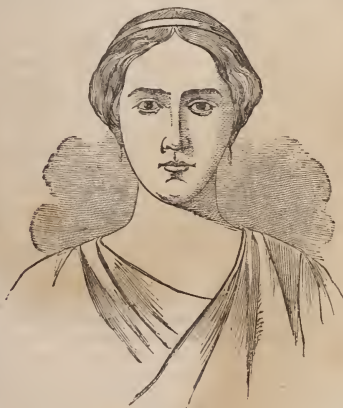
Persons of this temperament are characterized mentally by activity, ardor, impulsiveness, enthusiasm, versatility, and sometimes by fickleness. They have more elasticity than firmness, more diligence than persistence, more brilliancy than depth. They are frequently violent and passionate, but are as easily calmed as excited; are generally cheerful and amiable, and almost always very companionable and fond of good living.

* Walker's "Beauty: Illustrated chiefly by an Analysis and Classification of Beauty in Woman."

An undue and abnormal preponderance of the absorbent system and a sluggish action of the circulatory organs give rise to what has been called the lymphatic temperament, which presents forms even more rounded and softer than those we have been describing, but lacking their well-defined contours and graceful outlines. A feeble color of the skin, a lack of expression in the countenance, insurmountable sloth, and a general weakness and apathy, both of body and mind, characterize this state of the system, which is so evidently the result of disease that we see no propriety in setting it down as one of the natural temperaments. When perfect health shall have become universal, we shall have no lymphatic people and no lazy ones.

III.—THE MENTAL TEMPERAMENT.

The mental temperament, depending upon the predominance of the brain and nervous system, is characterized by a slight frame, and a head rela-



RACHEL.

tively large and of a pyriform appearance. The face is generally oval; the forehead high and pale; the features delicate and finely chiseled; the eye bright and expressive; the hair fine, soft, not abundant, and commonly of a light color; the neck slender; the chest rather narrow; the limbs small; and the whole figure delicate and graceful rather than striking or elegant. In woman the bosom and pelvis are only moderately expanded, and there is a decided lack of that *embonpoint* which characterizes the vital temperament.

In persons of the mental temperament, the brain and the nervous system are active, the thoughts quick, the senses acute, and the imagination lively and brilliant. It is the literary and artistic, and especially the poetic temperament, of which Byron furnished a good example.

There is, at the present day, and in this country, an excessive and morbid development of



BYRON.

this temperament, especially among women (to whom, even in its normal predominance, it is less proper than the preceding), which is most inimical to health, longevity, and happiness. It answers to the nervous temperament of the old classification, and is characterized by the smallness and emaciation of the muscles, the quickness and intensity of the sensations, the suddenness and fickleness of the determinations, and a morbid impressibility. It is caused by sedentary habits; lack of exercise; a false system of education, inducing a premature and disproportionate development of the brain; the use of tea, coffee, and tobacco, and habits of sensual indulgence. We shall show further on how this state of the system may be prevented, or, if already existing, may be remedied, in a measure at least.

The three primary temperaments combining with each other in different proportions, and being modified by various causes, form sub-temperaments innumerable, presenting differences and resemblances depending upon the relative proportions of the primitive elements. The simplest combinations of which the three primary temperaments are susceptible, give us six sub-temperaments, which may be designated as—

1. The Motive-Vital Temperament,
2. The Motive-Mental Temperament,
3. The Vital-Motive Temperament,
4. The Vital-Mental Temperament,
5. The Mental-Motive Temperament, and
6. The Mental-Vital Temperament.

The names of these compound temperaments sufficiently indicate their character. The motive-vital and the vital-motive differ but slightly, the name placed first in either case indicating the element which exists in the larger proportion. The same remark applies to the motive-mental and the mental-motive, and to the vital-mental and the mental-vital.

It is evident that perfection of constitution must consist in a proper balance of temperaments. If any one of them exists in great excess, the result is necessarily a departure from symmetry and harmony both of form and of character. Whatever has a tendency to promote the disproportionate development of either of them should be carefully avoided.

Each person is born with a particular temperament, in which there is an inherent tendency to maintain and increase itself, since it gives rise to habits which exercise and develop it; but this tendency may be counteracted and changed entirely by external circumstances—by education, occupation, superinduced habits, climate, etc., and more particularly by special training instituted for that purpose. George Combe, in one of his valuable works, points out the important changes produced in the temperament by a continued course of training. "It is common," he says, "for the bilious to be changed into the nervous temperament by habits of mental activity and close study; and, on the other hand, we often see the nervous or bilious changed into the lymphatic about the age of forty, when the nutritive system seems to acquire the preponderance." Spurzheim was accustomed to say that he had originally a large portion of the lymphatic temperament, as had all his family; but that in himself the lym-

phatic had gradually diminished, and the nervous increased; whereas, in his sisters, owing to mental inactivity, the reverse had happened, and when he visited them, after being absent many years, he found them, to use his own expression, "as large as tuns."

Let these facts be borne in mind when we come to give practical rules and directions for physical improvement.

BAYARD TAYLOR'S WRITINGS.

A CORRESPONDENT calls our attention to the erroneous doctrines in relation to dietetics put forth by this celebrated traveler. He says:

"I feel proud that Bayard Taylor is a Pennsylvanian. I love him as a man, and have the highest respect for his eminent talents. But I seriously question whether, on the whole, his writings are a blessing or a curse to mankind. When a person of his celebrity utters sentiments which vitiate the minds of those who look up to him for truth and philosophy, how can the lovers of truth remain quiet?"

"I refer particularly to that portion of his late letter which says: 'We took a breakfast of fried reindeer meat and pancakes, of which we ate enormously, to keep up a good supply of fuel. Braisted and I consumed about a pound of butter between us. * * * This intense cold begets a necessity for fat, and with the necessity comes the taste, a wise provision of nature. I have no doubt I shall be able to relish train-oil and tallow candles before we have done with Lapland.'

"Now is there one person living who really believes this? Were it not that many of my neighbors in this milder climate, and in very temperate weather, eat 'enormously' of butter, gravies, etc., and encourage others to do so in order to 'keep warm and comfortable,' I should not have deemed the above extract worthy of notice.

"But does not our traveler reap the quick reward of his error and folly? He says: 'I begin to be troubled with a pain in my jaw—from an unsound tooth—the commencement of a martyrdom from which I am now suffering worse than ever. The existence of nerves in one's teeth has always seemed to me a superfluous provision of nature. * * * I passed a terrible night, from the pain in my face, and was little comforted on rising!'

"Who ever heard of a consistent vegetarian or hydropathist suffering from an unsound tooth, or from pain in the face?"

"We do indeed see, in his suffering, a wise provision of nature, but in a very different light. It was a lucky circumstance for Bayard Taylor that he had a decayed tooth with a sensitive nerve in it, on which the inflammatory excitement could concentrate, before his impure food has induced a fatal obstruction, or a worse interal disease, as the penalty for his violations of the laws of health."

Our correspondent should not lay the blame especially to the door of Mr. Taylor. He leads others into error because he has been mistaken himself. He practices according to the teachings of those whom the world regards as the "high-

est authorities." Liebig, Carpenter, Pereira, Dunglison, and ninety-nine out of every hundred medical men, teach this same false philosophy the pernicious influences of which our friend so much deploras. Until men of science get the absurd and nonsensical notions that gross and impure animal secretions and excretions are necessary to keep up the animal temperature, out of their heads, what better can we expect of a mere traveler or letter writer?

(From Life Illustrated.)

THE GREAT MORTALITY.

DURING the fourteenth, fifteenth, and sixteenth centuries an epidemic disease, at various times, ravaged most of the populous cities of Europe and Asia. To the ignorant and superstitious it seemed as though some destroying angel was specially commissioned to go forth and spread sorrow, dismay, and death among the nations. More than one hundred millions of human beings were numbered among the victims of the demon of pestilence. The disease was variously denominated by medical men the "plague," the "black death," the "great mortality," etc.

Medical science stood aghast and powerless before its desolating strides. Human art availed nothing to stay its terrific march. Prayers and supplications seemed only to invite a swifter visitation from the mysterious agency which was blasting and withering the human form, as fire consumes the sapless stubble.

At length, as though its strange work had been accomplished, or the material on which it fed had become exhausted, the pestilence abated. The depopulated cities were slowly re-peopled, and the deserted countries gradually resumed their accustomed avocations. Praise and thanksgiving ascended to heaven because the rod of affliction was no longer displayed in so awful a shape.

But did the pestilence really abate? Has it yet abated? Has it ceased yet to pour out its vials of wrath upon us? Alas! no. It has only changed its form and features. Its external manifestations are very different, but its real presence is destroying our race and peopling our graveyards as fast as ever.

The plague was a fever. It was an effort of nature to expel the impurities of the system through the surface. It was an attempt, though in a majority of the cases unsuccessful, to rid the organism of the accumulations from gross and unphysiological habits. It was violent, because constitu-

tions were then less effeminate than now. It was fatal, because the putrescent materials were so great in quantity as to exhaust all the vital powers in the remedial struggle. The lesson it taught, or was calculated to teach, seems to have been overlooked by the medical profession, and lost to the world.

But this plague—the same plague—has prevailed ever since. It is among us now. Its ravages are as fatal to-day in the city of New York as they were in London and Aleppo in the "middle ages." It has merely changed its form. It is called by new names and known by a different set of symptoms. The vital struggle has changed from an external to an internal disease. The effort at depuration is through the bowels and lungs, instead of through the skin. It has changed from the acute to the chronic form. It is now called dyspepsia at the commencement, and consumption in the end. Instead of running its course in a few hours or a few days, the struggle is prolonged over a period of months or years. But it is even more fatal than before.

Though our habits are in many respects an improvement on those of the people where the plague prevailed, they are in some respects far more enervating and enfeebling. We live less grossly, but more luxuriously. We have wider streets, better houses, cleaner apartments, more ventilation, but we eat and drink in a manner vastly more ruinous to the vital organs. The plague was an evidence of great impurity of blood with comparatively strong vital organs. Dyspepsia and consumption are indications of depraved secretions, with enfeebled digestive and respiratory powers.

But whence the source of this chronic plague, of whose symptoms more than half our population is continually complaining, and which carries to the grave one hundred persons per week in this city alone? Let us illustrate the whole subject so plainly that he who runs may read and understand.

A few days ago, as we learn from the *Tribune*, Health Warden Kirk dissected the carcass of a cow, which had just been dressed for market, and which had, up to the very day of death, supplied our citizens with an article called "milk."

"One lung was found to be four times the size of a healthy lung, and a perfectly

solid mass, while the other lung, being but slightly diseased, a stream of yellow matter flowed from it. The liver, instead of being soft and velvet-like, was hard and spotted, being what the butchers term 'sagey', and when cut with a sharp knife gave a sound like passing a knife through sand. The liver was twice the size and weight of that of the liver of a healthy animal, and had all the appearance of being diseased with boils, covered with dark spots like cancers in the human system. The stomach had grown fast to the side, the kidneys were greatly inflamed, and a white, milky, matterated substance was found therein, which is unknown in the kidneys of a healthy animal."

The report adds: "The disease causing the death of such cows, no doubt, arises from keeping them confined, without air or exercise, and by feeding them on hot slops which cause the loss of their teeth, heats the blood, and produces congestion of the lungs, during which time, however, they continue to give increased quantities of milk. Speculators have agents or runners throughout the country, whose business it is to buy sick cows and send them to market. We are credibly informed that when fresh cows are brought into the stables, it is a common practice to inoculate them with a portion of the matter from the lungs of an animal which has recently died of disease."

Now the great truth we desire to impress on the public mind is this: Human beings are just as dependent on the laws of hygiene for purity of blood and health of the vital organs as are animals. Bad air, want of exercise, hot slops, improper food of any kind, will as soon destroy the teeth, deprave the blood, rot the liver and kidneys, and ulcerate the lungs of a man, woman, or child as of a cow or other animal. Is not this proved by the condition of all around us? Are not the children's teeth rotting all the while they are growing up? Are not nine-tenths of our women and three-quarters of our men troubled with dyspepsia? Are not one half of all these evidently growing more and more consumptive? To ask our readers to demonstrate these propositions by their own observations is merely to inquire whether they have eyes!

But the remedy. Do medical men see this subject in its true light? Do they lead the public mind aright in this regard?

Will apothecary medicines save us from the consequences of our misdeeds? Can calomel be a substitute for ventilation? Will cod-liver oil change hypertrophied livers and tuberculated lungs while the causes continue to act? Will tonics and stimulants restore indigestion while the stomach is gorged with dietetic abominations? Will antiseptics prevent the rotting of the teeth while hot slops are among the leading articles of food?

These questions suggest their own answers. It is not medication that the people need, but education. The history of the great plague of the middle ages, and the equally significant history of the great mortality of the present day, proclaim the folly of contending against consequences while causes are allowed to operate. Let the profession and the public study this subject in the light of true philosophy, and the remedy will speedily be found. A single generation will rid the land of dyspepsia and consumption.

THE POISON OAK AND THE WATER-CURE.

The water-cure physicians have hitherto avoided advocating their method of curing the disorders to which humanity is subject, as a system of specific remedies. Unlike the doctors of the older schools, they do not claim that water possesses properties antagonistic to, and destructive of, particular diseases. The systems for which they propose to afford a preferable substitute, claim to cure disease by medicine. Hydropathic practitioners, on the contrary, simply hold that as all diseases are directly or indirectly infractions of Nature's laws, the only rational means of curing them is a system of living which is in accordance with the principles of health. By means of water and other agencies they claim to enable Nature to operate more rapidly in such cure than it would otherwise do, just as artificial aids are made available in the cultivation of the soil. And this very position has, probably, retarded the general adoption of the system, rapid as it has been. The world seeks for miracles; people do not wish to work out their own bodily salvation. They prefer pain-destroyers, all-healing ointments, and other specific remedies now, as they did in those days when medicine and magic went hand in hand.

There are, however, some instances in which the purifying and soothing agency of water operates with a rapidity so surprising as almost to entitle it to a place among those impossibilities which are known as specific remedies. One of these instances recently occurred in this city. We give place to a brief account of it, the more readily as it does not involve the puffing of any particular practitioner, nor recommendation of the purchase of any especial nostrum. The discov-

ery thus made can be employed by any individual in connection with the information with which we shall accompany it.

In the early part of the past week, the writer received an invitation from Dr. Bourne, of this city, to witness the operation of the vapor-bath on an individual who had been affected in the usual manner by contact with the poison oak of this country. Other engagements prevented our personal inspection; but we have since been afforded a complete and the completely successful result of the experiment, if indeed a triumph so perfectly capable of explanation on the principles of hydropathic treatment may properly be termed an experiment. Of the individual thus affected, four daguerreotypes were taken, in different stages of the treatment. The first is a picture of an exceedingly swollen and puffed-up human countenance, which, were not its own cause known, would certainly be set down by the observer as the result of its owner's combing a very hard spruce with a desperate fist fight. The next (which might be supposed to be a portrait of the same individual, after several days skillful treatment by ordinary methods) was taken a couple of hours after the patient was put into the bath, and, although presenting by no means an attractive physiognomy, has the advantage over its predecessor which a nine days old member of the canine species possesses over younger quadrupeds of its kind—that its eyes are open. The third picture, taken at the close of twenty-four hours, is sufficiently improved to disclaim all resemblance to its predecessors; and the last, taken after forty-eight hours had passed, is a picture of a good-looking young fellow, who would be no more likely to be considered a relative of the individual immortalized in the first daguerreotype, judging from appearances, than Hyperion to be classed in the family of satyrs.

The result was achieved entirely by a sweating process, in this instance the result of a vapor-bath, but in ordinary water-cure practice the same end is attained by a blanket pack. Dr. Bourne claims, and has to a certain extent established the position, that the cutaneous eruption caused by contact with the poison oak can be cured by a vigorous application of the sweating process. This is a great discovery, but we regret that in addition to this experiment the operator had not also tried the effect of the *wet-sheet pack* in such cases. Most persons regard this operation as simply a sweating process, but it is in fact a great deal more. The application of the wet sheet produces a reciprocal action at the surface of the skin, in accordance with the principles of *endosmosis* and *exosmosis*, which are explained in the following quotation:

"Dutrochet discovered and Liebig has demonstrated certain facts in relation to the interchange of dissimilar fluids in the different parts of the animal structure, which facts together have been called the law of *endosmosis* and *exosmosis*. According to a principle of these laws, whenever any animal membrane has one of its surfaces in contact with a different fluid, an interchange takes place; a part of the fluid on the outside passes to the inner surface, while a portion of the fluid on the inside passes through and mixes with that on the outer surface, the interchange continuing until both fluids become similar. The term *endosmosis* means *inhibition*, and is applied to the current passing from without to within; *exosmosis* means *transudation*, and is applied to the passage of the fluid from within to without."

The operation of the wet sheet is to establish the reciprocal action above described, between the pure water and the water of the blood, which is present immediately under the skin in the capillary vessels which are too small to admit the particles of which red blood is composed. This watery portion of the blood contains impurities in solution, and in the interchange of currents thus established, the impure portion passes out of the skin to the wet sheet, while the pure water enters and takes its place, until the fluid with which the

sheet is saturated is no purer than that next the skin on the other side of that membrane, when the action ceases, and if its continuance is necessary a new application should be made. The operation of this remedy is as simple and beautiful as it is efficacious. It will readily be seen that as the affection of poisoning is only what may be vulgarly termed skin-deep, that the effect of the wet-sheet pack in such instance might reasonably be expected to be both rapid and effectual.

We are thoroughly aware of the responsibility a journalist assumes in advocating any theory in connection with so important a subject as disease and its remedy, and were our faith in the water-cure not the result of years of investigation, we would hesitate in giving anything but the bare facts in the present case to the public. And as it is, we publish our reflections with no view of hastening that period when every man shall be his own physician. Society needs doctors far more than it requires either lawyers or statesmen, and there is no class for which we have a higher respect than for well educated, conscientious physicians, even of the old schools of medicine. The proper application of the water-cure requires educated physicians, and we are glad that in the progress of medical reform Hydropathy has its colleges and surgeons and practitioners. But in the particular instance in question, a valuable secret is disclosed—one of which any similarly afflicted person can avail himself without risk, and we would be culpable did we not lend all the aid in our power to its dissemination. We therefore close our remarks on the subject by quoting a description of the manner in which the wet-sheet pack should be applied, from Dr. Trall's *Encyclopedia*. Should any of our readers see fit to try its remedial effects in place of sweating, in similar instances to that in question, we shall be pleased to hear from them on the subject.—*Wide West, San Francisco.*

TO ALLOPATHIC PHYSICIANS.

No. III.

I SHALL take from my book of record the case of a young man who came to the *Glen*, from the State of —, in 1855. He was at that time about 19, and weighed 99 pounds. He was 5 feet 4 in. in height, light hair, blue eyes, delicate skin, small hands and feet for a person of his height and bony structure. His father had sent him to school from early boyhood, and he had a passion for study. His head measured 23 inches, and was largely developed in the frontal region. He was abstract and impractical, dreamy and poetical, in his organization. I made the following diagnosis of his case on his arrival.

Head, unnaturally large and unusually developed in front, for one of his height and build; hair very dry and wiry to the touch. Head *hot* on the crown of it, sometimes so hot as to make him feel that it was on fire; pain in the eyeballs, in the nape of the neck, in the back-bone between the shoulders; suffused eyes; catarrh of the nostrils. His tongue was of the most fiery red as far back as one could see; his lips parched and cracked. His skin looked like alabaster. He was at times trebb-

led with difficulty of breathing, and food could scarcely be introduced into his stomach without causing distress, at times very severe. He had enlargement of the liver, was excessively costive; his kidney secretions were high-colored, and on standing were turbid, and the debility of his reproductions was extreme. He had cold hands and feet, was sleepless, had voracious appetite, and was so depressed mentally as to remind one of rapidly on-coming imbecility. He had had the best medical advice of your school in the State where he lived, and was pronounced *hopeless*. His father, a man of wealth, wished further advice and assistance, but the youth plead for a trial of water-cure. He selected Glen-Haven, and his father accompanied him here, and on my deciding to take up the case left him. I placed him in the best conditions I could, obtained his confidence, inspired him with faith in water-cure, gave him the most judicious treatment I was able, and after a *long* struggle sent him to his parents with 61 pounds more of flesh on his body than on his arrival, and in the most perfect health. Now, account for the restoration of this young man under water-cure treatment, and for the failure to restore him under allopathic administration if you can, without first admitting that at least a mode of treatment which succeeds where *regular* treatment fails is a method not to be put down by ridicule nor laughter. I will give you future cases in succeeding numbers of the JOURNAL, meanwhile remaining

Your obedient servant, J. C. JACKSON.
GLEN HAVEN WATER-CURE, N. Y.

EXPERIENCE IN WATER-CURE.

MESSEURS EDITORS—Having for the past six years been an enthusiastic disciple, and practitioner to some extent, of the doctrines promulgated through the WATER-CURE JOURNAL, and various standard works on the subject of preserving health, and treating disease by the use of *hygienic agents alone*, I have concluded to send you a few items in my experience, which you are at liberty to publish, or burn, as you think proper. The WATER-CURE JOURNAL found me, in common with the mass of my fellow-mortals, living under the *scientific* regime of druggery, both as regards diet and medicine, and as a consequence, numerous aches and pains, bilious attacks,

dysenteries and agues were the order of the day; but a candid perusal of the Journal, and kindred works, taught me for the first time the causes of these unnatural conditions, and the *means* by which disease might be *radically cured*, as well as almost entirely prevented. I determined to reform, so, upon the principle of "*Physician, heal thyself*;" I commenced at home by discarding tea, coffee, pork, whisky, bitters, *sarsaparillas*, and the hundred-and-one *wonderful* discoveries of remedies, by the use of which we expected to escape the penalties of violated laws, and substituted therefor a plain vegetable diet, *pure water* for beverage, and frequent bathing in the same. Finding my expectations more than realized, I have sought every opportunity to advance the truth as it is in Water-Cure among my acquaintances and friends, by practice as well as theory, and have had the satisfaction of seeing it succeed with patients who had tried all manner of *drugification*, both *regular* and *irregular*, in vain for the removal of their diseases. I will give a case in point. A young lady, aged eighteen, of a good original constitution, bilious and sanguine temperaments predominating, had had the ague eighteen months, the paroxysms occurring at intervals of from two to three weeks—had taken the prescriptions of all *scientific doctors*, *regular* and *patent*—had become melancholy and wished her life at an end—was persuaded to try water treatment. Came to my house—staid ten days—was placed under mild, but thorough treatment in connection with a coarse and spare diet. At the end of that time all ague symptoms had disappeared, and she felt, as she expressed it, "like a new person;" her appetite had become natural—food relished better than ever before, and all the functions had resumed their normal condition. In conversation with my wife a year afterward, she said she had not had a symptom of the ague since leaving our house, and her health had been excellent during that time. This patient had good reactive powers, and all that was wanted to restore her to health was to *unload* the system of the pent-up matters and *vile drugs* she had taken. I have applied the water treatment in nearly all the prevailing diseases of this country, and where the treatment has been persevered in by the patient, it has always given relief. I have applied the hygienic cure in typhoid fever, where I found the patient very near death's door, with the

extremities cold, head hot, the mucous membrane very much inflamed, with decided determination to the brain, attended with delirium and the entire loss of speech, and all in spite of the *scientific* efforts of *Dr. Infinitesimal*, and after a few weeks' water treatment have had the gratification of seeing the patient restored to health, to the astonishment of neighbors and friends, who knew not the superiority of our *glorious hygienic* system over all *drug* systems of whatever name, even *unprofessionally* administered. The home-practitioner in Water-Cure has many difficulties to surmount, especially in this region, where all the water, except cistern, is strongly impregnated with lime, and where, generally speaking, the people have few conveniences for its application, and where swarms of *drug doctors* and *patent pill* venders, like locusts, are eating out the people's substance. But every intelligent reader of the WATER-CURE JOURNAL who has the *cause at heart*, can, in spite of their obstacles, do much good, and according to my experience the surest way to lessen the influence of these druggers, and secure friends to our cause, is to go about among their victims, and demonstrate by practice the superiority of our system over theirs in the *prevention* as well as *cure* of disease. Some parents regard with consternation the idea of applying the *cold-water* system, as they call it, to their little ones when they are very sick; they have an idea that it requires a *strong constitution* to bear water treatment—an instance of which I witnessed at a friend's not long since. Their youngest child, about eight months old, with robust constitution, was in convulsions—had been sick about twenty-four hours; the anxious and frightened mother inquired what could be done, in such a case, with water treatment. I prescribed a course, which I assured her would relieve her child in a few hours; but grandmother, who was present, declared such a course would *kill* the little dear, and so Doctor "*Similia-Similibus-Curantur*" was called in haste, and in twelve hours from that time the spirit of the little sufferer had passed beyond the reach of ignorant nurses and worse doctors. But the truth will finally prevail. Some of the strongest holds of the enemy are already broken, and if *all* who have this great and noble reform at heart will but press on, and not weary with well doing, ere the next half century has past the system of giving

deadly drugs for the cure of disease will be classed among the *relics of the dark ages*, and mankind will strive to live in *harmony with all the laws that govern his existence*, knowing that *health and happiness* will be his reward. S. H.

PEORIA, ILLINOIS.

REMEDIAL MEASURES AND CURE.

BY W. T. VAIL, M.D.

The following is the substance of one of the weekly lectures delivered to the patients of the Granite State Water-Cure:

The value of remedial measures and the philosophy of cure, after the hygienic plan, can be clearly understood only by a distinct recognition of those conditions of body denominated health and disease, and of the means by which these conditions are developed and maintained. Health is the perfect performance of all the various functions of the body. Any departure from this perfect performance of those several functions constitutes disease. In the first place, then, we will inquire what these functions are, and in what way they evolve the condition called health; we shall then, with perfect readiness, comprehend in what manner their failure or imperfect performance constitutes disease.

All the various functions of the body relate to, and subserv, one grand operation—that of changing the inanimate elements of matter, in the shape of organized substances, which we regularly gather in from the world around us as food, into the elements and tissues of our bodies, re-converting these again into various inorganic combinations or elements and eliminating them from the organism. Life is one continued round of change, wrought in certain elementary material principles, first into the elements of our bodies, thence back again into their primary forms; or, rather, I would say, life is an evolution resulting from this change, and interchange, and re-change, of plastic material elements. All the various functions of different bodily organs relate to this grand operation, and to no other. Digestion, absorption, circulation, aeration, assimilation, secretion, resolution, and elimination have this one and only end as their object. Distinctly understanding that all the complicated organic and functional machinery of the human body has but this one great end in view, that by its perfect performance, health, or the perfect life-condition is evolved, and that by its imperfect performance disease, or a faulty vital development, is the result, we are prepared for an intelligent start in our inquiry as to the merits of remedial measures, and the philosophy of cure, so prepared that the subject may be divested of its mysteries and made to stand out before us as in the light of noonday.

We shall begin our inquiry with the statement of a few self-evident principles or axioms.

1st. The body can perform these vital or life-evolving transformations upon matter or food only under certain favorable conditions or circumstances.

2d. These conditions must inevitably obtain as the basis of all rational curative measures and ar-

rangements. What folly to busy ourselves in seeking after remedies while we are denying to our bodies the only conditions upon which they can evolve the life-forces!

3d. These conditions chiefly consist in good food, good water, good air, a judicious amount of bodily exercise, and an adequate supply of light and heat. Any cure attempted on any other basis is stupidly false in its conception and profoundly foolish in its practical application.

Thousands there are who make long continued and persevering efforts to recover the vital integrity of their bodies by vainly seeking after some external specific force, in the shape of some poisonous combination or mixture, whereby they may hope to coerce the bodily organs into a resumption of their natural functions. These fail, not only signally, but most deservedly. *They utterly mistake the inherent principle of cure, and suffer themselves to be deluded and misled by a false philosophy. The human body is a self-regulating machine. It contains within its own organism the only possible recuperative forces. God has implanted within it, as an essential element, or rather as a necessary condition of its very being, a strong tendency to preserve its own existence; a most remarkable power of restoring itself to soundness and health, when injured by accident or invaded by disease. This, it should ever be remembered, is an essential inherent principle of the organism itself, without which recovery in any case would be an utter impossibility. We everywhere see wounds heal and diseases dissipate by the unaided powers of nature alone; we never see them healed nor dissipated by any other power, notwithstanding all the learned pretensions and vain boasts of regulars and quacks.

All we have to do in the treatment of disease is to supply the necessary vital conditions to the body, and render such aid to the organic functions as circumstances may seem to require. We must assuage pain, allay unnatural heat, restore the circulation, remove the causes of irritation, relax spasmodic action, contract or give tone to relaxed tissues, control and direct the nervous forces, etc., merely to assist nature in the performance of her perfect work. These things are by no means identical with cure. Cure is nature's own peculiar province, and she always labors most earnestly in its accomplishment, simply because she can not help it. But if you neglect to supply the conditions she requires, and undertake nevertheless to coerce her by far-fetched and unnatural appliances, you may destroy, but you can not conquer her. She knows no laws of action but those written in her organization by the finger of the Almighty. The allopath gravely tells us that his poisonous doses exert some direct curative influence upon various diseased conditions of the body; but the absurdity and fallacy of the thing is very often known to no one better than himself. The cure, if there be any cure in the case, is after his medicines have done with their mischievous work, performed entirely by the bodily functions, having in many cases not only to remove and repair the injurious effects of his drugs, but actually to remove the medicines themselves. It is very true that medicines may modify the symptoms of disease, by setting up some new morbid action in the same or in collateral organs, and that in a cer-

tain violent and unnatural manner, some of them may sometimes cause the removal of certain morbid material obstructions to organic action, deluding the superficial observer into the notion that they possess some sanative virtue or peculiar remedial charm. Hence the secret of their almost universal efficacy. But the allopath claims that drugs *assist nature*, when he is cornered on the score of their *direct* curative virtues, and argues for their use on the ground that they *prepare the way, supply those general conditions, administer those gentle succors, afford that friendly aid and comfort*, which nature needs in the accomplishment of her task. Wonderful indeed that nature should be so unnatural as to call on her enemies for assistance in the day of her calamity, leaving her friends unhonored and unemployed all around her! Or, stranger still, that her natural deadly enemies should so suddenly become transformed into her best friends, whenever trouble invades her domain! The simple truth is, that whatever assistance nature may derive from poisonous elements, if any, is most dearly purchased, at best, by a sacrifice of her own substantial being. It is no vicarious atonement that she purchases! the ransom is with her own blood, parting always with a portion of her own life, which is the natural requirement of an inexorable foe. True remedies always assist nature, but never rob her. False remedies always rob, while their assistance at best is dangerous and uncertain.

How then do patients recover from fevers, inflammations, rheumatisms, neuralgias, gout, dyspepsias, or any of the like formidable disorders of life? I answer, simply by the inherent recuperative energies of the system. My answer is the same whatever may have been the remedies used. What we are to accomplish by hygieo-therapeutics is to make the perfect performance of nature's grand operation possible to her, so to assist or facilitate the functions of digestion, absorption, assimilation, aeration, secretion, elimination, etc., that she may readily evolve the perfect life-condition. All disease consisting in the failure or perversion of some one or more of these functions, consequently all cure consists in their correction or restoration. Hygieo-therapeutics accomplishes this end as no other means can; accomplishes it with certainty when all other resorts will ever fail; and accomplishes it with the least possible expense to the organism.

PERSEVERANCE.

BY SYLVANUS LYON.

The 'volving wheel that runneth often round,
The hardest steel in course of time doth tear;
And 'trizzling drops, that often do rebound,
The firmest steel doth in continuance wear.

SPENSER'S SONNETS.

"PATIENCE and Perseverance conquer all things," is the old motto which we have written in our school days, and well would it be for us to carry it out in our daily practice. It is a noble quality, which enables us to contend with the ills of life and gain our desires.

When we view man physically, he is but a puny creature. A grain of sand may blind him, a fall disable, and death awaits him on all sides. And

yet against him all nature seems arrayed in hostility. The heat of summer scorches; the winds of winter pierce; tempests destroy, and the elements overwhelm him. Perseverance enables us manfully to oppose these, and to convert them into ministers for our good.

Christ beautifully compared religion to a conflict. Thus life is a continual warfare, in which we must hourly contend with disappointments, cheer the oppressed, oppose evil with good, and strive to change the dull charrs and confusion of the world into harmony and peace. *Perseverance* is the magician's wand that accomplishes these noble purposes. Happy is that man who possesses it, and wields it for the right.

To my own mind, there is something supremely beautiful and grand in this quality. Behold the good man perseveringly putting noble thought with honest action; virtuous feelings with high enterprises; truth with love, and believing that thus he is silently but surely elevating mankind! See the Reformer's high and holy aspirations kindling in his heart, and beaming forth from his countenance for ages, while the world calls him *fool, knave!* Look at Poverty contending single-handed with all life's ills, and gaining the brightest laurels of riches and honor!

How beautiful is it to watch the inventor for long years nursing the darling image of his fancy, silently adding thought to thought, and building plan upon plan, until his work blesses mankind!

All these are the noble sons of *Perseverance*, and do us good to contemplate.

I love to dwell in imagination with Columbus' great heart of hope, which lived for years in his unseen hemisphere; to feel Alexander's zeal, that longed for new worlds to conquer; to exult with good old *Galileo* in his prison with the darling of his perseverance, "*that the world does move.*"

Oh, how wonderful is it to see man's persevering hopes, as he digs deep down, and builds far up, to carry out the plans for his greatness, and seeks to control all nature with his puny grasp!

All life's mysteries constantly call forth his zeal and perseverance. Nature invites him to explore her hidden secrets. Far down in her bosom she tells him lies her richest treasure; and by industry and perseverance all her barren wastes will bloom and bear fruit. Fortune lures him with her dazzling trophies; Ambition calls him ever upward and onward; Learning points him to her hill of science; and Religion whispers, "that to him that overcometh there is laid up a crown of glory." And in all these various paths *Perseverance* plods on believing, rejoicing, and gaining her rewards.

Phrenology dissects *Perseverance* as composed of three parts—of Hope, which fills man's heart full of bright, golden dreams of promise; two parts of Firmness, which enables him sternly, nobly, to grasp these into his very being; and the remainder is made up of Combativeness, zealously and fearlessly to contend for these children of his hopes, and usher them into existence. The same noble science teaches that we can cultivate all our faculties: how important that we should this one!

There are so many great problems of life to be solved, so many blessings to be achieved, and man's nature requires us to smooth down the aspirations of life. Yet how few of us seem to

comprehend these truths. See the mother shielding her darling from all life's ills! Behold mankind striving to blot out talent, and blighting the heart's fairest hopes; and, above all, see woman destroying her physical faculties and weakening her intellect in the hot-bed of fashion and ease! Oh, that we would learn that in the *battle* we gain strength—by *Perseverance* only we conquer! The body grows with physical effort, the soul languishes without noble purposes.

Life's ills diminish, and pleasures increase, if met with manly courage. Ignoble souls always tremble, brave ones laugh, at danger.

Without *Perseverance* man is nothing; with it he grows almost to a deity; hews down mountains, bridges oceans, covers the earth with monuments to his glory, and binds it with bands to traverse, with his hopes and desires.

"Let us then be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to persevere and wait!"

MEDICINES: A QUESTION ANSWERED.

BY SOLOMON PREASE, M.D.

"Is it really true that you can cure disease without the use of medicines?" said a doubting old lady to me on a certain occasion. And as her question embodies the sense of many similar ones, I will take some trouble to answer it. There is, perhaps, no word in the English language so much abused as the word *medicine*. People have come to regard almost every substance that is fit to the smell, nauseous to the taste, and which possesses deadly properties, as a *medicine*. And this idea has become so fixed in the public mind that lexicographers have given their sanction to it, and if we are content to take their definition unquestioned, we might be as much surprised as was the old lady above quoted, to learn that the sick could get well without the use of the deleterious substances lumbering the shelves of the apothecaries, and culled medicines. But medicines they are not, and no perversion of language can make them so. This mis-calling of things may deceive the mind, but it will not deceive the organism. No abuse of language nor high sounding terms will serve to change the nature of an atom, or the relation that atom bears to the physical man. You may call a portion of calomel medicine, and the mind may so regard it, but the instant it touches the tongue, the sense of taste knows that an imposition has been practiced upon it, and the truth is immediately conveyed to the whole system, which rebels against the fraud, and the unwelcome intruder is expelled, when there is power to do it, in a very rude and uncivil way, but in a way, nevertheless, perfectly proper for a dangerous intruder. Now what propriety of language, what truth there is, in calling this pernicious and disgusting substance a *medicine*, is more than I am able to conceive. It might more properly be called anything else. But it has taken the "livery of heaven to serve the devil in," and under this innocent name it gains entrance into the very citadel of life to commit its depredations—to lay waste human

constitutions and human prospects. A man is unwell, he needs *medicine*—but instead of *medicine* he gets calomel. He wants "bread, but he gets a stone." His instincts protest against it, but they are disregarded, and down into the stomach it is forced, in spite of protestations and remonstrances. But the outraged stomach, if still sufficiently vigorous to assert its rights, gives it a very unwelcome reception, and sometimes unceremoniously casts it out by the same entrance in which it came. I remember very well, some fifteen years ago, when I was younger than I am now, and in my simplicity really believed calomel possessed medicinal properties, the operation of forcing a dose of it into my stomach was gone through with, amid wry faces enough, and after its dangerous qualities had been sought to be couched by sweatsmen. But it was of no avail. The indignant organ soon got up a healthy agitation, and the vile stuff was cast out the same way it went in, and with as little politeness as it had observed upon its entrance. But the stomach, with all its powers, is not always able to expel the enemy in this way, when the whole organism unites with it to cast it out in some other way—it may be through the bowels, or it may be through the salivary glands, but it will do the best it can to rid itself of its pernicious presence; and fortunate for it if it succeed. What is true of calomel is true of other drugs, only that the organism disposes of some of them in different ways and through different channels. I now proceed to answer the old lady's question. We do not cure disease without *medicine*. We do use medicines, and the very best ones, too—the medicines of nature, the only medicines that exist, and the only ones the unperturbed instincts recognize as genuine. What more should we do? Should we in our eagerness to combat disease resort to the use of vile and dangerous agents? Should we force the already overburdened system to endure a still heavier burden? Should we tax her already over-taxed energies still more? surely I think not. Let us then confine ourselves to nature's medicines, and let us use only them. In doing so we may excite the wrath of some, the wonder, the contempt, and the pity of others. But no matter, we can cure disease more successfully than can be done by any other means, and this enables us to endure it all with the greatest composure.

PITTSBURGH WATER-CURE.

THE PHILOSOPHY OF EATING.

Among the novelties of our time, we know of none more novel than a society in Paris which attracts much attention in that metropolis of fashion, and forms a fruitful theme for the French correspondents of foreign journals. This society bears the singular title of a "Society for the Encouragement and Propagation of Blondes"—or fair-complexioned women; which title, though capable of almost any construction, simply means that the "considerable persons" of Paris society said to make up its members prefer the blonde to the dark or brown complexioned beauty.

The executive committee of this association have rented a hotel which has been fitted up in a most magnificent style, and here are held weekly parties to which the most celebrated blondes of

Europe are invited, the society defraying their traveling expenses from its treasury. None but "considerable persons" are admitted as members.

But a great feature of this society—if not the feature—of which we wish more particularly to speak, is its dinners. It starts upon the hypothesis, which is certainly correct, that modern society has not learned how to eat; and that in this respect a reform is needed. "Since the violent introduction of steam into actual life," says a French account of this society from which we translate, "we do not taste any more; we swallow! But this society says, 'Swallow no more! taste!'"

This is as true as truth can be in this country, whether it be so in Paris or not. We do not taste our victuals; we swallow them without any proper mastication, and in most barbarous haste. We ruin our digestive organs, and die of dyspepsia when we should be in the vigor of life and strength; and all because we do not know how to eat, or if we know how, do not practice it. The man of business hurries to his dinner, and hurries through his dinner, and hurries from his dinner; he eats as a necessity and not as a pleasure; the dry goods, and exchange bills, and commercial speculations, and business avocations, which puzzle his brains through the Erenoon, are still in his head while he swallows his hasty meal. That a reform is needed in this respect, all sensible men will agree; and we are happy to know that the fact is acknowledged in Paris by those who make fashions for both continents. But that this new Society has inaugurated a reform we are compelled to deny, however pleasing it might be to believe. "It has resolved," says the same account "to institute a series of dinners in which those dishes which have fallen into disuse or have been entirely forgotten shall be resurrected. To this end a commission composed of epicures and wine-tasters has been charged with the task of finding out neglected recipes and applying them. * * * Historic dinners are to be given. The first of them will be a Roman dinner, at which will be seen wild boars roasted whole, sprinkled with honey and aromatics; peacocks stuffed with partridges, which will be stuffed with ortolans; Palesian wine will be served in vessels filled with rays of Pæstum. Around the table will be placed couches; the convives will eat reclining; the waiters will be dressed as slaves."

This committee is also charged with the duty of corresponding with the various people of the world to ascertain their methods of living and cookery. This last is a capital idea; but while, as we have first said, we rejoice that the necessity of reform in the manner of eating is acknowledged by authority generally regarded with such respect, we are sorry that no proper remedy is recommended. We see no element of reform in reviving the luxuries which effeminated Rome, or in studying to suit the palates of idle men with rare and exquisite compounds.

We recommend, not only to the members of this novel society, but to all others, the less expensive and more effectual remedies of simplicity and cheerfulness. Too much pains can not be taken to prepare food properly; and simple living does not necessarily mean very cheap living. Simple food does not mean poor food; and rich living does not mean good living. The human system re-

quires proper food and proper drink taken properly; and what proper food and drink are is the very question which physiological science and experience are solving. Among the well-settled principles of this science is the one that physical exercise is necessary to health, and that no delicacy of composition, no luxury of material in food, can supply the selfish for a meal of victuals which labor and exercise naturally give. There is more philosophy in the fable of the King than seems to have entered into the councils of this society. The King was out hunting and became very weary and very hungry; he came to a poor man's cabin, and going in, asked for something to eat. The rustic inhabitants placed before him a dish of ham and eggs; and he declared it the most delicious food he ever tasted, and upon returning to court, ordered the cooks to serve up this food, thinking he had discovered the most elegant of dishes. But when he tasted it in the midst of idleness he did not recognize it, and declared it was not the same dish. It was the exercise which gave him the appetite to appreciate.

The philosophy of eating, then, is to have the appetite in a proper condition; to sit down with nothing else to do, with a cheerful heart and lively tongue (we don't believe in keeping still at the table), and properly masticating the proper food, laugh at the Paris society, who vainly seek in epicurean dishes and rare wine the pleasure you find in a good appetite, a cheerful heart, a plain dinner, pure water, and a clear conscience, bearing in mind the saying of the wise man, "Better is a dinner of herbs where love is, than a stalled ox and hatred therewith."

Fireside Reading.

RUSSEL SMILIE'S CHILDREN.

BY HENRY H. HOPE.

CHAPTER VIII.

SINCE the Patriarch Hemenway related his early life, and those of the other families in Featherington, years have fled, and I lost sight of Russell Smilie, wife, and children.

But just before coming here, said William Jones, I made a visit to the Hemenways, and from Propitiation I learned the history of the children and the neighborhood. "Since you were here," said Propitiation to me, "Elizabeth Smilie's children have grown up to womanhood and girlhood." The two eldest, Polly and Lizzie, are women; and it is especially of Lizzie that I propose to speak and elucidate the false view which generally obtains as to training, educating, and giving character to children.

A greater ignoramus than Elizabeth Smilie as to this department of knowledge could not exist. She knew how to read French, how to make flowers, how to paint Madonnas in water-colors. She knew how to make pastry, cook a leg of mutton, make mince-pies. She kept her home clean, and was polite in company. But such a ceaseless watch as she kept over her children! No old brood hen ever clucked for chickens out of her sight as did this woman for her children. She was miser-

able if they were absent from her one moment when all were awake, not by reason of her great philoprogenitiveness, but from morbid conscientiousness as to her duty to them. She was determined that they should grow up model girls—for the five were girls—she knew how girls ought to be educated rightly. The eldest, Polly, partook a good deal of the Smilie constitution, and so was a book-worm. She liked to sit and read and draw. She was short, thick, and fat. Her face was as red as a cherry when ripe, and she had quite a waddle, which she called a walk. Her mental characteristics were her mother's chiefly, and so she wore an honest face—plump, and red, and good-natured—but she coined in her heart a great degree of deceit. She was a great reader, but a poor scholar, her tendencies being to works of fiction; and many a night would she carry to her sleeping-room bits of candle which she had managed to pick up, and by the light of which she would stealthily peruse some novel which she had contrived to borrow without the knowledge of her mother. She grew up to passable womanhood superficial, not good-looking; vain, having high notions of her own importance, chiefly derivable from the high standing and repute of her father, who, as this narrative already has shown was in many respects a remarkable man.

Zulika, the youngest girl of the three who figure in this story, was, when a child, very pretty and remarkably amiable. She gave no trouble, and I made no trouble, and seemed endowed with that particular instinct which supersedes and renders reason needless. She went right from impression, and as she developed, evidently was destined to see things in a light very different from that which her mother possessed. Her eye was single, and her whole body was full of light. Her mother's eye was evil, and her whole body was full of darkness.

Lizzie, the second daughter, was a beauty, and she illustrated the Scriptural phrase—that "beauty is deceitful." And now, if the reader will go back with me, as I did with Mr. Jones, we will take up the thread of the narrative at the point when it suddenly broke off to give Patriarch Hemenway a chance to tell his story of the early settlement of Featherington. It will be easily recollected that William Jones, the man whose narrative I (H. H. Hope) am simply editing, had a long argument with Elizabeth Smilie about the education of her children. Events show that she pursued her plan with characteristic ardor, and reaped the consequences. A teacher celebrated for her high attainment and success was secured, an old dwelling was fitted up, and "school began." It was not long before Miss Adkins found that she must be a student and study the history of her scholars—their past lives—and find the reason for such great and strange diversity if she could. The more she studied the more she came to see and feel that the plan of the mother was the worst she could have devised for her children, and that under it results were likely to grow exactly different from those intended. To keep children from the society of children, and especially to keep girls from the society of boys, Miss Adkins soon saw was unnatural. The sexes Providence intended to live together in the common no less than in the special relations. The

fact that one being is male and the other female does not warrant an inhibition of intercourse, but does most manifestly warrant intercourse—and this through all its grades. Children have a good right, according to their growth and the usefulness of which they are capable, to as free society as men and women, and improve accordingly. Boys trained without the society of girls become morose and excessively supercilious. Girls educated independently of the society of boys, grow up timorous and feeble in intellect and heart. The former put on the preciseness of bachelorism, the latter early catch the singularities of old maids. Interchange of thought, feeling, and emotion gives straitness of character and elaborates the finer tissue, while treating each as forbidden fruit to the other gives them a bent which smacks strongly of deformity.

Miss A. labored hard, early and late, to correct the untoward tendencies of Polly and Lizzie Smilie, but to little purpose, for she had no power to work by. The mother had determined that her daughters should be patterns of virtue, and her plan was to bring this about by keeping them from becoming vicious. She would not see that to be negatively vicious is not to be virtuous, and that all such virtue is like feathers, light and airy, not at all qualified to show firmness against temptation. Her plan was to keep boys away from her girls, which plan, to a superficial observer, was very successful. But to their teacher it was flimsy and foolish, having no other effect than to make it unlikely that the girls should discriminate between young men whenever the time should arrive that their wishes should become laws which even the mother would have to acknowledge. Miss Adkins and Propitiation Hemenway were great friends; and Propitiation related to me what Miss A. heard on this very topic from the girl themselves. They were sitting in a little bower of tamaracks one afternoon, when "Lizzie the beauty" addressed Polly, saying

"Polly, George Hemenway's Cara told me at meeting yesterday that there was a Friend visiting at her father's, and that he had with him his son, a fine-looking young fellow of seventeen, and that he made a great deal of fun and pleasure for them all, and that she liked him first-rate. I wish we could have somebody come to our house to visit father who would bring along a nice young fellow. What ails mother, Polly? Does she mean to keep us forever tied to her apron-string? If she does, so far as I am concerned, I am mistaken, or she will be. I would like to know her idea what men were made for. It is a fact, that I can not remember when a manly voice spoke to me."

"Why, Lizzie, mother thinks it best," said Zulika, taking the reply out of Polly's mouth before that considerate and learned person could frame her speech to proper poetical expression, "mother thinks it best that we should grow to age and size when we shall not need or desire the society of boys—but of men, and then she will give to us the privilege of intercourse with gentlemen."

"Give us the privilege! Why, when we have become women we do not need her guidance; we can take care of ourselves. This is Heaven's law, I know, for I feel it. Mother will find it is not hers to give—it is mine to take—and that before long, too. I am sixteen past, and have never spoken to a gentleman yet out of my mother's

sight. When I am seventeen, I shall take the matter into my own hands. Here is Polly, who is eighteen and over, who lives in the society of ideal young men. She builds castles and peoples them to suit her fancies. Polly, why do you not awake and find a live young man, with whom you can talk, instead of a shadowy one about whom you dream?"

"Lizzie, my sister, I have found my man, and talk with him. Look!" at the same time drawing from the bosom of her dress a letter in a pretty envelop. "In this is my man; and he is alive, and loves me."

"Oh, Polly, you do not mean to say that you have allowed a man to write to you?"

"Yes, I do."

"But how on earth did you manage to become acquainted? Where was mother?"

"Mother was asleep in meeting, to answer your last question first, and we became acquainted through our eyes. He looked at me and I looked at him, and we fell in love at first sight. I did not know who he was, nor have I spoken to him, but he knows mother and what a she eagle she is, and he wrote this letter and put it under the corner of the fence down by the gate, and then laughingly told Cara Hemenway that he so admired me, that he should write me and put the letter there, and she, to rally me on my conquest over him—but not supposing that he was in earnest—told me of it. Well, I made light of it, and laughed, and said that I guessed I would go to the gate and see, and so on. When she was gone, I went there, and found the letter. I knew it was there, simply from intuition—I was satisfied that no man could look at me as he did and not mean something. So! here's the letter, my 'beauty.' Read it, and then see how useless all our mother's precautions are. Already we love each other. Already I am to forsake father and mother and friends and cleave to this man, were it not that I hope to bring our mother to reason by-and-by."

"Why, Pollie Smilie," said Lizzie, "is it possible that you have dared to do this thing?"

"Certainly it is. I am a boarding-school miss in my own father's home, I know. But I am no longer a baby. I have the size of a full-grown woman, and I have a woman's education. No one knows how much I lack as truly as I do, and I did not know it till I saw the writer of this letter. Then I made up on the instant, and purpose to be worthy of his approbation and love, and I shall win him or die. I shall keep the knowledge from my mother for a while, for did she know it she would make me very unhappy, and perhaps force me into a clandestine marriage."

"But, Polly," said Zulika, "who is your lover? What does he for a living?"

"He is a carpenter and joiner."

"A carpenter and joiner!" exclaimed Lizzie. "So much for poetry and painting. Why, Polly, I should have thought that you would have burnt your fingers rather than have had aught to do with a carpenter and joiner!"

"Lizzie," Zulika spoke, "you forget that Jesus was of that profession."

"Thank you, pet; but the pursuit or profession of the Saviour is not the topic under discussion. I am thinking how Polly, with all the high notions which our mother has instilled into her, could feel emotions of love for a carpenter and joiner."

"Lizzie, this matter is not settled by external considerations. Had any person suggested to me that I could be satisfied with a mechanic before I saw this man, I should have revolted at the idea. Certainly I would not have consented to descend lower than a merchant. Now, I find the man is everything, the profession or calling nothing. I should love this man none the less if he were a cow doctor."

"And thus," said Zulika, "we see how a natural emotion approximates those emotions which religion makes visible. Christ teaches that man is everything, and institutions and callings nothing. You who have fallen in love have found out what He said to be true. There is only one thing about this matter that I greatly regret, and that is that your correspondence has to be carried on clandestinely."

"But what else could I do?" exclaimed Polly.

"Our mother would hallow my very soul out were she to know it, and I am no longer a child, in the wants of my nature at least. I have sprung up into a woman suddenly. I do not fear my mother; only on her account I dread the excitement and the unpleasantness of the collision, and I can not counsel father, for mother has him, as we all know, completely under her thumb. As for our teacher, where was there ever one who did not side with the old instead of the young? Teachers are old fogies proverbially. They pass into the governing class immediately on receiving their diplomas. What can I do but to correspond, as I am determined to do, or crush all my hopes of youth! O, mother! mother! had you educated me with common sense, you might have had my confidence. Now, you and I are both cheats!" and she clasped her hands and cried like a child.

"Polly," said Zulika, "follow your heart. It is the safest guide you can have. Only do not mistake the promptings of the passions for its teachings." And she arose, and her sisters with her, and passed out of the tamarack shades and went home. Miss Adkins kept her concealment till they had entered the house, and then passed into the arbor, and bending her knees, prayed.

A BENEFACOR.—We clip the following from the *Williamsburg Gazette*.

MR. EWING: If any fifty or one hundred individuals, heads of families, in my native city of Williamsburg, or in the adjoining counties of York and James City, will subscribe to your valuable *Gazette* by the first day of May next, I offer to pay one half of the subscription money for those who choose it.

If any fifty or one hundred such residents will pay the postage (only six cents), for one year, I offer to pay the whole subscription price of the *WATER-CURE OR PHRENOLOGICAL JOURNALS*, published by FOWLER and WELLS in New York, upon receiving a list of names.

If any twenty or more ladies in my resident village of York Town will wear the Reform Dress, I offer one hundred dollars to purchase suitable apparel (described by Harriet N. Austin in the *WATER-CURE JOURNAL*, January number), of the value of ten, fifteen, twenty, twenty-five, and thirty dollars, to be distributed on the first day of May.

I. ROBERT ANDERSON.

YORK TOWN, March 1st, 1857.

[We submit this, the most liberal proposition yet offered by any individual for the promotion of intelligence, health, and reform, among the people. Who will follow this excellent example? We will print Journals—who will circulate them?]

The Month.

NEW YORK, JULY, 1857.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

HUMAN REDEMPTION.—Since the morning stars first sang together, no political event has occurred on this earth of ours more significant in its nature and more instructive in its consequences, than the Declaration of Independence. Well may statesmen, and patriots, and all good citizens, who rejoice in the liberty of choosing their own rulers, worshiping their own God, and pursuing their own happiness, according to the dictates of their own judgments and the approbation of their own consciences, set apart each anniversary as the Nation's Jubilee.

But manifold and inestimable as are the blessings of free thoughts and free institutions, they are but stepstones in the pathway of human progress and redemption. Man must be externally free, in all the relations of his God-given capacities, before he can be internally true and noble. He must understand the things around him before he can comprehend himself. Hence political freedom is essential to individual development and social improvement.

Great God! we thank thee for this home—
This bounteous birthland of the free;
Where wanderers from afar may come,
And breathe the air of liberty.

How little can a human being know of his own nature, his powers, his relations, his destiny, while all his energies are crushed by despotic government, his aspirations warped to suit particular creeds, and his actions interpreted by the false standards which ignorance and tyranny have established and consecrated.

It was indeed a great day when our patriot sires announced to the world the doctrine that men are born with inalienable rights. These were brave words then, for they spoke contemptuously of princes and potentates, and bid defiance to kings and armies. And bravely, nobly, gloriously were they maintained through successive seasons of privations and adversity, on many a hard-fought battle-field, against the best disciplined warriors of the world, and through many a sad disaster from false-hearted associates and faint-hearted friends.

But why seven long years of horrible

strife and bloody carnage? Why with fiendish rage and maddened fury did

Brother murderously strive with brother,
And worry and devour each other?

Simply because a new truth had to be promulgated. A new rule of human action must needs be recognized by the world, and inaugurated on the throne of reason.

And so it has ever been. Never was a great principle announced to the world that the world did not crucify, in some way, the medium. Never was a new light in science set up, or a higher standard of morals raised, that did not bring opposition and conflict. And never was a great truth established among men until its advocates had battled long and arduously for it, and, perchance, died for it.

Yet, fearful as seems the price, it is worth all it costs. Whether we succeed or fail in securing its acknowledgment in our day and generation, it is still worth living for, laboring for, and dying for, if need be.

So felt, and so thought, and so acted our fathers, in the times that tried men's souls; and so may their descendants feel, and think, and act, whether the cause in which they are more especially engaged be political, social, moral, or physiological redemption.

Laugh at danger, far or near!
Spurn at baseness—spurn at fear!
Still with persevering might,
Speak the truth, and do the right!

WHAT IS DISEASE?—The whole philosophy of drug-medication or of hygienic medication turns on this single question. Indeed, the definition of this little word, disease, is the foundation of all medical science and of every therapeutical application. Without a knowledge of the nature of disease, all medical problems are purely hypothetical, and all medical practice purely empirical. Is it not very strange, then, that medical philosophers have, for three thousand years, fabricated theory after theory, and system after system, without stopping to investigate the primary premise, the nature of disease? And is it not passing strange that our savans of medical science in this enlightened age of the world, should be content to teach and practice medicine in confessedly profound ignorance of either the nature of disease or of the rationale of the action of remedies?

We are informed by the standard medical authors that the nature or essence of disease is a profound mystery. They can not even agree upon a definition of the word! In treating of disease, some med-

ical writers and practitioners confound it with its causes; others with its effects; and the same author uses the word sometimes in one sense and sometimes in an exactly opposite one. Some physicians, again, speak of disease as an action, but do not tell us what kind of an action. Others call disease the inability of an organ to act, which literally means *nothing at all*—death itself!

It is quite clear that until medical men can solve this problem, medical science can not advance. It must remain a science without a system, a superstructure *standing on nothing*, and the results be, in the language of a resolution adopted by the National Medical Convention, at St. Louis, three years ago, "erroneous theory, and often, very often, *fatal practice!*"

To our understanding, the nature of disease is a perfectly simple and demonstrable problem. As many of our readers know, we have "harped upon this theme" pretty extensively during the last two years; we have challenged the whole medical world to a discussion of the question, and we have even offered to give a capable opponent one thousand dollars if he would controvert publicly the positions we take. And yet, with this manifestation of candor, fairness, and generosity on our part, there are those, not only in the ranks of our allopathic opponents, but even among the water-cure fraternity, who *assert* that the contrary of our position is true, and affect to be offended if we reassert the position we have long advocated, and many times demonstrated, in reply to their *ipse dixit*. Can such persons really love truth? Is an old, meaningless phrase or problem, like "heat is life," "fever is a friend," "*similia similibus curantur*;" "*contrarius contrariis curantur*;" "life is a forced state," etc., which has no more of sound philosophy or common sense than a pillar of salt has of the milk of human kindness, to be forever thrown in our faces to stifle inquiry and stultify human reason?

No, gentlemen doctors of our school, and of all other schools, do not be afraid of discussion. The truth, whatever it is, and wherever found, is profitable for all of us. *Disease is remedial action.* It is an effort of the living organism to recover the normal condition. *It is vital action in relation to things abnormal.* Meet this position fairly and squarely if you can, or do not be offended if we continue to teach and illustrate it.

If this position is not true, we have no basis for our practice. If it is true, it is the only correct basis; hence all who deny it are necessarily practicing on a wrong theory, and hence more liable to err. As we understand this subject, the whole popular system of drug-medication is based on an erroneous apprehension of the nature of disease; and it is this error which causes so many hydropathic practitioners to introduce a greater or less portion of the drug-system into their practice. The theory we adopt leads us to the rejection of all drug-medicines, and it is certainly an important question, who is right?

THE POISONING AT WASHINGTON.—The uncertainties of medical science are again illustrated in the discussions going on among editors and physicians as to the nature of the poison which caused the late "National Hotel sickness" at Washington. Some editors and some physicians are "decidedly of opinion" that the miasm of the obstructed sewers was the cause of all the mischief, while, *per contra*, we have an equal array of authorities on the other side who declare that all the symptoms corresponded with the well-known effects of arsenical poisoning. The New York Academy of Medicine has had this vexed question under consideration, but, as in the cases of all the disputed points which ever came before that learned body, it has reserved its opinion.

DEATH OF MISS COGSWELL.—The melancholy duty devolves on us of announcing the departure of another of earth's ministering angels. Abigail S. Cogswell, M.D., is no more! She died at Hudson, O., May 30, aged 31 years. Four years ago she came to us in an exceedingly frail condition of health. She had been employed for several years as school-teacher (an occupation, as school-teachers are generally obliged to live, very ruinous to constitutions); she had been seriously sick on several occasions, and had been repeatedly drugged nearly to death by the doctors. *Mercurial salivation* had made sad havoc with her vitality, and had induced a troublesome "throat-ail," with bronchitis to that degree which so frequently proves the precursor of a fatal consumption. But by careful management she recovered a comfortable state of health, and at the end of three years was a very fair but still fragile specimen of health and vigor.

Last fall she took an arduous and responsible position in the Cleveland Water-Cure, and no doubt greatly over-estimated and

over-taxed her bodily powers. The result we have already stated.

It was impossible for Miss Cogswell to see suffering, and not sympathize with the sufferer. She could not witness error and ignorance, without striving with all her might to correct and enlighten. She was wholly consecrated to the work of her noble calling; and though her own career was short, she has been the means of leading thousands of her fellow-creatures into the ways of life and health. We can not offer a more appropriate tribute to the memory of our pupil, associate, friend, and co-worker, than the following extract from "The Dying Poet's Farewell," by Horace Smith:

Oh, ye keen and gusty mountains,
On whose top I braved the sky!

Oh, ye music-pouring fountains,

On whose marge I loved to lie!

Oh, ye posies—lilies, roses,
All the charms that earth discloses!

Must I—must I from ye fly,
Bid ye all adieu—and die?

Yes, I now fulfill the fiction

Of the swan that sings in death;

Earth, receive my benediction;

Air, inhale my parting breath;

Hills and valleys, forest alleys,
Prompiers of my muse's sallies,

Fields of green and skies of blue,
Take, oh, take my last adieu!

Yet, perhaps, when all is ended,
And the grave dissolves my frame,

The elements from which 'twas blended
May their several parts reclaim;

Waters flowing, breezes howing,
Earth, and all upon it, growing,

Still may have my altered essence
Ever floating in their presence.

SNUFF DIPPING AMONG THE SOUTHERN LADIES.—In relation to this habit, a correspondent writes from Weston, Ga.:

I gain much information from your journals, and am convinced you desire to improve both body and mind. There is one thing I want to write to you about, and I hope that you will deem the subject worthy of some notice. In Georgia, and in some of our sister States, the ladies are using snuff to a great extent. They dip a brush into it, and rub the brush in their mouths. It is evidently destroying the health of thousands. What I want to know is this—is snuff used in this way in the Northern States? If so, to what extent?

The snuff-dipping recreation has not yet become fashionable in the Northern States. Of course the practice is very filthy and very injurious to health, but it is neither so disgusting nor so injurious as snuff-taking by the nose, or the smoking of tobacco. Again, if gentlemen smoke, chew, and take snuff, orally or nasally, why should not ladies? Are health and decency matters of sex? Must a man defile himself all through, and then insist that a woman shall be pure, and clean, and sweet? No, no. Let the ladies "go it;" dip snuff, snuff snuff, chew and slaver, smoke and expectorate, rub the

nasty stuff on their teeth, stick it up their noses, fill their ears with it, put a little in the eyes, dust it over the body, take a little into the stomach, inject it into the veins, puff its fumes all through the house, blow its stench all around the neighborhood (on the principle that eating onions prevents the breath of leek-eaters from annoying us), until the gentlemen will discontinue its use entirely. Sauce for the goose should be sauce for the gander.

THE AMERICAN MEDICAL ASSOCIATION.—The Tenth Annual Session of this learned body "came off" at Nashville, Tenn., May 5th, 6th, and 7th. The number of delegates was remarkably small, and the proceedings unusually dull, which facts seem to indicate that the "institution" is rapidly on the wane. Of the 40,000 physicians of the United States, only 160 could be trumpeted together.

The *Boston Medical and Surgical Journal*, which has always heretofore spoken laudatorily of the Association, intimates its contempt of the proceedings in the following language:

The meeting having been organized, Dr. C. R. Winston, Chairman of the Committee of Arrangements, made a short address, welcoming, in the name of the city, the members of the Association. The roll of delegates who had registered their names was then called, after which the President, Dr. Zina Pitcher, of Detroit, pronounced the annual discourse, concerning which we have no opinion to offer; we content ourselves with quoting the following paragraphs, *verbatim et literatim*:

"In adjusting our telescope, to study the features of some snow-capped mountain, the organ of vision perhaps takes in the form of an enterprising explorer, whose feet still sparkling with ice as he descends from its summit, will crush out the fragrance of the plants which spring up to greet him as he walks downward into the valley of flowers. From the eminence attained by his enterprise he could trace the course and measure the elevation of the mountain chain which give origin and direction to the rivers, effect the character, the languages, and migrations of men, fix the character of the vegetation, the mode of its immixtion, and the habits of its population."

"Subsidiary to the interest excited by this scene as a landscape, but not subordinate in importance, lies the geographical formation of the ranges which contain their mineral productions, give character to their fountains and increase to the variety and beauty of the vegetation, both on the slope of the mountains and in the valleys below."

In reading the report of the proceedings we were struck with the number of instances in which the committees failed to make reports, there having been fifty three instances of such failure, while only ten committees reported in full, besides one or two which presented a partial report. Three voluntary communications were recommended for publication, as follows: 1. A New Principle of Diagnosis in Dislocations of the Shoulder-Joint. By L. A. Dugas, M.D., Prof. of Surgery in the Medical College of Georgia. 2. Medical Statistics of Washington Territory. By George Suckly, M.D., U. S. A. 3. Medical Flora of Washington and Oregon Territories. By J. G. Cooper, M.D.

The rest of the doings were confined to

that prolific subject of talk and nonsense, a "System of Medical Instruction." Not a sentence, not a word was uttered on the subject of avoiding or curing any particular disease. These are questions that the Association never meddles with: nor do we believe it could without losing in the matter of public confidence.

Aprapas, we append, from the Lockport *Daily Advertiser*, the following report of the doings of the Niagara County Medical Society. It will answer equally well for the county, state, or national gatherings of our professional brethren:

Should you ask me what was done there,
Why the doctors made a run there,
Whether they had any fun there,
If they made a single pun there,
I should answer, I should tell you,
I should read, and I should spell you,
All the jokes and stories spun there,
By the sage and solemn members,
Members all of our profession,
Of our noble, huge profession,
Noble in its end and aims,
Huge, indeed, in its proportions,
I should say and I should sing you,
I a hint or two should fling you,
How we ate the bivalves spiey,
And the creams and sherbet icy;
How we quaffed the "laughing water,"
Water poured from long-necked, *ph-nib*,
Phials labeled—phials corked well—
Corked—but uncorked very freely,
Cansing laughter—bringing stories,
Mingling stories with the laughter,
And the laughter with the stories,
Separate, yet all together,
All together—yet divided;
Many more things I might tell you,
Tell you other things and sundry,
How unto the same said laughter
Echoing rang each jolly rafter
Of the roof of this—'hereafter!"

PERSONAL MATTERS.—In our notice of the contemplated Manual Labor Water-Cure of the Rev. Azor Estee, of Petersburg, N. Y., we incorrectly spelled the name *Estelle*, and the place *Peterboro'*. We will add in this connection, that it is expected a railroad through the north part of Petersburg will be in operation in course of the present season.

Mrs. Amelia W. Lines, M.D., has removed to Plainfield, N. J., in order to find less business and an opportunity to recruit, after three years' severe and incessant professional labor.

A few weeks since we had the pleasure of a flying visit from Mrs. C. L. Snalley, M.D., of the Jamestown (N. Y.) Water-Cure. Many of our readers will be glad to learn that she is in excellent health and spirits, and that two years' experience as a hygienic physician has confirmed all her faith in the efficacy and sufficiency of our system, as well as giving her confidence in herself. We have reason to hope she will attend our next Winter Term of School.

Miss E. M. Hurd, M.D., seems to be in general demand in Iowa. She has been practicing with good success at Iowa City, in connection with Mrs. Doctor Kimball, and has had several calls from the villages in the vicinity. She will probably settle permanently in Washington.

Miss Adaline M. Willis, of Marion, Ia., we learn, is preparing to talk to the people in that vicinity. As she is the youngest graduate of our late class, we recommend the doctors to try their hands at an argument with her on any medical topic they please. They found Doctor Kimball rather too old for them. Let them try Miss Willis; she is not yet out of her teens, so they need not be afraid!

Dr. L. W. Myers, of New Boston, Ill., is getting ready to take the field as a lecturer. Meanwhile he is agitating through the public papers, ostensibly trying to draw the drug doctors into a discussion. If they are acquainted with him, they will keep quiet, for "caution," said the old experienced rat, "is the parent of safety."

Dr. M. Nevins has returned to La Porte, Ind., and has already treated several interesting cases successfully.

Sarah Kenyon, M.D., with her cousin, Miss Cogswell, during the last days of her sickness, but is now with Dr. Nevins.

Dr. G. Allen Weed, of Newark, N. J., Dr. P. N. Jacobus, of Little Falls, N. J., Dr. E. B. Ort, of Lewiston, Pa., and Dr. W. H. Dunham, of Hinsdale, N. II., have each reported interesting cases. We hope to hear from, and to be able to notice the doings of, other graduates of our late class soon.

To Correspondents.

Answers in this department are given by Dr. TRALL.

DYSENTERY AND DRUGS.—C. B., North Benton, O. We have a girl three years old; she was taken with the dysentery last fall very bad; we called on an apothecary doctor; he said he could soon cure that, and commenced giving medicine, powders, drops, and mixtures of various things: the child got worse from the commencement till we quit giving the medicines; in fact, we did not quit giving medicine till we all thought the child was past recovery. Of the last medicine we gave it, I have put some on a piece of paper, and will send it to you; that went right through the child immediately, and through the same color that it shows on the paper. As a substitute, we did not give any medicine, but all hopes were gone, and then we stopped, and gave injections, bathing, etc., and the child was relieved immediately, and got well of the dysentery; but its knees, feet, and arm swelled before it got able to walk, and was very painful for a while could not move it; it is somewhat better now, but it can not walk any yet, and it appears to mend very slow; if it mends at all, it can creep some. It has been now eight months since it was taken sick. Please state what you think of the case, whether it was the medicine, or what you think, was the cause of her limbs swelling like the rheumatism, and what course we had better pursue with the child.

Feed the child properly, and batho it sufficiently for cleanliness, and nature will do all the rest that can be done. As usual in such cases, the child has been injured

by the drugs ten times as much as by the disease. We have received the blood-oozing paper, but as all drugs are poisonous, differing only in degree, it is of little consequence what particular "medicine" caused the greatest mischief. Until people can get intelligent enough to repudiate all poisons, it is of but little use to rail against *particular* ones.

POISON IN FOOD.—H. A. L., Springfield, N. J. Is it true that there is a certain amount of poison in all vegetables and in all food, and that we can not live without it? No. Such whims are very nonsensical. Instead of trying to satisfy people that this is not, ask them to prove that it is. Those who affirm a proposition are bound to prove it, not those who deny it.

CATARH.—M. J. P., Milwaukie, Pa. This disease is connected with and caused by a diseased liver. You must live very plain, bathe daily with water of a temperature as cool as can be borne without much chilliness, and use frequent tepid nasal baths. Avoid grease and salt. Milk is not a good article for you.

SALERATUS.—R. G. B., Buena Vista, Ga. Will Dr. Trall inform one among the many of the subscribers to your journals whether or not it is safe to use dietetic saleratus in bread-making.

It is not safe. Saleratus should never be put into food, except when the object is to kill rats or other "vermin."

HUMOR AND SPINAL DISEASE.—N. R. A., Ripon, Wis. We can not tell the particular cause of the spinal disease of your children, without knowing the constitutions and habits of both parents. It may be a humor, and it may be something else. Green stools are common when children have acid stomach, or are teething. Crying is of no consequence so long as the child is healthy. It is always safe to bathe during pregnancy, provided it is done judiciously.

FISTULA LACHRYMALIS.—A. C. B., Caledonia, C. W. About six months ago I commenced home water-treatment and a strictly physiological diet for a nervous dyspepsia, from which I had been a great sufferer, since which I have been gaining rapidly. Every morning soon after meals there is an involuntary discharge of tears from the right eye; this also occurs at meal times. Can you explain the cause and point out the remedy?

There is an obstruction of the tear passage, probably from a swelling or thickening of the lining membrane. Apply cold water frequently. If it does not get better in a few months, the duct should be probed.

NERVOUS INVALID.—N. W., Fairview, Ky. What is the best treatment for a person who is very nervous, easily excited, suffers from grounds fears, magnifies every evil, and always looks on the dark side of every thing, etc.?

Find out in what respect the patient is living and acting in discordance with the laws which should govern the organism, and then teach her how to come into obedience. In other words, treat her case hygieic-herapeutically.

DYSPEPSIA WITH DISPLACEMENT.—A. S. B., Ia. Avoid all flesh-meat, butter, and milk, and use but little sugar. All the bread-food must be unfermented, and of unoliated flour. Take a tepid bath each morning, a sitz-bath about 75° noon and evening, and vaginal injections of the same temperature.

MISCARRIAGE.—W. J. E., Alabama. If a female miscarriage in her first child, is the danger of a miscarriage in the succeeding pregnancy increased by this circumstance? Do you know the address of Dr. Holmes, who graduated at the Hydropathic Medical College, and opened an establishment somewhere in Mississippi?

1. It is. 2. The establishment of Dr. Holmes was burned two years ago. We do not know his present address.

FLUOR ALBUS.—H. K. S. The patient should at once renounce all apothecary stuff, take a tepid wash each morning, two or three hip-baths about 75° to 80° in course of the day, and use vaginal injections at the same time. The diet must be mainly fat and farinaceous.

LIVER COMPLAINT.—W. C. S., Sawyer's Mills, S. C. No matter what the doctors call your wife's ailment. Probably a dozen of them will have as many names for it. It is, however, a disease of the liver, and requires the treatment mentioned in the "Encyclopedia," under the head of "Liver Complaint."

PARALYSIS.—G. S., Windsor, O. Will you please state what should be the treatment in the following case: My wife, after a series of convulsive fits nine years ago, her children (two) and myself (a muscular convulsion), was left with her whole right side, including the tongue, paralyzed. This was more than three months since. She has since been unable to walk, and has remained in the house a little and talk, though imperfectly. She can move the right arm and fingers some, but not enough to use them for any thing. Has a very bad cough, attended much with liver complaint, and headache—indeed, up to the times of her attack. She is 36 years of age and of a nervous-sanguine temperament.

She requires no special medication, except a careful dietary. Should she be any unusual heat, the tepid sponge bath would be indicated, and where there is local heat with pain, wet cloths should be applied. Keep the bowels free.

DENTIFRICE.—H. W. H., Cervo Gordo, Ill. "Is salt a fit article to clean the teeth with? Is it injurious?" It is injurious, and is not a proper dentifrice. Pure water and a good brush are all-sufficient.

TUMOR.—H. W., Ellmore, Ill. We can not judge of the nature of the tumor you describe, nor indicate the proper method of cure, without a personal examination. Similar tumors are cured by various processes, such as congestion, caustic, excision, &c., but which would be advisable in this case we can not tell without seeing it.

DR. ANDERSON.—We can not return the manuscript you sent which we declined publishing. We have lost, mislaid, or burned the trash up. If you really need or can use any such flummy-diddle, we will get some school-boy to make you a better one. As to the awful threats you threaten so awfully, because in our judgment your article would interest no one except yourself, we must resign ourselves to the suffering you propose to inflict.

ENLARGEMENT OF THE LIVER.—J. L., Monmouth, Ill. I have been troubled with a tightness of the chest for several years; the least exertion causes a difficulty of breathing. I have asked the cause of several different paths; the first said it was a contraction of the ligaments of the chest, and advised a slightly irritant plaster to the chest. Tried it—no use. The second said it was rheumatism. I took tincture of colchicum—no use. The fourth said it was dyspepsia. In one of my visits to a spiritual circle, a medium being influenced by a spirit purporting to be that of a physician, was called upon to describe the circle, describing their feelings and giving advice, told me my lungs were large and healthy, but were cramped for want of room, owing to a contraction of the chest, advising me to pass my hands over it, throwing my arms and shoulders back, and at the same time to make full inspirations. Which do you think the most correct—the spirits in the form, or the one out of it? I was troubled several years with sores, sometimes very painful, in my nostrils. I have been free from it for the last two or three years, but the lower half of my nose is at times a scurlet, having very much the appearance of a brandy or wine blister. What's the cause and cure? I have been troubled occasionally with a severe pain or colic in my stomach. I am relieved by drinking tepid water. For the past two or three weeks I have had almost daily or nightly attacks; the water did not act so soon the last attack. What can be the cause? I am no great eater. Occasionally I eat a little fresh beef for breakfast, live mostly upon bread-and-butter, apple sauce, pies, etc. Is Yankee brown bread wholesome?

All your symptoms are caused by a diseased liver. The organ is very much enlarged or swollen. Adopt a strict vegetable diet, mainly of coarse bread and fruit, and use the tepid wet-shect daily. Some kinds of "Yankee bread" are wholesome, and some are not. Butter is unwholesome.

ENLARGED LIVER.—J. H. R., Ill. I have a little boy, some five years old, who is out of health, and in the absence of an opportunity to consult a competent hydropathic physician, I write you, and ask you to favor or to give your opinion of the case, and the proper home-treatment to be pursued.

The health of the boy has been uniformly good, with the exception of occasional ague, until last fall, when we noticed a distention of the abdomen in the region of the liver and spleen. During this time he would frequently cry out in his sleep and exhibit symptoms of suffocation or choking. We hardly knew whether the difficulty proceeded from worms, the liver, or both, and treated him for both as well as we could, according to the directions given in your "Encyclopædia." The distention in the abdomen finally disappeared, but on the recurrence of an attack of ague he exhibited violent convulsions, and in a great measure the curative of the lambar, vertebra, which rendered it very difficult for him to walk erect; but he was very active, nevertheless, in climbing and all sorts of juvenile sports. After a little time, when he was talking in a great measure disappeared, and he was able to straighten himself again. This state of things continued for some weeks, but returned the difficulty about the same accompanied with another symptom—a lameness and a contracting of the

muscles of the right leg. When walking he is under the necessity of placing his hands on his knees. His general health is quite good—lowish regular.

A week or two since he was examined by two physicians, who pronounced his case one of *intermittent absorption*. One of the opinions was, however, given, that the *trochanter major* was the cause. I am now satisfied that they are incorrect, as there has been one *day since the examination taken, having eaten, and walked straight, and able to walk with little difficulty.* Up to the time of his examination, above alluded to, we bathed him in tepid water, but discontinued it when they gave their opinion.

Your child has an enlargement of the liver: the organ is probably at least twice its natural size and weight. Druggotons never know anything about such cases. Treat him, as recommended in the "Encyclopædia" for liver complaint. You can not be too careful of his diet. It should consist almost wholly of unleavened bread and fruit.

CONGESTION OF THE BRAIN.—S. P., Beverly Farms, Mass. What is the cause of pressure on or congestion of the brain? Would not mental excitement be apt to increase such congestion? What is the proper treatment?

The usual cause is thick and viscid blood, and the remedial plan is plentiful abstinence, active exercise, and plain food. Mental excitement is always injurious in such cases.

SALT AND MEAT.—H. H. G., Simonsville, Vt. Last fall I was troubled with dyspepsia, and thinking, perhaps, it would be best for me to live on a vegetable diet, I commenced to live so in the early part of November, eating no meat, butter, spices, nor salt. I lived so about three weeks, and was taken sick with a diarrhea. I felt faint and weak, and had a terrible hankering for something salt. I determined to brave it out, but was prevented by my parents to eat some salted food. I did so; ate a little meat, and in a few days was as well as usual, excepting rather weak and cold. Not being satisfied, I have lived since without meat; but at the end of a fortnight I would begin to feel faint and weak, with a hankering for meat. I would then eat a little, feel better at an early hour, by continuing to eat meat, he healthy again. Now if your system is right, why did I not improve, instead of running down; and why did I have that hankering for salt and meat, after being sick? Before I was fit to eat, and relished nearly as well before as with it, and I cared but little for meat, except plain.

All dyspepsias have cravings, sometimes very terrible ones, for the things they have been accustomed to, and the very things which have induced the dyspepsia. Tobaccoes and liquor-drinkers "run down" for a while after leaving off their injurious things, and "come up" instantly on resuming them again. You did not discontinue your bad habits long enough to overcome your morbid sensations, and nature will never build up until she has established healthy conditions. Are you sure that you eat the right kind of vegetable food?

STIFF JAWS.—M. E. B., Providence, R. I. Your complaint has probably been induced by calomel and other drug stuff you took fifteen years ago. The Electro-chemical Baths would be useful. You should abandon your cakes, pies, and coffee, and adopt the hydropathic manner of eating and drinking.

NURSING MOTHERS.—L. S. B., New Haven, Ct. Is cold water the proper drink for a mother, while nursing an infant? Some say that it causes wind on the child's stomach, therefore should not be drank.

Much depends on the patient's health and habits. Cool water, in sufficient quantity to allay thirst, is always proper. Very cold or lead water should not be used by those whose digestive powers are very feeble.

FLESH BRUSHES.—B. N. H., Bruceville, Ala. A coarse towel is preferable to the flesh brush, when the skin is wet. After being wiped dry, the brush may be used with advantage.

PLEAS AND SORE EYES.—E. C. D., Doweagan, Mich. The patient, a married man, 29 years of age, has been troubled with the piles for eight years. Had the fever and ague two years ago, and was then dosed liberally with drugs according to allopathic prescriptions, and has since been troubled with sore eyes, so as to make him almost blind. He is not a vegetarian by practice. His health, other than the complaints above noticed, is good, with a good, regular appetite.

You mean, of course, that he is very healthy, with the single exception that he is a worldly sinner. He is diseased all through. The piles and the sore eyes only indicate the way the system undertakes to purify itself. Aid and assist nature by a tepid bath or pack daily, one or two sitz-baths, injections of a small quantity of cold water, and a plain, vegetable, and fruit diet.

GOOD DRUGS.—H. G., Woodville, O. I have been a reader of your works for the last twelve years, and found much that I find true, but can't indorse all that I read. I find the Water-Cure Journal recommending all drugs of all kinds. Now I have the best reasons for believing that there are some that are good, when properly used. I have studied the veterinary profession, and all the drugs of all kinds in England under the best of the Royal College surgeons, John and Thomas Greaves, Not Mill, Manchester, England, though I am not practicing now, as I am very deaf, in consequence of enlarged tonsils, and consequent stoppage of the Eustachian tube. I should like to get cured, if I could. I have learned doctor who writes the editorials in the Water-Cure Journal, and recommends that you will do me good? I can't afford to come to the Water-Cure establishment. The reason that I can't believe the assertion that all drugs are poison is, that when I had the chills and fever several times, I used Dr. Christy's Ague Balsam, and was cured in two days every time without injury; so have others.

We rather suspect that your enlarged glands and deaf ears prove that the drugs which cured your ague are not quite so harmless as you imagine. Curing a disease by producing a worse one is the whole philosophy of drug medication, and your case is an illustration of it.

CATARH, OR POLYPS.—D. E. B., Lee, Ia. Will you please tell me through the Water-Cure Journal, the cause of, and a remedy for, my disease. I am affected with a very troublesome and offensive mattering in the head that will collect on the lining of the nose, and discharge through the nostrils, and consequent stoppage of the nostrils, which generally makes my nose bleed. The matter seems to collect about the entrance of the throat and windpipe. I have frequently dizziness of the head, but I have a very good appetite. I have been thus affected for more than a year.

Your complaint may be a bad case—a catarrhal inflammation, or an incipient polypus tumor. If the latter, surgical treatment will be necessary.

DISEASED LUNGS.—L. H., Starboro', Vt. Your lungs are evidently more or less diseased. We can not tell by the symptoms you mention precisely what extent. But it is certain that you ought to adopt a very strict diet, and attend in all respects to the general health. It would be better for you to go to a Water-Cure for a short time.

SUPPRESSED MENSTRUATION.—J. S., Fremont, O. Your case requires very careful management to restore the function as soon as possible. Active outdoor exercise, a diet consisting mainly of coarse unleavened bread and fruit, with a few, but not very cold, hip-baths, and warm and cold injections, at the usual monthly periods, are the essentials of the remedial plan.

FLOATING SPOTS BEFORE THE EYES.—L. M., A. Great Falls, N. H. The symptoms you complain of indicate thick and viscid blood, induced probably by a torpid liver. Treat the case as recommended in the Encyclopædia for liver complaint.

LIVER DISEASE.—S. P., Tamarac, Ill. Your affection is a disease of the liver. Wear the wet girdle, take tepid hip-baths, get the Hydropathic Cook-Book, and live according to its directions. Coffee and molasses are not good things for you.

LIGHT, LIGHT, MORE LIGHT STILL.—A NEW LAMP.—The *Mirror* says: "Andrews' Patent Self-Generating Safety Gas Lamp," which Professor Doremus so highly commended in his lecture the other evening at the Academy of Music, is undoubtedly the cheapest and best of the lamps used for burning fluid. It will be remembered that Professor Doremus filled one of these lamps with burning tilling it up, which instantly extinguished the flame. He also dashed one, filled with burning fluid upon a marble surface, smashing it in pieces without combustion or explosion. The lamp burns like a gas-fixture; it burns no wick, though it has one as a conductor of fluid. It makes gas, heavy and light carbureted hydrogen mixed in different proportions, depending on the combustible used. It burns gas, just as any city gas burns, in jet, or several jets, bat-wing or fish-tail shape; and it burns all it makes as fast as it is generated. The lamp is a burner of gas-worked in miniature, but with the necessary parts, viz.: a gas-house, a gas-rector, a gas-stoker, a gas-blower, a gas-man, a gas-pipe, a gas-burner, a gas-meter, a gas stop-cock, and a gas-regulator. It is cheaper than oil, sperm or tallow candles, or camphene. The office of the Company is 329 Broadway." See advertisement.

Reports of Cases.

LUMBAR ABSCESS—REPORTED BY SOLOMON FREASE, M.D.—Mr. — entered the Pittsburg Water-Cure on the 19th of last Feb., in a condition of the most extreme suffering. His complexion was sallow. There was high symptomatic fever, his pulse being 102 beats to the minute; his urine was high-colored; an offensive odor was emitted from his body; his nights were almost sleepless from pain. He was very lame, and it was with difficulty that he could walk, his right leg being crooked and moving in a circuitous manner. On his right thigh, externally, was a large tumor extending from the hip two thirds of the distance to the knee, the lower third of the thigh being much emaciated. There was a large tumor and pain in his back. Such was his condition when he came to us. He had typhoid fever two years before, and soon after recovering from that began to be troubled with pain in the loins, which never left him. Eight months ago the tumor on the thigh began to be developed. During the whole course of his disease, until his arrival here, he had been taking drugs under the directions of several allopathic physicians. The pain in the back and the tumors, in connection with some other circumstances, soon convinced us of the nature of the disease. And here I would remark, for the benefit of the unprofessional reader, that after there has been pain in the loins for a longer or shorter time, and a tumor is developed on any part of the thigh, this formidable disease may be suspected. Though the matter is formed in the lumbar region, it can not easily find an outlet except by a distant course.

Treatment.—This consisted of a wet-sheet pack for an hour each day, followed by a half bath at 75°, a half bath in the morning at 80°, and a sitz bath of the same temperature in the afternoon of each day, for ten days, as preparatory treatment before opening the tumor on the thigh. It was then opened, and the matter was let out gradually; for a week about a pint a day was discharged. Pressure on the tumor on the back would cause the pus to flow freely from the opening on the thigh. Physicians well know the depressing effect, the exhaustion even unto death, that sometimes follows the opening of these large tumors, and drug physicians give iron and so-called tonics to support the strength. We relied upon the tonic effects of the water-treatment, upon half baths, pail douches, and sitting baths, and the result was in no way discrediting to the latter mode. At the end of a week the discharge became less, and continued to decrease, till at the end of seven weeks it had ceased altogether. During this time his treatment consisted principally of a wet-sheet pack once a day, a pail douche in the morning, and a sitting bath of 15 minutes at 75°, in the afternoon, with a wet bandage around the loins and abdomen during the night, and sometimes during the day. He is now, at the end of twelve weeks, well. His pulse is natural, his complexion bright, his symptomatic fever gone, his leg has become straight, the weakness and pain in his back, as well as the tumors, have disappeared. He no longer has use for his cane—it is in our possession, a trophy of victory. In short, he is cured.

What have the advocates of drugging to say to this case? Recollect, that during our treatment of it not a particle of what you are pleased to term medicines was given. How is it that for two years during which "medicines" were administered, he continued to grow "worse, and that in three months, under the "non-medical," or water-cure treatment, he was cured. If any drugs had been given, the cure might have been ascribed to them; but there were none given, and there is no avoiding the conclusion that the cure was effected by the water-cure system, pure and simple, and it alone; and the probability is that any less radical means would have failed to cure him.

REPORT OF CASES BY DR. S. M. LANDIS—CANCERS—First Case—Mrs. W. has been afflicted with two open cancers, each as large as a fifty-cent piece, of the left breast; which resisted every method of medical and surgical treatment that has been applied for nearly three years, by the most eminent physicians and cancer doctors of the country. When she called upon me she suffered very much from debility, and appeared of a scrofulous diathesis. General water-cure treatment for two weeks as follows—viz.: A rubbing wet sheet, 70°, mornings, and two large glasses of hot water. At eleven o'clock A. M. daily, a mild, dry vapor-bath, followed by a cool plunge of 60°. At bedtime another wet sheet, as mornings—with a large glass of hot water. Every other day, at five o'clock P. M., a hot and cold mild douche was applied over the general body. Tepid compresses in the meantime to the ulcers. A strict coarse vegetable and frugivorous diet was used—without any drink. At the close of the second week her general health had wonderfully improved, and the appearance of the cancerous openings had changed to a more healthy granulation. At this period I applied my *Vegetable Cancer Extractor*—a remedy not in general use—and in twenty-four hours the parts were deadened, without scarcely any pain experienced when, as usual, in six days the unhealthy portion, or cancerous part, sloughed off and fell out—leaving a mild, healthful-appearing sore, which healed up in ten days afterward. The beauty of it is, that, if the cancerous portions are fully removed, we can scarcely prevent it from healing very rapidly—a thing which would not be desirable by the profession.

It is now between four and five years since this lady left my institute; and I have heard from her a few weeks since. She is in "complete health," using her own language. No signs of the curse, *Cancer*. I might remark that this lady was, previous to going under my treatment, wonderfully drugged, and her teeth nearly destroyed by the effects of poisons. By my advice she has had them preserved; and at present has a clean and useful set of masticators.

Second Case.—Mr. R., having been suffering for fifteen months with a very troublesome open cancer of the nose—general health good. A similar constitutional treatment was administered as in the case above mentioned, for one week, when the *Vegetable Cancer Extractor* was applied. In twenty-four hours the cancerous portion had been deadened, and in nine days fell out; and

his nose was perfectly well in three weeks from the day he entered my door. Three years and a half have expired, and he has since enjoyed excellent health.

We could repeat a great many cases recently cured; but those persons who have been cured years ago, prove the permanency of this method. As we have no occasion for using the knife, actual cautery of caustic, little pain is experienced. PHILADELPHIA WATER-CURE.

Home Voices.

A VOICE FROM TENNESSEE.—When sending a club, our excellent friend W. T. T. writes as follows:

SHRELVILLE, BEDFORD CO., TENN.
Dear Sirs—Inclosed I send you fifteen dollars for your valuable JOURNALS and LIFE. I hope you will send the papers at club rates, though I do not look upon money as the worth of your works, for their value can not be expressed in dollars and cents. I will procure all the subscribers I can.

GO AND DO LIKEWISE.—One in writing to us says that the cause is quite unpopular in that part of the country, but he is doing what he can in the way of lending books and speaking in favor of the reforms they practice, though opposition and persecution comes, as a matter of course, from the allopaths and their friends.

Another, in resuming his subscription, says, "I am a farmer, but can not afford to remain in ignorance and suffer the penalty of violated laws. Hydropathy has saved me from an early grave. It has also saved me much expense, and you know many place their feelings in their purses. So that whatever benefits the purse is agreeable to the feelings."

Again says another, "A friend of mine takes the WATER-CURE JOURNAL, which I have been a faithful reader of for a year past. I think it is very good, and that I can not read it any longer without paying somewhat for the useful knowledge I receive from its pages. So herein I inclose one dollar, for which send the JOURNAL, commencing with the January number."

Still another says, "I am a confirmed invalid—have been humbugged and drugged to death by the allopathic practice. I began to read your JOURNAL some six months ago, and am now satisfied that this is the only true practice. Have just begun an experience at a water-cure—am doing well—and shall try to keep doing so."

A NEW CONVERT.—J. T. H., Logan Co., Ill., says, "I am a poor laboring mechanic, and have been a regular customer to the drug-doctors ever since my birth until one year ago, when I luckily got into my hands a copy of the WATER-CURE JOURNAL. I forthwith subscribed for it, and resolved to try to dispense with drugging one year at least. That year has passed, and so has my connection with drugopathy. During that year the health of myself and wife has improved an hundred per cent., and the doctor's bill entirely saved. I have laid aside my tobacco, and my wife has given up her tea and coffee. Though I have

not succeeded in getting up a club for the JOURNAL, yet I have one convert, my nearest neighbor, who has read my numbers and now sends with me for the three for next year. You may place me on the list of life subscribers to the WATER-CURE JOURNAL."

A STRAY LEAF.—We take the following extracts from a very agreeable letter written us from Southern New York. "We almost know that our life once hung upon a stray leaf of a WATER-CURE JOURNAL. We do know that one of your agents dropped a leaf at our house—that we picked it up and laid it on the stand. Soon after I was taken with a dangerous fever, and began to think seriously that 'there is but a step between me and death.' It was soon decided by the household head that I must have the doctor. But that native will, in which I had been much indulged, replied, *Never*. At this crisis I reached to the stand and took that Journal-leaf which showed me nature's balm for my disease. My case was directly handed over to the soothing appliances of Hydropathy, and I was soon restored by home treatment to more than former health.

"As a matter of course, that 'stray-leaf' was followed by the JOURNAL, which has made its abode with us ever since; and as disease could not hold fellowship therewith, it has had to flee. And I may add, that the yearly doctor's bill, sometimes three figures high, which must be paid if naught else could, has not dared for once to show its face.

"We further know that your publications have directed our youthful steps to unprizable treasures of mental and moral knowledge. But one thing we do not know—that is, how much we as a family, and the world at large, are indebted to you for the rich blessings thus conferred. A"

A CHANGE.—GRAND VIEW, ILL.—*Gents*: When I commenced reading your works I was a "poor stick" as regards bodily health, having just come out of the study where I had been "confined" five long years among pills, plasters, ointments, and "doctor's stuff." I was put to it in my fifteenth year, because I was thought to be fit for nothing else but a "doctor," on account of my having so spindling and spare an organization, so often seen in connection with a predominance of the nervous temperament.

What blindness is so often shown in this very matter by ignorant parents! So you see when I had qualified myself, and received from my preceptor a "certificate" that I was well qualified to "practice," and threw myself out on the world, I was, as far as my own physical development and health was concerned, a fitter subject for Doctor Jackson than anything else. By reading the JOURNALS I became enlightened, and went to work to cure myself, though I did not commence by swallowing the contents of my "pill" bags. Oh, no! I used good, pure water—threw doctor's books to the dogs—and the pills too. I took to the woods, spending days and weeks with nature, and can say that I am a new man. I would like to carry out my original design, and be numbered with the philanthropists and friends of humanity of the age.

I can not take up the "doctor's stuff" and put it to my neighbor's mouth; so I think with my knowledge of human nature and diseases I might qualify myself to practice Water-Cure in its various forms, as applicable to all the "ills that flesh is heir to."

Thanks to the cooling water fountains,
Which burst from all our hills and mountains;
They are destined to save our nation
From "pills," and "pabrics," and purgation.

That is, sir, if we use them aright; and in order to do that we must have light and knowledge.

Yours truly, W. T. V. M.

A GREAT CHANGE.—The following extract is from a letter written by a friend:

"It is with a heart overflowing with gratitude and thankfulness than words can never express, that I tell you what Hydropathy has done for our family. When we commenced taking the WATER-CURE JOURNAL we were a diseased and sickly set, and hardly able to labor. But the JOURNAL brought hope to the heart. By discarding stimulants, condiments, etc., and by living according to the laws of life, we have been enabled to regain our health. Nor is that all. We have not taken the first particle of medicine in seven years! And I think you could not find a more healthy family. Instead of the slow, drawing gait, there is the quick bounding step, the sparkling eye, the rosy cheek, and buoyant spirits."

A SUBSCRIBER SAYS: "The JOURNALS have become so established in the hearts and minds of the people in this vicinity as always to insure at least a club of twenty subscribers. Having sent five new names within the last year, I hope I shall be able to send annually more and more as long as I shall live."

Another says: "Having been a subscriber to the JOURNAL for the past eight years, I thought I would try to get along without it this year, but find I can not. I miss its monthly visits as much as I should my daily meals, so please send it along. Inclosed please find amount for a year's subscription."

A CALL.—W. B. ROWLAND, of Cabin Creek, Lewis Co., Ky., wishes us to send him a water-cure physician. Who will go? He offers to a female physician a free home in his family till she can do better. For particulars address as above.

AN EPISODE.—A friend writes as follows from Alabama: "A gentleman in this county, finding several remnants of pills, 'was afraid they would be lost,' so he swallowed them, and was laid up a week in consequence. When I came here eighteen months ago, water-cure was hardly known; but I have used every means to set it before the people, and have treated between forty to fifty cases with great success. The 'Encyclopaedia' is my textbook. I carry out the plan fully at my cottage water-cure, a log-cabin, in the piny woods. Have taken many patients right out of the regulars' hands and soon dismissed them sound in 'body and mind,' and say, with Johnson,

'Hurrab for bright water, hurrab! hurrab!'

Have never given a dose of drugs, and never will. Please forward JOURNAL to the following names," etc.

PHRENOLOGY AND THE JOURNAL.—In the *Medical World*, edited by Dr. J. V. Smith, we find the following liberal and manly remarks, which show that its author is a worthy teacher of a progressive age:

"America's *Fortnightly Review* or *Phrenology* is true or imaginary, the quarto *Journals* published in New York by Messrs. Fowler and Wells, abounds with a variety of matter which is nowhere else to be found, and generally as instructive as it is curious. We gave in our adhesion to the doctrine when Spurzheim demonstrated the anatomy of the brain, and in the presence of an appreciative and helpful audience, I had the honor of entering upon a discussion respecting the claims which Phrenology has on medical or other philosophers, for scrutiny. We are justified in recommending the *Association of Phrenologists in America* to those who are in pursuit of knowledge that is useful to man in every condition of life. It is not a tame, soporific conglomeration of static theories. On the contrary, its columns present something fresh, earnest, and worth knowing. The engravings in each number, to a mere collector of likenesses of rare people—those who stand out in bold relief before the gaze of the world—are worth three times the annual cost of subscription."

THE MOUNTAINS.—A correspondent thus pictures the scenery at a Water-Cure in New Hampshire.

HILL VILLAGE is a beautiful and romantic spot, situated in the valley of the Penigwasset River, surrounded on all sides by towering hills, whose rugged crests lend majesty, beauty, and to the scene, while the delightful and placid calmness of the quiet little Village benefits exactly suited to the wants and desires of the invalid who seeks to restore his wasted powers and to fit himself again for the active, trying, and responsible duties of human life. We are glad that Dr. Vail is so beautifully and prominently situated, and that he has a location so perfectly adapted to the peculiarities of his institute, the favorite idea of which is that useful and interesting elements are to be ranked among the chief means of restoring a large number of chronic invalids to their wonted health, and that they are even a very *non quæritur* in the case of many an interesting case. We believe the Doctor has been a pioneer in this particular department of the art, and that through his generous arrangements many a sad sufferer has been restored to health who otherwise might atry have failed, and that many of the more limited in their means have had the happiness brought within their reach, and placed in their actual possession. We trust the Dr. will meet with that encouragement and prosperity which his medical and physical, and his persevering labors as a philanthropist so richly deserve.

Literary Notices.

HOW TO BEHAVE: A Pocket Manual of Republican Etiquette, and Guide to Correct Personal Habits. New York: Fowler and Wells. Price, paper, 30 c.; muslin, 70 c.

This is the third number of the series of "Hand-Books for Home Improvement," and if we mistake not will prove equally popular with its predecessors. It is something decidedly *new*, in the way of a manners book. It is no rehash of foreign manuals of etiquette, but was evidently made for the place and the occasion. It is calculated for the meridian of the United States, and for the last half of the nineteenth century. It teaches good manners, good morals, and good habits at the same time. The author says in his preface: "This is an honest and earnest little book, if it has no other merit; and has been prepared expressly for the use of the young people of our great Republic, who are distinguished to aid in becoming, what we are convinced they all desire to be, true American ladies and gentlemen."

Desiring to make our readers somewhat better than mere imitators of foreign manners, often based on social conventions radically different from our own—something better than imitators of *new* manners, in fact, we have dwelt at greater length and with far more emphasis upon general principles, than upon special observances, though the latter have their place in our work. It has been our aim to justify to their minds the fact, that good manners and good morals rest upon the same basis, and that justice and benevolence can no more be satisfied without the one than without the other.

It is not a large book. You may readily carry it in your pocket; but it covers the whole ground of behavior, embracing An Exposition of the Principles of Good Manners; Useful Hints on the Care of the Person, Eating, Drinking, Exercise, Habits, Dress, Self-Culture, and Behavior at Home; the Etiquette of Salutations, Introductions, Receptions, Visits, Dinners, Evening Parties, Conversation, Letters, Presents, Weddings, Funerals, The Street, The Church, Places of Amusement, Traveling, etc., with Illustrative Anecdotes, a Chapter on Love and Courtship, and Rules of Order for Debating Societies. It is not a book for a class, a sect, or a party, but for everybody, and especially for the young men and young women of America.

WATER-CURE JOURNAL

PROSPECTUS.

VOLUME TWENTY-FOUR OF THE WATER-CURE JOURNAL commences with this number.

Health.—The great want of the age is health—the normal and harmonious action of all the elements of our being, physical, intellectual, and social. This want finds its satisfaction, and this demand its supply, in a knowledge of the LAWS OF LIFE, or a true PHYSIOLOGY; the NATURE and CAUSES OF DISEASES, or a true PATHOLOGY; the modes of PURIFICATION and INVIGORATION, of a TRUE SYSTEM OF MEDICAL PRACTICE.

The Philosophy of Health, comprising the LAWS OF PHYSICAL, MORAL, AND INTELLECTUAL DEVELOPMENT, are the especial sphere of the WATER-CURE JOURNAL; but all that can promote the great design of human happiness is included in the HEAD OF REFORMS.

Human Life.—Our platform is a broad one, and our plan of operations comprehensive. All subjects connected with Diet, Exercise, Bathing, Cleanliness, Ventilation, Dwellings, Clothing, Education, Occupations, Amusements, and Social Relations—all the elements which combine to make up that complex thing called HUMAN LIFE, will be clearly presented.

Practical Instruction.—Hydrotherapy will be fully unfolded, and so explained that it may apply it in various diseases, even those not curable by any other means. The Water-Cure is not equaled by any other mode of treatment in those peculiar complaints common only to women. The WATER-CURE JOURNAL will contain such advice and practical instruction as may be considered most important in all these critical yet unavoidable cases.

Preservation of Health.—Without health even life is not desirable, unless a remedy can be found. It will be a part of our duty to teach the world *how* to preserve health, as well as to cure disease.

Prolonged Life.—Reforms in our individual habits, in all our modes of life, and in our social institutions, will be pointed out and made so plain that "he who runs may read." We believe fully that man may prolong his life much beyond the number of years usually attained. We propose to show how.

The Journal will be illustrated and published in a beautiful quarto form, on fine white paper for binding, on the first of each month, on the following very low

Terms in Advance.

Single Copy, one year, \$1 00 | Ten Copies, one year, \$7 00
Five Copies, one year, 4 00 | Twenty Copies for 10 00

Please address all letters, POST-PAID, to,

FOWLER AND WELLS,

808 Broadway, New York.

Good News for Iowa.—I have received, during the past year, scores of letters from individuals in different parts of Iowa, requesting me to send them a thorough hydropathic physician. I have been compelled, uniformly, to inform them that it would be impossible to procure a physician for each particular locality, until the supply equaled the demand; that the best way at present is to select some person from their immediate neighborhood with proper natural qualifications, and send them to the *Therapeutic College* to qualify for practice. I have been spending a short time this spring in New York, to "post myself up" in Phrenological matters, with a view of lecturing on that subject in connection with my Physiological lectures. While there, I became acquainted with most of the students of the present graduating class, and make known to them the *needs* and needs of Iowa.

I have succeeded in persuading three gentlemen, with thorough medical education, to shape their course to Iowa. If the friends at Mount Pleasant, Fairfield, Okaloosa, and Muscatine wish to secure their services, and feel like doing all they can to introduce, assist, and sustain them, they can do so by writing to me at Iowa City. I have resumed lecturing again, and should like to hear from the friends in all parts of the State. Will try to visit every place where my services are needed.

G. E. KIMBALL, M.D., Iowa City, Iowa.

Business Notices.

New Volumes of these Journals commence with July, and all those Subscriptions expired with June are cordially invited to renew, and, if possible, to send in with their own name at least that of one *new* Subscriber.

LINDSEY'S PATENT PUMP.—We omitted to call attention to the above pump when the advertisement was in our papers. This pump has recently been greatly improved—the friction wheels are done away with, and it is now warranted to raise water all depths under 100 feet by hand. It is simple, durable, and cheap, varying from \$18 to \$60, with every thing complete. Circulars and drawings may be had free of postage, by addressing JAMES M. EDDY, General Agent, 56 John Street, New York.

LIFE PRESERVERS.—The WATER-CURE JOURNAL and AMERICAN PHRENOLOGICAL JOURNAL may well be called life-preservers, for they both treat of the fountain and means of preserving life. The lessons taught in these works all should know, and knowing them all should heed.—*Weekly Cycle, West Newton, Pa.*

LECTURERS IN THE FIELD.—We are pleased to hear that the citizens of Sauk County, Wis., are blessed with the labors of a lecturer in the field of hydropathic reform—Mr. Alonzo Dubois—whose lectures are well attended and gladly received.

One of our friends, writing from Wapello, Sugar County, Iowa, says that people are beginning to think, talk, and practice Water-Cure in this place. Dr. Kimball was here a few days ago and stirred the people up to a sense of their duty. He told them things they never dreamed of in their philosophy.

PRESERVATION.—We learn that the patrons and friends of PROF. ARCHER, in Meriden, Conn., and vicinity, presented him a few days since an elegant service of silver plate as a mark of their high appreciation of him as a man and a skillful physician and surgeon.—*Journal of Medical Reform.*

Such events are creditable alike to the givers and the recipient. Prof. Archer has for some years had charge of a Water-Cure in Meriden, and, with the *Journal of Medical Reform*, we wish him success "in every laudable undertaking."

WHERE TO STOP.—Readers of the WATER-CURE JOURNAL are referred to the announcements of several Water-Cure establishments in our advertising department. Instead of resorting to the crowded fashionable watering-places, we advise all in quest of health, rest, or sensible recreation to go to well-conducted Water-Cure establishments. Here may be found all the "substantials" in the way of healthful food, without artificial "fixings," pure water, no liquors or other exciting stimulants, clean beds, well-ventilated sleeping-rooms, not over-crowded, nor foul with tobacco-smoke; pleasant walks and drives, without danger of coming in contact with wild horse-racing; in short, where *rational* enjoyment and real health-giving surroundings may always be found. Look at the advertisements, and if you go from home, stop for a day, a month, or a season at some first-class Water-Cure establishment.

NOT RECEIVED.—What is the matter with the WATER-CURE JOURNAL? It does not come very regularly now. Can't spare it, Messrs. Publishers.—*Green Bay (Wis.) Advocate.*

"Uncle Sam's to blame." We send it regularly, and can not account for the irregularity. Perhaps somebody "catches" it before it reaches its right destination. But a more recent number of the *Advocate* has the following:

We are glad to see again the handsome face of our old favorite, the WATER-CURE JOURNAL. We always feel as if we had a new lease of our life, after reading its pages and laying up in our memory some few of the many physiological facts to be found within its sheets. A long life and a useful one is our earnest wish for it, and surely such it ought to be, before it reaches its right destination. But a deluded sufferer, and arouses them to a better and a purer way of curing the ills that flesh is heir to. Terms, \$6 a year. FOWLER AND WELLS, Publishers, New York City. Our most cordial regards to the "terms" named above. There is no doubt about the JOURNAL being worth \$6 a year, but all we ask is \$1, and in clubs, much less than that. The editor of the *Green Bay Advocate* will please accept our warmest thanks for the kind notice.—[Ens. W. C. J.]



PROSPECTUS.

The only publication in the world devoted to the science of human nature, mentally and physically, opens with the next number its twenty-sixth volume, and appeals confidently to the lovers of progress and of mankind to continue their support which has hitherto given it so wide a field of influence and such a vast power for good.

The Objects of the Journal are to teach man his own nature, his capabilities, and how to use them to the best possible advantage; his defects, and how to correct them.

Errors of Habit and Education will be clearly set forth in the light of Phrenology and Physiology, and the true remedy expounded.

Phrenology, in its application to home education, domestic government, self-culture, selection of parents, choice of apprentices, clerks, partners in business, or companions for life, will be, as heretofore, the leading features of the work.

Young Men Ambitious to Develop their powers and qualify themselves, by Self-Culture, for USEFULNESS and SUCCESS IN LIFE;

Teachers who would Learn by a simple method how to draw out the intellect and cultivate the dispositions of their pupils;

Mothers desiring a Guide to the best means of forming the character and preserving the health and morals of their children;

Merchants Anxious to Select wisely, manage judiciously, and educate properly, their clerks and confidential assistants;

Mechanics wishing to Choose apprentices and train them for their own particular trades; and every one who would learn

How to Study Character, select friends, business partners, connubial companions, and general associates; but above all, HOW TO TRAIN ONE'S OWN CAPABILITIES, in the BEST POSSIBLE WAY, to secure personal development, will find the JOURNAL a Monitor and Friend.

The Journal will be Profusely Illustrated with PORTRAITS of the great, the good, and the vicious; engravings of useful inventions, of architecture, animals, fruits, etc., and published

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Five Copies, one year, 4 00 | Twenty Copies for 10 00

ADDRESS FOWLER AND WELLS,

808 Broadway, New York.

THE RIGHT SORT OF HELP.—Among our numerous zealous co-workers we are happy to include the writer of the following, from Farmington, Meck. He says:

The specimen numbers you sent me are thankfully received, and if I fall to become a useful and efficient agent for your publications, it will not be for want of a willingness on my part to assist in the glorious cause of TRUTH and RIGHT, in which you have so long and faithfully labored. I am, with you heart and soul, an ally "undertaking." May you prosper in the good cause. I am a young man, and earn my bread mostly by labor on a farm. * * * * * You will soon hear from me again. Respectfully yours, B. A. H.

NEW HAMPSHIRE.—Dr. Vail has removed his "Granite State" establishment from Franklin to HILL VILLAGE, where he proposes some "mutual labors" with medical treatment, by which he will be enabled to reduce expenses to a moderate figure. See advertisement.

HOW TO REMIT.—In remitting, write legibly, at the top of your letter, the post-office, county, and state. Bills, current in the subscriber's neighborhood, taken at par; but Eastern bills preferred. If the sum is large, get a draft on New York, Boston, or Philadelphia, if possible. We pay cost of exchange.

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

DR. VAIL'S GRANITE STATE WATER-CURE INSTITUTE is removed to HILL VILLAGE, N. H., six miles by Railroad from Franklin, its former location. This change secures a situation more perfectly adapted to the sanitary and waste of this establishment, which will offer as heretofore the greatest facilities to patients in their recovering their health and for meeting the expenses of the process. Dr. V. believes in the dignity and usefulness of labor, and knows by experience that many a patient can be made to recover his health by giving him something to do, and something to do with all other means without this requisite may prove utterly valueless. Patients at this institute, especially if in limited circumstances, are allowed a reasonable compensation for services rendered to cheer them on and aid them in the good work they have undertaken. A circular will be sent to all who will enclose a stamp, addressed—

W. T. VAIL, M.D.

LEHIGH MOUNTAIN SPRINGS WATER-CURE. Diseases of all kinds are treated with great success at this celebrated Institution. Our unlearned board can not be surpassed. Address—

D. L. A. SMITH, Bethlehem, Pa.

DR. H. F. MEIER, 293 (NEW NO. 91) South 5th Street, Philadelphia, may be consulted on Hydropathy, Hygiene, etc. July 18*
Out-door practice attended to. July 18*

CANCER INSTITUTE.—WE HAVE a separate department in our Water-Cure and Electro-Hygienic Establishment, corner 20th and Spruce streets, Philadelphia, for the cure of CANCERS. For the last seven years we have been extraordinarily successful in treating these formidable diseases, and owing to the many radical cures effected has compelled us to open a special department for their treatment. The local application, upon which our success has mainly depended, is a harmless vegetable remedy, not in use by the profession. Its wisdom will afford a few weeks' general hygienic treatment, in extracting the cancerous part in the short space of twenty-four hours, and have always succeeded in doing so in four or eight days. We never undertake any such cases unless we are satisfied that a radical cure can be effected. In consequence of not employing the knife, actual cautery, or caustic, little pain is experienced. Address S. M. D. S. M.D., Principal, South-east cor. 20th and Spruce streets, Philadelphia.

CLEVELAND WATER-CURE ESTABLISHMENT.—The above Establishment is now commencing its Tenth Season. It has been in successful operation during the past five years, having treated over Thirty-Hundred Patients, who have fledged either from nearly every State in the Union. It is now the Oldest Establishment in America having been under the charge of one physician longer than any other Institution of the kind. The proprietor intends, as his Establishment was the great pioneer of the new treatment in the West, that it shall continue to be what it ever has been—continuing the Water-Cure of the West. Large expenditures have recently been made without and within, in enlarging, beautifying and improving special receptacles 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 distinguished by using the Electro-Chemical Bath, in cases where it could be used appropriately, and our experience fully justifies previous assertions, that its use is a most valuable remedy. 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 cure a wide variety of mineral and metallic substances which have been taken into the system from time to time (and some of which have remained in the body for years). The proprietor has his own experience. The proprietor has his own experience and success need no commendation from those that know him; and in determining to give the sick and suffer the eye for the eye, he has also secured the talents of Prof. H. P. Gatchell, who will, in addition to his other services, lecture regularly in the Establishment every week, on topics of interest and profit. In the Female Department he has engaged the services of F. M. E. Scott, M.D., a lady whose experience and tact in the treatment of diseases have already won her great success and opinions in the East, and he has the greatest confidence that she will not only sustain, but add to her previous civil and successful reputation 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, induces us to believe that no more can 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 art skill, surrounded by all needed facilities and the most expert hands, can do to give again the blessing of health—examine for yourselves. CLEVELAND WATER-CURE ESTABLISHMENT, M.D., Proprietor. May 18. T. Y. SELLY, M.D., Proprietor.

PHILADELPHIA PRIVATE HYDRO-PATHIC COLLEGE.—For rapid progress in obtaining the essential practical knowledge of HYDRO-THERAPEUTICS, ANATOMY, PHYSIOLOGY, PATHOLOGY, and the fallacies of Drug-Medicine, STUDENTS, of both sexes, will find *rapid* and *complete* advantages at our Institution. We have LIFE-SIZE MANIKINS, SKELETONS, MODIUM, DIAGRAMS, PAINTINGS, and a variety of PATHOLOGICAL preparations; many the latter have been put up by ourselves, making a very useful Museum. Our large MARIEN cost \$1000, and exhibits in beautiful life-size every organ and part of the human body. For GRADUATION we have made arrangements with one of the MEDICAL COLLEGES of this city, where our Students may receive their degrees in the full degree of a Physician. For particulars, address, enclosing two stamps, S. M. LANDIS, M.D., Principal, July 2d, 1893 Spruce Street, Philadelphia.

THE PHILLIPSBURG WATER-CURE establishment is situated 25 miles west of Pittsburg (at the junction of the P., E. and W. Railroads), and the Cleveland and Pittsburg Railroad, at Rochester, Pa. The panorama of the surrounding country is unrivaled, and the institution, refitted, will be so conducted as to experience of 15 years has suggested as the most approved. Address, Dr. C. Baetz, Water-Cure, P. O. Beaver Co., Pa. July 2d.

PITTSBURGH WATER-CURE. Invalids desiring to visit a Water-Cure will find the Pittsburg (near Water-Cure) one of the best in the country. It is supplied with pure soft spring water—a very convenient of access from all parts of the country, being located at the *Allegheny Station* on the Pittsburgh, Fort Wayne, and Chicago Railroad, ten miles west of the city. The Physicians have had long experience in conducting Water-Cure establishments—the attendants are skilled in their duties. The surrounding scenery is truly magnificent. In short, in all that pertains to health or comfort, the Pittsburg Water-Cure is unsurpassed. We are the Electro-Chemical Bath. For particulars address SOLOMON FREASE, M.D., Box 1304, Pittsburg, Pa.

THE GALESBURG WATER-CURE is a successful operation, and have in connection the Chemical Baths and Turpentine Machine, Gymnasium, Billiard, etc., etc. Address, for particulars, Dr. J. B. GULLY, or T. J. JENNINGS, Proprietor. We are the Electro-Chemical Bath. For particulars address SOLOMON FREASE, M.D., Box 1304, Pittsburg, Pa. July 2d.

FOREST-CITY CURE. ITS CONDITION is prosperous; patronage increasing every year. Its success for his or hers are obvious; the building is fully admired, the grounds highly spoken of, and the water extensive; within its walls diseases have been treated with a success unsurpassed in any other, and taken as a whole, for the purpose for which it was designed, it has no superior. Call and examine, or write for a Circular. Address, in D. G. W. SPRING, Cleveland, Ohio. May 18.

FRANKLIN WATER-CURE, NEAR Winchester, Tenn. Plain style cure, no medicines given here, and just the place for the sick with all diseases. June 4th. 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 Baths. July 1st. Address, H. T. SELLEY.

WATER-CURE NOTICE.—DR. E. A. KITTRIDGE has removed to his former office of West Jackson and Aberdeen streets, West 8th, one of the most beautiful and healthy localities in Chicago, where he is prepared to receive patients, who may be assured he will spare no pains to make it suited A CURE. Patients visited at their homes if desired. Two or three bed boarders can be accommodated with board. July 2d.

COLUMBIAN SPRINGS.—THESE Springs are situated in the Town of Littlefield, H. Rimer Co., N. Y., 3 miles from Iton and 3 1/2 from the Iton depot. A daily stage will commence running from Iton depot on Tuesdays, Thursdays, Saturdays, East and West Wild, connecting with the Utica, Littlefield, Schuyler's Lane, and Cooperstown stages about the first of June. These will be a good shower and bathing-house is attached to the premises. The proprietor flatters himself that visitors will have no occasion for dissatisfaction either in favor of charges, as he endeavors to spare his efforts, and to give his guests a happy while numbered among his guests. This house is now opened for visitors. Price of Board, One Dollar per day. Children half price. July 2d. J. F. BROWN.

DIMES AND HALF-DIMES MAY BE sent in letter F. & W. N. Y. for LIFE ILLUSTRATED.

WATER-CURE FOR FEMALES EXCLUSIVELY, at Columbus, Ohio. Terms, 7 to 10 dollars per week. For particulars, address, May, 18. W. SHEPARD, M.D.

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, as much as we would do. We do not do this work out time our own, our style is not to be rendered in this way. Our terms are as follows: For Circulars describing the Institution: a postage stamp to pay the postage on the Circular. For advice as to the propriety of water treatment: \$1.00. For prescription written out in full for home treatment: \$5.00.

For visits to the sick, where we can go and return on the same day: our traveling expenses and a fee of \$5.00. Where we have to be gone over night—per day—\$10.00. We do not ask business out of Glen Haven, but those who think our counsel worth seeking have—if their own statements are reliable—found it worth what we ask for it. We will gladly and joyfully, and with warm hearts, advise and assist the poor who are sick; but we must be satisfied of their poverty, else we shall ask our fee. Respectfully, JAMES G. JACKSON, M.D., HARRIET N. AUSTIN, M.D., May, 18. GLEN HAVEN, April 1, 1897.

SAVERY'S TEMPERANCE HOTEL AND TELEGRAPHING SALOON, No. 14 Beekman Street, New York. Rooms for the European, \$1.00. Meals at all hours of the day. Lodging rooms, from \$2 to \$5 per week, or 25 or 30 cents per night. JOHN S. SAVERY, Proprietor.

LOOKING-GLASSES, PICTURE FRAMES. Country trade supplied.—Nos. 583, 590, and 592 Greenwich Street, corner of Beek Street, New York. HORACE V. SIGLER.

THE STUDENT AND SCHOOLMATE. A Monthly Magazine for Children and Youth, Schools and Families, contains *New Speeches, Original Dialogues, History, Biography, Travels, Poetry, Miscellany, Museum of Curiosities in Literature, etc.* The most valuable magazine for the young published in America. 86 pages monthly. Terms \$1 per year.

It is highly popular among Teachers and Pupils, as well as Parents and Children. Address FOWLER AND WELLS, 305 Broadway, New York. P. S.—Clubs of Ten or more will be supplied at 75 cents each. Single subscriptions \$1.

ILLINOIS AS IT IS: ITS HISTORY, Geography, Statistics, Constitution, Laws, Government, Finances, Climate, Soil, Plants, Animals, State of Health, Fisheries, Agriculture, Manufacturing, Shipping, Culture of the Grape, Timber-growing, Market-prices, Lands and Land-purchases, Geology, Mining, Commerce, Banks, Railroads, Public Institutions, Newspapers, etc. Cuba, France, and World Map, a Geological Map, a Population Map, and other Illustrations. Price: \$1.50; prepaid by mail, \$1.75. Address FOWLER AND WELLS, 305 Broadway, N. Y.

SOMETHING NEW—PLAYS AND INSTRUCTION! GALKING GAMES AT WORDS, for Home Amusement, teaching Spelling, Reading, the Meaning and Use of Words, and Composition.

GALKING GAMES AT WORDS consist of a set of 250 letters, arranged in pamphlets, each containing a list of words, the number of each corresponding with the proportion of their use in the formation of words, put up in a strong box, and accompanied by a card of instructions. These letters are printed on both sides of thick, colored pasteboard, and neatly varnished to preserve them from soiling.

The primary object of these games is instruction. The hours of play has been given for the purpose of making the exercise so attractive that children will engage in them cheerfully and earnestly as they do in their ordinary amusements. Nor are they adapted only to children who have not learned to read—they are sufficiently varied to be suited for boys and girls who are studying geography, history, grammar, and composition. A box of the literature, or "GAMES AT WORDS" is worth ten times as much as any other game in the market, and spelling; besides, they furnish a most entertaining and instructive amusement for children who have already learned to read. Every family should have a set. Price \$1.00 per set, which the Games will be sent by mail, postage paid. FOWLER AND WELLS, 305 Broadway, N. Y.

EMPLOYMENT.—YOUNG MEN, in every neighborhood, may have beautiful, pleasant, and profitable employment by engaging in the use of our New and Valuable Books, and canvassing for our POPULAR FAMILY JOURNALS. For terms and particulars, address—FOWLER AND WELLS, 305 Broadway, New York.

From "Hutchings' California Magazine."

THE POISON OAK.

THIS subject has elicited more attention, and invited more examination than we supposed it probable, when the first article appeared upon it, in this Magazine. Letters upon letters, of inquiry and for information, have poured in upon us; some telling us of its inconvenient and painful effects with its accompanying symptoms; others relating the particular kinds of treatment which have been successful to them individually, with a variety of questions as to what it is—how to avoid it—what is a certain cure for it, etc., etc.

To satisfy these inquiries, in some measure, we renew the subject, giving some illustrations of the shrub and its effects, in hopes that, although we do not profess to



THE POISON OAK.

be physician extraordinary to this class of persons and cases, we may nevertheless diffuse information of value to those affected by it.

For ourselves we may say that we can handle it, and even eat it, with impunity, as it produces no effect whatever upon us; but, we regret to say, it is not thus with all.

In the early part of last month we saw a person almost blind from its effects, and with his entire face and portions of his body very much discolored and swollen. In this condition he was recommended the "sweating" process adopted and practiced by Dr. Bourne, the Water-Cure physician of this city. The following statement from Mr. M. Fisher will distinctly explain itself:

"I was poisoned by contact with poison oak Feb. 22, 1857, at three o'clock P.M. At ten o'clock P.M., 24th, my condition was

very distressing, as shown by the *first* portrait then taken, when I was rapidly be-



EFFECTS OF THE POISON OAK.

coming blind. The *second* portrait shows my improved state *two and a half to three hours later, after a thorough sweating.* The *third* portrait was taken at forty-eight hours later than the first one, and now I am entirely cured of a very severe affection which was rapidly getting worse, and exhibiting its effects all over my person, *without* medicine or any other than the mode above stated, only three baths. During the year 1853 the poison oak caused me partial blindness nearly one month, and total blindness for several days' with much suffering."

Now we give the above simply to show that a good sweating, and the drinking freely of cold water, with the application of cloths saturated with warm water to the head and face, can be practiced by any one with the greatest safety and efficiency.

"Any mode," says the *Alta*, "of taking a vapor bath will do, either by means of



AFTER A BATH OF THREE HOURS.

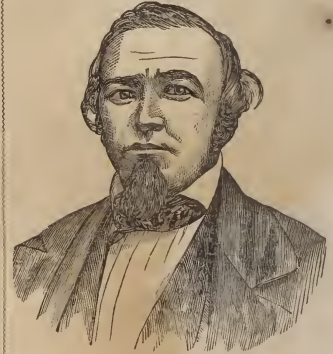
steam admitted to a tight box, or by placing the patient under blankets and heating the

water with hot stones, or other convenient plan, so that it be effectual, and allow the patient's head to be exposed to the air, avoiding the necessity of breathing the hot and vitiated steam.

"From having witnessed its effects, we recommend the foregoing as a simple and efficient process for overcoming this troublesome disorder to all such as may unfortunately require its aid.

"There are some afflicted so severely as to induce protracted illness, often blindness, and sometimes even death. We have frequently known it to baffle the treatment of physicians for weeks and months, subjecting the patient meantime to great inconvenience and suffering. We have, therefore, thought it worth while to give the public the benefit of a mode of cure applied in a case that recently came under our own observation, and which seems alike simple, speedy, and efficacious."

Some have used gunpowder with effect, others alcohol, others strong lye, and who



CURED.

have become cured by rubbing the parts affected, although the "sweating" process seems to us the most natural.

"I suggest a remedy for the pustular eruption," writes a gentleman from Umpqua City, Oregon, "produced by the poison oak: take sulphate of iron, ten grains; landanum, half an ounce; water, one ounce—mix and apply to the diseased surface constantly by means of soft linen saturated with the solution. If the irruption is persistent, with sympathetic fever, take salts in aperient doses, and one grain of sulphate of iron internally."

Too much care can not be used when riding or walking near this poisonous shrub, especially by those persons who are most easily affected. It is also very desirable that a remedy should be applied as speedily as possible after its effects are first felt, thus saving much annoyance and inconvenience.