

WATER-CURE

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General Articles.

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

WORMS IN CHILDREN.

BY G. H. TAYLOR, M.D.

THE frequent existence of *entozoa* in children (and sometimes also in adults) is proved by the fact that their expulsion is of no uncommon occurrence. This evidence that living creatures can occupy a position so important, corroborated by the distressing and sometimes fatal sicknesses that are referred to this cause, becomes a frequent source of alarm to parents, as well as a severe test of medical skill. Without doubt many a child has fallen an innocent victim to the vain efforts to expel the supposed intruders, by means of violent medicines, when their actual presence was at least quite doubtful. It is very well known that a variety of anomalous symptoms, whose treatment is attended with ill success, are complacently charged upon worms, without fear of contradiction, and the unfortunate result is quietly regarded as a decree of fate.

There is a class of hydro-drug physicians who

affect to point triumphantly to the class of diseases in question, in refutation of our no-drug theory.

The logic of these doctors, as usual, is direct and conclusive. The worms must be killed; water has no power to destroy them; therefore drugs must. They thereupon proceed to *dose* their patient. This procedure presumes that the medicines will reach the worms instead of being otherwise disposed of, and that the worms will exhibit so singular an aberration in their sense of taste as to incline them to take the dose also; or that they will show proper resentment at such insult, and crawl out of harm's way. It also supposes that the ten times greater susceptibility of the human organs will escape the injury intended for the parasite.

It ill becomes the advocate of drugs to heap opprobrium upon the simple method of cure, when drugs are confessedly so unsatisfactory in these cases. According to our knowledge, drugs are utterly uncalled for in this disease, and in no case is the beauty and consistency of the hygienic-medical treatment more conspicuous. Any treating by other methods, we regard as affording glaring evidence of inattention to the etiology of the complaint. The cure of this, as well as of other complaints, is directly suggested by a knowledge of the cause.

I will not stop to describe the several kinds of living creatures that inhabit the digestive canal. Actual sight, that most people have been favored with, will convey a better idea of the various specimens than the most minute and scientific description, hence such a description would not materially assist in our present object. This class of creatures are of the lowest forms of animal life, and being destitute of many of the functions of animals, may be thought to be merely purposeless efforts of nature.

But, as we shall see, they could be illy spared, on account of the *direct* purposes accomplished by them. The discussion in regard to the *origin* of these elementary forms of life is not yet ended, nor do I propose to discuss the theories of *fortuitous* and *aboriginal* generation at length. It is sufficient to know that life presses in, wherever there is room and encouragement for it, and it is difficult to conceive, in the supreme harmony of the universe, such life to be irrelevant. Vitality proceeds in an infinite number of series that

commence on the lowest possible plane, and all ultimately culminate in man, and each accomplishes some object that serves in some way to perfect a higher form of life. Nature, in this exhibits herself the most perfect of economists, by so arranging that all places shall be filled, and all purposes served.

The gradations of animal life are based, as a general truth, upon the quality of the materials used for the sustenance of the different orders. That which is not adapted for the development of a high grade of existence is still organized, but in inferior grades. This is evidently better than for the material to be resolved by decomposition into forms having chemical power, for the presence of such forms of matter are inimical to all animal life. Hence incipient decomposition seems to speak myriads of low creatures into existence, for the purpose of disposing of elements that must otherwise surcharge the air with poison. For carrion, there are worms and vultures; and for decaying vegetable matter, there are innumerable insects, whose magic origin and hurried career serve to rescue human beings from unknown ills.

Considering, then, the wise economies always displayed in nature, can we doubt that there may be design and utility in the presence of these parasites in the human body? We may infer that in a state of health these creatures would never be found; but it is certain that they have been at times discovered in nearly every organ of the body—in the humors of eye, in the flesh, in the blood; and in a *post mortem* a few weeks since, I saw a most indubitable specimen in what otherwise appeared to be a healthy liver. In all these places there is no doubt they luxuriated in their appropriate aliment.

The origin of *entozoa*, shut completely away from any conjecture that germs from without could give rise to them, yet admits of a plausible hypothesis. For we should remember that all free surfaces of membranes within the body are continuously producing *free vital cells*, of independent existence, whose purposes are directly auxiliary to the general purposes of the system. Suppose, now, these cells, imbedded in matter that, through some irregularity or abuse of the system, becomes degraded from its normal quality, and incapable of fulfilling its appointed purposes, is it altogether improbable that some of

these, however rare, may suffer such change in their style of development as to correspond with the capabilities of the aliment intended as their support? The *cell* is the common type of all life, whether high or low, and we know that the constitution of the normal life may be foreshadowed by an original impress it may receive from any cause. Cancer and tubercle are but modified and degraded cells, with a slight capacity for reproduction. Is it strange, then, that in these elemental forms of being there may also be embodied a conservative power available for the economy, instead of acting counter to it? Worms can neither subsist on the proper food of man, nor on any healthy digestive change it may undergo. They feed on the morbid products of digestion.

Look to it, then, parents and nurses. It is not worms, of which the health of your children stands in danger, but it is those causes that so deteriorate the digestive power as to allow the growth of these creatures, that are to be avoided. In a healthy stomach they would be entirely out of place, and would soon perish for want of their proper food. Institute, then, such measures as will secure good digestion, and aliment will be converted to better uses than either to poison the system by morbid changes, or the lesser evil of serving as sustenance for worms. To dislodge these creatures, then, it is only necessary to improve the digestive powers, and they must either pass away, or, losing their own vitality, will no longer resist the action of the digestive juices.

The symptoms of worms will differ a little according to the kind, and the locality they infest. Generally, we can enumerate, a leaden countenance, bad breath, red lips, picking at the nose, tumid abdomen, shrunk extremities, voracious appetite, looseness of the bowels, and general loss of power.

Whatever the hypothesis in regard to origin, there is no doubt of the unusual success of the mode of treatment here indicated.

The remedial means consist of withholding about three quarters of the usual supplies of food, and especially all sweet mixtures, and substituting a coarse and perfectly plain diet, plenty of out-door exercise, and especially such as riding in a jolting wagon, enemas of water, a good general bath at 70° twice a day, with plenty of friction, the stomach compress, etc., as a general outline. For a few years past I have directed a peculiar kneading of the abdomen to be performed two or three times a day, with very decided beneficial effects. Such processes promote muscular motion of the digestive tube, impel their contents forward, promote absorption of digested matters, increase the secretion of the solvent juices, all which deals unmitigated destruction to the worms, by destroying the cause producing them.

Sometimes, however, symptoms referable to worms give rise to the greatest consternation. A child has an acute attack of fever, and convulsions—sometimes several of them occur. The panic-stricken friends, if devoted to medicine, now resort to the strongest doses; if to water-cure, sometimes subject the head, and perhaps the whole body, to the severest drenchings, the ill effects of which misapplications are not obviated by the good intentions of the parties giving them. It is perfectly natural, when the morbid condition

of the digestive canal becomes so great as to induce acute symptoms, that the material the worms feed on would cease to suit their purposes, and the mechanical irritation that they are for a short time capable of producing will give rise to spasm, by what is known to physiologists as reflex action. The cerebrum has nothing to do with these symptoms—in fact, they occur because the consciousness is not affected, but spinal centers instead. It is manifestly wrong to treat the head, and the whole attention should be given to the alimentary canal, where the cause so evidently exists.

PREJUDICES.

HYDROPATHISTS, as well as others, of reformatory schools of medicine, are often taunted with the accusation of being prejudicial and egotistical in the support of their peculiar tenets of Medical Reform. To this accusation, let me give an answer in what is said to be Yankee style, by showing that there are prejudices in the allopathic ranks quite as strong as any to be found anywhere else, and in the highest circles of their literati, too.

To show this to be true, and to prevent mistakes, I will make quite a copious extract from Prof. Tully's *Materia Medica and Therapeutics*, p. 155, No. 111, now publishing in numbers, which will show which way the wind blows, quite as conclusively, and perhaps more so, than the reasoning of any one, however conclusively it might be, if peradventure he should be styled a quack or an irregular by the old school. Prof. Tully says:

“But a far worse set of prejudices have been sedulously inculcated and diffused, having been foisted and crowded into the gilt-covered volumes that are made chiefly to ornament a parlor-table. I here allude to the tissue of nonsense which is so much insisted upon, at the present day, by a set of quacks affecting the highest degree of knowledge and wisdom, viz. that it is the religious duty of every one ‘to study the laws or principles of our animal existence,’ and to use ‘a diligent care to live according to those laws,’ which is affirmed to be ‘living according to nature.’

“All disease is affirmed to be only ‘the natural and inevitable consequence of living contrary to nature,’ either on our own parts or the parts of our parents.

“This set of quacks constantly insist and inculcate that ‘the sickness which prevails’ anywhere ‘may be directly traced to the violation of the great laws which govern our present mode of existence.’

“This set of writers inculcate, further, that ‘the general health of society depends far more upon the ladies than upon physicians;’ ‘that medicine is an unnatural stimulus;’ ‘that we are as much as possible to avoid taking medicine;’ that ‘medicine is unfriendly to the human system;’ that ‘its inevitable effect is to disturb the regular performance of the animal functions;’ that ‘it must inevitably impair the constitution in a greater or less degree;’ and that impaired health is to be restored by ‘a return to the regular system of living according to nature.’

“According to this class of writers, ‘a return to the regular system of living according to

nature’ consists to a very important extent in ‘making your meal of a single dish,’ because ‘mixed dishes are injurious;’ in avoiding ‘a second course, which will almost certainly lead to excess;’ in ‘eating old bread instead of such as is recent;’ in avoiding all ‘stimulating drinks (all drinks being reckoned ‘stimulating’ except barely cold water);’ in avoiding all condiments; in eating as little as will barely sustain the system; in never eating anything between regular meals; and, at all events, in never taking food oftener than at intervals of about five hours, because this time is alleged to be necessary for digesting a meal, and because taking additional food during the process of digestion ‘disturbs and impedes it and makes it more laborious;’ and above all, in ‘letting the stomach rest after the digestion of a meal;’ because ‘the stomach always needs rest before another meal is taken.’

These writers always inculcate indirectly, and sometimes directly, that diseases are the effect of sin, either of ourselves or of our progenitors; and I have not unfrequently met with individuals among the readers of such books, who, under the view that disease is the penalty of sin, considered it a duty to endure it without resorting to any means of relief. They, indeed, called upon a physician, but would employ no curative measures.”

The whole of the preceding is derived from a single chapter of a parlor-table volume, and does not constitute one half of its absurdities and follies in relation to the same subject. [Quite a chapter, that!—O. W. T.]

The same matter, and much more of the same character, is usually contained in books professing upon Phrenology, and upon various other “ologies” with which the public is inundated, for the purpose of gulling and picking the pocket.

This is a fair sample of the matter contained in books for the people on dietetics, physiology, hygiene, pathology, and therapeutics, written by persons not physicians, and usually not even educated to medicine. I do not think that a single one of all these assertions is true; but this is not the proper place to discuss and refute them.”

Prof. Tully there found quite a valuable chapter, or quite a dangerous one, upon *dietetics, physiology, Phrenology, hygiene, pathology, therapeutics*, and “various other ologies” and even this “does not constitute one-half” upon the subjects there to be found. “This,” he says, “is a fair sample of the matter contained in books for the people,” and, though “this is not the proper place to discuss and refute them,” he has given his *ipse dixit*, and substantiated it as follows:

“When once a patient's mind is possessed by these notions, it is impossible to treat him under [allopathically, I suppose] disease to any useful purpose. Everything operates in a manner totally different upon such a subject from what is natural, and from what it does upon a subject with no such prepossessions.”

At first thought, here may appear to come, perhaps, a grave assertion, and one that demands candid thought and meditation from us of the nineteenth century, lest we debar ourselves from all of the beautiful operations and remedial effects of medicine, as delineated and handed down from good olden times—the dark ages—and we become such dupes to these perfections that “a single

dose of a few drops of pure water will produce powerful morbid effects;" and we should, like the prodigal son, with deep contrition have to return to the regular system of *tartar emetic* for relief!

"Prepossessions of what?" one may say. Why, it is this: studying "the laws or principles of our animal existence," and with "a diligent care" endeavoring "to live according to those laws," which is commonly called by the vulgar name of "living according to nature." Sad thought, this, that such prepossessions, *even*, should render the whole *Materia Medica* abortive; and should even a physician be called upon to render his aid, when one is prostrated with disease, then, to have left him "no curative measures" to be employed for their relief!

But looking at it again, and comparing it with itself, one can not but think, as well as see, that there are tremblings for the fate of "the art"—Allopathy—and that there are to be seen, not far in the distance, the "giants, the sons of Anak," arising and coming forth, with *truth* for their breastplate; acting upon the advice said once to have been given by Hercules to a wagoner, "to put his shoulder to the wheel" when his wagon was deep in the mud, "and then, upon calling upon divinity for aid, it might be expected," giants, before whom, "in their own sight," they are "as grasshoppers." And well may they fear; though they adopt the adage that "in union there is strength," yet none the less true is it, that *Truth is great and will prevail*.

Already the masses are finding out that all medical knowledge is not to be found within the ranks of old Allopathy; and it is now seen, though too late to save "the ark," that a great mistake has been committed in permitting their prejudices to come forth to the world in language clothed and "dyed in the wool" with such vitiations as have been heaped and piled upon all such who have dared to depart from old established usages.

Will this, or any other luminary, stay the onward and upward tide of Medical Reform by thus arraigning such precepts as are in the above quotation? I trow not. More anon.—*Still onward!* O. W. TRAVE.

PHILLIPS, MAINE.

WHOLESOME BREAD.

DR. W. A. ALCOCK—*Dear Sir:* As a member of the great fraternity of physicians, let me thank you in behalf of millions of dyspeptics throughout our land for your article on bread making, which appeared in the *Weekly Tribune* of the 21st ult.

The highest, holiest office work of the physician is that of the prevention, rather than the cure, of disease—and I was glad when I saw from your pen so public an expression of a truth which I know you have so long taught.

I can but add the wish that other physicians may use their influence in the like manner, in giving to the popular mind more correct ideas of the proper manufacture of this staple article of food among American people.

The "staff of life," as found in the heavy, sour bread of many homes, is truly "a broken staff;"

an article of food as much inferior to the wheat from which it is made, as well can be.

Nor do I think the finest "baker's" or domestic bread, made by the fermenting process, by any means a superior article of food. On the contrary, I have long regarded such a process as unnatural and artificial.

Unnatural, as civilized man is the only animal in the world, if we except the domesticated swine, who is accustomed to the use of fermented food. Artificial, inasmuch as a foreign and artificial process is substituted for the beautiful and perfect provision which nature has made for preparing all farinaceous articles of food for easy digestion—namely, the process of insalivation.

It has ever been the most cogent argument in favor of leavened bread, that the process of digestion was facilitated thereby; or, in other words, that the digestive organs were saved an amount of labor proportionate to the decomposition of the substances used in bread making.

If this be true, let us be consistent; and in addition to the usual cookery, let us subject all our vegetable and farinaceous articles of diet to a similar metamorphosis, and so still further aid the enfeebled digestive apparatus of the present generation; for certainly the existing race of dyspeptics needs help from some quarter.

I do not know, indeed, of any of the vegetable productions used as food, that is digested with greater facility than wheat cooked in the simplest manner; and certainly if the decomposing process is *necessary* here, there has been a great error in not applying the rule generally.

It is not to be denied that much valuable nutritious matter is lost in the usual routine of bread making; the starchy and saccharine portions becoming alcohol, and carbonic acid gas escapes.

Strictly considered, the decomposition effected by the natural process of insalivation, or incorporating the saliva thoroughly with the food in mastication, and that of artificial fermentation, are not analogous. Nor can the one be substituted for the other.

What we want, then, is to have our bread, when ready for the stomach, prepared by the natural ferment which has been abundantly supplied to all chewing animals. Nor do we need this very valuable help performed by the so-called "hop," "salt," or "milk rising."

For the benefit of those who may not have been so fortunate as to have read or seen your valuable article, allow me to repeat your recipe:

"Wet the meal (the whole or unbolted is best) so as to thoroughly moisten the whole, with pure soft water, at 160° Fahrenheit, or scalding hot. The mass should be firm and not sticky—then roll, and cut into strips which shall not be more than $\frac{1}{4}$ inch in thickness, and $\frac{1}{2}$ an inch in breadth.

"Bake quickly in a hot oven, until the dough has acquired a soft fine brown color, or until the water has nearly all evaporated, and you have your meal nicely parched.

"Other forms, geometrical or fanciful, may be chosen, but this is perhaps best."

A sweeter bread than this was never tasted by dyspeptic, epicure, or gourmand.

And I know that no artificial ferment *can* be so powerful a facilitator of digestion as that elabo-

rated by a beautiful and economical set of chemical apparatus, which has been placed in the very vestibule of that wonderful laboratory where are vestibled the elements which go to build up that curious structure which is, for the nonce, the dwelling of the human soul.

Yours respectfully, C. A. GREENE.

LEARNING TO SWIM.

Those of our country friends who have brooks, lakes, or rivers of their own, or who can borrow of their neighbors, and those of our citizens who are so fortunate as to find accommodations during the "heated term" in the vicinity of streams and ponds, ought to make it their immediate business to learn to swim. The practice not only affords excellent sport, but is eminently conducive to health, and besides may, on some future occasions, be the means of saving their own lives or the lives of their fellow-creatures. To this end we extract substantially from the *Hydrostatic Encyclopedia*, and Dr. Trall's new work, now in press, entitled, "The Complete Illustrated Gymnasium," the following instructions to learners:

Various supports may be resorted to while the learner is getting accustomed to the necessary motions. Corks and bladders are convenient. Fig. 1 represents a bladder, well blown, and fast-



Fig. 1.—SWIMMING WITH A BLADDER.

ened over the shoulders by a rope passed under the chest. Large pieces of cork may be attached to each end of a rope, and used for the same purpose. The supports must always be carefully secured near the shoulders, for, should they slip down, they would plunge the head under water.

Swimming with the plank (fig. 2) has two ad-



Fig. 2.—SWIMMING WITH A PLANK.

vantages. The young bather has always the means of saving himself from the effects of a sudden cramp, and he can practice with facility the necessary motions with the legs and feet, aided by the momentum of the plank. A piece of light wood, three or four feet long, two feet wide, and about two inches thick, will answer very well for this purpose. The chin may be rested upon the end, and the arms used, but this must be done carefully, or the support may go beyond the young swimmer's reach.

The rope (fig. 3) is another artificial support, which has its advantages. A rope may be attached to a pole, fastened—and mind that it be well fastened—in the bank, or it may be attached, as shown in the engraving, to the branch of an overhanging tree. Taken in the hands, the swimmer may practice with his legs, or by holding it

in his teeth, he may use all his limbs at once. The rope, however, is not so good as the plank, as



Fig. 3.—SWIMMING WITH THE ROPE.

it allows of less freedom of motion, and the latter might easily be so fixed as to be laid hold of by the teeth, and held securely.

Wherever a descending grade can be found, the learner can soon become a good swimmer, with no artificial assistance, by wading in the water up to the neck, and then paddling to the shore.

In swimming, the feet should be about two feet below the surface. The hands should be placed just in front of the breast, pointing forward, the fingers kept close together, and the thumb to the fingers, so as to form a slightly hollow paddle. Now strike the hands forward as far as possible, but not bringing them to the surface; then make a sweep backward to the hips, the hands being turned downward and outward; then bring them back under the body, and with as little resistance as may be, to their former position, and continue as before. The hands have three motions—first, from their position at the breast, they are pushed straight forward; second, the sweep round to the hips, like an oar, the closed and hollowed hands being the paddle portion, and their position in the water and descent serving both to propel and sustain the body; and, third, they are brought back under the body to the first position.

Having learned these motions by practicing them slowly, the pupil should proceed to learn the still more important motions of the legs. These are likewise three in number: one of preparation and two of propulsion. First, the legs are drawn up as far as possible by bending the knees and keeping the feet widely separated; second, they are pushed with force backward and outward, so that they spread as far as possible; and, third, the legs are brought together, thus acting powerfully upon the wedge of water which they inclosed.

In leaping into the water, feet first, which is done from rocks, bridges, and even from the yards and masts of lofty vessels, the feet must be kept close together, and the arms either held close to the side or over the head. In diving head foremost, the hands must be put together, as in the



Fig. 4.—PLENGING OR DIVING.

engraving (fig. 4), so as to divide the water before the head. The hands are also in the proper position for striking out.

Treading the water (fig. 5) is a favorite position, and useful as a means of resting, and swimming long distances. The position is perpendicular; the hands are placed upon the hips, as in the vignette, or kept close to the side, to assist in balancing the body, being moved like fins at the wrist only. The feet are pushed down alternately, so as to support the head above water; and the body may be raised in this way to a considerable extent. While in this position, if the head be thrown back, so as to bring the nose and mouth uppermost, and the chest somewhat inflated, the swimmer may sink till his head is nearly covered, and remain for any length of time in this position without motion, taking care to breathe very slowly.



Fig. 5.—TREADING WATER.

In swimming on either side (fig. 6), the motions of the legs have no alteration, but are performed as usual. To swim on the left side, lower that side, which is done with the slightest effort, and requires no instructions. Then strike forward with the left hand, and sideways with the right, keeping the back of the latter to the front, with the thumb side downward, so as to act as an oar. In turning on the other side, strike out with

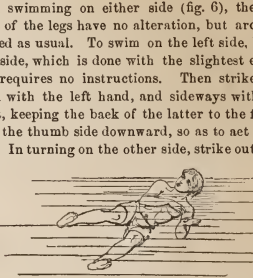


Fig. 6.—SIDE SWIMMING.

the right hand, and use the left for an oar. To swim on each side alternately, stretch out the lower arm the instant that a strike is made by the feet, and strike with the other arm on a level with the head at the instant that the feet are urging the swimmer forward; and while the upper hand is carried forward, and the feet are contracted, the lower hand must be drawn toward the body. This method is full of variety, and capable of great rapidity, but it is very fatiguing.

Thrusting (fig. 7) is a beautiful variety of this exercise, and much used by accomplished swimmers. The legs and feet are worked as in ordinary swimming, but the hands and arms very differently. One arm, say the right, should be lifted wholly out of the water, thrust forward to its utmost reaching, and then dropped upon the water with the hand hollowed, and then brought back by a powerful movement, pulling the water toward the opposite armpit. At the same time the body must be sustained and stented by the left hand, working in a small circle, and as the



Fig. 7.—THRUSTING.

right arm comes back from its far reach to the armpit, the left is carrying in an easy sweep from the breast to the hip. The left arm is thrust for-

ward alternately with the right, and by these varied movements great rapidity is combined with much ease.

Swimming on the back (fig. 8) is the easiest of all modes of swimming, because in this way a larger portion of the body is supported by the water. It is very useful to rest the swimmer

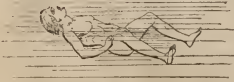


Fig. 8.—SWIMMING ON THE BACK.

from the greater exertion of more rapid methods, and especially when a long continuance in deep water is unavoidable. The swimmer can turn easily to this position, or if learning, he has but to incline slowly backward, keeping his head on a line with his body, and letting his ears sink below the surface. Then placing his hands upon his hips, he can push himself along with his feet and legs with perfect ease and considerable rapidity.

The hands may be used to assist in propelling in this mode, by bringing them up edgewise toward the armpits, and then pushing them down, the fingers fronting inward, and the thumb part down. This is called "winging."

The hands may be used at discretion, the application of force in one direction, of course, giving motion in the other; and the best methods are soon learned when once the pupil has acquired confidence in his buoyant powers.

Floating (fig. 9) is so useful a part of the art of swimming, that it can not be too soon obtained. In salt water, nothing is easier; and in fresh, to most persons, it requires but the slightest exertion. The feet should be stretched out, and the arms extended upward, so as to be at least as high as the top of the head, and under water. The head must be held back, the chin raised, and the chest expanded. The hands will easily keep

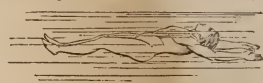


Fig. 9.—FLOATING.

the body in this horizontal position, and by breathing carefully a person may float at ease for hours. Could a person, unable to swim, but have the presence of mind to take this position, he could scarcely drown.

To beat the water, the legs are raised out of it alternately while swimming on the back, the body being sustained by the hands.

While swimming on the breast, one leg may be carried backward, and taken hold of by the opposite hand, and the swimming continued with the leg and hand kept unemployed. This is said to be useful when taken with the cramp in one leg.

Swimming under water should be done with the eyes open. If you would swim midway between the bottom and the surface, make the strokes of the arms and the hands inward, i. e., toward you, as if you would embrace the water by large armfuls, keeping the thumbs turned rather downward. These are the most important manœuvres. You are thus enabled to pass unseen across a river or branch of water, or to search for any thing which has fallen to the bottom, and also to rescue any one who is drowning. Beating, and swimming under should not be attempted until the swimmer becomes expert in the other processes.

HINTS TOWARD

PHYSICAL PERFECTION;

OR,

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

IV.

THE LAWS OF HUMAN CONFIGURATION.

It is the law of formation that the development of any part of the body is in direct proportion to the life-*esp*-it which, by means of exercise, is brought to bear upon it.—*Delage*.



O be a good gardener one must have a practical knowledge of the laws of vegetable life, in accordance with which climate, soil, manures, grafting, crossing, and cultivation affect the character, growth, and forms of plants. It is certainly not less essential that one who would attempt his own physical culture, assume the office of public teacher or reformer, or undertake the training of children, shall understand clearly

the laws of animal life, on which human development and configuration, and consequently human health and beauty, depend; and we shall, we believe, best promote the practical ends we have in view by devoting a few pages to an exposition and illustration of these laws.

Matter is every where held in subjection by mind. Spirit alone is plastic, molding the material elements into forms adapted to its own uses. The soul, then, makes the body, and not the body the soul. This fundamental principle, which runs quite through nature (for it is in all cases the indwelling life which determines the external form of things), we take as our starting-point.

The impregnated human ovum, or egg, infolds the germ of a new human being. The first direction has already been given to the vital forces, creating a tendency to a specific character and form. Direct paternal influence ceased with the generative act. Whatever the father does henceforth to impress his own image, or that of some ideal form, upon his unborn child, must be done through the mother. Her soul is the governing principle which determines its final character and configuration. Every thought which passes through her mind; every emotion, no matter how transitory; every impression from external objects affects, in a greater or less degree, the fetal being. Intense grief, violent anger, or uncontrolled terror may cause its destruction or mar irretrievably its symmetry, both of character and form.

Those curious phenomena called *navi materni*, or mother's marks, illustrate very strikingly the influence of the mother's mental impressions upon the organism of the fetus. They are marks or blemishes, extending sometimes to absolute deformity, produced upon the body of the child, by some strong impression made upon the mind of the mother, during gestation. For instance, a lady is mentioned by some medical writer, on whose back, between the shoulders, is the perfect impression of a mouse, hair and all, flattened down to the surface of the skin. Several months before her birth her mother was frightened by a mouse which got between her clothes and her person at that particular part. In accordance with the same law all impressions, emotions, passions, and mental states of which the mother is the subject are woven with the very texture of the unborn being. Anxiety, moroseness, jealousy, or any other morbid state of mind, as well as the constant sight of ugly or disagreeable objects, mar and deform, in proportion to the impression they make upon the mother, the figure and features of the child. Love, hope, happiness, and the contemplation of beautiful objects in nature and art impress upon it the lines of grace and beauty, and tend to produce symmetry of form. The sensitive paper in the camera of the photographer repeats not more certainly the lines thrown upon it by the graphic pencils of light, than does the unconscious embryo

the images, whether of beauty or deformity, reflected from the maternal soul. But more of this in the next chapter.

With birth the direct psychical influence of the mother ceases. Impressions made upon her soul no longer affect directly the character or configuration of the child. It is now an independent being, subject only to the laws of its own organization. Its inherent tendency is to develop itself according to the model existing in the primitive germ. If it could now be placed beyond the reach of all external influences, a temperament and configuration already determined would result from the simple action of the indwelling life-principle.

But impressions, acting now directly upon the mind of the child, are scarcely less potent in molding its soft and pliant features and form than they were before birth. It is now that climate, society, maternal surroundings, food, and clothing, as well as direct culture, begin to exert an influence in modifying configuration, and determining the direction and degree of departure from the primitive type.

It is thus seen that the soul, modified, in its manifestations at least, by external conditions, and subject to constant impressions from the outer world, builds up and changes, to meet its changing character and wants, the physical body, which is at the same time its habitation and its slave. But by what instrumentality does mind fashion and control matter?

It would carry us too far from the practical work we have undertaken, to discuss the abstract question of the mode of the soul's connection with the body, which an answer to the foregoing question would seem to involve. It will suffice to point to the well-known fact, that influences run along the nerves from the limbs or body to the head in sensation, and from the head to the body or limbs in voluntary motion. What means this rather vague word, *influence*? Practically, perhaps, it matters little. Some maintain that it consists in a simple vibration traversing the fibers in both directions; while others regard it as a real *influxion*, and the fibers or nerves as minute tubes permeated by a fluid. We adopt the latter theory; but the facts on which our practical teachings are to be based will lose none of their validity should this theory hereafter be proved unsound. Be it fluid or vibration, there is undeniably a medium or means of communication by which sensation and volition are instantaneously transmitted between the seat of the mind in the brain and the different parts of the body.

We believe, then, that there exists in man, circulating through all his nerves, a very subtle fluid, which forms the connecting link between soul and body, and is the instrument through which the former forms, transforms, and controls the latter. This fluid is supposed to be electric or magnetic in its nature. The ancient Magians called it the *living fire*. *Delage* gives it the name of spirit of life (*Pesprit de vie*), and says that it has the color of fire or the electric spark. It is generative and plastic, inducing formation, and bending everything it touches into such forms as the directing intelligence has previously determined.

"Soul of the world, universal spirit diffused through all nature, it is the vital essence of all bodies which it animates and of all the species in which it is incarnate; and is itself profoundly modified by all the mediums which it traverses. Cagliostro, who saw the necessity of rendering obvious this important truth, is the author of a very ingenious apparatus for illustrating it. He caused a table to be prepared, with a number of canals cut in it, some of which were filled with vermilion, and others with salt; and it was observed that water in traversing the vermilion became red, and saline in traversing the salt. Thus the spirit of life is flesh when it traverses the flesh, and bone when it traverses the bones, and so truly is it the essence of each man, that if you present to a lucid somnambulist a lock of hair impregnated with this fluid, he will, in his super-normal condition, describe physically and morally the person from whose head it was taken.

"As another illustration of the fact that this fluid develops and animates specifically all bodies which it traverses, take a branch of the plum tree and graft it upon an apricot tree. The spirit or *asp*, which is the life of the apricot tree, penetrates the branch of the plum tree, where it is changed into the sap of the plum tree and, by virtue of its generative power, develops that branch and covers it, at the proper season, with leaves and flowers, from the latter of which in due time come matured and ripened fruit, with the proper form, color, and flavor of plums.

"It is by means of this invisible fire—this igneous vigor that all things are augmented and multiplied; and this plastic force can be modified by culture, whether under the name of education or worship, and a physical influence thus exerted upon humanity."

Virgil proclaims very clearly, through the lips of Anchises, the same great truth. The passage is a magnificent one. We reproduce it from the French translation of Delaage:

"From the beginning, heaven, earth, the liquid plains of the sea, the luminous globe of the moon, and the Titanian stars have been nourished inferiorly by the spiritual essence infused into the veins of the world, which gives movement to matter and incorporates itself into it. It is the life of man and of the various species of animals which inhabit the earth, of the birds which fly in the air, and of the monsters which swim in the depths of the sea. Finally, this spirit of celestial origin is the igneous vigor which develops all germs."^{*}

While in the womb of the mother, the child is, as it were, a part of her—a branch growing upon the parent stem. The vital fluid which circulates through her body, in obedience to her intelligence and the law of her organization, permeates its body also, developing it in the likeness of the model set up in her soul. Cut off from her—transplanted, to commence an independent existence—the life-spirit obeys the directions of the new intelligence, as influenced by the conditions under which it exists. All parts of the infant being now require development, and by perpetual movement he causes the life-giving fluid to circulate in every part. The parent may now direct, in a measure, the distribution of the life-spirit, and consequently control to the same extent his proportional development. If the limbs are weak, he may encourage their exercise and thus promote their growth and strength by directing upon them the creative forces, exercise (within certain limits) always promoting development. But too often, alas! the physical system is neglected, or, worse than this, defrauded of its share of the elements of life, and deformed perhaps by compression and constrained postures, while the attention of parents and teachers is directed wholly to the intellect, which, being spurred up to an unnatural and feverish activity, withdraws the vital forces from the stomach, the lungs, and the limbs, and throws them upon the various parts of the brain, which are disproportionately expanded. Symmetry and beauty, as well as health of body and brain are thus sacrificed to a narrow and mistaken notion of education. An opposite cause dwarfs the intellectual organs of the brain, withholds from the features all those varied and delicate lines, softened contours, and elegant phases of expression which are the signs of mental culture, and give us mere brute strength and animal vigor. The laws of configuration which we are endeavoring to explain are equally exemplified in either case. The organs exercised—the parts to which attention and culture have drawn the vitalizing forces in a disproportionate degree are disproportionately developed, while those which are robbed of a portion of the life-force which belongs to them are starved and dwarfed.

Education has an all-powerful influence, as is well known, upon the configuration of the brain, as manifested on the cranium; and it *should* be equally well known, that it just as certainly and

necessarily modifies the features of the face and the form of the body.

"Impressions, as we have seen," Delaage says, "play an important part in human physical configuration, particularly during youth. They affect it by means of one of the simplest mechanisms of the organization. They exert an influence upon the vital fluid contained in the nerves, causing it to flow toward a determined point. This fluid or life-spirit, being eminently creative, develops, by making use, of course, of the nutritive elements furnished by the blood, the parts upon which it is thrown. Now all the mystery of the production of beauty consists in giving such a direction to the fluid currents as to develop the different parts of the body in the proportions determined by the rules of art for the realization of absolute beauty [which will after all be but co-operating with nature and following out her tendencies, which we, instead, so constantly thwart]. Now it is a primary law governing mental impressions, and consequently human configuration, that *man becomes insensibly transformed into a resemblance of an object attentively contemplated.*"

"History shows us that the great geniuses who instituted the practice of ceremonies, under the name of worship, for the improvement of man, always applied to the pencil of the painter and the chisel of the sculptor, in order to place before the eyes of the faithful statues and pictures of ideal beauty, the sight of which, constantly repeated, should in the end impress their beauty upon humanity; for the face of man, like a daguerreotype plate, reproduces the features constantly contemplated."^{*}

On this principle must be explained the striking resemblance so often observed between husbands and wives, who have lived long and in true love relations with each other. Each has insensibly approached the other, till each is the others *alter ego* in face and form as well as in soul. This is the key, too, to other mysteries, as we shall see further on.

The fundamental laws of human configuration, then, to sum them up or re-state them in a more compact form, seem to us to be these:

1. The active and plastic principle is the soul—the true man—of which the body is but the external expression and instrument.
2. The soul forms, changes, and controls the body through the instrumentality of a nervo-vital fluid or life-spirit, which forms the connecting link between mind and matter.
3. This vital fluid strengthens and develops any part of the brain or body in proportion as it is brought to bear upon it.
4. The vital fluid or creative life-spirit may be thrown upon any organ or part by the exercise of that organ or part, or by a simple act of the mind directing the attention intently upon it.
5. Impressions made upon the mind by external objects affect the configuration of the body by acting specifically upon particular parts or organs, through the nerve-spirit or vital fluid.
6. Impressions made upon the mind of the mother affect the configuration of her unborn child; and they are far more striking in this case, because the fetal being is in process of

formation, and is more pliant and impressible than after birth.

We might illustrate each of these points by numerous facts, but as such facts may be more advantageously cited in future chapters, in which we shall set forth and explain the influence of parentage, education, mental states, occupation, amusements, climate, social institutions government, natural scenery, works of art, etc. upon configuration, we shall leave these principles for the present with this simple statement.

TO ALLOPATHIC PHYSICIANS.

No. IV.

GENTLEMEN: On almost every occasion which is given you to address your fellow-men, you pronounce *Water-Cure* to be *quackery*. You declare it to be the greatest empiricism. I do not much wonder at your doing so, because you receive as *Hydrophathy* what you see as *Hydrophathy*, and thus you are not very favorably situated to judge justly. I might protest against the decisions of your body by reason of your manifest incompetency to form conclusions; but I frankly admit that an investigator, or even a mere casual observer, has a right to judge of a system in the *light of its principles, or in the lives of its illustrators*. And he can scarcely be blamed for taking his choice.

Now, gentlemen, I do not care which logical process you take. If you say, "Look at *Water-Cure* in the light of its philosophy," that will suit me; or if you prefer to view its claims to popular regard from the point of its accomplishment, I shall make no objection; or if you elect to decide its worth by taking into account how it *teaches, or theorizes, and what it does*, this will be equally gratifying. For standing once where you now stand, I have become so entirely convinced of the soundness of the philosophy of treating human diseases by *water* as a remedial agent, and of the splendid success that awaits the *true Water-Cure* physician, that I fear not in the least the most searching inquiry. In my opinion it is not only not quackery, but is so clearly a scientific process, that I daily regret that men of *your* attainments should forego the privilege of submitting the system to critical analysis.

Suppose I state the thing as it rests in my own mind. To some extent I have done so already, but line on line and precept on precept are needful where *new* truths are to be enunciated and made to take root in the consciousness of the *People*.

* *Eneid*, Book vi.

* *Perfectionnement Physique de la Race Humaine*. Paris, 1850.

Good men, whose mission it seems to be to declare new and therefore strange truths, are sometimes surprised that new *ideas* take such slow growth in the popular mind. They ought not to be surprised. They forget that men always reform by inches; that change which involves growth, and especially growth from false to true, from bad to good conditions, must be slow; that slowness is the Divine surety for the value of the new growth, and that quick and rapid transformations betoken early decay. For myself, therefore, I am glad that this great *REVOLUTION* is a *slow* one; and I rejoice in the persecutions, trials, troubles, endurance, and severe hardships which await *Progress*. For righteousness' sake I rejoice. That it *is* so, that it *will* be so, speak well for Human Redemption. The oak of the forest is not the oak of the open land. True, they have the same constitutional qualities—both being oaks, but by no manner of means have they the same *character*. And all that is lasting in an oak or in man resides in his *character*; not in repute or in seeming, but in real demonstrable vitality. Of course I am glad that *Water-Cure* has to outlive jibes, jeers, sneers, sarcasms, doubt, distrust, and *sham-practice* (of which Heaven knows there is a plenty), and serious, well-organized opposition; and while I would gladly see you awake to a more rational and philosophical mode of treating sick persons than that which at present you practice, I am yet gladder at the fact that, believing as you do in the curability of disease by drug-administration, no more of your number have expressed confidence in *Water-Cure*. From allopathic physicians who have claimed to discern the value of *water* as an agent in the cure of disease, and who have proceeded to place it side by side with the most virulent and deadly poisons, and administer them together, have come the worst evils which this all-conquering revolution has had to meet. At *one time* they fairly scotched its wheels; but their day to do it harm has passed, and it moves gloriously *now*. To it have been born friends from the ranks of the *people*, and to the *people* it will prove of untold significance and value. Pardon this digression—if it be such—and let me state the case to you as it stands in my own mind.

Presumptively evident it is, that the Creator made man to be healthful; that sickness was only to attack and attach itself to him as a result or consequence of

violating the laws of his organization. Ill health or severe disease was a contingency predicable only of certain states or conditions. Health must have its opposite among the possibilities. To arrange conditions of human existence without the *possibility* of change would have been to make man a machine. But with all this liability, the securities against it were ample, and man had but to keep within his proper limits, and life to him would be a succession of events without a taint of bitterness. Health is his divine condition, sickness is his devilish state; and (with all respect to the dogmas of the church) it may be said truly, and without the shade of an exaggeration, that just in the ratio and to the degree that a person is sick, or becomes sick, to that degree does the divine die out of him, and the devilish take root in him. It is altogether *false* that loss of health, and consequent loss of one's powers—bodily and spiritual—powers of action and of thought—powers of feeling and of conception—is a grand preparation for the divine illuminations, is fitness for the divine dwelling. Suffering, which is the result of bodily illness; suffering, which brings with it feebleness, petulance, pettishness; which clouds the vision, and makes the heart bitter and the spirit sad as it racks the physical frame, is not that quality or condition by which Paul declares the Christian may be made perfect. Far, very far from it.

If, then, health is the natural condition of human beings, the means for its maintenance must lie outside of any arrangements that shall include a profession whose claim to confidence is that it deals audaciously with *poisons* as remedies. Poisons kill; that is *their* nature. Every one knows this. To tell one that a substance is poisonous, is not to awaken in his consciousness that the essential element of that substance is preservation of life or curation of disease, but the contrary feeling is immediately aroused. He associates with a poison the idea of destruction—of death. Naturally, then, in considering arrangements which tend to preserve life, no human being would include a drug-doctor. Why? for this, if no other reason, that such doctor claims to have nothing to do with the human organization while under law, or, in other words, while in a state of health, but only while in a state of disease—or when the subject has *outraged* law. It is only under the force of *false* training, only when *unnatural* notions of the way,

the manner, and the means of living have been ingrained to one's mind that he can contemplate with complacency or pleasure the allopathic practice, or any other practice of treating the sick which enjoins as the means of cure the use of substances whose natural and inevitable effect when taken into the system is to kill, or to tend to kill. A person with his instincts unperverted, or his common sense unobfuscated, would as naturally reject calomel as a remedy for any disease, as your child two days old would fourth-proof brandy as nutriment. The process of education has to be gone on: with the man it has to be the stultification of his common sense, and a want of faith in the resources of his constitution under normal conditions; with the child it must be a ruinous perversion of its taste, and the substitution of an artificial appetite. For the laws of the human organization must be as exact or precise in their authority or power as the laws which govern other material objects. You and I expect the sun to rise according to *law*. We expect a bean to sprout and grow according to law, and we never expect men to gather grapes of thorns or figs of thistles. Is there less reason to expect that man *should* be obedient to the laws of *his* being, or that being so he should have health?

Now, if health to man consists in his doing certain things, or avoiding to do certain things, and *disease* consists in attempts of his vital forces to relieve him from the effects of certain actions or courses of conduct which he ought not to have done, pray tell me what remedy for sickness so potent as a faithful return to those conditions or states, remaining in which would have preserved him in health? Certainly it would seem that a course of *life-prevention* of fever and ague should, or ought to be, curative of such malady, provided always that the relation of the vitality of the man to his body is such that appropriate distribution can take place. At any rate, I am satisfied that in proportion as one can arrange the patient to those forces whose effects justly wrought out are promotive of health, will the patient rise out of the sick state, and this is my theory of *Water-Cure* treatment. Now, if you laugh at it, you are bound to tell your constituents wherein your curative energy resides. Is it in yourselves? That is, do you cure the sick? Do your *medicines* cure the sick? Will you risk your reputations on affirmations to these queries? If *yes*, how do

you or your medicines do it? Daniel Webster told Robert Y. Hayne, that "if a thing could be done, an ingenious man could tell *how* it could be done." How do you or your medicines cure the sick? Can you give a solution that will not force you in to the admission that you and they at best are but auxiliaries to Nature—assistants to her? And if you must make this admission, are you any less quacks than I am? Aye! are you not more *quackish* than I am, for while you are constantly trying to force Nature to accept as helpers in her need, substances whose legitimate action on the human body is deadly, I am only trying to bring to her assistance in new forms, or by new methods of appliance, substances which she is entirely familiar with, and of which *she* is in daily use. Yours is illegitimate and cruel work; mine is lawful and genial labor. You thrive so far only as you fool the people; I thrive only so far and so fast as I make them wise.

Look at our differences a little further, for we are radically apart. We are not the same with seeming differences. Ours is a vital antagonism—you having the advantage greatly in position, and resting securely behind your fortifications; I compelled to the assault and the storming of your citadel, which, by the help of Heaven, I hope not entirely to fail in doing.

What in philosophical language is a *quack*? I do not ask what in popular phrase a quack in medicine is, for I know, and so do you, that he is just what you choose to make him, or have him. But calling a man a quack does not necessarily make him such. The Jews said Christ had a devil, but that did not *prove* Him possessed. In strict statement, what characteristics or want of characteristics constitute one a quack? Can you give a better definition than this: A quack is one who, in any calling, profession, or pursuit, seeks to do, or to make others believe that he can do, by *unnatural*, unlawful, or unwise methods, that which can only be done by means obviously natural and in harmony with law? Instance: Were not the physicians who lived and practiced medicine before Harvey discovered the circulation of the blood, *quackish*? What else could they be? * Good meaning men doubtless, but ignorant, just as *unfit to prescribe for the sick* as the man would be who should—ignorant of the Newtonian theory—insist on teaching pupils that the earth

stands still, and the sun actually rises in the east, and travels westward daily. Gentlemen sirs, in any calling he is a quack who sets up pretensions which are not fortified by *knowledge*, and I seriously assert, that in no profession or occupation, according to the whole number, can there be found more persons ignorant of the fundamental principles that underlie their *art*, than in the art of healing, and within the limits of your school. I did not think so once. I do think so now. A wide acquaintance with your methods of treatment, a close and intimate acquaintance with those who have been under your ministrations, an opportunity to observe *how* you do things, and to arrive at the reasons *why* you do them, have forced on me the conclusion, that you do not understand or do undervalue the *laws* of life and health. With you there is no *science* of life. It is all *Art*, and at best the art of *Healing*. How little claim therefore in truth you have to the love and confidence of the people! To teach them how to avoid sickness, how to grow stronger and wiser in their generations, how to live in the fullness of joy to good old age, and then to come, like a shock of corn fully ripe to its harvesting, to their *resting-places*, and be gathered to their fathers, these are not endowments of yours. The schools within whose precincts you sat down to study, within whose sacred shades your youthful feet made prints, instilled into you no such philosophies as these. They sent you, class by class, to

"the study of MAN

In his abnormalities and sickness,

And to frame shrewd theories of cure

which should have origin, not in the nature of things, but in your crazy speculations."

And the result is what might have been expected. The most that your school have attained in knowledge and in art, is to keep men from dying. You know nothing how to make *men live*. Every hamlet, every township, village, and city attest this. Where you are, there is no *health*. Nine out of ten of your fellow-citizens are sick—or ill at ease—*diseased*. To have all their powers at command, to have soul and body on good terms, to have no pain, to have their instincts perfect, their senses sources of real pleasure, to be free from fever and the fret of passion—these are states to them utopian, and by you untaught. And yet, good sirs, to all

these and much more is man entitled. He is rich by divine descent. In substantial health what a rich domain lies spread before him! Heaven with its overhanging canopy of blue, earth arrayed in green, sunrise and sunset, shine and shadow, star and cloud, the dawn of day and the eventide—that witching time when

"Tired Nature's sweet restorer, balmy sleep," comes with her nightly vigil and surrounds him.

Bird and bush, cattle on a thousand hills, the whistle of the whip-poor-will, and the flash of the fire-fly—these and all the varied works of God are ministrators to him. The passions born of earth are in their place, and to him are given glorious glimpses of that *FUTURE* which instinctively make him thank God for *present existence*.

Gentlemen, could you see what daily at Glen Haven I see, you would speak more severely perhaps of your (the allopathic) practice than I do. In this Cure to-day (July 1st) are at least 120 persons of different ages, and from all parts of the country, of both sexes, and of different diseases. They have long been sick, have taken advice at the hands of gentlemen of your school; have taken a great deal of medicine, and have steadily grown worse. This is *their* testimony, not mine.

Since they came to the Glen they have, without medicine, under *water* treatment, steadily grown better. How do you account for this change? I defy you to do it on any hypothesis that does not involve the absurdity of your system of practice. For this change there is a cause, and you are asked respectfully to account for it. Do so on any grounds that shall be satisfactory to yourselves, and your confidence in medicine *must receive* a shock.

Let me state a case or two for your benefit.

Number one is that of a girl—now to womanhood grown—who for 16 years has had the asthma, *humid asthmoa*. A terribly distressed life she has lived. These long and weary years she was under allopathic treatment, till her case became the opprobrium of the faculty for its notorious unhelpableness. Well, sirs, water treatment in ten months has done for her what 16 years of drug medication had failed to do; and though not dismissed from the Glen as yet, she is a picture of health and beauty, her whole nature having undergone a change for the better. What will the

physicians of your school in Ohio say, when they see what *water*, good, pure, soft, unmedicated *water*, *skillfully applied*, has done for this dear girl? Think you they will feel like sneering and ridiculing me? Perhaps so, but one thing they will not ridicule—that is, the change wrought in their old patient.

Number two is a case of a little boy two years old, the child of a West Indian (Jamaica) gentleman. A terrible case of scrofula, scalp all covered; the whole head and face, in fact, all covered with sores, the general health very feeble, and the hopes of its parents for its life still feeble. How stands the case now? Scarcely five months have elapsed, and the child's head is clean, the integuments smooth, skin soft, health vigorous, and prospects for growth to maturity as good as one could ask. In this case your skill as a school had failed. Account for my success, gentlemen, on any ground that does not involve you in condemnation of your failure.

Ah, my friends, in the matter of healing, *water* is the desideratum. It is mightier in judicious hands than your whole materia medica; and I devoutly trust that the day is not far off when it shall be so considered by many of your members, and take the place of your nauseous drugs and deadly poisons. When that day does come, the sick will hold a jubilee, and earth look more joyous than ever.

I am yours respectfully,

JAMES C. JACKSON.

GLEN HAVEN WATER-CURE, N. Y., July, 1857.

HOW TO MAKE YOUR HOME UNHEALTHY.

In laying a foundation of ill health, it is a great point to be able to begin at the beginning. You have the future man at excellent advantage when he is between your fingers as a baby. One of Hoffman's heroines, a clever housewife, discarded and abhorred her lover from the moment of his cutting a yeast dumpling. There are some little enormities of that kind which really can not be forgiven, and one such is, to miss the opportunity of physicking a baby. Now I will tell you how to treat the young paleface at his first entrance into life.

A little while before the birth of any child, have a little something ready in a spoon; and, after birth, be ready at the first opportunity to thrust this down his

throat. Let his first gift from his fellow-creatures be a dose of physic—honey and calomel, or something of that kind; but you had better ask the nurse for a prescription. Have ready, also, before birth, an abundant stock of pins, for it is a great point, in putting the first dress upon the little naked body, to contrive that it shall contain as many pins as possible. The prick of a sly pin is excellent for making children cry; and since it may lead nurses, mothers, now and then even doctors, to administer physic for the cure of imaginary gripings in the bowels, it may be twice blessed. Sanitary enthusiasts are apt to say that strings, not pins, are the right fastenings for infants' clothes. Be not misled. Is not the pincushion an ancient institution? What is to say, "Welcome, little stranger," if pins cease to do so? Resist this innovation. It is the small end of the wedge. The next thing that a child would do, if let alone, would be to sleep. I would not suffer that. The poor thing must want feeding; therefore waken it and make it eat a sop, for that will be a pleasant joke at the expense of nature. It will be like wakening a gentleman after midnight to put into his mouth some pickled herring; only the baby can not thank you for your kindness as the gentleman might do.

This is a golden rule concerning babies: to procure sickly growth, let the child always suckle. Attempt no regularity in nursing. It is true that if an infant be fed at the breast every four hours, it will fall into the habit of desiring food only so often, and will sleep very tranquilly during the interval. This will save trouble, but it is a device for rearing healthy children: we discard it. Our infants shall be nursed in no new-fangled way. As for the child's crying, quiet costs eighteen pence a bottle, so that argument is very soon disposed of.

Never be without a flask of Godfrey's Cordial, or Duffy, in the nursery; but the fact is, that you ought to keep a medicine chest. A good deal of curious information may be obtained by watching the effects of various medicines upon your children.

Never be guided by the child's teeth in weaning it. Wean it before the first teeth are cut, not after they have learned to bite. Wean all at once, with bitter aloes or some similar device; and change the diet suddenly. It is a foolish thing to ask a medical attendant how to regulate the food of children; he is sure to be overrun with

bookish prejudices; but nurses are practical women, who understand thoroughly matters of this kind.

Do not use a cot for infants, or presume beyond the time-honored institution of the cradle. Active rocking sends a child to sleep by causing giddiness. Giddiness is a disturbance of the blood's usual way of circulation; obviously, therefore, it is a thing to aim at in our nurseries. For older children, swinging is an excellent amusement, if they become giddy on the swing.

In your nursery, a maid and two or three children may conveniently be quartered for the night, by all means carefully secured from draughts. Never omit to use at night a chimney board. The nursery window ought not to be much opened; and the door should be kept always shut, in order that the clamor of the children may not annoy others in your house.

When the children walk out for an airing, of course they are to be little ladies and gentlemen. They are not to scamper to and fro; a little gentle amble with a hoop ought to be their severest exercise. In sending them to walk abroad, it is a good thing to let their legs be bare. The gentleman papa, probably, would find bare legs rather cold walking in the streets of London; but the gentleman son, of course, has quite another constitution. Besides, how can a boy, not predisposed that way, hope to grow up consumptive, if some pains are not taken with him in his childhood?

It is said that of old time children in the Balearic Islands were not allowed to eat their dinner until, by adroitness in the shooting of stones out of a sling, they had dislodged it from a rafter in the house. Children in the British Islands should be better treated. Let them not only have their meals unfailingly, but let them be at all other times tempted and bribed to eat. Cakes and sweetmeats of alluring shape and color, fruits and palatable messes, should, without any regularity, be added to the diet of a child. The stomach, we know, requires three or four hours to digest a meal, expects a moderate routine of tasks, and between each task looks for a little period of rest. Now, as we hope to create a weak digestion, what is more obvious than that we must use artifice to circumvent the stomach? In one hour we must come upon it unexpectedly with a dose of fruit and sugar; then, if the reg-

ular dinner have been taken, astonish the digestion, while at work upon it, with the appearance of an extra lump of cake, and presently some gooseberries. In this way we soon triumph over nature, who, to speak the truth, does not permit to us an easy victory, and does try to accommodate her working to our whims. We triumph, and obtain our reward in children pale and polite, children with appetites already formed, that will become our good allies against their health in after life.

Principis obsta. Let us subdue mere Nature at her first start, and make her civilized in her beginnings. Let us wipe the rose tint out of the child's cheek, in good hope that the man will not be able to recover it. White, yellow, and purple—let us make them to be his future tri-color.—*Harriet Martineau.*

CANKER SORE MOUTH.

SOME years since, on returning from a visit West, I was taken very ill with a bilious fever, during which I took a large amount of calomel.

On recovering I was troubled with a canker sore mouth, with which I suffered many years. I never was fully satisfied whether this canker was the effect of the calomel, or of some other causes. Although not certain of the cause, I learned by dear experience much of its effects, and have become fully satisfied of the best means of cure.

When the disease first appeared, I went to a neighboring physician, who killed the larger ulcers with nitrate of silver, but this availed only for the time being, and was a tedious operation. I, however, procured a quantity of the nitrate, and had frequent occasion to use it, as I thought with temporary relief. A few years later I applied to another physician, who assured me that it was impossible to cure it; he thought, however, he could help me. He accordingly prepared for me a medicine, composed of whisky and cream of tartar, with a decoction of cherry-tree bark. This medicine was faithfully tried, but availed nothing.

I next went to a neighboring city, to an eminent physician, who assured me there was no difficulty in curing it, and recommended me to use sarsaparilla, which I would find prepared with iodine at a certain drug store specified. I afterward learned he had an interest in the store. I next consulted a physician who had the reputation

of being a great chemist. He assured me there was no difficulty in curing the disease, and prescribed for me nitric acid diluted with water; I supposed this medicine would cure me. The first experiment promised success, but I afterward gave it up in despair. My next physician was the first that explained to me the nature of the disease. It was owing to the inactivity of the liver. The remedy was plain. The *blue pill* was the best thing in all nature to stimulate the liver to action. I accordingly tried the *blue pill*. This aggravated the disease. I became unfit for business. I could not talk so as to be understood.

I tried another physician. He explained the nature of the disease. It was owing to a sour stomach. A little alkali would neutralize the acid. I went through another course of suffering, with the same result. Still another recommended marsh rosemary, which I tried and which failed.

For ten years I suffered more with this disease than a man who dies of old age should suffer during his lifetime, all the time fearing physicians, and wondering at the researches of physicians who had succeeded in finding so many remedies for one disease. The fact that no two agreed as to the cause or cure was evidence to my mind that they were thinking men, and did not pin their faith on each other's sleeve; that each had a way of his own. I gave up in despair, as I had been told that my disease was not in my mouth, but in the stomach, and what was apparent to me, was but a faint reflection of the fire within. It might, perhaps, have been cured in its earlier stages; it was now too late. I still cherished much veneration for the medical faculty. True, they had not cured my disease, but it was not to be expected they would cure every thing, and we certainly could not expect them to work miracles. About this time a friend called and asked me to subscribe for the WATER-CURE JOURNAL. I did so to please my friend, rather than from any curiosity or interest in the subject. I perused the first numbers with much care. I was satisfied it was written by intelligent and scientific men, but they were evidently on the wrong track. By a little trouble, however, I could sift out ideas here and there that would correspond with my own. Of course they were so far correct. I took courage, and procured a few works on Water-Cure treatment. They held out hope. I began to experiment. At first only by bathing, then by avoiding the use

of salt meats, and also being more careful about having plenty of fresh air and exercise. By degrees I became accustomed to use unbolted flour, and a diet of fruits and farinacea, and avoided all stimulants. The result has been a return of health more vigorous than I remember to have enjoyed since childhood. A. M. WILLIAMS.

FAYETTEVILLE, ONONDAGA CO., N. Y.

CHEERFULNESS.

It is to those young men who are already the victims of dyspepsia, and to those whose occupation and habits are leading them on unto disease and death—it is to the cold, unfeeling, long-faced, pale, and inanimate ones, I wish to speak. On you I wish to impress the great necessity of cheerfulness. Ye youths, whose daily labor is but one continual round of monotony; you who are standing at the desk or sitting on the bench; you, in whatever business you may be engaged, who, by constant application and the want of change, are losing the glow of health from your cheeks, the elasticity from your steps, and who feel the dullness and stupidity of impaired digestion, to you I say, *beware*, lest this enemy of your health and peace bind you with an iron grasp, from which you can scarce hope to escape. As you value health, beware! shake off the lethargy from your spirits, let cheerfulness and animation be your constant companions. These, and these alone, will do more to restore or preserve health and happiness than all the drugs that can be stowed into your stomachs; laugh and sing, and enter into it with feeling and spirit. It is no sin to laugh when pleased; it is a noble and God-given faculty as well as all others, and must and should be exercised in a legitimate way, and he who suppresses his mirth loses a part of the sweets of life, and must suffer the penalty of violated law. Every faculty of mind and body was given us to use, and when properly used, brings naught but health and happiness.

I repeat, that cheerfulness is a great promoter of health; it gives tone and action to every function of the body. If you doubt this, look around you for a moment, and see if your laughing and cheerful ones are not blooming with health and beauty; if this does not convince you, turn your mind to yourself and observe how much better your food relishes, and how much easier it digests, when your mind is light

and joyous. Drive gloom and dullness away; such becomes not the brow of youth. It is like December's frosts upon the fair and blooming face of May, and like them it fades and withers all it touches, and sends them to an early grave.

Young friends, I feel what I say—sad experience has taught me; I have felt all the pain and irritability of the dyspeptic, and all his gloom and stupidity, and now give you the warning voice, that you, likewise men, may learn by the experience of others rather than by your own.

Seek some way to amuse yourselves, keep your minds interested, the heart light, the mind clear, and thoughts active. If you would ask how, I would say by reading useful, instructive, and amusing books, by keeping much in the society of the young and joyous—but they must always be intelligent and moral; and by your own thoughts, for all have a fountain of pleasure in their thoughts if they be only properly trained and directed; but care should be taken that they lead us not into the "slough of despond." Other things are necessary for preserving your health, but cheerfulness stands among the first in importance; keep this always on guard, and the enemy dyspepsia will be unable to enter; but when you permit stupidity and dullness to be your companions, then you may know that the enemy is stealing upon you.

S. P.

Fireside Reading.

RUSSEL SMILIE'S CHILDREN.

BY HENRY H. HOPE.

CHAPTER IX.

THE next morning after the interview in the arbor, as the Smilies sat at breakfast, the hall-door bell was pulled, and Zulika ran up stairs to see who was the puller. On opening it, there appeared to her, standing on the piazza, a young man whose face was familiar, yet who was evidently a stranger. Bowing politely, he asked if Russel Smilie was at home, and Zulika replied—

"Yes, he is at breakfast."

"Can I see him?"

"I presume you can. Wilt thou walk in?"

"If you please," he said; and stepping into the hall she closed the door, and opening another, led the way into a neat room fitted up as a library. Asking him to be seated, she said, "My father will call and see thee as soon as he has breakfasted," and left the room. Going down stairs, she silently resumed her place at table and commenced eating, when Lizzie, who was curious,

"Zulika, who is up stairs?"

Zulika replied—

"A nice young man."

"A nice young man! Oh, I must go up and see him," and she started from the table, when her mother's voice saying, in stern tones, "Lizzie, thou wilt do no such thing, please keep thy seat," the girl returned to her seat; but her eye flashed, and she made no attempt to conceal that she was very angry.

Breakfast finished, Russel walked up stairs and into the library where the young man was sitting. He too was struck with the fact that the young man's face was familiar, but he decided on a second look that he was a stranger.

The young man rose and inquired if Mr. Smilie was before him, and on Russel signifying that he was the man of the house, the stranger inquired if he wished to hire a laborer. Said he, "I am not acquainted in these parts, but learned, at Featherington, that you wished to employ a good able-bodied and active fellow, so I thought I would call."

"What canst thou do?" Russel asked.

"Any thing," the stranger replied.

"Any thing?" asked Russel.

"Yes, any thing."

"Thou means, of farm-work, I suppose."

"Yes, or any thing else."

"Well, canst thou bud trees?"

"As well as any other person."

"Thou canst? (I'll see," said Russel, aside.)

Opening the door, he said, "Lizzie, fetch me a quince-stock, thy budding knife, and a bud." In a minute the girl came in with a scrubby quince in hand, and as she entered the door, her eyes and the stranger's met, and till you could count forty the group was like statuary. How those two gazed! They looked into each other's hearts. Each saw the idol long worshiped, and worshiped anew. At length the father woke from an attempt to recall to memory where he had seen the young man, but in which attempt he had failed, and said, "Lizzie, hand me the stock and thy knife;" and stepping to the man, said, "Give me a specimen of thy expertness." The request was but fairly made before it was done. "Thou art a workman, I see, and thou canst do any thing!"

"Any thing," and he took another look at 'Beauty,' which Russel perceiving, reminded him that Lizzie had not been introduced, and that he had not yet inquired the name of the man before him, so correcting himself, he said—

"I have been so thoughtless as not to ask thy name"

"And I," said the stranger, "have been so forgetful as not to tell it to you. I am called, at home, Zuliman Burt."

"Zuliman," why that is very much like Zulika! I have a daughter called Zulika."

"O! ah!" said the stranger, and he looked directly at Lizzie, and that brought Russel to his recollections that he had allowed Lizzie—a young lady—to stand in the presence of a young man for two minutes and not introduce her, and he said, "I beg thy pardon, Mr. Burt, this is my daughter Lizzie—Lizzie, Mr. Burt—my daughter, thou mayest retire." The introduction over, 'Beauty' left the room, but not till she could say,

as Polly said, "If need be, I shall find my destiny under a gate-post." She knew that she and Mr. Burt had

"felt the spell,
Once felt, is ever after present."

"Well, friend Burt, I do want to hire a man, and I am disposed to hire thee, but I must satisfy myself that thou wilt answer my purpose, so I will ask thee further questions. Canst milk, and take care of horses?"

"I can do any thing," replied Burt.

"Art an early riser?"

"Yes."

"Dost go early to bed?"

"Yes."

"Dost like the girls?"

"Such girls as your daughter who has left the room, I do."

"What dost thou mean?"

"Just what I say. You asked me a plain question, I answer it truly."

"O! ah! I perceive! yes. Thou means that thou respects good society?"

"Yes, that is in part what I mean—I also mean that I mean to attach myself to good society as one of its members, and associate with the good and refined, or with none."

"Where dost thou live?"

"Everywhere."

"But, I mean where is thy home?"

"Here, there, everywhere—where I am."

"Thou puzzlest me—I mean where wert thou born?"

"In England."

"How long hast thou been in the United States?"

"From childhood."

"What wages dost thou want?"

"The common price."

"Wilt hire for a month?"

"Yes, for one day, if you wish."

"Hast been to breakfast?"

"No."

"I'll step and see about something to eat for thee," and Russel left the room.

"So, I am completely forgotten. Why should I not be? It is twelve years since my feet trod this spot. Then I was only a little boy, say eight or nine years old. My father poor, my mother sick, I ragged, and Elizabeth Smilie telling all over the neighborhood that 'Mose Butterworth's children should not associate with hers.' Now, I am a man, and have the power and strength of manhood in me. Now, Lizzie, you and I shall associate together, let what will come."

The door opened, and Russel entered. "Please come down and take some breakfast. Where didst thou stay last night?"

"At tavern in Featherington."

Russel seated Burt at table, and soon Elizabeth Smilie entered. She, too, gazed at him, as if his face was familiar; but time had so altered him that it was impossible for memory to furnish a clew, and he rose from the table without it being imagined that he was other than he seemed. A bargain was concluded, and Zuliman Burt was Russel Smilie's hired man. The boy who, for reason of his rags, was not fit inmate to Elizabeth Smilie's children, was by reason of his fitness for labor taken into her family and became the companion of her daughters. Oh, pride! thou

always goest before destruction—thou art a poor guide through this world's labyrinth.

Russel was delighted with his "hired man." Zuliman was as good as his word—he could do anything. He was a remarkable man. He was of good habits (habits, as they are good or bad, are virtues or vices), and so was virtuously disposed, and besides was a man of ideas, and so had principles; for give to one large ideas and good habits, and of them you make up the popular *virtue*. Beyond these, in general, men do not go. Now and then you find a man whose insight to truth is as large as his needs and desires will permit, but, generally speaking, beyond the *present* the masses do not go. Everything is decided from a cast that includes present position and present comfort.

And so Zuliman Burt and Lizzie Smilie were brought together. The boy of rags and the girl of clean gingham stood face to face—the man of labor, stalwart and strong, and the woman of beauty, but delicate and sensitive. He open and frank, with great confidence in himself—she handsome as a houri, but shrewder than a prairie-wolf—more deceitful than a tame leopardess.

What was to be the issue of this juxtaposition? We must tell in our next chapter.

CHAPTER X.

Two months had passed. Of a bright and beautiful evening, in the little arbor, sat Zuliman Burt and Lizzie Smilie. The moon sent its rays down into the green grass at their feet, and Burt's face was covered with a pleasant smile.

"Why, Lizzie, what a coward you are," said he.

"Zuliman, thou dost not *know* my mother. When she finds out that thou loves me, I shall be sent perforce a thousand miles from thee."

"Against your consent?"

"Consent! why, my mother never asks consent of God or man for what *she* chooses to do. I never had the least liberty in my life. Had I had it, I should be better than I am. It seems to me that I have at times no power but to *hate*. I have no secrets from thee, and therefore I tell thee that I hate my mother. She has poisoned the currents of my life, she has set them back upon me, till my higher nature has from the overflow established a miasma, and I am poisoned by it. Yet, Zuliman, naturally I am not inferior in moral worth to most girls of my age. It seems to me that I have grown better since I have known thee. How thy face haunts me, Zuli! It troubles me. I can not but feel that somewhere I have known thee. I wonder if we pre-exist. Oh, Zuli, dost thou love me?"

"As my life, dear."

"Mother! mother! I dread thy power to make mischief. Oh, Heaven, if thou hadst given to my mother less aliveness and more heart, I should now have known!"

"What, Lizzie?" asked Burt. "Me earlier?"

"Thou earlier? thou? Zuliman Burt, who art thou? Earlier? Back into the years of my childhood I am going, Zuli. It was then I knew thee. Ah! now I have the clew. Ha! ha! ha! what a fool! Oh, Zuliman Burt, I know thee now."

"Well, dear, what dost thou know?"

"I know thee for"—

"Stop, Lizzie; please speak low."

"I know thee for Amos Butterworth."

"Thou dost?"

"Certainly; and what a fool, I say again, I was, not to have known thee at first sight."

"Are you sure that you know me now?"

"Know thee! I could tell thee among a million."

"Well, I may give you a chance some day."

"What dost thou mean?"

"If your mother should separate us, do you think I could not so disguise myself that you would not know me?"

"Never, Zuli."

"You say my name is not Zuliman."

"Ah, Zuli, dear, no matter what thou wert a dozen years ago, *now* thou art all my world."

"Then Amos Butterworth, the ragged boy, grown up into Zuliman Burt, the man, is no cause of offense to you?"

"No. On the contrary, I am rather glad of it. I so detest my mother's ideas, that my constitutional pride is subjugated to my educational prejudice. I love thee, and know that thou art good and noble, and this is all I care for."

"But I am poor."

"Well, then we will work the harder."

"But I am a hired day-laborer."

"So much the better—thou and I can pray that God will give us our *daily* bread."

"When, Lizzie, shall we marry?"

"When our mother finds that we love each other."

"Why then?"

"Because I will not stay to be persecuted. Thou can not know to what lengths she will go."

"But will she not hear reason?"

"Not she."

"Lizzie, it is possible that your mother is such a woman?"

"My mother is a kind, good, clever woman—rather agreeable than otherwise—perhaps fascinating if not opposed, but roused to opposition she is entirely changed. She is a she tigress when her passions are uppermost."

"This is horrible," said Burt.

"I know it—I feel it. I have begun to be like her. I am artful, deceitful, distrustful. I think ill of persons from inadequate and unsubstantial reasons, and am coming to dislike easily, and to hate as easily. Yet I am young and inexperienced, except in the ways of cunning, and need to be moved away from the side of my mother, whose influence on me is magnetically wrong. Now, if thou love me, thou wilt aid me in escaping from this house of bondage. While thou art here I can bear it, but knowing and loving thee as I do, thou must not be *driven* away to leave me behind; if so, I die."

"Lizzie, let me ask if an open and frank avowal of my affection for you might not procure your mother's consent to our union?"

"Do I hear aright? Dost thou so little appreciate my mother? Why, Zuliman Burt, she would not permit thee to be my out-ridder did she know thee! She thinks of my husband as a judge, or a distinguished lawyer, senator, prospective Governor; or if any thing lower in the scale, then the difference to be made up by *wealth* so great that before it all distinction pales. I am a vic-

tim. Queen Victoria, in choosing her husband, had more freedom than I am, in my mother's calculations, expected to have in a choice of a husband. Zuli, thou art of the *toiling* class. Thy brow is fanned early by the morning light, and the dew at evening wets thy locks. Wert thou twice as good as thou art, it would not weigh a fraction with her; and I tell thee, if I am to be thy wife, and under thy watch-care and teachings grow to be good, thy first step is not to ask my mother's consent—it is to take me from my window at 2 o'clock in the morning, and by daylight have me thy wife. Young as I am, and ugly in temper and tone of feeling, I am not insensible to the *proprieties* of life. They are to be consulted, but so are the *necessities*; and I ask thee in all candor whether the great wants of a human soul are not of superior importance to the conventionalities of society. Ordinarily, a daughter has no justification for an elopement. But if thou think that I am in ordinary conditions, thou wait till my mother learns from thy lips the avowal of thy love, and thou wilt find I am in extraordinary conditions, and thyself also."

"So be it, Lizzie, my dear girl; then I will meet these new conditions by new energies. I have nothing but my character. You know I can not fall back on my family position—alas! that I must say this—that I should be compelled by self-respect to keep my own name and my own identity in the background. Now you see that it is not impossible that I may be discovered by some person no less astute than yourself, and if I should, how greatly aggravated the case would be if Amos Butterworth did it instead of Zuliman Burt! No, darling; if your mother and I have a conflict, she shall have no advantage over me from lack of character. *Only let there be truth between you and me.*"

"Zuliman Burt, thou art a noble man, far too good for such a girl as I am; but I shall never be thy wife till thou makes me such by lamp-light—see if I am not right?"

EXERCISE AND FRESH AIR.—There is no remedy which more deservedly holds a high rank in the early stage of consumption than exercise in the open air; and where practicable, therefore, should never be neglected. If the pursuits are sedentary, and more particularly if requiring confinement in a close atmosphere, they should be abandoned on the first indications of the disease, and a large proportion of the day, when the weather permits, be spent out of doors, and in such exercises as are agreeable to the bodily strength. Were we required to mention the remedy which promises most in the onset of consumption, we would say, daily, gentle, and protracted exercise in a mild and equable temperature.

Exercise and pure air, by invigorating digestion and all the functions of the body, must consequently elevate the restorative powers of the constitution. The frequent inhalation, too, of a mild air into the lungs, not improbably exercises some healing influence on them when only slightly and partially diseased. Exercise, moreover, determines the blood to the surface of the body, rendering the cutaneous function more active and healthful, and may in this way also contribute to the advantage of the lungs.

The Month.

NEW YORK, AUGUST, 1857.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

THE VIRTUES OF COLD WATER.—We have great confidence in the *usefulness* of cold water as a remedial *agent*, but we have no faith whatever in its *virtues*. All the virtue we have to deal with, as physicians, exists in and is a part of the living organism. If there is sufficient virtue, *alias* vitality, then we may, by the judicious employment of water and other agents, regulate its action so as greatly to "aid and assist nature" in curing disease. But if it is not present, water and all other remedial agents are equally powerless.

Medical men and medical books have long been eloquent on the subject of the virtues of their remedies. Indeed, all the essential matters of difference among the various branches of the drug-school—Allopathic, Homeopathic, Eclectic, and Physio-Medical—are resolvable into a mere dispute about the relative virtues of their respective drug-medicines. All entertain substantially the same theories, however various may be the phraseology in which they are expressed; and all advocate essentially the same principles of cure.

We have just as much faith in the virtues of calomel, arnica, peltatum, or lobelia, as we have in the virtues of cold water, and we fear that those who talk about the virtues of either, have a very erroneous or imperfect idea of the true basis of the healing art. And when persons are mistaken in theory they are very apt to be defective, and sure to be empirical, in practice.

Some water-cure folks there are, and some water-cure physicians, too, who, deriving their ideas of medical science more from allopathic schools and books, than from truth and nature, undertake to substitute water for drugs. They recognize virtue as dwelling in calomel and in water—in every thing except the human constitution—and they prefer water solely on the ground of its superior safety; they seem to think there is virtue enough in the drug, but some how or other it is dangerous to handle; they acknowledge the truth of that stale and venerable medical maxim, "The strongest poisons are the best

remedies;" and, applying the fallacy of this theory to the water-treatment, they very naturally make bad work.

On the theory we are controverting, the drug-doctor says, "Desperate diseases require desperate remedies;" so when a patient is severely sick, the doctor plies him with poisons of a potency proportioned to his danger, and thus the more exhausted and feeble the sufferer, the greater the load of *virtue*, in the shape of poison, he is made to bear.

If a water-cure doctor should practice on this principle, he would, of course, regarding the *virtue* as in the water instead of the patient, dose and douche him with cold water in proportion to his debility; "for," says he, "cold water has many virtues—it is tonic, stimulant, cleansing, derivative, etc., and the patient is feeble, torpid, obstructed, and unbalanced; hence, as 'desperate diseases require desperate remedies,' we must get the virtues of cold water into the patient as rapidly as possible." We have known cases where this false and ridiculous dogma was in this way applied in practice, to the great disadvantage of the patient and the discredit of our system. We hope the time will soon come when the practitioners of our system will understand its true theory, and no longer be misled by the "incoherent expressions of incoherent ideas," which make up the so-called philosophy of the popular medical science.

THE HORRORS OF DRUGGERY.—If our readers could stand in our shoes for a single week, and read letters like the following (of which we receive several almost every day), from all parts of the country, they would no longer marvel at the strong and sometimes harsh, and perhaps imprudent, language we are in the habit of employing, in allusion to the prevalent theories and practices of medicine.

JACKSON, OHIO, June 20th, 1857.

DEAR SIR.—We wish you to inform us what ails us, and what me must do in order to effect a cure!

I am about thirty years old, and for twenty-seven years enjoyed, comparatively, good health (the same may be said of my wife). On the 1st of August, 1855, I was taken down with the chills, which were broken with calomel and blue mass pills. Was salivated. The chills returned—were broken this time with quinine. Continued returning, and being broke in this way until the first of October, when a settled typhoid fever set in. Then commenced the usual drugging, pilling, and blistering. I was again salivated badly, and it is impossible to describe my suffering for about six weeks. I had just got able to walk, when my wife (who was pregnant), was taken the same way and treated in the same manner. She, too, was most shamefully salivated. During the win-

ter we got about again, but here is the result. I am very weak in the small of my back; I can go on my feet all day about my work (which is that of stove mounting and engineering in a foundry), but when I sit down a few minutes I can not rise again without pulling myself up by something; I can not walk without holding on to something, and it is some minutes before I can straighten again. My wife, on recovering from the fever, had a running sore behind one of her ears; this went away, and several times since there have been large sores on different parts of the body, similar to a large blood-bub. These will be three and four weeks coming to a head, then shrink away in a few days without running.

It may be necessary to state that my wife has had five children, all of whom have been plentifully drugged, from the oldest to the sucking babe. My oldest girl (now ten years of age) has been troubled with flying pains, very sharp and keen in different parts of the body; sometimes in the head, shoulders, side, feet, and hands. In one minute, perhaps, they will go all over the body. Since we adopted the mode of living which you suggest in the Journal, about four months since, these pains have left her entirely, but her mouth and gums are sore. Now let me say to you, that, for eighteen months before we commenced taking the W. C. JOURNAL, some of us were sick all the time; but our health has so greatly improved since we quit the use of fine bread, meat, tea, and coffee, that none of us have been sick for four months; and we feel confident from the benefit that we have received from your instructions, that you can prescribe means by which we may become perfectly whole.

W. S. M. C.

Alas! it is not in our power to give the asked-for information. No physician can reverse or subvert, if he would, the laws of nature. No man ever had a perfectly sound constitution after a single mercurial course; and no person ever will be made "perfectly whole" who has been repeatedly salivated. Our friend is doomed to bear the evils of a shattered organism to the end. He may, by careful attention to personal habits, be comparatively free from aches and pains; and this is the best the case admits of.

But there is one reflection we can not forbear making at this time, although we have often presented it before.

Drug-medication is a self-sustaining institution, while hydropathic doctoring is a system that soon runs itself out. When a drug doctor gets into a family, health departs. His drugs, which *seem* to cure, only change the original disease into a complication of drug diseases. Hence the more he medicates a family the more he may; and after he has had the management of their cases a year or two, he becomes *seemingly* a necessity of their existence. They can hardly get through a day, very seldom a week, without finding some new ache or pain requiring another visit and a little more druggery. And so if the doctor can make the acquaintance of a hundred families, he is morally certain of a business

which will grow better and better for him, as the health and constitutions of the families of the neighborhood decline.

It is just the other way with the hydropathic physician. When he treats a fever hygienically, the patient is left "perfectly whole." And on the next occasion of sickness in the family, he may not have a single call. They have learned enough, perhaps, to be independent of him? His only hope of getting a living by his profession is predicated on the fact that the people are ignorant, and the influence of the popular system powerful, and that it will be a long time before the people generally will become sufficiently enlightened to dispense with his services altogether.

THE DISEASES OF DOMESTIC ANIMALS.—

If any thing short of universal pestilence can persuade the morbid appetences of this generation to disuse the grosser kinds of animal food, the argument ought to be found in the diseases which are now so prevalent among such domestic animals as are fattened for the markets. A remedy has been found for the *mange* in pigs, by washing them with a strong solution of corrosive sublimate; and a preventive of "hog cholera" has been resorted to extensively, which consists in mixing arsenic in the food of these animals. These things may be very well in a commercial way, for the pork merchants, but they make a very bad matter very much worse, so far as those who eat the animals are concerned.

Newspapers, and agricultural journals, and medical periodicals are full of instruction on the subject of the baneful effects of pork-eating; but, unfortunately, almost every sentence of truth put forward is neutralized at the time by some fallacy, as in the following example:

PORK.—"A fat hog is the very quintessence of serfita and carbonic acid gas; and he who eats it must not expect thereby to build up a sound physical organism. While it contributes heat, there is not a twentieth part of it nitrogen, the base of muscle."

This is sound practical truth. Fat pork was never designed for human food; it is material for breath, and nothing more; see Liebig and other organic chemists and physiologists; it makes no red meat or muscle; the prize-fighter is not allowed to eat it; all that is not consumed by the lungs, remains to clog the body with fat.—*New York Scalpel.*

Fat pork is material for breath, is it? Prove this, and we will never rail against hog-feed again. Prove this, and we will go for eating the "entire animal," arsenic and all! But there is not—we say it deliberately, Mr. Scalpel—a word of truth in it. Breath is a good thing. In the breath

is the life. Our vitality may be measured (other things being equal) exactly by our breathing capacity; and if eating fat pork will give us more breath, we are willing to swallow it, and the scrofula with it. Do you not see, neighbor, how perfectly your own argument upsets your theory? Were you asleep when you wrote the paragraph?

"Prize-fighters are not allowed to eat it?" If there is any thing which the whole training of prize-fighters more especially contemplates, it is the improvement of the breathing—to make them "long-winded." If fat would do this, it would be among the best articles they could use. How long will medical men who seem to be learned, and profess to be sensible, repeat and reiterate an absurd chemic-physiological dogma, simply because Liebig announced it?

THE ALLOPATHS COMING AROUND.—We always chronicle with pleasure all the indications that our allopathic brethren are getting their eyes open to rationalism and the use of hygienic agents for the treatment of disease, and the irrationalism of the employment of drug-poisons. Our friend G. W. T., of Gadsden, Alabama, calls our attention to the following encouraging symptom:

"In the September No. (1856), of the *New Orleans Medical and Surgical Journal*, page 153, appears the following concessions, on the subject of 'Refrigeration in Ardent Fevers,' by Bennett Dowler, M.D., Editor. 'Among the most efficacious of all remedies for the treatment of the early and middle stages of ardent fevers are aërial currents and cold water. The application of these remedies, of course, requires skill and discrimination, yet, owing to their cheapness, simplicity, pleasantness, to prejudice, or some other cause, they are not only very often repudiated, but very opposite methods and agents are substituted in the treatment of febrile maladies.' Again, he says (p. 154): 'Nature, instinct, and feeling are not always wrong. Nothing but a hope or belief that heavy coverings of blankets or of feathers are necessary to the patient's cure, reconciles him to bear them during the hot stage of fever.' Animals when over-heated seek the open air, often plunging into the water in order to get clear of the surplus heat.' Again, page 163, he says: 'In so far as refrigerants are beneficial in diseases characterized by preternatural heat, not only will drugging decline, but rationalism will advance. Therapeutics need a clear and well-defined type alike from physics, physiology, and pathology. Such cold water is.'

SUMMER COMPLAINTS.—We have stated, and have repeated the statement for several successive seasons, that we have never known a death of diarrhea, dysentery, or cholera infantum where the patient was treated hydropathically from first to last. After another year's experience we can make the same statement again. It is true, we have heard of a few cases in which it is said water-treatment was employed; but whether all drugs were exclu-

ded we have no absolute assurance. We do not mean to intimate that all cases are curable by hygienic measures, for we believe cases do occur occasionally in such frail constitutions as to be incurable by any means. But our decided conviction is that, if all drug-medication were to be at once abandoned, and all the patients affected with bowel complaints managed according to the dictates of natural instinct and common sense, there would not be one death where there are now ten.

The remedial plan in all these cases is very simple. The bowels should be, in the first instance, well cleansed with enemas of tepid water; cold wet cloths should be frequently applied wherever there is preternatural heat, with fixed pain and soreness; warm fomentations should be used whenever there are griping or colicky pains; the patient should be allowed cool water to drink, according to thirst, and the whole surface should be bathed or sponged with tepid or cold water, once, twice, or thrice a day, according to the degree of feverishness or heat. Whenever there is local distress of any kind, with coldness of the surface, the warm bath should be resorted to, or if it is impracticable, warm sitting and foot-baths, and fomentations are the proper substitutes.

Preventive measures are, however, more valuable than curative; and here the specifics, which we have never known to fail, are the free use of good ripe fruits, coarse, unbolted farinaceous articles, as brown bread, wheaten grits, hominy, Indian meal bread or mush, with a moderate proportion of the ordinary vegetables. All of these things should be plainly cooked. The fruits are best without any addition whatever. A little sugar and milk are all the allowable seasonings. Vegetables should be cooked in all cases without grease or gravies, children should never have any "fixings" to their mushes, bread, fruits or vegetables, except milk, and a very little sugar.

We say nothing of bathing as a preventive, for we take it for granted that all who are intelligent enough to take the *WATER-CURE JOURNAL*, are in the habit of washing their children often enough to keep them clean, and that is all that is necessary.

OUR LECTURERS ABROAD.—The following extract from a private letter just received from one of the recent graduates of our school, we take the responsibility of

publishing, because we know it will interest our readers. It has the ring of the true material. As soon as every village in the land is supplied with a teacher and practitioner of a similar spirit and of equal intelligence, we shall give the business of doctoring folks over to the women, and seek a more congenial occupation.

"Gratuitous advice that 'if the gentleman ever met any thing which he could not see use for, that he should swallow it for its medicinal virtues, whether toe of frog or blind worm's sting.' Poor friend, he did not know that the virus of every poisonous thing, and the filth of every filthy thing, had already been grafted on the drug-medication system!

"An intelligent M. D. of the old school went down the river to listen to a lecture on digestion, which, at the request of the ladies before whom I had delivered it previously, I repeated before a mixed audience. 'Ah!' said he to me at the close, 'Mrs. Guthrie, if the people give heed to talk like that, 'our occupation's gone!' He never uttered a sounder truth."

"A lady in our neighborhood from various causes became insane. Her husband left her for a few days, under the charge of her niece, a young married lady who is capable of using her wits. The physicians called upon the crazy woman and administered chloroform. The young lady was present at the time, and of course inhaled the stuff. In a few moments she went into an adjoining room and took up her nursing infant, to get her to sleep. What was her alarm to see the child, after a few moments' nursing, straighten backward in a fit, the face purple and the eyes set. The M. D. wished to administer to the child, but she would not permit it. The child came to after breathing pure air for a while; and at the suggestion of a hydropathic friend that the chloroform was the cause of the child's fit, her maternal vigilance was thoroughly awakened, and at the physician's next call she concisely informed him that while her uncle was absent her aunt was under her charge, and that while under her charge she should take no more medicine, for she believed it did her more harm than good. The physician remonstrated in vain, and while the aunt was without her morphine and chloroform, there was a visible change for the better, and the sweet little one had no more fits. After leaving her niece there was a relapse into drugs, and a consequent relapse of her insanity."

ROCKTON, ILL.

"EMILY A. GUTHRIE."

To Correspondents.

Answers in this department are given by DR. TRALL.

QUESTIONS.—R. T. H., Manor, Pa. 1st. Can a person breathe too much pure air? One of our "regulars" asserts that he can.

2d. Are some persons naturally predisposed to corpulence. The same M. D. thinks they are, and recommends tobacco.

3d. What is the cause of our child's nose smelling offensively, and what is the remedy? It seldom cures; nose dry; rubs it often; sneezes frequently; never been sick, except a cold which seemed to affect its lungs mostly.

4th. Do you supply the elastic portion of Mattson's Elias. In instrument in case it breaks? and what would be the charge of either, or of both?

5th. Do you know of a good situation for a Hygeopathic physician? If so, where?

1. Yes. For one a "regular" is right. A person may breathe too much by over-taxing his respiratory apparatus in a pure atmosphere. We doubt, however, if such a circumstance has ever yet occurred, although it is possible.

2. They are not naturally predisposed, but they may be constitutionally. 3. Constipated bowels or obstructed skin. 4. No. 5. Yes, five hundred. One half of the cities and large villages of the United States are good places.

INDIGESTION.—D. W., Holmesville, Miss. Adopt a plain, coarse, farinaeous and fruit diet. There is no necessity for drinking water beyond the demands of actual thirst. If you use a good selection of fruits and vegetables you can do without water-drinking at all.

CHILLS AND FEVER.—A. C., Minden, La. The general plan for managing these cases is to give a warm foot or hip-bath, or a hot fomentation just preceding, or at the commencement of the cold stage, and the wet-sheet pack at the height of the hot stage. The bowels must be kept free by enemata, and the diet be extremely abstemious.

BOOKS, ETC.—J. H. B., Amesville, O. The books you propose getting will fully explain your numerous questions. It would require more space than all the WATER-CURE JOURNAL to answer them by letter.

DWARFISM.—J. G., Rochester, Io. Three years ago I was much troubled with sour stomach; by careful diet and bathing I soon cured it, but ever since I have hardly slept a night without dreaming.

I use but little meat, tea, or coffee, and eat three times a day. I use the small size of Lavater's pills. I have had some light attack of jaundice. I take no medicine; have taken considerable in my life, but for the last few years; I use tobacco, or snuff or spirits, try to live according to the rules of health laid down in your JOURNAL.

I dream of what I think or follow during the day. I am old, no nervous temperament.

Do you think it could be overcome or cured? If so, how? Does it have any thing to do with my slow growth?

In all probability the medicines you have taken have stunted your growth. Possibly you have inherited a defective organization. There is no better remedy than strict observance of all the laws of health. Perhaps a season at a good Hygienic institution would give you a start.

E. M. S.—Do you know of any Water-Cure establishment where a patient could work to pay or part pay for his doctoring?

We do not. Mr. Estee is about erecting such an establishment at Petersburg, N. Y.

GRASSY DIET.—A. V. S. B. In article No. XII. of Bayard Taylor's correspondence to the New York Tribune, after speaking of the voracious appetite in connection with the cold weather, the writer says: "This intense cold begets a necessity for fat, and with the necessity comes the taste—a wise provision of Nature." Are his views correct? Does exposure to cold really require a grassy diet?

No; but such is the prejudice of the people, and the false teaching of the medical profession. In cold climates a greater amount of more solid food is required, and bread is the most nutritious food in the world, and is infinitely superior to grass in all climates and all places.

SLEEPINESS.—D. S., Carterville, Ga. Will Dr. Trall please say a few words as to whether there is any remedy for extreme tendency to sleepiness. The individual who is subject to this propensity is very intelligent and active. He is very temperate in diet; is a vegetarian for the most part; drinks no tea nor coffee. He is very fond of reading, but no sooner does he seat himself with a book, even in the first part of the day, than there seizes him an uncontrollable tendency to sleep. The same takes place when engaged in conversation, especially in the latter part of the day. There appears to be something like a pressure upon the top of the brain.

We suspect there is too much pressure in the stomach. Probably he over-eats and under-works. The remedial plan is strict diet and active exercise.

WARM BREAD.—G. M. K., Mt. Pleasant, Io. Will Dr. Trall please inform me, through the WATER-CURE JOURNAL, why warm bread is considered unhealthy?

Warm bread is not unhealthy. But when bread is fermented there is a quantity of alcohol formed in it, which does not entirely evaporate until after it has stood from twelve to twenty-four hours. For this reason it should not be eaten fresh.

DRUG MEDICATION.—M. S. M., Jackson, O., who informs us that he has had much sickness in his family, has been repeatedly salivated and drugged savagely in various other ways, submits the following questions:

1. What is the cause of the weakness of my back? 2d. What must I do to effect a cure?

3d. What ails my wife? 4th. And what must she do?

5th. What is the cause of my daughter's mouth and gums being sore? 6th. And what must she do?

7th. Do you prohibit our using butter, as it is the only greasy article of food we use?

8th. Are there any herbs of value?

1. Drugs. 2. Live physiologically. 3. Drugs. 4. Live physiologically. 5. Drugs. 6. Live physiologically. 7. Yes 8. No.

ANTI-TOBACCO ASSOCIATIONS.—J. S. L., Cedar Falls. The only society of the kind we are aware of is that of this city. R. T. Trallis, President. It was organized several years ago by Dr. Trall and Shew, John Burdell, and others.

TETH, SWINGING, AND PIANOS.—E. G. When teeth have been neglected until the nerve is bare, which is best, extract or kill the nerve? If kill, how?

3. After poison has been administered to kill the nerve, if wrong, what is to be done?

Is swinging injurious to school children?

What is the best make of pianos, and expense?

1. The best way is to have the teeth filled with gold. 2. It depends altogether on what has been done wrong. 3. Swinging moderately is not injurious. 4. Good pianos can be had at prices varying from \$200 to \$400. There are many makers of good articles. So many we can not undertake to say which is best.

CANCER OF THE NOSE.—L. M., Clermont, Io.

If the affection you mention is really cancerous, which is probably the case, it must be attended to at once, or a cure will be impossible. We are willing to guarantee to cure cancers in the early stages, without much pain or inconvenience to the patient, except being with us. But we can promise nothing after the constitution is worn out.

CHESTNUTS—PUS—A MEDICO-PHYSIOLOGICAL PUZZLE.—S. B. A., Providence, R. I. Will chestnuts cause humors or impurities of the blood, especially if a person uses no flesh meat, grease, salt, spices, etc.?

What is the physiological explanation of pus discharging from any sore; is it, as generally supposed, impurities of the blood?

Why is it that a person has the sensation of acute pain in the amputated part of a leg or arm, even when it is far away from him, so that he knows nothing of what is done with it?

1. No. 2. Pus is a secretion from the blood, and not a deposition of impure matters. Its use is to protect the exposed surface or cavity. 3. The mind will for a time continue to recognize the condition of a part dissected from the body.

OBERLIN STUDENTS.—A correspondent writes,

"Please send a Hydropathic Lecturer to Oberlin, O., and if any thing can be done to kill the scales from the eyes of the officers and students of Oberlin College. They are dying for the want of hygienic knowledge."

The same may be said, with slight qualifications, of all the colleges in the country. Alas! we have no unemployed laborers. If we had we should recommend them to go first among the people and in the primary schools, because there the same effort would do vastly more good.

INFANT FEEDING AND COLD WATER.—E. L. B., Mt. Comfort, Tenn. At what age should solid food be given to an infant?

Is cold spring water good for a healthy person to bathe in?

1. As soon as the supply of milk ceases. It should also be fed a little milk or soaked bread occasionally, after six or seven months old. 2. Yes, as cold as he can bear without discomfort.

VASCULO VEINS.—J. M., West Rushville, O.

A man aged 29 years, but various veins of the lower limbs extending from the knee downward to near the toes, but have never caused pain. They will be likely to become painful at some future time if not cured? Is such a case, as this curable? What are the best hygeopathic appliances to effect a cure?

Attend well to the general health and let the veins alone. They are probably curable by surgical means; but so long as they do not disperse him it will hardly pay to meddle with them.

LARYNGITIS.—J. K. C., New Haven, Conn.

I am 29 years of age; tailor by trade. I contracted a very good health till this spring. Can't take any exercise or get into a perspiration without taking cold, and it always settles in my throat, creating inflammation, hoarseness, and an inclination to cough and raise the tonsils ere swollen, and a small ulcer is forming on the palate. Has been very consulted for years.

You have dyspepsia with an alteration of the larynx, amounting to the first stage of laryngeal cancer, but I am hoping, attending to it soon, or it will be incurable. Treat the case as explained in the Encyclopaedia under the head "Dyspeptic Consumption."

CONSTIPATION.—T. F. N., Jellomay, O. Get the Hydropathic Cook Book, and eat according to its teachings, and you will do well enough.

WORMS.—J. R. G., Fairplay, Wis. "What would you recommend for an elderly person who is troubled with flatulose worms about three fourths of an inch

long in the lower bowel? From twenty to thirty of them are discharged at each movement of the bowels." We doubt your diagnosis. Sometimes mucous, slimy filaments are mistaken for worms. But be this as it may, remedy is a diet of unleavened coarse bread and uncooked fruit, with occasional enemas of cold water.

JAUNDICE.—J. I. K. Salem, O. What is the cause of a ringing noise in the ears for one year past? of dark-colored blotches on the face? of obstinate constipation and piles? For one year has had no natural evacuation of the bowels; has used cold, or cool, enemas daily; often has ulcerated throat.

A torpid liver, which causes thick and impure blood, is the immediate cause; and bad habits of living are the primary causes.

INFANTILE POON.—M. E. M., Millersburg, Ky. We are raising a black child by the bottle; its mother died when it was one week old. What should we feed it on? or treat it hydropathically. What is the cause of its having the thrush, or, as we call it, thrash? It is two months old and has only gained one pound. Is that enough?

Feed it regularly on good milk, potatoes, fruits, mush, bread, etc., and let it grow all it can. We can not tell why it has the thrash. Perhaps you do not feed it properly.

DISEASED LIVER AND SPLEEN.—H. G. A., Pleasant Valley, Conn. A lady 61 years of age, married, has had for thirty years catarrh in the head. For the last five years she has had "spells" of short and difficult breathing, always accompanied by acid secretions, and with a severe, hoarse cough and copious expectoration of white, mucous-like matter, which relieved the difficult breathing, and she would feel comparatively well for a time. During the past two months the difficult breathing has been unceasing, relieved by little or no expectoration, so that she is often obliged to sit up all night, and her great suffering has made her extremely debilitated. She has no pain or unpleasant feeling in or near the lungs, but in the left side, about "where the ribs commence," is a feeling of stricture and great weight and heaviness, with occasionally a little pain there. Years ago an old doctor told her that her "spleen" was affected. Lately the doctors have called her complaint asthma, stricture on the lungs, etc. She has always been treated allopathically, but has lived very plainly, though not strictly hydropathically. Will Dr. Trall answer the following questions through the WATER-CURE JOURNAL? Has she any tubercles? Has her lungs diseased? If not, what is the matter? and what should be the treatment?

Her liver is diseased, and no doubt very much enlarged. The spleen is also affected. There is but a poor chance at best to cure such cases in aged persons, especially after they have been dragged almost to death. They can, however, be made much more comfortable by following the directions of the "Hydropathic Encyclopedia;" see article, "Asthma."

VENTILATION.—O. B. P., North Potsdam, N. Y., sends the following hint, which is profitable for reproof:

DEAR EDITOR.—Not long since I attended church in a room 20 feet square by a feet high; the congregation comprised 90 persons. I estimated the bulk of persons, clothing, etc., at 4 or 5 cubic feet. The total capacity of the room was 3,200 feet, leaving 2,800 feet of air. The door was open some 5 minutes; otherwise the room was entirely closed for the space of one hour and three-quarters.

According to a statement in the "Hydropathic Encyclopedia," vol. 1, p. 297, a man breathes from 7 to 10 feet of air per minute. Allow 7 to be the average in this case, and we have 630 feet per minute, or 63,000 feet in the 100 minutes that the door was closed, equal to 22½ times the amount of air contained in the room.

Now, in the name of abused humanity, I would ask what good effect can we expect from ever so good preaching under such circumstances? To counterbalance the injury done to both body and mind? and yet the people hardly ever think of ventilation and pure air.

When will the people awake to their own highest interest? Alas! I fear, not until they are about to be swept off the stage by this and kindred transgressions. Certainly not until the masses have learned how to live; for this is their only salvation.

TUMOR.—O. B. P. I have a lump on my backbone, just above the waist, now about the size of a very small chestnut. If I take a cold or work hard at stooping work, it increases to the size of a large chestnut, is purple, and pains me considerably. It has been there ever since my remembrance, about the size of a pea, but without pain. It is very tender, and throws very sharp pain, with pricking, in and down my back, whenever I receives the slightest rap. It is quite movable, especially when small.

What is it? How shall I cure it? and what will it cost?

The tumor can doubtless be removed without much trouble. It would cost, surgery included, \$45 to \$50.

STRICTURE.—D. H. We can not cure this disease without the patient is with us. A part of the treatment is surgical, and this can not be attended to at home.

SUMMER BEER.—O. G. B., Pine Creek, Pa. Please answer me by your next WATER-CURE JOURNAL, if the common home-made small beer is or is not a good summer drink; and if it is, which is the best kind?

No beer is as good for drink as pure water. All fermented and artificial liquors are more or less injurious.

CANCERS.—L. S., Detroit. We are willing for a *quid pro quo*, to guarantee to effect a cure in every case we pronounce curable after an examination.

TORPID LIVER.—P. E. M., Tifton, Wis. I have a pain in my left side very frequently, and sometimes in my right, and a pain in the small of my back. In the morning I hawk and spit up yellowish phlegm, and in warm weather I have the headache most of the time. Please tell me the disease, and what will cure it, and you will oblige me very much.

You have a torpid liver. Eat coarse, plain food, bathe once or twice a day.

A BATCH OF QUESTIONS.—J. R. H., Farmington, Penn. 1. Does molasses tend to produce worms? 2. Is it a wholesome diet? 3. Is one more liable to consumption in the North than in the South? 4. Do consumptives get well in Minnesota? 5. Can a thermometer be used in mail? 6. Can a phrenological bust be sent safely by post on receipt of the name and residence of the person to whom it is to be sent? 7. Do the Bible and Nature ever conflict with each other? 8. Does not the Bible enjoin upon us to multiply and replenish the earth? 9. Is it not therefore contrary to Nature to interfere with it? 10. Is plain Timothy 3, "forbidding to marry, and commanding to abstain from meats"? 11. How do you explain Timothy 3, "forbidding to marry, and commanding to abstain from meats"?

1. Yes. 2. No. 3. No. 4. Sometimes. 5. Yes. 6. No. In our opinion, when correctly interpreted, they do not. 8. Yes. 9. Yes. Except so far as propagation may be regulated by physiological principles. 10. We rather guess not. 11. We leave that to the theologians. We can not see any difficulty in applying the passage as the apostle evidently intended.

ACHING TEETH—WILD HAIR—RAW EGGS—LEANNES.—J. B. T., Park, Ky. Would it affect one's jawbone, his other teeth, or his mouth in any way, to kill the nerve of an aching tooth by burning it? If not, how could he best do so? Should "wild hairs" (so called) be pulled out of one's eyelashes? or are they only "ozong" hairs?

What could be produced upon a nervous system by the use of a raw egg daily?

What course must a "lean Cassius" of a fellow take to fatten, who is an anti-tobacco, tea, coffee, strong drink, and meat man?

1. No. 2. When the hairs get so long as to trouble you, pull them out. 3. It would tend to render the blood impure, and thus indirectly weaken the nerves. 4. No course at all. Fattening is a process which is intended to render certain animals more marketable or more eatable. If our friend does not wish to be sold or eaten, he had better be content to remain a "lean fellow."

DYSPEPSIA.—C. P. L., Hocking, O. Will Dr. Trall tell us why a dyspeptic should not eat corn bread? Is it possible for one to have the dyspepsia with the healthy liver? 3. Does oxide of iron help compose the human blood? 4. Can dyspepsia be cured by proper food and a daily bath alone? 5. In cases of duodenitis should the patient eat meat instead of scratchy food?

1. There is no reason to give. It may eat it. 2. No. 3. No. 4. No. It can be cured by a proper employment of all hygienic agencies. 5. We suppose by "scratchy food" you mean unboluted flour. If so, let the patient eat it. Natural food will not scratch injuriously.

DYSPEPSIA.—A. B. V., Lewisburg, Pa. I'm a lawyer by profession; eat vegetables, such as potatoes, beans, with unboluted, unleavened crackers, and molasses. Am regular in my meals and in all my habits; bathe every morning and mostly engage in some active out-door exercise four hours per day. When seated in my office, after all this, I am often faint, oppressed in the stomach, and have the appearance of an quantity of water in my arm, left still more prostrated. At one time I can attend to my business, full of life and hope, when the very next moment finds me incapable even of talking. I often am under an oppression of doubt and fear, without any apparent cause. What ails me, Doctor? and what course shall I pursue? I once thought I had dyspepsia, but ought not my way of living to interest a cure?

You are still a "miserable dyspeptic." Whether your living ought to make you well depends on your constitutional stamina and the sum total of your habits. Molasses is bad for you, and probably you have other bad dietetic fashions.

WHITE SWELLING.—J. P., Lupton, Io. My little boy, three years old, has an affection of the knee of two years' standing. The joint is considerably larger than natural, the leg and foot is less than the other, the flesh natural color, the limb drawn nearly half bent, some heat

and puffiness about the knee-cap; more stiff and painful in cold weather; don't know of ever getting the joint injured; has a delicate constitution with slender form; has taken very little medicine; has been content on getting a slight cold; enjoys tolerable health. I bathe him occasionally, but not daily. I have bathed his limb with liniment a part of the time, and the last year he has grown constantly, which is about all the treatment he has had.

Will Dr. Trall please inform me through the WATER-CURE JOURNAL, what the complaint is? and, if curable, what treatment?

Give the child a tepid bath daily; apply wet cloths to the knee so long as there is pain and heat; and restrict its diet mainly to unleavened bread and fruit. The disease may be cured, but the joint will always remain more or less deformed.

We can not determine the curability of the case of "swelled neck," without a more particular description.

SALT.—D. R., Ind. Dr. Trall forbids the use of salt. Johnson, in "Chemistry of Life" (headed, Should I Regret by the Million, seems to indicate that salt should be used freely. In page 165 he states that "from the time immemorial it has been known that without salt man would miserably perish," etc. Who is right and who is wrong? Please comment on this.

Dr. Johnson follows the usual fashion of asserting that salt is necessary. We have, in the "Hydropathic Encyclopedia," not only asserted the contrary, but proved it. If our friend wishes to investigate the subject, we recommend the book, and to see both sides of the controversy.

DISEASED TOES.—A. C., Muncy, Pa. What course of treatment would you advise in the case of a young lady whose toes became sore about six years ago, under the following circumstances: The nails grew down into the flesh causing a running sore and proud flesh on each side, which neither burnt alum, blue vitriol, nor caustic would remove. Four years after the nail was taken off, with no good result. They are still so sore and painful at times, as to render wearing a shoe almost impossible. At present the disease is confined to the two big toes. Her general health is not very good.

The probability is that the sores will not heal because she does not live physiologically. Attend, therefore, in all respects to the general health.

CLUB FEET.—S. V., Dunkirk, N. Y. There is in this village a little boy aged three years, who was born with club feet. His parents had them cut when the child was eight months old, and since that time he has had on the sides of the feet a growth of iron scales, which he keeps picking out; he has worn these night and day, and on taking them off and allowing the child to walk, they find that his ankles are apparently too weak to sustain his weight. Please say in the WATER-CURE JOURNAL what they should do to strengthen his ankles? I should say that the boy enjoys as good health as children usually do, brought up in the common way, wheat flour, tea, coffee, etc.

Frequent rubbing of the weak muscles with the hand dipped in cold water will help to strengthen the ankles. This dietary should be corrected, and water substituted for tea and coffee.

GRAHAM BREAD, CURRANTS, AND RADISHES.—A. J. H., Ot West. Is unleavened bread as wholesome when mixed with half sweet milk, as when mixed with water only? I have made crackers with Graham flour and sweet milk, and think them better than when made with water. Are green currants and other fruits good to cook before they are ripe? Are radishes good food?

1. No. Nothing is so good as water. 2. Yes. 8. They will do for well-trained vegetarian stomachs.

POISON IN FOOD.—H. T., Dakota, Wis. Is it a fact (as it is asserted by some) that there is *poison* in almost every thing we eat? The anti-hydropathists make this assertion to prove that tea, coffee, tobacco, and rum are not injurious. I presume this question has been answered before, but if you will answer it again through the WATER-CURE JOURNAL, you will oblige a subscriber.

No. There is not even a shadow of a shade of truth in the assertion.

The Cleveland Herald, in noticing the passage through that city, on their way West, of a Mr. Hasser, with his wife and fifteen children, says they were noted as the finest and neatest looking specimens of "movers" ever seen. They were from Elmira, in New York. The Herald adds:

"In appearance the family was a rare instance of health, intelligence, and thrift. The eldest child was seventeen years old, and the youngest was at the breast; and the mother had a look of cheerfulness and vigor that many of our day dares of half her years might envy."

This interesting family "take the WATER-CURE JOURNAL."

PROGRESS.

It is surprising to see the rapid change that has taken place in public sentiment within the last fifteen years concerning the practice of medicine. Formerly no one dared to call in question the reasons for the rules and prescriptions of the physicians, but people almost universally swallowed the dose with the same kind of confidence as the sick heathen the medicine sent him by his Christian missionary, that is, the medicine, paper, and twice altogether in one effort at deglutition; but education has wrought a wonderful change. The directing of the common sense and the intellectual faculties of the people to the investigation of the laws of health and hygiene has been the means of beginning a great and radical reformation in the public mind, which will not cease to progress until the whole system of nlopathic poisoning, leeching, and bleeding shall be completely exploded and destroyed. On my late tour to the city of Philadelphia I was struck with the symptoms of progress that are developing themselves in the minds of many eminent physicians in that city. In a medical clinic at the Jefferson College, mercury, antimony, and arsenic were prescribed in *very minute doses*.

An interview with Prof. Marshall Calkins, of the Eclectic Medical College, disclosed many hints and suggestions relative to the potency of water and hygienic means, although he still thinks that hydropathy can not be sufficiently simplified to make it applicable to general country practice, and therefore he deems it necessary to resort to the safer remedies of our indigenous *materia medica*, in the treatment of disease. I learned from him that the teachings in that institution are very liberal, and that every system has its claims, its merits, and demerits fully enforced, and moreover that the college is in a very prosperous condition as to its means of illustration, the talent and ability of its professors, and the liberal patronage it is now receiving. Physiology is there made the basis, so far as possible, of the medical treatment recommended, and the tendency to the use of hygienic influences and the various forms of water treatment was marked and evident.

Several works are now in course of publication by the professors of that institution, of a liberal character, rejecting the use of mercury, antimony, arsenic, and the whole antiphlogistic allopathic regimen. All these things led me to rejoice at the progress of reform. Although these gentlemen do not adopt wholly our hydropathic ideas, it is evident that the light which has shone upon them is doing a salutary work, and is leading away from the runks of allopathy many of the brightest luminaries in the firmament of medical science. R. HAMILTON.

SARATOGA SPRINGS WATER-CURE, July, 1857.

THE WORLD STILL MOVES!—We learn that Dr. J. Thomas, of Bentonville, Ind., who practiced Allopathy thirty-six years, is converted to the Water-Cure faith, and is now practicing the Reform System. An account of his varied and long experience among the sick would certainly be interesting and instructive. Who will furnish it for publication in the W. C. JOURNAL?

Miscellaneous.

LETTERS FROM THE COUNTRY.

No. I.

AUNT HITT'S OPINION OF HYGEOPATHY.

It's all a humbug—this curin' sick folks by waterpathy. Let them as wants to, spend their money goin' to Water-Cures. For my part, I'd a heap ruther git well the good old way. I never did have much opinion o' new-fangled notions nohow; now ther's ever, so many o' my nabors as have got their heads turned by this idee o' water curin' every disease—and when they are sick, they never take a mite o' medicine, but use water and "trust to natur," as they call it; but I say it's positively temptin', Providence to go on in the way them critters do. To be sure, they most always git well—are a wonderful healthy set generally—and it really is remarkable to see how soon they git well without medicine.

I had a long talk with Dr. Dose'em-well 't'other day on this very subject, and he agrees with me perfectly. What a nice man that doctor is—and sick an eddication as he's got tew! He made it all out clear as daylight, that medicine is good for sick folks. Why, that doctor really seems like one of our family; he's been here so much. I often tell him, I can never be grateful enough for his kind attentions to my husband in his last sickness.

He was powerful sick—husband was—and bein' as he had never enjoyed poor health a minit of his life before, he was natterally ruther impatient, and in an awful fit to git well. He sent for the doctor soon as ever he was taken sick. I told him he'd better wait a spell, fur as it was only a distress at his stomach, mebbe he'd be better soon. But no, have the doctor he *would* that very day, and a marey it was he did, as it proved.

Now nobody can say that I aint allus willin' any o' my folks should have a doctor when they are sick, but on this particular occasion I wasn't aware how sick husband was, or I would'nt have objected a minit. He had eaten a purty harty dinner, and I thought mebbe 'twas that.

Well, as I was sayin', the doctor came, and at fust he didn't seem to think there was any danger, and only left tew or three kinds o' medicine. But Jeremiah (that's husband, ye know) didn't seem to git no better. 'Twn't because he neglected to foller the doctor's orders though, for I see tu that myself.

One day, when the doctor came, Jeremiah sais to him, sais he, "Doctor, I don't think you've hit my case exactly, and ef ye cant du more than you'r dewin' now, I shall be obliged to send for another doctor. I don't think you are giving me medicine enough—now accordin' tu my idee, the more medicine a body takes, the sooner they git well—aint it so, doctor?"

"Certainly," said the doctor, "but some cases require more than others."

"Well," sais husband, "ef medicine is goin' to cure me, I want to take a great Jenl, so ns to git well quick—so, doctor, don't be stingy of your drugs." (A wonderful hand tu argerfy, husband was, and most allus right, as I've obsarved.) The doctor didn't say much, but nobody could

dispute he *done* a great deal after that, and the sicker husband grew, the more medicine he gave him. But all couldn't save him—poor man—his time had come—and I don't suppose all the drugs on arth could ha' cured him. The ways o' Providence are mysterious, and 'tain't no us' o' complain. I have the satisfaction of a skin' that all was done that could be to save my Jeremiah.

And now that he's forever gone,

My grief I can't no smother,

And 'tain't no use to try to persuade

Aunt Hity in marry another.

My heart is buried in the grave

Long with my Jeremiah,

A broken hearted widow

I shall probably s on expire.

Yours truly, HITY BLY.

I AM HEALTHY.

I DRINK not the least tea or coffee; I've banished them now a long while—I honestly think them an evil—For diet there's nothing more vile. I drank them—and found indigestion, And costiveness, colic, and pain; Abstained—and drank nought but pure water, And now I am healthy again.

The ardent when young I oft tasted—But early in life made a vow,

To eschew them for ever and ever—

I've kept it, thank God, until now.

And happy and healthy without them,

By drinking them might he a sot,

Or a felon incained in a dungeon,

Which becomes oft the poor drunkard's lot.

Tobacco—that hideous nuisance,

That filthy and poisonous weed,

Destroying its manifold thousands—

May tempt me, but never mislead.

I smoked some—and found to my sorrow,

My brain Jull, unstrung all my nerves;

I threw off the hateful incitement,

And gave it the place it deserves.

Let them eat the dead carcass who love it,

But give me my bread and my fruit;

I'll give them their *beststeaks* and *mutton*,

And all the rich *gratics* to boot.

Their *short cake* and *seas'ning* may go by,

Their *spices* and *piches* I hate;

Who eat them are sick, peevish, or sad;

I've banished such—that is their fate.

I'm now constantly hrly and gay,

Nor wish these conditions to cease.

Sweet *temperance*, the guard of my life,

Now gives me as constantly peace.

The laws of my being to know,

Obeying them well while I live,

Will yield me all pleasure below,

A place in God's favor will give.

All hail! hail! that hlest reformation,

When Nature resumes rightful sway;

Long frauded her rightful dominion,

Thee's worshipped by thousands to-day

She who obey her ever valiant,

And fight with the strong arm of truth;

Their banner inscription is, TEMPERANCE.

Beneath it, SALVATION TO YOUTH. L. N. C.

HASTINGS, M. T.

FAITH—A POEM.

BY WILLIAM H. BURLEIGH.

RESTLESS and oft complaining, on his bed
Tossed a fair child, as burned along his veins
The fire of fever with consuming pains,
And ever and anon he raised his head
From the hot pillow, and heseching said—
"Water! oh, give me water!" By his side
The healer stood, and tenderly replied—
"Wait yet awhile—this potion take instead."
"No," cried the child—" 'tis poison and will kill!"
His father took the cup—"My son, he sure
This is a nauseous draught, but it may cure—
Will my boy drink it?" Then said he, "I will;
I'm not afraid 'tis poison now—I know
You would not give it, father, were it so."

Oh, trusting childhood! I would learn of thee
This lesson of pure faith, and to my heart
So kind that it it never may depart—
Therefore shalt thou henceforth my teacher be;
For in thy perfect trust the sin I see
Of my own doubts and fears. The Cup of Life,
Drugged with the bitterness of tears and strife,
Shall I not drink it when 'tis proffered me?
Yes—for 'tis mingled by a Father's hand
And given in love—for, rightly understood,
Trials and pains tend even to our good,
Healing the soul that for the better land
Thirsts with a deathless longing! Welcome pain,
Whose end is bliss and everlasting gain!

[The boy was right in his suspicion. The drug was poison, and hastened his exit to the ethereal sphere. Oh, trusting parent! when will you learn to exercise your own judgment, to grant a request so reasonable, and GIVE WATER to a child burning with fever heat! How many human beings have been thus literally BURNED ALIVE while heging for a drink of cold water! Oh, the wicked ignorance of drug doctors! But they have had their day.]

COD LIVER OIL.—See what a physician of thirty years' practice, in England, says: Look at that filthy abomination, cod liver oil! what has it ever done! what can it ever do! It is, as that acute observer, Dr. Billings, remarks, merely a fattening agent, just as oil-cake is to cattle. It may appear to benefit scrofulous cases by producing fat and improving the general appearance; but in consumptive cases it is worse than useless. I am quite certain of one thing, from long observation, that it never yet saved life—that it never yet protracted life one single moment; but that it has hastened to the grave many and many a case by inducing fatal diarrheea.

I have seen it tried in hospital and out of hospital ever since its introduction into this country, and I can honestly and safely say, that, as regards disease, it is worse than useless. I can imagine the violent outcry against these convictions—hundreds of people asserting that they have seen it benefit and cure, and been cured by it; but these assertions are common to every hobby. Cod liver oil is nothing more nor less than a gross infatuation. It may have served to plump up some puny, scrofulous urechin that beef and mutton have failed to fatten; but it never yet

arrested the fatal termination of consumption by a single hour.

Some of the "popular celebrities recommend it even now; but it is going rapidly into disuse, as such a filthy remedy deserves to do."
"Alerton should have told us how it "fattens"—"plumps up" the scrofulous urechins. He ought to have added, that the deposition of it as fat in the cellular tissue is the easiest mode of disposing of the "filthy abomination;" and that, when the vitality is too feeble for this, it sends it off by "inducing fatal diarrheea."

THE ADVANTAGE OF USING TOBACCO.—The following was communicated to Commodore Wilkes, of the exploring expedition, by a savage of the Fejee Islands:

He stated that a vessel, the hulk of which was still lying on the beach, had come ashore in a storm, and that all the crew had fallen into the hands of the islanders.

"What did you do with them?" inquired Wilkes.
"Killed 'em all," answered the savage.
"What did you do with them after you had killed them?"
"Eat them—good," returned the cannibal.
"Did you eat them all?" asked the half-sick Commodore.

"Yes, we eat all but one."
"And why did you spare one?"
"Because he taste too much like tobacco—couldn't eat him now!"

If the tobacco-chewer should happen to fall into the hands of New Zealand savages, or get shipwrecked somewhere in the Fejeean groups, he will have the consolation of knowing that he will not be cut into steak and hurried without liturgy in the unsecrated stomach of a cannibal.

The following "purely vegetable," sent us by a friend, is a take-off on the patent medicine advertisements that fill up so many papers:

NEWLY INVENTED POMATUM OF LIFE, BEING THE EIGHTH WONDER OF THE WORLD.—Dr. Colossus takes transcendent delight in being alive at this important juncture in the history of medicine; at a crisis when quacks are prewling and preying over the country, administering their deleterious nostrums to the credulous, robbing the ignorant and humbuggible by their recipes, and killing off poor humanity more rapidly than sword, pestilence, famine, or intemperance; he is most transcendently happy at such a crisis to announce to the afflicted the wonderful virtues of his all-powerful compound, the Pomatum of Life.

Its Composition.—The Pomatum of Life, or Resurrection Grease, is a compound of equal parts of the double concentrated extract of buzzard fat, and the rectified quintessence of skunk-oil, intermingled with highly precipitated decoction of bed-hugs' lard, to give it an agreeable perfume of purely vegetable luster.

Its Virtues.—It is an unailing remedy for every disease under the sun or moon, and for 15,347 diseases that do not exist, so that allowing one new disease to appear annually, it will meet all contingencies for 15,347 years.

Certificate.—To Dr. Colossus: Your Resurrection Grease, or Life Pomatum, I tried this morning on a skeleton in my office. I gave the frame a thorough saturation of Pomatum, wrapped it up in warm blankets, laid it out in the moonshine—and I was waked up early in the morning by the fellow bawling out for soap and water.

MY HOME.

My cottage leans upon a hill,
Half hid beneath a clustering vine;
Beneath, my fields and orchards smile,
The fountain pours its priceless wine.
The fragrant hawthorn's living fence,
Where many a warbler hides its nest,
Invites me o'er the smooth green turf,
To where a heron offers rest.
No fattening stalls pollute my home,
And send their products to defile
The upward-tending human soul,
To clip its wings, its plumage soil.
A simple loaf of native brown—
The juicy peach and luscious plum—
The apple and nutritious grape
Refine, and hush brute passion dumb.
The patient ox, which lends its strength
To turn the meadow's toughened sod,
Shall claim, and not in vain, from me
What I enjoy, and hope from God.
The blue-bird chirping on the hedge,
I count a friend and neighbor too;
"It steals your plums," I hear one say—
For you, and me, and it they grow.

CLEVELAND, O.

DAVID ROBERTSON.

CISTERNS.—Brick cisterns are expensive; wooden ones are too perishable and temporary. With a little mechanical skill and a hand or two, any person can build his own cisterns, at a very little cost. In excavating the hole or pit, dig it some six or eight inches larger in diameter than the size of the intended cistern, allowing that space for the wall; eight feet diameter and ten feet deep makes quite a large one, and will contain an ample supply of water for any family use; six feet diameter and eight feet deep is a good size. With light inch plank make a wheel or circle, with a tread or periphery one foot broad, the diameter of the wheel or circle being that of the proposed cistern. The cistern having been dug six or eight inches in diameter larger than the mold wheel, place the wheel on the bottom of the excavation exactly in the center, so that there is a space of six or eight inches between the wheel and the bank of the excavation. Have ready a hed of grouting, made thin, of gravel mixed with one part sand and two parts hydraulic cement, or water lime: fill the space around the wheel with this. If gravel can not be easily procured, sand or freestone, broken into pieces about the size of nutmegs, may be substituted in its place; and if neither gravel, sand nor freestone is convenient, any rock broken into pieces of about two inches will answer the purpose: fill the space around the wheel with them, and grout with one part sand and two parts cement. In the course of fifteen or twenty minutes, or while preparing another bed of grouting, the first layer will have set or conglomerated; then raise the wheel ten inches, leaving a lap of two inches on the first layer; fill up as before, and so on until finished. When the circular wall, six or eight inches thick, is thus made and dry, remove the wheel and fill the bottom of the cistern some six or eight inches with the same grouting, and now a solid conglomerated wall and bottom are completed. Plaster the whole with two good coats of mortar made one part sand and two parts cement; when this is dry, finish with one smooth, thin coat of cement only. A cistern so constructed will be as tight as a jug, and last forever.

Home Voices.

A LOUD CALL.—Listen to what our brothers say of the cause in Kansas.

MESSRS. EDs. WATER-CURE JOURNAL: Permit us, through the columns of your valuable JOURNAL, to say that in Southern Kansas the cause of Hydropathy, and a pure vegetable and farinaceous diet, have some warm friends.

Many of the first settlers of all new countries are great consumers of "pork and drugs;" but this point is rapidly settling up with a class of intelligent reformers.

What we need is a good Water-Cure physician, and to such we wish to address the following: We are located as far south as Kansas is now open for settlement—being about 50 miles north of the southern boundary of the Territory, on the Neosho River. The climate is mild and pleasant; the winters are confined to their proper months (Dec., Jan., and Feb.), and seldom becoming severely cold; the summers are most beautiful, the weather warm, yet always relieved by gentle breezes. The surrounding country presents the most beautiful and varied scenery to be found in Kansas (and that is saying much where a country is so universally handsome). But to the point.

We have on our claim a beautiful lake of pure, soft water, near half a mile long, and from 50 to 200 yards in width. It is situated about a mile from the river, in the prairie; the eastern bank is a high limestone bluff, elevated some 25 or 30 feet above the lake. On this bluff is a grove of forest trees of great beauty.

To any Water-Cure physician having capital sufficient to build a good establishment, and who can come well recommended, we will donate ten acres of land, including a portion of the lake and grove, with the provision that a W. C. be built on it as soon as possible.

Persons desiring further information can address us, Cofaschiqui, Allen Co., Kansas.

We will also be pleased to give information to any persons wishing to emigrate to this country, by addressing us as above.

NEOSHA, KANSAS.

STEWART BROTHERS.

A GREAT CHANGE.—It has been about eight years since I first heard the word "water-cure." I then was a desponding dyspeptic, living upon the "fat of the land," and filling my suffering body with nauseous drugs; but I was no conservative; all I wanted was to learn the right, and oh with what eagerness did I seek the truth as it is in Hydropathy! I read all the books I could get hold of on the subject, and also the WATER-CURE JOURNAL. I quit taking drugs, gave up my favorite dishes, such as flesh, tea and coffee, butter, condiments, etc., and lived principally for three months on *boiled wheat*, and ere long I began to experience the benefits arising from my new and better way of living.

When I commenced, my friends all remonstrated with me; they said that if I continued in the course I had commenced, I would be in my grave within three months; but I persevered in my own convictions of right, and at the end of the three months, instead of being in my grave, I had gained twenty pounds in flesh, and had resumed

my occupation (which is teaching), and was in a fair way of regaining permanent health. But I had lived in disobedience of the laws of health so long, and had taken so much poison in the form of drugs, that my progress was slow, but sure, and I have been steadily gaining ever since. I enjoy better health now than I ever expected to. I still adhere to my new way of living, and nothing would now induce me to return to my old habits.

Many of my friends who at first opposed me with so much spirit, have become converts to the truth, and are now strong advocates of Water-Cure. I have seen various diseases treated with water among my friends and neighbors, and always successfully.

I wish to say a few words in regard to Hygeopathic treatment in the mumps. During the last winter and spring that disease has been very prevalent in various portions of this country, and in every case within my knowledge, where water and other hygienic agencies have been used, the patients have had it very light; but in every case where medicines have been used, they have been confined to their beds for several days, and some of their friends nearly despaired of their recovery. I have in my mind many cases illustrative of the happy effects of Hydropathy in the cure of diseases, which I would like to give to your readers; but if what I have already said will serve to give encouragement to one suffering human being, I will be truly thankful.

May all who have learned the better way cease not to teach it to their fellow-creatures both by precept and example. Truly may we say, "the harvest is great, but the laborers are few;" therefore let us labor and weary not, for it is a cause worthy the consideration of the most exalted minds. Yours in the cause of truth.

OGATAWA, ILL.

MOLLIE.

TOBACCO.—Messrs. Editors: In your JOURNAL you requested your readers who have abandoned the use of tobacco to give, in writing, their experience on the subject. I proceed to comply with this suggestion.

I commenced using tobacco when a little less than ten years old by the advice of a regular physician, as a remedy for the phthisic. I used the weed between twenty-five and thirty years, and thus used up ten years of life-power. My route in the snow was marked, and my clothes bespattered with the filthy juice, and my hands trembled as with a palsy. I had a loathsome tobacco complexion, my system being thoroughly pickled with it. I had tried twice to overcome the habit and had been conquered both times. After reading in your JOURNAL of last year the "Confessions of a Tobacco Chewer," I again declared war on my tobacco habit, and hostilities commenced immediately, the result of which was that in less than one year I had gained a complete victory. Though the battle was most severe I neither asked nor gave quarter—it was a war of extermination—and I am the victor. I now loathe the filthy weed, and those whose breath is perfumed with it are sickening and disgusting to me. I had system in my dealings with the habit. I ate my food by allowance and my drink by measure, and used nothing for drink, at any time, but

water, and the result is I can now endure more; and I eat, sleep, feel, and enjoy life better, and absolutely look better, and that is no small matter with me. I think it pays well for leaving off the nauseating habit. I now feel more sure of not being considered an unwelcome visitor when I call on friends and neighbors and I regard my prospect for the next life much fairer, since no unclean thing can enter its beatitudes. O. S.

I AM a Free Baptist itinerant, and want your papers to produce a mental illumination through my circuit of travels. I am with you in principle, heart and hand, for a thorough reformation in life and manners. I never chewed tobacco or drank ardent spirits—and I will add one thing more—I never took an oath (a profane one) in my life. A Connecticut Yankee by birth, a school teacher and Free Baptist Minister by profession, and a true reformer by practice, I hope to see the good cause advancing with rapidity.

Yours truly, E. P. BURNETT.

HAMILTON, ILL.

Reports of Cases.

CASES REPORTED BY MITCHELL SMITH.—MESSRS. EDITORS: I have had a case or two under treatment lately that may be interesting to some of your subscribers; if you think so, publish them; if not, cast them to the flames. First, I will give the case of one of my sons.

He is about twelve years of age, heavy set, florid complexion, and general health good. Some few months since, shortly after lying down at night, he was taken with a severe convulsion, which lasted several minutes, during which time he was placed in a tepid half-bath, and his bowels and stomach perseveringly rubbed with the bare hand; his stomach was considerably swollen, and hard. The fit soon wore off; the wet girdle was applied and he went to sleep. There was no more trouble of the kind for about a week; after which time he had a similar attack to the first (though not quite so violent), and similar treatment was pursued. I then began to surmise that he was afflicted with worms, though he had but few of the symptoms generally attending the worm mania. As I have already stated, he had a red complexion, but had a pendulous abdomen and a swollen stomach; his appetite was sometimes good and sometimes very poor. My wife being much alarmed, suggested the propriety of calling upon the druggists for vermifuge to expel the worms immediately.

This, however, I opposed, believing that while the worms were being poisoned to death, the child would be poisoned some too, so I placed him under thorough water treatment, such as recommended by the Encyclopaedia. About the fifth day a decided crisis was manifest by near a score of boils about the stomach and around the chest. About this time he complained of a pain in the hip; one of the nates became very much swollen and inflamed inasmuch that he could not sit down in a hip bath; wet compresses were constantly applied until the inflammation subsided, no suppuration taking place. He is now the picture of health.

M. S.

A CASE OF PULMONARY HEMORRHAGE.—J. B., of this county, aged 23 years, spare made, fair skinned, Auburn hair, and blue eyes. The above-described individual during the last fall season had three or four attacks of pulmonary hemorrhage, though not so severe as materially to weaken him; had a dry, hacking cough, a pain in the shoulder, and a slight expectoration, generally streaked with blood. Commenced water treatment probably in January; but owing to the coldness of the weather did not take full treatment, only taking a daily bath, wearing the chest wrapper, wet three times in twenty-four hours, and a few wet-sheet packs. In a few weeks he had a decided crisis, the boils suppurating profusely for several weeks. A more full treatment has been kept up since the subsidence of the crisis eruption than before; without a second critical effort, he has gained ten pounds in flesh, and bids fair to enjoy good health; he had a sister that died of consumption about two years ago. His employment is in the open air and sunshine—farming.

CARTHAGE, TEXAS.

CHRONIC OPHTHALMIA, REPORTED BY DR. A. SMITH—Mr J. O. S. came to our cure suffering with an inflammation of the eyes, of some eighteen months' standing. The whole conjunctiva—a mucous membrane so called because it unites the globe of the eye with the eyelids—covers the inner surface of the eyelids and the anterior surface of the eye. This membrane is very painful in an inflamed condition. The old-school physicians had treated this case with all the vigor and barbarism characteristic of that profession, such as leeching, antimony, purgatives, blisters, ointments, etc., none of which had the power to reduce the inflammation of the eye; and the patient left at the end of eighteen months in a much worse and more diseased state than when the inflammation of the eyes set in. We found in this case, like in many others, he had been living entirely too fast, his diet having been of the very worst kind, and that considerably smeared over with hogs' grease. He asked us, at the time we began treatment, if we thought it possible to reduce the inflammation of the eyes without the assistance of some medicines. We told him the inflammation could not be reduced, nor he be cured with them, and that a course of hydropathic treatment would answer the question just as affirmatively as we could. In treating this case, we gave a dripping sheet at six a. m., water 75°. At eleven a. m. we gave an eye bath six minutes; water at 82°. Four p. m. a hip bath, at 70°, fifteen minutes. Eight p. m. we gave a warm eye douche, four minutes. This bath was particularly soothing to the eye. This treatment we followed out for two weeks, with but little improvement in the case more than the eye being less painful. We then changed his treatment to a wet-sheet pack forty minutes, followed with a half bath at 78°. Eye bath alternately with cold and warm douche, hip bath the same as above. The packing we continued three weeks, with the other treatment, which changed the disease to an acute state; also brought out a cutaneous affection over the greater part of his body. The inflammation of the eyes became more painful than it had been at any previous time, the membrane around the eyes be-

ing so much inflamed that the eyes had the appearance of two balls of fire. About this time the patient thought there was rather poor hopes of his getting well if he grew worse all the time. But in a few days the inflammation began to subside; we then packed every other day; soft linen cloths were constantly kept on the eyes, cloths rung out of water, at 74°. His bowels, which had been in a very torpid condition for a long time, were regulated by giving enemata at 78°. The capillary circulation of the skin, at the time he began water treatment, was very inactive. Soon after the disappearance of the eruption which came on the skin, it became clear, and the capillary circulation restored to its normal action. During the whole eight weeks, which time he was treated for the disease of his eyes, the patient was confined to a very plain diet, principally of unleavened bread and fruits. Thus after eight weeks' physiological treatment his eyes were restored to a perfectly healthy condition.

BETHLEHEM, PA.

Business Notices.

A CARD.—The undersigned is frequently receiving letters with reference to "Kinesipathy," or the "Movement Cure," and wishes to disabuse the writers and the public of a false idea they seem to entertain with reference to his connection with this system of Hygeo-Medical practice. Questions are often asked like these: "Will you teach this system?" "Do you let others see your method?" "Is the Movement Cure merchantable?" "What will you charge for the secret?" and others of like import. Now I wish most respectfully to inform brother practitioners and the public generally, that we have no secrets here! If we had increased facilities for acquiring a knowledge of some therapeutic means not before known or employed in this country, it was for the express purpose of extending these benefits to all. Nothing gives us greater pleasure than to answer inquiries, especially from other physicians, and to show and explain our treatment, whether by "Movements," the "Compressed Air Bath," or any other Hygeo-Medical means we employ. All persons, at all times, are cordially invited to come and see this practice, and the results of cases under treatment, and we will afford them every facility to gain all the information they can. Only, when a well-educated physician or thorough medical student wishes to become a pupil of the "Movement Cure," and will devote at least three months to acquire the necessary information to practice it with benefit, and not danger to his patients, and with credit to the system, I should, in that case, expect a fair remuneration for the time spent—nothing for what was taught.

To those who inquire, "What is the difference between the 'Kinesipathy,' 'Movement Cure,' 'Motorpathy,' 'Calisthenics'?" etc., advertised by other establishments, I have to say that Ling's system is not practiced, or even known (except those gentlemen who have called here may have some idea of it) at any other institution in this country than this. Other methods may be very good, but Ling's Movement Cure is based on entirely different principles from any other heretofore or elsewhere introduced.

Very truly, CHARLES G. TAYLOR, M.D.

We omitted to notice last month the reception of a nice box of UNLEAVENED BREAD, from Mrs. Dr. A. Smith, of the Water-Cure at Bethlehem, Penn.

Mrs. Smith will please accept our earnest thanks; and the worst wish we have for Dr. Smith is, that his patients may get well rapidly.

PORTABLE OVEN.—The temperature in which we write makes us sympathize deeply with those who are so related to domestic affairs as to be obliged to swelter over a hot stove or range, and in the name of all housekeepers and cooks, we thank the inventor of the Patent *Galvanized Portable Oven*, a full description of which is to be found in another column.

A RARE OPPORTUNITY.—Read the advertisement, "Situation Wanted," in this number of the JOURNAL.

WATER-CURE.

"By an other way and men approach nearer to the goals than by confining health on men."

"THE PEOPLE can be thoroughly indoctrinated in the general principles of Hygiene, and make themselves thoroughly acquainted with the LAWS OF LIFE AND HEALTH, by will, with such accurate principles themselves from all meet of doctors of any sort." DR. TRALL.

ACCIDENTS AND EMERGENCIES. By Alfred Smce. Illustrated. Price 15 cents.

COOK BOOK, Hydropathic. With new Recipes. By R. T. Trall, M.D. Price 87 cents.

CONSUMPTION; its Prevention and Cure by the Water Treatment, with directions. Illustrated. By Dr. Shew. Paper, 62 cents; muslin, 87 cents.

CHILDREN; their Diseases and Hydropathic Management. By Dr. Shew. Price \$1 25.

CHOLERA; its Causes, Prevention, and Cure; and all other Bowel Complaints, treated by Water. By Dr. Shew. Price 80 cents.

DOMESTIC PRACTICE OF HYDROPATHY, with fifteen engraved illustrations of important subjects, from Drawings. By Edward Johnson, M.D. \$1 50.

FAMILY PHYSICIAN, Hydropathic. By Dr. Joel Shew. A new and invaluable work for home practice. Profusely illustrated. Price, muslin, \$2 50.

EXPOSITION IN WATER-CURE. A familiar Exposition of the Principles and Results of Water-Treatment. By Mrs. Nichols. Price 30 cents.

THE HYDROPATHIC ENCYCLOPEDIA; A Complete System of Hydropathy and Hygiene. An Illustrated work. By R. T. Trall, M.D. Two large vols., with a copious index, substantially bound in library style, with nearly one thousand pages. Price \$3.

HYDROPATHY, of the Water-Cure; its Principles, Processes, and Modes of Treatment, with an Account of the Latest Methods adopted by Friessnitz. By Joel Shew, M.D. Price \$1 25.

INTRODUCTION TO THE WATER-CURE. With an Exposition of the Human Constitution. 15 cts.

PHILOSOPHY OF THE WATER-CURE. A Development of the True Principles of Health and Longevity. Illustrated with the Confessions and Observations of Sir Edward L. Bulwer. Price 30 cents.

PRACTICE OF THE WATER-CURE. Containing the various processes used in the Water Treatment in all cases of Disease. Price 50 cents.

RESULTS OF HYDROPATHY; treating of Constipation and Indigestion. By Dr. Johnson. 87 cts.

SCIENCE OF SWIMMING. Giving the History of Swimming, with special instruction to Learners. Illustrated. Every boy should have it. 15 cts.

WATER-CURE LIBRARY. Embracing the most popular works on the subject, in seven large 12mo volumes. By American and European authors. Every family should have a copy. Price \$7.

WATER-CURE IN CHRONIC DISEASES. An Exposition of the Causes, Progress, and Termination of various Chronic Diseases. By Dr. J. M. Gully. \$1 50.

WATER AND VEGETABLE DIET IN SCROFULA, Cancer, Asthma, and many other Diseases. By Dr. Lamb. A Scientific Treatise. Price 50 cents.

WATER-CURE MANUAL. A Popular Work on Hydropathy. With familiar Directions. By Dr. Shew. Every family should have it. Price 67 cents.

WATER-CURE IN EVERY KNOWN DISEASE. By J. H. Rausse. Translated from the German by C. H. Meeker. Paper, 62 cents; muslin, 87 cents.

WATER-CURE ALMANAC. Illustrated. Containing much important matter. Price 6 cents.

WATER-CURE JOURNAL AND HERALD OF REFORMS. Devoted to Hydropathy and Medical Reform. Published monthly, at One Dollar a Year.

HOME TREATMENT FOR SEXUAL ABUSES, with Hydropathic Management. By Dr. Trall. 80 cts.

MIDWIFERY AND THE DISEASES OF WOMEN. A practical work. By Dr. Shew. Price \$1 25.

PARENTS' GUIDE AND CHILDBIRTH MADE EASY. By Mrs. H. Pendleton. Price 62 cents.

PREGNANCY AND CHILDBIRTH. Water-Cure for Women. Illustrated with Cases. Price 80 cts.

All letters should be post-paid, and addressed as follows: FOWLER AND WELLS, 308 Broadway, New York.

[Name your Post-office, County, and State.]

WANTED—WATER-CURE JOURNAL for March, 1857, and **PERIODOLOGICAL JOURNAL** for January and February, 1857. If any of our friends have these numbers to spare, and will send them to us, we will be willing to remunerate them, and be also much obliged.

FOWLER AND WELLS.

Advertisements.

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

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

HYGIEO-THERAPEUTIC INSTITUTE,
15 Light Street, New York. This establishment is situated in a central, yet retired and airy part of the city, one door from the beautiful promenade grounds of St. John's Park, and has accommodations for one hundred or more persons. The Medical School Department is divided into five departments, commencing respectively on the first of May and November of each year.

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

DR. TAYLOR'S WATER-CURE,
and **KINESIOPATHIC INSTITUTION,** 650 Sixth Avenue, New York City. This establishment is thoroughly equipped in its equipments and methods of curing disease, and its patrons become thoroughly imbued in the principles of Hygieo-Medical Science. Its location in the most wholesome part of the city, and its easy accessibility by the Sixth Avenue car and stage S. Transit boarders, \$1 per day.

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

DR. GEORGE F. ADAMS, WATER-CURE PHYSICIAN, 141 Amity Street, Brooklyn, L. I., receives patients and boarders into his family, and attends to out-door practice, both in city and country. May, if.

CANCERS CURED.—DR. TRALL, 15 Light Street, New York, having secured the most successful mode, is now prepared to attend especially in the cure of Cancerous Affections. His method of cure is attended with very little pain—sometimes none at all—but requires the patient to remain in his establishment a few weeks. The hygienic measures employed so renovate the constitution as to prevent a return of the disease. In most cases he can guarantee a speedy and perfect cure. Aug. if.

THE COMPRESSED AIR-BATH, in successful use in Europe, for Pulmonary Affections and all Local Corruptions, is now in operation at **DR. TAYLOR'S WATER-CURE.** Send a postage-stamp for a pamphlet circular.

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

SARATOGA SPRINGS REMEDIAL INSTITUTE—For the cure of Lung, Pleurisy, and all Chronic Diseases. Pure soft water for Baths. Galvanism, Electro-Chemical Baths, Gymnastics, etc. For full information, send for a circular. Address in full, as there is another office of similar name.

SYLVESTER S. STRONG, M. D.

ROUND HILL MOTORPATHIC WATER-CURE and **HOTEL** Northampton, Mass. H. HAISTED, M. D., Proprietor and Principal Physician. It is well known that Dr. Hall L. makes the diseases incident to Women a specialty. The establishment combines the advantages of being a Cure for the treatment of chronic diseases of either sex, and a resort for the seekers of pleasure. Circulars sent gratis. "Morison-Lodge," a pamphlet on the treatment, on receipt of six postage-stamps. 6m

J. H. NORTH'S WATER-CURE IS THE MOUNT PROSPECT WATER-CURE, at Binghamton, N. Y., eight hours' ride from the city by N. Y. and Erie R. R. The treatment of the various diseases not attended by any in the Union for natural beauty. It is intended that none shall prove a greater facility for a cure. Terms, \$5 to \$15 per day.

For Circulars address J. H. North, M. D. 11.

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

THE "MOVEMENT CURE," BY CHAR. F. TAYLOR, M. D. pp. 8vo. Send 6 cents to FOWLER AND WELLS.

BINGHAMTON WATER-CURE—BINGHAMTON, BROOME COUNTY, N. Y.—Dr. O. N. and Mrs. H. H. Thayer take great pleasure in announcing to their former patrons, and the public generally, that they have completed their arrangements, and are prepared to take and treat invalids under the most favorable circumstances.

There has been no spring of pains or expense in fitting up their "Cure" in such a way as would best conduce to the comfort and convenience of patients. The various ailments will be given to every form of FEMALE DISEASE. Ladies can here realize the great advantage—whenever a woman will know how to appreciate—of having a physician of their own sex, to whom to make known their wants.

LEUCO AFFECTIONS will also receive special attention. We are treating all forms of SEXUAL DISEASES with a success that defies competition. *Spermatorrhoea* and *Nocturnal Emissions* treated upon an entirely new plan, which rarely fails of a permanent cure.

The following diseases we treat also with success, viz. Acute and Chronic Rheumatism G. ut. Nervous Diseases, Dyspepsia, Scrophula, Pev. ra of various sorts, Diseases of the Liver, Tumors Uteri, Enlargements of Ovaries, etc.

Terms: From \$6 to \$10 per week. For further particulars apply to O. V. THAYER, M. D.

JAMESTOWN WATER CURE,
Jamestown, Chautauque Co., N. Y. Female Physician, Mrs. C. L. SMALLEY, M. D., of O. Address Care. PARKER M. D. Ap. if.

GREIFENBERG WATER-CURE AND KINESIOPATHIC INSTITUTE, New Ulster, N. Y. Electro-Chemical Bath has here been administered with great success for the last year and a half. Address August. K. HOLLAND, M. D., New Greifenberg, N. Y.

THE MODEL WATER-CURE IS at Dansville, Livingston County, N. Y. See the May No. of the Water-Cure Journal, and send for a Circular. Address, as above, C. E. BLACKALL, M. D.

LEIGH MOUNTAIN SPRINGS WATER-CURE. Diseases of all kinds are treated with great success at this celebrated institution. Address DR. A. SMITH, or MRS. D. C. SMITH, Bethlehem, Pa. 14*

PHILADELPHIA MODEL WATER-CURE AND ELECTRO-HYGIENIC INSTITUTE is at the corner of 29th and Chestnut Streets, in the N. W. end of the city. The buildings are nearly new, and are elegantly fitted up for the purpose intended. On one side we have the beautiful Fairmount Park, and on the other side our open fields and beautiful scenery. The **ELECTRO-CHEMICAL BATH** in various forms; the *very important and important DRY VAPOR AND AIR-BATHS*; the *METAL VAPOR CURE*; and in addition, all measures that tend to improve the physiological conditions of the body are in use. The **DIETARY** of this institution cannot be improved. We have constructed the **WATER-CURE** over seven years with signal success.

Terms:—Entrance fee \$5; and from \$6 to \$12 (Bathing tickets can be had for \$1) per week.

We have just published a **LECTURE ON HEALTH**, etc., and the "Medical Discussion" between three Professors—an Allopath, a Homoeopath, and a Hydropath—for which include four stamps. Address, S. M. LANDIS, M. D., Principal, 315 S. E. Cor. 20th and Spruce Sts.

NOTICE!—FEES: WE ARE in the receipt of letters from all parts of the country, asking for advice and prescriptions for treatment, to be given to the writers *gratuitously*. Now, in such a case we would like to do this were our time our own, our rules can not be rendered in this way. Our terms are as follows: a postage stamp for the Circular descriptive of the institution; a postage stamp to pay the postage on the Circular.

For advice as to the propriety of water treatment: \$1.00. For prescription written out in full for home treatment: \$5.00.

For visits to the sick, where we can go and return on the same day, our extra expenses are 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 do not wish to pay such expenses, have their own statements are reliable, found it worth what we ask for it. We will gladly and joyfully, and with warm hearts, advise and send to our countrymen, and have them be assured of their poverty, else we shall ask our fee. Respectfully,

JAMES C. JACKSON, M. D.
HARRIET N. AUSTIN, M. D.

GLEN HAVEN, April 3, 1857. May, if.

WATER-CURE NOTICE.—DR. E. A. KITTRIDGE has removed to house corner of West Jackson and Aberdeen streets, West Side, one of the most beautiful and healthy localities in Chicago, where he is prepared to take in our patients, and be assured he will spare no pains to make it indeed a Cure.

Patients visited at their houses if desired. Two or three well boarders can be accommodated with board. St. gr

BOSTON WATER-CURE.—ELECTRO-CHEMICAL BATH, HYGIENE, AND DIETETIC INSTITUTE, No. 18 and 20 a Grace Place (Washington Street, near Bowdoin Market).—This is a quiet and airy—within three minutes' walk of Boston Common, and five minutes' of the Fall River, Providence, and Worcester Depots. Patients are charged \$5 for examination and all medicines of physical and moral treatment \$1 to \$1.50, or more, per day, according to accommodation required.

Strangers visiting the city, who may wish the benefit of our diet, are charged \$1 per day.

J. S. BROWN, Physician.
WILLIAM HUNT, Proprietor.

THE HYDROPATHIC AND HYGIENIC ESTABLISHMENT at ATHOL, MASS., is situated on the borders of the village, in close proximity to every variety of beautiful and romantic scenery. Its cool and airy situation, shady and dry walks, pure and soft water—its hills, its meadows, glens, falls, ponds, babbling brooks and river, render it attractive to both patients and boarders. It is accessible by railroad from all direct lines. This Institution is not a large and fashionable one, where excitement, late hours, dress, and luxurious living contract the beneficial effects of pure air and water treatment. But for patients who desire to visit with a view to cure, and for boarders who can enjoy such a situation, this Cure is unsurpassed by any other. Please send for a Circular. Ap. if. Address, GEO. FIELD, M. D.

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

DR. G. HOYT, 77 BEDFORD STREET, BOSTON, answers "calls" throughout New England. Aug. if.

GRANITE STATE WATER-CURE, HILL VILLAGE, N. H.—Dr. Van informs his friends and the patrons of the Water-Cure, that he has removed his residence from Franklin Hill Village, N. H., where he has established a permanent residence, and where patients may expect to find him in the future. Hill Village is a beautiful location for a Water-Cure, and is well suited to the wants and desires of the invalid who is seeking to recoup his wasted energies, and to enjoy a life of active, trying and remunerative of himself. His life is very pure and invigorating; we can have an air among these granite hills. 2d. Our water is the very best. 3d. Temperance is as famous for the number of cures, and excellence of their healing springs as for her granite hills themselves. 4d. Although we do not live in the woods, yet our patients can indulge in the atmosphere of every day to dress, exercise, and amusement. Almost all our ladies wear the Bloomer costume, which contributes largely to their comfort, and great facilities to their cure. We conduct our Institute upon a different plan from that adopted by any other that we are aware of. We give our patients who desire it, and who are able to procure it, something practical to do; something by which they can bring out some valuable result, interest and profitable to themselves and others. There is nothing that so rests and beguiles the mind of the depending sufferer from that unprofitable, enervating, and most injurious contemplation of his own miseries and sufferings, as this. 5th. Patients in the most advanced stages of their disease, may incur their expenses at our Institute by engaging in some manual employment for a portion of their life, making at the same time their cure more permanent. 6th. We have an arrangement made the want of a large number of young men and young women, who are anxious to develop and maintain the highest degree of physical and moral vigor, to enjoy and wield for the best and noblest purposes the greatest amount of physical, mental, and moral vigor they are capable of. It is this course we follow in any way that lies in our power. We have already educated hundreds and directed them in the cure way of health, success, and happiness.

We are often inquired of in relation to the kind of exercise or employments our patients engage in. Patients desiring to come often inquire as to what extent they can carry their expenses by their own labor, and we will answer for our circular, and it will tell you; we can not enumerate all the particulars here.

We are frequently inquired of if we can cure this or that disease. We can cure all curable diseases. We wish it distinctly understood that it is no criterion by which to judge of our institution, that we have cured many thousands of an undesigning all sorts of fringing vain. This has ever been the class of cases upon which our cures have been performed. Write us, and we will send you particulars; if you wish cases we are cured and well cases we are cured. The list is too large, and the cases too numerous to enumerate in this way. Many of our cures have been so remarkable that we shall not give the particulars, but refer you for a confirmation of our statements. We say to the sick and afflicted, do not despair. Nine tenths of those who are so writing and ready to give up on the patient can be cured. Write us, and we will endeavor to give you any information you desire. Inclose a stamp for our circular, address DR. T. VAIL, M. D.

WATER-CURE FOR FEMALES.—I

am treating Females only. I beg to refer to the following named ladies, all of whom were brought to me on beds having been confined the number of years attached to their respective names: Mrs. Nancy Story, Ithaca, N. Y., confined 8 years; Mrs. John B. White, Morristown, N. Y., 8 years; Mrs. Lydia Johnson, West Newton, Ind., 14 years; Miss Rita Jay, New Burlington, O., 19 years; Mrs. Abraham Cooper, Westerville, Oh., 2 years; Mrs. Joshua C. Coburn, Columbus, Mo., Ind., 31 years; Mrs. Richard Wood, Bennington, O., 7 years; Mrs. Daniel Moore, South Bend, Ind., 1 year; Mrs. Sarah Reynolds, Sinking Springs, Mo., 1 year; Miss Angel Shugart, Independence, Mo., 1 year; Mrs. Mary Ann Mills, Waterloo, N. Y., 2 years; Miss E. B. Tillinghast, Saratoga, N. Y., 3 years.

Did it seem necessary, that some ladies would be given. These were long and extreme cases, yet all were restored to comfortable health, and enabled to walk from one to five miles daily. I make the success-ful treatment of such cases a certainty, and to those wishing it, will, in such helpless cases, guarantee a restoration, or make no charge. Address W. SHEPARD, M.D., Water-Cure, Columbus, Ohio. Aug. 11.

PHILADELPHIA PRIVATE HYDRO-PATHIC COLLEGE.—For rapid progress in obtaining the essential practical knowledge of HYDRO-THERAPEUTICS, ANATOMY, PHYSIOLOGY, MEDICINE, AND THE SCIENCES OF DRUG-MEDICATION, STUDENTS, of both sexes, will find rare chances, and important advantages at our Institution. We have LIFE SIZE MEDICAL DRAWINGS, DIAGRAMS, PAINTINGS, and a variety of PATHOLOGICAL preparations; many of the latter have been got up by ourselves, making a very useful Museum. Our large MUSEUM cost \$10,000, 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 have every opportunity to Hospital Clinic practice. For particulars, address, enclosing two stamps, S. M. LANDIS, D., Principal, 1938 Spruce Street, Philadelphia. July 2.

THE PHILADELPHIA WATER-CURE ESTABLISHMENT.—The above Establishment is now commencing its Tenth Season. It has been in successful operation for the past nine years; has treated over Thirty-five Hundred Patients, and has received higher testimonials from 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 do—what it ever has been—prominently the Water-Cure of the West.

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

Advantage was taken of the wants suggested by the experience of many years, and for variety, comfort, and convenience the sub-criber is confident his bathing facilities are unequalled by any Establishment in the Union.

During the past year we have been constantly using the Electro-Chemical Bath, in cases where it could be used appropriately, and our experience fully justifies previous anticipations, that in many of our very many cases 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 relieve the most violent rheumatic and metallic substances which have been taken into the system from time to time (and some of which have remained there for years), by means of the iron sponges.

The proprietor has still associated with him Dr. J. J. Sturgis, whose past experience and success need no commendation from those who know him, and who, in returning to give the sick and suffering every facility, he has also secured the talents of Prof. H. P. Gatecliff, who will, in addition to his other services, lecture regularly in the Establishment every week on topics of interest to the profession.

In the Female Department he has engaged the services of Finitie E. Scott, M.D., a lady whose experience and tact in the treatment of diseases, have already won her golden opinions in the East, and he has the great confidence that she will not only sustain, but add to her previous excellent reputation in her home in the West. The proprietors who we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, induce us to believe that our patients can do so with a success and rapidity of cure unparalleled by none.

To the sick and afflicted, who are seeking health, and who wish to try what are safe and skill, surrounded by all needed facilities and the most experienced medical aid, do give your blessing of health—examine for yourselves. CLEVELAND WATER-CURE ESTABLISHMENT. May 11. T. T. SELLEY, M.D., Proprietor.

PITTSBURGH WATER-CURE.

Invails desiring to visit a Water-Cure will find the Pitts- burgh Water-Cure one of the best institutions in the country. It is supplied with pure soft spring water—is very convenient of access from all parts of the country, being located at the Louisville Station of the Pittsburgh, Fort Wayne, and Chicago Railroad, ten miles west of the city. The Physicians have had long experience in conducting the treatment of all kinds of particular diseases, and are skilled in their duties. The surrounding scenery is truly magnificent. In short, in all that pertains to health or comfort, the Pittsburgh Water-Cure is unsurpassed. We have the Electric and Galvanic apparatus, and the address SOLOMON FREASE, M.D., Box 1304, Pittsburg, Pa.

FRANKLIN WATER-CURE, NEAR

Winchester, Tenn. Plain style cure, no medicines given here, and just the place for the sick with all diseases. June 4. Address Dr. J. PARKS.

KENOSHA WATER-CURE, AT KE-

NOKIA, WISCONSIN. We have connected with the Cure, Dr. S. R. Smith's newly-invented Electro-Chemical Baths. July 1. Address H. T. SELLEY.

FOREST-CITY CURE.—ITS CON-

DITION is prosperous; patronage increasing every year. The reasons for this are obvious; the building is justly admired for its grand, airy, and spacious appearance; extensive; with its walls disease have been treated with a success unsurpassed in any other, and taken as a whole, for the purposes for which it was designed, it has no superior. Call and examine, or write for a Circular. Address, in full, DE G. W. STRONG, Cleveland, Ohio. May 17.

MOUNTAIN GLEN WATER-CURE,

Plainfield, N. J., unsurpassed in beauty of scenery, pure air, and soft water. One and a half hour from New York by N. J. Central R.R. Electro-Chemical baths. Circulars sent. Address, in full, A. UTER, M.D. July 17.

CANCER INSTITUTE.—WE HAVE

a separate department in our Water-Cure and Electro-Chemical establishment, on Corn and Spruce streets, Philadelphia, for the cure of CANCERS.

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sician of five years' experience, and of some reputation as a practitioner and teacher of medicine, having left all for life in drug poisons as curative agents, would gladly accept an appointment in a good Water-Cure Establishment, or would associate himself with a man of capital to build a "Cure" in the vicinity of Cincinnati, where it is much needed. Address J. S. GALLOWAY, M.D., Walnut Hill, Hamilton Co., O. Aug. 11.

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Full directions for making Bread with Sour Milk and Cream Tartar, and all kinds of pastry; also for making Sour Water; and full directions for making Loaf Bread will accompany each package. B. T. BABBITT, Nos. 65 and 70 Washington Street, New York, and No. 85 Union Street, Boston.

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The Solicitor who has charge of our Patent Office Department, has for the past eight years been successfully engaged in obtaining patents for inventions, and during the latter portion of that time has devoted particular attention to contested cases.

The business of this Office will be strictly confidential. No charges will be made for examinations of new inventions; inventors may consult us as to the novelty and patentability of their improvements, and during the report, by describing their inventions to us, and inclosing a stamp to defray the return letter.

Communications by letter in reference to Inventions, Patents, or Patent Law, promptly attended to. FOWLER AND WELLS, 308 Broadway, New York.

ANATOMICAL AND PHYSIOLOGICAL PLATES.—These plates, which were arranged expressly for the New York Hydropathic Medical College, and for Lecturers on Health, Physiology, etc., by H. A. Daniels, Anatomical Draftsman, are now completed.

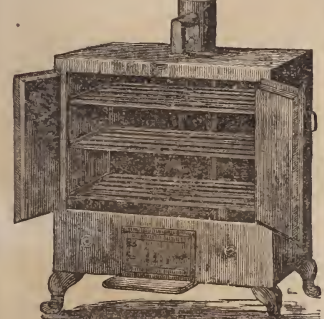
They are six in number, representing the normal position and life-size of all the internal viscera, magnified illustrations of the organs of the special senses, and a view of the principal nerves, arteries, veins, muscles, etc. For regular instruction, for families, schools, and for professional reference, they will be found far superior to any thing of the kind heretofore published, as they are more complete and perfect in artistic design and finish.

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This invention, the results of practical experience, is now confidently presented to the public as superior in point of economy, durability, ease of management, convenience, and above all, in the improved manner in which it does its work, to any other invention of the kind now in use. It is a perfect oven, doing every thing required of it in the most superior manner. It will roast at the same time as many different kinds of meat as the oven can contain, and each piece will be perfectly sweet and free from the gases arising from the different varieties, as these gases are let off through an escape pipe at the top. Farmers and others, will find it very valuable for drying all kinds of fruit, as a high or low temperature can be easily obtained. For baking bread, cake, and pasty of different varieties, this oven is well adapted, as the heat is regulated by dampers at the bottom, and is under the perfect control of the operator; it can not be exceeded in point of economy, as the heat required is generated within the oven. The material from which it is manufactured being a non-conductor, and constructed with air-chambers, there is no radiation of heat, consequently it does not heat the room where placed; it will neither burn nor burn out, and a small quantity of fuel will keep it going for hours. Every Oven is warranted to work perfectly in every particular. The Oven has been one of the highest prizes of the past year, at as many different Fairs where shown. Circulars sent when requested, giving names and references to reliable parties in different sections of the country. The Patent Right to manufacture for most of the States is offered for sale at such prices that can not fail of being very remunerative to the purchaser.

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It will grind all kinds of grain, by its peculiar construction, in the best possible manner, either coarse or fine. Also coffee, spices, etc. Price, with box for packing, \$7 00. No emigrant should be without this mill, and to no one else who wishes to know just what his bread is made of. The weight of the mill, complete, is not far from fourteen lbs. It can be sent as safely as freight, or by express, to any place desired. Address orders to FOWLER AND WELLS, 308 Broadway, New York.

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experienced by housekeepers is that produced by the cooking of buckwheat and all other griddle cakes. Since the general introduction of Cooking Stoves, the smoke and fumes from the culinary department have come to be an intolerable nuisance, and there is no one article in use which is so productive of this nuisance as the common griddle upon which "pancakes" are cooked. DR. BURNETT'S PATENT VENTILATING GRIDDLE is an effectual cure for this terrible nuisance, every particle of smoke, fumes, and odor being carried into the flue and up the chimney, leaving but a whisper of the apartment pure and unobscured.

Everybody likes pancakes, but nobody can endure the smoke and fumes arising from the operation of cooking them. Manufacturers and dealers in Stoves will promote their own interest, and that of their patrons, by obtaining an interest in this most excellent common-use invention. Now is the time to make arrangements for the approaching season. STATE AND COUNTY RIGHTS for sale upon the most liberal terms. Orders for the manufacturer's article are now being received, which will be filled at an early day. For full particulars address J. W. ROCKWELL, No. 444 Broadway, New York.

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Our assortment comprises almost every variety of style, some plain—others combined with the beautiful with the useful. We annex size and prices of some of the varieties: 8 inch, tin cases, \$4 50 12 inch, cabinet cases, \$1 00 10 " " do., " 56 12 " do., with glass, 2 00 12 " " do., " 67 64 " morocco, " 1 00 10 " cabinet cases, 87 Fancy styles all prices. Everybody should have a thermometer, and we shall be happy to supply them retail or wholesale, at lowest prices. May be sent as freight, by express, or private hand to any place desired. Not made in this country. FOWLER AND WELLS, 308 Broadway, New York.

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DANIEL D. WINANT, BILLIARD TABLE MAKER.—The oldest and most extensive Manufactory of the kind in America.—71 Gold Street, New York.

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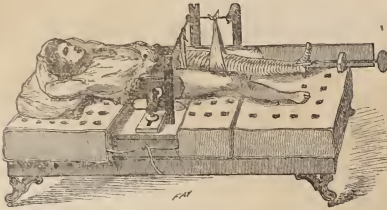
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BURGE'S FRACTURE APPARATUS.



The above engraving represents, in use, a new and very convenient apparatus, to be used in the treatment of fractures of the thigh bone. It is the invention of Drs. J. H. H. & W. J. Burge, of Brooklyn, New York, who have obtained a patent, and who give the following explanation of its advantages:

"The necessity for some improvement in this department of Surgery has been universally felt and acknowledged. The general reader, in order to appreciate the superior advantages of this apparatus, must know that when the thigh bone is broken, the powerful muscles which are attached to the pelvis by one extremity, and to the lower end of the thigh bone by the other, contract and draw the lower fragment upward so that it overlaps the upper; and, that if left to the unaided powers of nature, they will unite in this false position and render the patient a cripple for life. To prevent this, the limb must be drawn out to its original length, and there retained till union shall have taken place. The appliances hitherto used to effect this object are liable to many very serious objections, which this improvement is admirably calculated to obviate. We have not space to enumerate these objections—they are sufficiently implied in the following principles, in conformity to which Mr. Burge's apparatus is constructed.

1st. The straight position is preferable in a large majority of cases.

2d. It is unnecessary to confine any part of the patient's body except the injured limb, and that to which it is immediately articulated, viz., the pelvis.

3d. The pelvis should be so secured as to prevent all lateral motion, and also the possibility of sinking in the bed.

4th. The groin being a most sensitive region, and liable to excoriation and sloughing, is not a suitable part for the counter-extending pressure to fall upon.

5th. The tuberosities of the ischia are the points best adapted by nature to sustain the counter-extending pressure, as the experience of all sedentary persons fully attests.

6th. Such provision should be made for facility of defecation as will obviate the necessity of disturbing the patient.

The Apparatus consists of two short mattresses, forming the upper and lower portions of the bed, while the central portion is formed by a firm but easy hair cushion, upon which the hips of the patient rest. This cushion having a V shaped opening at its lower margin for convenience of defecation, is attached to a wooden platform, having a corresponding opening. This cushioned

platform is elevated several inches upon a second platform, thus providing a shelf for the bedpan, which is introduced through an opening made by withdrawing a section of the lower mattress. On each side of the cushion is a rectangular wooden slide. These slides are so arranged as to be separated or approximated at will, and by a thumb-screw which passes through a fissure in the horizontal portion of each, they may be fixed at the desired point, so as exactly to embrace the pelvis of any patient. There is also a fissure in the perpendicular portion of each rectangular slide, and a screw passing through the same.

One of these is to secure the upper end of the long splint, so that it may be elevated or depressed at will, in order to bring it to the level of the injured limb, while to the perpendicular portion of the other slide is attached, by the same means, a short splint, the object of which is to prevent all lateral motion of the pelvis. These splints are mutually transferable, in order to adapt the apparatus to a fracture of either thigh.

To effect the counter extension, two rounded pads are used instead of one, thereby distributing the pressure, and rendering it less irksome.

In order to bring this pressure to bear upon the tuberosities of the ischia, and prevent it from falling upon the groin, these pads are attached to the upper platform and pass under the cushion, between the thighs, and thence perpendicularly to an iron cross bar, which is supported upon the platform by a perpendicular bar at each end.

Above the fractured limb, and running parallel with it, is a small iron rod, attached by one extremity to the cross bar, and by the other to an arched iron bar which connects it with the outer side of the long splint. This rod affords points of attachment to supporting bands, which promise to be of essential service in preserving the arched form of the bone.

The long splint reaches several inches beyond the foot, and the extension is made in the usual way, by means of the screw, adhesive strap, and roller.

When this Apparatus is used, splints of capotations are to be applied according to the exigencies of the case, and the views of the surgeon in attendance.

The Apparatus is so simple in its construction, that no Surgeon of ordinary ability can fail in its application, even without directions.

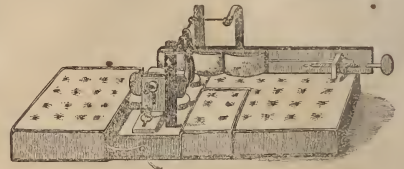
If the counter-extending pads become worn, they are easily renewed. It has the advantage, also, of cheapness—the price being only \$30, including mattresses: and in this connection it should be remembered, that the same Apparatus is adapted to patients of every size, and to Fractures of either Thigh.

The bed being composed of separate mattresses, the sheets can be often changed without disturbing the patient; and the rectangular wooden slide on the uninjured side of the patient may be temporarily removed at any time, in order that the Surgeon or nurse may reach with greater facility

any part of the patient's body, for examination, ablation, application of liniments for the relief of pain, etc., etc.

Many of our first Surgeons have seen this Apparatus in use at BELLEVUE HOSPITAL, New York, and have expressed their appreciation of its superior advantages.

Below is our engraving of the Apparatus alone.



Varieties.

FATHER BERNARDO ON COLD WATER.—About the middle of the seventeenth century there lived *Father Bernardo*, a disciple of *Soveda*, and a Sicilian Capuchin monk. By the aid of ice and cold water he performed, in the island of Malta, what were termed miraculous cures. His patients were sometimes made to drink to the amount of twelve to sixteen quarts a day; cold clysters were also used copiously, cold fomentations, and the body was rubbed over with ice. He attended more to the quantity than the kind of the application, and aimed chiefly to produce crises by the skin, kidneys, and bowels. *Father Bernardo* kept his patients almost without food, from one to two months, and pursued his treatment as well in winter as in summer. He gained the credit of curing the *Grand Prior Ferretti*, aged 92, when he was supposed to be at the very point of death, by giving him largely of iced water to drink. It is stated that he was remarkably successful in his treatment, and that none of his patients perished either from starvation or otherwise. Thus by means of ice, cold water, and fasting, this man performed a great number of most wonderful cures, and that often in cases where physicians themselves had failed; and in consequence of the simplicity of the remedy and the success of his practice, he received the name—and one of no great dignity—of *Water-doctor*.

ENGLISH COUNTRYWOMEN THREE HUNDRED YEARS AGO.—It is a wywe's occupation to wywe all manner of corns (grains), to make malt, to wash and wringe, to make heye, sheve (reap) corne, and in time of neede to help her husband to fill the much hayne, to drive the ploughs, to load heye, corne, and such other. And to ryde to the market, and sel butter, cheese, milk, eggs, checkyns, capons, beeves, pygges, geese, and all manner of cornes.—*Fitzherbert in the Times of Henry VIII.*

THE PLAGUE CURED BY A PITCHER OF COLD WATER.—*Dr. Hancock*, an old English writer on water, gives an account of a woman who in the great plague of London obtained, through her husband, a pitcher of water from *Lamb's conduit*, and drank plentifully of it, not avoiding the cold, and so did not sweat, but was however cured of the malady.