

THE WATER-CURE JOURNAL.

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XXV. NO. 5.]

NEW YORK, NOVEMBER, 1857.

[\$1 00 A YEAR.]

Published by
FWLER AND WELLS,
No. 308 Broadway, New York.

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General Articles.

Many Contributors present their own Opinions, and are alone responsible for them. We do not indorse all we print, but desire our readers to "PROVE ALL THINGS," and "HOLD FAST THAT WHICH IS GOOD."

CALOMEL.

BY DR. ELDER.

It is not a regular education that maketh the doctor to differ from the quack. We have often heard a renowned physician of the last generation quoted for the saying that when he did not know what to give he always gave calomel, and another for a similar oracle: "If I were called upon to state what particular medicine has done most good in my practice, I would answer, ammoniated jalap, without a moment's hesitation;" and still another, who writes that he has "never known the volatile tincture of gum guaiacum to fail in one of ten thousand cases suited to its exhibition." This is just the rationale of the horse doctor and nostrum vendor—they give their prescriptions, because they are "good for the disease." Whatever teachers mean by

such talk, and however their own incommunicable tact and experience may guard them from the abuse of such excessive generalizings, the pupil who hears and adopts them will kill his patients by the score in his blind reliance upon them. About twenty years ago, Dr. Cartwright, of Natchez, made himself a sort of flash military fame by the daring use of calomel in three-hundred-grain doses. He published a bulletin list of cases in the victory style of proclamation, and one of the earliest results that fell under our notice was that of a country physician who lost the half of his under jaw by following the advice in his own case.

We knew a physician once to recommend camphor in a bad case of fever, because, he said, the article is a first-rate febrifuge! This man had a large practice. Iodine was once used by the profession generally in the simple belief that it promotes the absorption of tumors; and bark was as generally employed in convalescence from fevers, because it is known to be a tonic. In the use of drugs, physicians often prescribe them for the name of the disease, just as do the veriest empirics. Calomel is in universal use by the indolent and incapable, because it is known to be an alterative, and they harden themselves against the teachings of their own practice by treating the popular dislike of the article as a popular prejudice. There is no quality of a fool so dangerous as his professional pride. Not one in a dozen practitioners know what effects this Samson of the materia medica is producing in the system of his patient till its extremest power is discovered by salivation. Then they think they have done their best for the

case, and feel sure that the mercurial fever which they have induced will resolve itself in its own way, and the patient will recover.

The community has learned from the profession that mercury is an anti-bilious medicine of certain efficacy, and the profession understands it to be a specific in affections of the liver generally. A case will illustrate the effect of this gross notion.

A very respectable practitioner treated a case of abdominal dropsy, which supervened upon a chronic ague, with calomel, till complete salivation was established. The patient's head, face, and tongue were swollen excessively, the saliva flowed in a continuous stream, and its odor was perceptible all over the house. The doctor had been attending the man at intervals for two years, and was certain that torpor of the liver was the cause of all the symptoms. Calomel—the specific—was therefore pushed to its utmost, until every secreting organ of the body was excessively excited except the liver—the particular one he was aiming at. But, said he, calomel is a specific in torpor of the liver, and, therefore, he renewed the attack with the same agent. The liver must be roused if the head should be blown off in the effort. This is regular quackery.

The patient, a rugged laborer, was unable to swallow a teaspoonful of any fluid, when the doctor called our preceptor into consultation; and if the circulation had been supplied with lava and every nerve tipped with friction matches, the poor fellow's fever would scarcely have been more infernal. An aqueous solution of gamboge was administered drop by drop as the patient could swallow it; the biliary secre-

tion was well awakened—the man recovered, and the doctor ever afterward believed that *gamboge* was a specific in torpor of the liver! If he had been brayed in his own mortar, nothing but fool powder could have been made of him.

Quackery! If a fellow's head is a fog-bank it isn't in a diploma to make a physician of him. The man that can't tell the time of day by a clock till he hears it strike has no use for a watch; and the physician that does not know whether calomel is producing its effect until his patient is salivated, should never touch the drug—he is not fit to use it.

It was the profession that banished cold water from the bedside of the sick, and created an ignorant prejudice against its use as a remedial agent. We recollect cases in which an enlightened physician did not dare to use it as a bath till he had medicated it with a tablespoonful of vinegar, or brandy, or some mysterious-looking drug. For, if the patients had died, he would have been blamed with killing them, and if they recovered, the whole country would have thought it a miracle, and regarded him as a dangerous experimenter.

The doctors are not yet done with the trouble which this prejudice gives them; and they will not soon recover from the just alarm which their abuse of mercury has produced in the public mind. But they will retrieve their credit when they reform, and people know that they have quit concealing their use of it, and lying about it.

Mercury is, nevertheless, worthy of the highest place in the confidence of the physician; but blockheads had better let it alone. They would do so, if the public would let them alone.

By-the-by, it is not a little curious that men are generally regarded best fitted for the practice of medicine who are fit for nothing else; and as soon as any of them discover ability in other walks of science and literature, they become unpopular as practitioners. A little touch of the supernatural is still required in the trade; just as witches are made out of silly old women, and Indians select the biggest humbugs in the tribe for their great medicine men, so doctors must not be quite natural people, and if the super or extra can't be had, the infra-natural will do as well.

Upon the whole, people are as well served as they deserve, or at least the

economy of existence requires that ignorance shall suffer as well as sin. Providence has something else to do than to work miracles for fools, and they would be nothing the better for constant interpositions even if they were afforded. Whatever is, is right; at least everything is about rightly related to everything else, and that comes to the same thing.

OUR WANTS.

If it be an offense, I hope the readers of the WATER-CURE JOURNAL will excuse me for saying that the columns of this JOURNAL give more important advice on the subject of health than any other medical journal, and that the editors and contributors have a higher aim and a more glorious work to employ them. It is no great wonder that it has so wide a circulation, as a few illustrations will clearly show.

In the first place, every line is comprehensible to the mind of every reader. Why? Because the reading is of such matter as nature has required every one to understand. The language of nature, although imperious, is always free, simple, and pleasant. What folly, therefore, to make it complex! The learned outlandish is not found in nature's nomenclature. You will never find *her* to prescribe for any disease anything like the following:

R Ung. tart. sub., gr. x.

Extr. belladonna, gr. vi.

Oil. amygd. dul., gr. xx.

Never, never! She leaves such stuff to that learned folly—the deadly drugging system. In the second place, the WATER-CURE JOURNAL is wholly sympathetic. The best of advice is given obviously with zeal for the public good. Interest is manifested for the welfare of the afflicted and others, and words of kindly and weighty import penned in love. It is indeed a friend, for it urges us to be what we may be, what we ought to be, and what God, the author, designed, and therefore wants us to be. Besides being so plain and simple in its rhetoric and diction, and so sympathetic in its tone, it, in the third place, discourses to us of health, of the prevention and cure of disease by the application of such agents as are abundantly supplied to man, to keep him in a normal condition when so. In short, I mean that it teaches obedience to laws which were enacted by the Great Lawgiver himself. That as disease comes in consequence of disobedience, so health will be retained as long as we continue to obey, or recovered by returning to obedience. These are some of the reasons why this Journal has so great a circulation. Find another that embraces three such excellent characteristics, and we predict for it success. The people want common sense, not nonsense, periodicals. Reader, will you excuse me for uttering the last sentence above?

I could find no better to express my opinion. I love this Journal because it is the friend of man—has given me practical advice—and I shall furthermore recommend to every reader to work faithfully for its extension, and for the extension of the doctrines it teaches.

I have traveled a good deal, and lived in sev-

eral different sections of the United States, and although I have ever marked with pleasure the gradual and sure progress of Hydropathy, it must be admitted that a large share of the people have a decided preference for the drugopathic system. Whence this preference arises I do not clearly see, and yet there are strong reasons for it. There is one thing which I have scarcely ever known to fail to win a person to the views of the hydropathists, viz., thorough tuition in the laws of life. Let a man thoroughly understand himself, or the laws which govern his being, and I do not see what would hinder him from becoming a member of this best of systems. Hence, upon this ground, I would ascribe the preference to the drug system above spoken of to ignorance. If this be true, one of the greatest wants of the people is enlightenment. We want more health teachers. We want more disease curers of the right stamp; for one valuable part of their profession is, that they teach the people as they cure them. How valuable such physicians!

So simple, indeed, is the system which nature lays down, that every man may be physician to himself and family, and every member understand something concerning its demands upon him. A general diffusion of such knowledge as would tend to make people open their eyes practically to the importance of preserving health is the most desirable of all knowledge, and it is this that we now most want of all things. I know that this assertion is broad; but it is true, and every one who looks at the subject of health in all its bearings, must be convinced of its truth. There can be nothing so desirable as perfect physical condition. On that, more than on anything else, depends both our social and religious progress. Hence a great human want is a general knowledge of the laws of health.

How sad a fact it is, that so few can be found who even appear healthy—especially in the United States! Very many are the causes of this wide range of disease, and a consequent frightful yearly record of mortality. One would think that the army of "regulars"—ah! excuse me, Dr. Trall, your pupils will be regular now, all right: three cheers for your triumph!—turned out at our medical schools would be efficient enough to lessen disease. But they don't very fast, and what is worse, never will; and what is worse still, they will multiply disease endlessly, unless their system is overthrown. They do not in a great degree teach people how to live, but on the contrary, dose their customers with agents antagonistic to the vital functions, and if life is not destroyed, diseases are engendered. Ah! we want a multiplication of health teachers. This will effectually overthrow it. Do you ask, reader, if I desire really the overthrow of the drug system? I answer decidedly, I do; and I desire candidly that every drug M.D. may see the folly of his system and turn to the true method—teaching the way to health and happiness. 'Tis a glorious business, this teaching people how to live healthily.

With little knowledge really of the proper application of water, but a practical dietician, I have had some experience, in which I have been successful. I give a few cases illustrating the happy effects of nature's regimen, and the ease with which people may learn how to live healthily.

Two years ago, my wife's little sister began living with me. She had always been a poor, puny, sickly child. She had been over-drugged for worms, phthisis, costiveness, etc. The indulgent parent allowed her to drink strong coffee, eat superfine bread and butter, with other dainties, just as she wished. In vain I urged the violence of such a course. Finally, she removed with me to Minnesota. I—with a desire to improve the child—quickly interdicted her dainties. Good Graham bread, potatoes, fruits, and the *liber* formed her diet—water the only beverage. The consequence is health—which she never before had. The washdown bath is her daily luxury.

Her youngest brother was doctored a long time for chills and fever, and after swallowing a great deal of quinine—the doctor's resort—the disease was finally broken up. Soon after his arrival here with me, being exposed to cold one day, he took a chill, and, thinking of his last long siege, began to cry. I told him that I would soon break that up; and he told me in return that he would "do any way rather than take that hateful medicine." I used only the sponge-bath, wet rubbing, wet nudge at night. I allowed him but a few mouthfuls of food per day, and that the plainest I could get. In one week he was well, nor has he since had a recurrence. Nor will he, for it was a radical cure, and he is prudent now. I cured a young man as quickly, by a similar treatment, who had been worse drugged, and has been well ever since.

A few weeks since my own child, and two others in my house, were taken down with the measles—taking it from a young man. I applied water freely. Old maids and matrons said I would kill them, and looked alarmed. But, strange to say, they had little fever—broke out nicely—in a week were up and out breathing the pure air, and are now well as ever. L. N. C.

THOUGHTS IN SPARE MINUTES.

NO. VI.

BY HARRIET N. AUSTIN.

EVERY person who has been for any length of time a patient in a water-cure, and has had by that means his health restored, or essentially improved, should henceforth, in whatever community or society he may move, be a *peculiar* person—one set apart from the world at large by so marked difference in ideas, in purpose and action, that it shall look upon him as strange, and be compelled to own that he does not belong to it. He is bound to this by every characteristic of manliness. The men and women who compose the world are at war with Nature. They do not acknowledge her supremacy. She beckons them to lives of simplicity, of moderation, of peace and content; and she constantly whispers to them in sickness and suffering, in tiny graves, and lives cut off at their meridian, in blasted hopes, in dissatisfied minds, or minds dethroned; in hospitals, and dungeons, and penitentiaries, she whispers, "You are going wrong—you are bringing evil upon yourselves." But they are perverse; they like to have their *own* way; they like to gratify their appetites and indulge their passions; they like dissipation; they like to *create* wants and

have them ministered to; they like to be led by fashion, and "what people will say." And when the legitimate fruit of all this comes, in deranged bodily functions, in broken-down constitutions, in depressed spirits and minds enfeebled, they have a fitting resort in doctors and their medicines—doctors who have no more regard for Nature than themselves; who never reprove their patients for having done her violence, or seek to teach them her will—medicines which are deadly in their effects on the human organism; which may afford temporary relief, but which always widen the breach between their victims and health. The course pursued by these persons in sickness accords well with the tenor of their whole lives.

But the Water-Cure treatment of disease is quite a different thing. Its object is to bring men back to their allegiance to Nature. It teaches that pain and sickness are but the result of violation of her law; that if men would act according to her dictates, they should live healthfully and harmoniously; that when they have become diseased, there is no power in the universe but hers that can restore them to health; that in order to receive this boon, they must do her will, and that to those who do it, she becomes a "mistress, gentle and holy." Now, when one, made sick by his own ignorance or folly, or by the ignorance and folly of others, has listened to such teaching—has endeavored to place himself in conditions where he could most readily break away from his unnatural habits—has seated himself at Nature's feet and besought her to bless him—and she has heard, and from out her open, generous palm has sprinkled over him the dews of her own life, and he has risen and gone out among men with a new glow on his cheek, animation in his eye, vigor in his limbs, and courage in his heart—how can he, and he a *man*, break away from her benign reign, and go back to those habits which lead down to death. He must not do it! He has a mission given to him! A light which the world has not seen has shined on him. He is to be one of its redeemers; to redeem it from those habits of living which destroy the body and defile the soul.

He must be separate from the world in his ideas. While it esteems life and its enjoyment in this world of the utmost consequence, it holds itself at perfect liberty to *use* life as it pleases. It trifles with health, and strength, and length of days, as with playthings. *He*, while he only esteems life here of value, as a school to develop and discipline the *soul*, and fit it to go up higher, still regards it as a precious bestowment, of which he is to take the best care. He only values the body as a machine for the purposes of the spirit; but it is a machine which its Creator thought worth his while to fit up and arrange in a wonderfully nice and curious manner, and to surround with external conditions exactly adapted to its wants and harmonious action. This man respects the Creator's thought. He does not feel at liberty to put this beautiful piece of mechanism out of order, by disarranging its relations to the external world, or by over-culturing the mind; but endeavors to make it subserve the purposes of the spirit most effectually, by keeping it in the best possible order for the greatest length of time.

The world praises the student who "pores over the midnight oil" till his cheek is blanched, his

body is emaciated, his limbs feeble, and his mind gorged with lore—who, just as he is done being a student, and is ready to be a *man*, finds his body worn out, and lies down and dies. *He* thinks this the blindest folly and irreverence—a thwarting of the Creator's plans.

The world holds those parents innocent, and worthy of warm sympathy, who, from forcing their children's minds into premature growth, from unnatural diet or dress, lay their bodies in early graves. *He* only excuses them from guilt because of their gross ignorance.

And he should be not less widely separated from the world in *life* than in ideas. People of the world find *one* department or channel into which they turn the whole of their strength and activity. The manual laborer, the farmer or mechanic, devotes his life to toil. From morning till night his hands are full of work. *He works for a living*, and to get a living becomes the *end* of all his exertions. He forgets that simply providing food, and clothing, and a home for himself and family, is not *living*—that "man does not live by bread alone"—that if in his efforts he does not take into account the *growth* of his mind, he simply exists on the plane of other animals. So the man in trade gives his life to business. *His one* idea is business. It is first in his thoughts in the morning, and last in his thoughts at night. His whole day is given to it. He dresses, and eats, and walks, and talks in a hurry. He has no time for social enjoyment, or intellectual culture, or spiritual growth.

The man who has made up his mind to acquire wealth, has his life entirely absorbed in that object. Considerations of health, of ease, of comfort, of benevolence, of love, of mental development, have no weight with him. He has one thought, and that is to hoard up money as rapidly as possible. He can scarcely afford himself or his family the comforts of life, because they cost money; and he can not at all afford himself or them the enjoyment of relieving the wants, or adding to the happiness of others, if it cost any money.

The student's life is merely intellectual. Study is all he thinks. He worships mind, and despises physical necessities, forgetting that the Divine Mind created man an animal as well as a spirit.

But *he*, the man who would follow Nature's teachings, must in his life recognize and honor every department of his being. He will "labor with his hands," because he has physical wants to supply, and his body needs exercise. No natural physical want is too mean for his consideration and care. He provides such food as Nature requires; he covers his body with clothing which seems most in accordance with her designs; he breathes the air as she prepares it; he counts not the time spent in sleep as lost, for thus his system is restored and invigorated. But he does not forget that his animal life is a means, not an end. He subjugates his passions and propensities to the higher faculties. He takes time for the cultivation of his social feelings. He seeks to refine his manners, to develop his conversational powers and powers of entertaining. He invigorates his intellect by seasons of application to study and reflection. He recreates both body and mind by relaxation and amusement. And recognizing the religious as the highest and noblest element of his being, he seeks to have it become so quickened by communication with the Source of all goodness and truth, that it shall spread its influence over every act and thought of his life.

Reader, have you been a Water-Cure patient? Are you true to the lessons you have been taught? Do you allow your appetites, your passions—the fact that you may appear eccentric, or that you may be laughed at—to turn you from the right? If so, you are starving yourself, for the teachings of wisdom, those inspirations of light and truth, which in the early morning, and at midday, and in the quiet twilight hour, and in the stillness of midnight fall gently and cheerily on the earnest soul, *can not* come to you.

GLENN HAYEN, N. Y.

HINTS TOWARD

PHYSICAL PERFECTION;

OR,

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

VII.

PHYSICAL EFFECTS OF INTELLECTUAL CULTURE.

L'âme, en effet, suivant son caprice, porte dans l'intérieur du crâne l'esprit nutritif de la vie sur les parties du cerveau qu'elle désire vivifier; en rassemblant par la pensée le fluide de vie sur certaines bosses cérébrales déterminées, elle les développe et en fait des facultés d'où il résulte que la configuration primitive peut toujours être modifiée par l'éducation.—*Delage.*



It is related of that singular psychological phenomenon, Gaspar Hauser, that when he was first brought to Nuremberg, in a state of complete intellectual inanity, his brutal and stupid countenance filled the mind of the beholder with pity and disgust; but that as his intellectual faculties were brought into action and developed by culture, his features gradually became more regular and expressive. Similar, though perhaps less striking, illustrations of the influence of education in modifying the features may be observed every day and in every neighborhood.

The general statement that intellectual culture modifies configuration, will hardly call out an expression of dissent. The differences observable between a highly educated person and one whose intellect has received no special culture are too striking to admit a doubt on that point. Contrast the faces of a group of little vagabonds of the streets, growing up in utter ignorance and beyond the reach of every influence calculated to excite intellectual activity, with those of children of similar ages whose mental faculties have been quickened by rational culture and kept in healthy action by continual contact with educated persons of riper years; or, for a still more striking illustration, place side by side a dozen of the lower class of European peasants and an equal number of intelligent and school-taught American farmers and mechanics.

But the modifications induced by intellectual culture are not of a vague and merely general character. They are specific and predetermined, though in their details perhaps not easily defined. We have shown that the body is controlled and molded by the mind, which gives it a configuration adapted to its own proper manifestations. The phrenologists have shown clearly enough, not only that wherever there is intellectual improvement the head grows, getting larger and better shaped, but that the special cultivation of any particular faculty or class of faculties modifies its form, by developing the organs of those faculties in the brain, and that, too, even in the case of adults in whom the ossification of the cranium is complete. Broussais states, that within two or three years in which he was closely engaged in deep reflection and argumentative study, the organ of causality in his head increased to a degree easily perceptible by measurement. O. S. Fowler makes similar statements in reference to his own head and those of others whom he has examined at different times.

Now not only is a direct nervous influence (the nervous system being but an extension of the brain) brought to bear upon the features and general configuration, for the purpose of keeping unimpaired the harmony between them and the cerebral organs, but there is constant special action under cerebral control directed to the same end. The lines of the face and the form of the body are therefore just as inevitably changed by intellectual cultivation, whether general or special, as is the shape of the head, though accurate observations and measurements have not been applied to the same extent in the former as in the latter case. "There is a continual relation," Rieffrey truly observes, "between the body and the mind; slavery, vice, and ignorance brutalize the features; virtue, independence, and knowledge ennoble them. How hideous is the countenance of an

ignorant, vicious man! how admirable is that of an honest man, enlightened by knowledge and science!"

One of the most striking effects of intellectual culture on configuration may be observed in the gradual change which takes place in the outlines presented in a front view of the head and face. The expansion of the forehead and the superior and more intellectual portions of the face, and the relative if not absolute diminution of the lower parts, produce a marked departure from the circular, which is a low order of form, and an approach, more or less near, to the perfect pyriform outline. This alone is a great gain in the direction of beauty; for nothing is more repugnant to correct taste than rotundity of form and bullet-headedness in a man or a woman, significant as such a conformation is of predominant animality. A writer in *Household Words*, speaking of the English face of the debased times of the Georges, says:

"The swinishness of our manners fixed its mark upon our features. The shape of the head was an irregular round, larger at the bottom than at the top; the brow thick, low, and sloping backward; the nose coarse and big; the mouth fleshy, lax, ponderous, and earthy."

The accompanying diagram will illustrate in a rude way the character of the change of outline we have indicated.

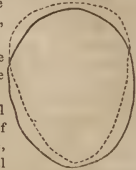
Now, if we look at the face more in detail, we shall observe that there takes place, during the process of culture, an evident change in the expression of the eye, a softening of the lines of the eyebrows, and a lateral expansion of the nose from the bridge downward; that the lips become more gracefully arched and firmer; the chin more delicate and clearly defined, and the lines of the face, as a whole, more diversified and beautiful. The higher the culture the more varied will be the expression of the countenance, and the more capable of the highest beauty; organization and forms growing more complicated as we rise in the scale of being. Any face, however, no matter how highly the intellect which informs it may have been cultivated, will, as we shall show further on, fall far short of perfect beauty unless the moral feelings and the affections shall also have received due development.

It must be evident that whatever has power to change the shape of the head and the permanent expression of the face may be capable of modifying, in the same degree, the temperament, and consequently the contours of the body. The cultivation and continual activity of the intellectual faculties have a tendency to diminish the action of the motive and vital systems, and, while they impart expression and refinement to the features, render the body more delicate and, within the limits of physical health, more beautiful. Excess here, as well as in any other direction, produces disproportion and deformity.

The effects of an opposite course will further illustrate our position, and show that beauty may be lost as well as gained.

Let a well-educated person of an intellectual organization, and, to make the example as striking as possible, of mature age, be deprived of his books and intellectual companionship, thrown into the society of coarse, uneducated people, subjected to rude labor or exercise, to the almost entire exclusion of consecutive thinking, and made to adopt the gross diet which usually accompanies the other conditions we have named, and mark the result. Another set of faculties are now brought into action. The base of the brain expands, the lower features grow broader, the neck thicker, the eyes duller, the mouth coarser, and the face, as a whole, rounder and less expressive. The whole frame shares in the degeneracy. The muscles become thicker, the joints larger, the limbs less graceful, and the body stouter and grosser. If, further, the privation of accustomed mental stimuli shall lead, as it is likely to do, to the undue gratification of alimentiveness, by means of intemperate eating and drinking, an additional measure of grossness both of face and form will be the result. Observation will furnish the reader with examples enough of the transformations thus briefly indicated, and convince him that those who would acquire or retain a high order of beauty must keep the intellectual powers in healthy activity.

It follows, from the principles already laid down and illustrated, that the cultivation of particular faculties or classes of faculties of the mind must lead to the development of distinctive physiognomic traits; and as each organ of the brain has undoubtedly a corresponding portion of the body with which it maintains a special relation of sympathy, we need but to fully understand this connection to readily control, to a great extent,



the conformation of the latter and the more permanent expression of the features, inducing elevations and depressions of surface at will. We know, for instance, that the cultivation of alimentiveness has a tendency to impart a fullness and give a florid appearance to the face just below the location of that organ, and that studious, industrious, and energetic habits, determining the vital forces to other parts and tending to depress alimentiveness, produce a corresponding depression in the cheek. The general influence of the basilar and coronal regions of the brain on corresponding portions of the face and body has already been noticed.

On this principle, too, we may account, in part at least, for the particular caste of countenance characteristic of nations, ages, classes, and professions, so evident to the careful and thoughtful observer. The writer in *Household Words*, already quoted, observes that "the Greeks and Italians, who in former times were the most artistic people in the world, possess to this day the most ideal heads and faces that are anywhere to be met with," and that one may see in "the melancholy meditative eyes" of the poor Hindoos, who sweep the crossings, "the essential characteristics of that ancient race from whom all mythology and mystical philosophy are derived." This writer also remarks on the fact that, though national physiognomy always preserves certain broad and general distinctions, it varies in different ages in accordance with the prevailing moral or intellectual tendency of the time. He says:

"Most men must have observed, in looking over any collection of portraits of the great men of successive eras, a change in the shape of the head, in the outlines of the features, and in the general expression; and this in the case of individuals belonging to the same nation. The effect is commonly attributed to difference of costume, to a change in the method of arranging the hair, or to the fact of the beard and mustache being worn in some instances and not in others; all of which may be admitted to have an influence in modifying the countenance. But this is not every thing; the main distinctions lie deeper. Shave the face of Shakspeare, clapping a powdered wig upon his head, and he would no more look like the men of the Georgian era—even the most intellectual of them—an Englishman could be made to look like a native of China by being dressed in the costume of that country. It is not merely that there is no man of an equal degree of intellect with Shakspeare; the distinction is in kind still more than in amount. The architecture of the palace of the soul has changed, and the soul itself looks through its windows with a different glance."

He contrasts the faces of Chaucer and the great men of the Elizabethan age with those of later and more debased periods of English history, particularly the Georgian era.

"In the portrait of Chaucer," he says, "we see a face of the noblest kind—a head beautifully built and proportioned, and therefore in perfect harmony with itself in all its component parts; oval, greater in length than breadth, and with the broadest part at the top—that is to say, in the region of the brain; the forehead broad, smooth, and high; the nose straight and sensitive, and he mouth and lower part of the face neither bru-

talized into an animal-like thickness, nor starved into an ascetic rigidity which denies its own humanity as completely as it refuses to sympathize



PORTRAIT OF CHAUCER.

with that of others. We have here, in short, the face of a poet and a humanist, which Chaucer emphatically was."

"The Elizabethan age was an age of awakening intellect, of aroused secular life, shaking itself free from the long sleep of priestly domination—an age of healthy physical existence, and of large brain; of intense, warm, sensuous perception of all shades of character and all moods of the rich heart of man—an age, emphatically, of deep human sympathy (we speak of its intellect, not its actions), yet of a sympathy which did not end with man, but mounted, flame-like, toward the heavens—an age that was like a new birth to the world; proud with its young strength, exultant in its great future, yet flushed and gorgeous with the sunset splendor of the past. And all this is reflected in the face of its poets, philosophers, and statesmen. The oval form of the skull remains; the broad, grand forehead keeping the lower parts of the face in subjection, yet not insolently domineering over them, is still found."



PORTRAIT OF FRANKLIN.

With the civil wars of the reign of Charles I. another modification of the English national face occurred. A glance at the portraits of the chief

republican and religious innovators of that magnificent and glorious period, shows them to be "either overshadowed with the melancholy which generally attends on the leaders of any great movement in a new direction, or roughened with that bluntness, both of features and expression, which indicates a firm resolution to abide, at all hazards, by a principle; the difference being of course determined by individual temperament."

"After the Revolution of 1688 commenced the era of cool, sober sense; of newly acquired constitutionalism; of the modern spirit of energetic, practical life, and of the preponderance of the mercantile or shop interest. Poetry, enthusiasm, devotedness to grand abstract principles at whatever cost, religious mysticism, and pervading spirituality had departed from the faces of all men, great or little; and instead thereof was a calm, shrewd cleverness, or a comfortable domesticity. The shape of the head, too, had greatly deteriorated. It was beginning to get round, and its outline was often blurred by the overlapping of flabby integument."

The face of Franklin, though belonging to a somewhat later period and to another continent, admirably illustrates the character and physiognomy of this age of practical common sense and shrewd commercialism. Contrast the face of this philosopher of the eighteenth century with that of the poet and dreamer of the fourteenth, to whose portrait we have already called attention. Do not their faces differ as widely as their respective intellectual characters and the tendencies of their times? The face of this period was, however, a fine one upon the whole, and infinitely superior to that of the next age: but we begin to see the animalizing effects of habits of intemperance creeping slowly upward from the enlarging jaw.

With the perverted alimentiveness and active animality of the next age came the round head, with a general basilar predominance; the gross, heavy face, larger at the bottom than at the top; the thick, low, sloping brow; the coarse nose; and the fleshy, lax, and ponderous mouth, already described.

Our journalist sees evidence that the English face is now improving—that is, reverting to the fine Elizabethan standard. We perceive the same tendency in the American face, wherever studious leisure and a judicious culture of literature and the fine arts has been permitted to supersede the general restless activity of our too utilitarian life; but the spirit of the age in this country is far from friendly to a high order of manly beauty. The spiritual, affectional, and esthetic elements in our nature are kept in subordination to a lower order of faculties, and debarred from their proper influence upon character and configuration. Our excessive love of gain, our selfish ambition, and our ceaseless and energetic activity tend, in connection with our dry, stimulating climate, to render our physiognomy hard, angular, sharp, and mean. A better style of face will prevail when a higher degree of intellectual culture shall be reached, and a proper development of the spiritual and affectional parts of our nature attained.

Intellectual culture is equally essential to feminine as to masculine beauty. Shining tresses, rose-tinted cheeks, and a doll-like prettiness may be consistent with an innane or shallow mind, but

no face through which active intelligence looks not forth can justly claim to be, in any strict sense, beautiful. Only persons of a low order of development can be permanently pleased with it. The would-be belle, therefore, who neglects the cultivation of her mind for the mere adornment of her person will learn, sooner or later, that the most magnificently embellished shrine, without the manifest presence of a presiding divinity, will attract few real worshippers. There can be no true or satisfactory beauty in the human face without cultivated intelligence.

But as woman differs essentially from man, mentally as well as physically, she evidently requires an education differing widely in kind, if not in amount, from that demanded for his harmonious development. Some modern reformers, therefore, in demanding for woman precisely the same culture as is received by man, have placed themselves in direct opposition to Nature. Exceptional women, we are well aware, may successfully pursue, to the utmost extent to which they are taught in our universities, the highest and most abstruse studies, and afterward compete with man in almost any of the avocations of practical life; but such women do not give the law to their sex, or abolish the differences which Nature has established between man and woman; and, in every case, it is evident enough that masculine culture must be acquired and masculine functions exercised at the expense of feminine beauty and womanly attractiveness.

What the intrinsic differences between the sexes really are we have indicated in our second chapter. Physically, woman has a relatively larger development of the vital system than man, and a relatively smaller development of the muscular system; mentally, the feelings predominate in her, and the intellect in him. She has naturally stronger domestic instincts and more active moral sentiments, but less reflective intellect and less executive ability than he; and any kind or degree of education which has a tendency to destroy these fundamental and inherent differences must be radically wrong, and destructive to the harmony which Nature loves and health and beauty require.

No one can insist more strenuously than we desire to do upon the importance of the most liberal culture of the female mind; but we must, at the same time, protest against any and every system of education which ignores the existence of sex in mental manifestation. Culture adapted to each will give to each new charms—will make man more manly and woman more womanly; and it is through such culture only that we shall be able to improve the beauty or the mental or physical character of either.

WATER-CURE.

BY DR. JEFFERSON PARKS.

In opening the Franklin Water-Cure near Winchester, Tenn., a risk was indeed run. There was not a water-cure in Tennessee, or a Water-Cure physician except myself in all our vicinity. And in addition to this, the *WATER-CURE JOURNAL*, or Water-Cure books of any kind were but seldom seen or known in our part of the country, and a

large majority of our community had not, as yet, even heard of the Water-Cure system.

Then that diseases were to be cured by water, cold water, and nothing else, as the people imagined, was more than could be palmed upon them right quick. Consequently many remarks and prophecies were elicited from both the physicians of the old school and the mass of people. "Ah!" said they, "this is one of the new inventions of the day, a money trap to catch our money. But it will be short-lived, it will soon pass away as other worthless inventions have done before it, and Dr. Parks will soon go to giving medicine again."

Under these unfavorable circumstances I have been battling in water-cure for something over a twelvemonth, and in the mean time I have treated and cured many diseases that all Allopathy could not or did not cure. A few of them I send you for publication in the *WATER-CURE JOURNAL*.

TYPHOID FEVER.—In October, 1854, W. A. M., student of medicine, was taken sick with the following typhoid symptoms. Headache, disturbed sleep, aching bones, thirst, slight chills, followed by some fever and sweats. He now began to take medicines, and after taking them a few days, all the above-named symptoms were aggravated with the addition of some new ones, such as delirium, with low murmurings, fainting on being set up on the bed, diarrhoea, etc. He now quit medicines, and put himself under my care, at the Franklin Water-Cure. I soon subjected him to water-treatment, by the proper appliance of its processes, and it was encouraging to witness the ease with which the circulation of blood could be equalized, the head quieted, the murmurings hushed up, the fever reduced, the bowels controlled, sleep induced, and, in short, all irritation of the system, as if by magic, allayed.

In one week only his fever left him, and he gradually came up, praising Water-Cure in language like this: If it had not been for Water-Cure, I certainly would have died of that fever!"

Reader—what say you? is this not better than to have tugged with medicines for successive days and weeks.

DIARRHÆA.—M. W. D., of Coffee County, Tennessee, was attacked in the fall of 1854 with typhoid fever. It reduced him very much, but finally he so far recovered as to be able to attend to some business; his health then seemed to be at a stand, or at least there was no improvement for a few weeks. And while in this depreciated state a diarrhæa came on, and continued with such intensity from day to day, that finally it hung him upon the very brink of the grave. In this forlorn condition he came to the Franklin Water-Cure for treatment, and strange as it may appear to be, after taking treatment a few weeks, the diarrhæa ceased entirely, and he began to get color of blood in the face, to gather strength, flesh, and activity, and in a short time he was out with his gun shooting squirrels, and then at his ordinary business, as though he had not been sick.

CANCEROUS SORE.—A gentleman of some medical attainments exerted all his skill and best judgment for the healing of an eating cancerous sore, situated about an inch below his right eye. His numerous medicaments all failed even to benefit him. And though in appearance insignificant at first, it now had become an exasperated stubborn

and unyielding sore, that gave him and his friends much uneasiness. He was now willing and anxious that any thing be done that held out a hope of cure, consequently he said he would give the water-cure at my establishment a trial. But here, understand me, reader, I am not about to say that the water-cure bathing processes alone cured this fretful sore. But I am about to say, and such is the fact, that the means the Water-Cure system embraces did positively and permanently cure this dread malady. In the cure of this disease, means were used for the purpose of destroying and rooting out the morbid growth, and the water-cure bathing processes, dieting, exercising, etc., for the purpose of removing effete and irritating matters from the system, and thus to purify the blood.

RHEUMATISM.—After an examination of the case of Mrs. S., of Franklin County, Tenn., I found the following symptoms to exist. Her wrists and knees were swollen, and any movement that brought the inflamed muscles into action gave great pain. The pain, at times, shifted from one joint or part of the system to another. High fever, flushed face, and copious perspirations were frequently present. She was troubled with gripings, and the alvine dejections were slimy and often tinged with blood. Her bowels were for two or three days constipated, and then for as long a time too lax. Her nights were passed with but little sleep, and all her time with but little ease. Assistants were required to turn her in the bed. She had despaired of getting well, for she said she had taken medicines without benefit, until she had lost all confidence in them. I told her I thought I could cure her; a ray of hope sprang up and fixed a resolve in her to be entirely submissive to any treatment I might think best in her case. I began the treatment with a process that elicited from her, "Oh, mother! won't this kill me?" but when I had gone through with it, she said she felt some relief. I continued the treatment industriously from day to day, by appropriate processes, dieting, etc., until the above-named symptoms left her, and she was able to sit in her chair, and walk from room to room, and converse with and encourage other patients. This was all accomplished in the short time of two weeks; and if she was not entirely cured, her health was so improved that she was willing to return home to attend to her ordinary business and risk the consequences.

DEATH FROM BITE OF A SPIDER.

The following item of information—reliable, as I have no doubt—not long since was going the rounds of the public papers. Where it originated, we are not told; but, as I believe, in the Waltham (Mass.) *Sentinel*.

"A large-framed, muscular man, thirty years of age, named Hartshorn, of Newton Upper Falls, was awakened, last Saturday morning, by a stinging pain just above his right elbow, radiating from a small red spot. On searching the bed a small black spider was discovered where his arm had rested. The swelling rapidly extended down the arm during the day; on Sunday he vomited nearly all day; on Monday he was seized with pain in his bowels, which continued with frightful severity, until he died at 5 o'clock."

I have said that this item of information is, without doubt, reliable. I mean by this that I have no doubt Mr. Hartshorn was bitten by a spider, and that he died on the third day afterward. But how much agency the poison of the spider had in producing the sad result is not quite certain. Some persons have their whole framework, both solids and fluids, in such a state, that a simple wound by a sharp cutting instrument, or even a slight bruise by an ordinary accident, will cause very great disturbance in the system, and may not heal in many months. I knew an aged drunkard, for example, who grazed his leg a little, one day in putting up a fence, which resulted in an ulcer that lasted a whole winter, and caused him a vast deal of suffering. Was the rail that galled his leg *poisonous*?

But there are numerous other things besides alcohol that have a tendency to bring the blood into a bad state, so that the most slight exciting causes might prove a means of death. Such are opium, tobacco, betel-nut, coffee, tea, and most of the condiments in common use; particularly saleratus, pepper, mustard, etc. So also the habitual use of other medicines (for the foregoing are all medicines, whether regarded as such or not), such as aloe, rhubarb, cinchona, paregoric, and the like. So, in fine, the excessive use of common food, or what we call gluttony, especially when habitual, together with the habitual inhalation of bad air, the neglect of exercise, etc.

In truth, there are few persons to be found among us, especially adults, who have their solids and fluids in a good state; and the vast majority, beyond a doubt, have them in a state decidedly bad. In their relation to disease, they are somewhat in the condition of the gun which is well loaded and primed, and ready to go off whenever an ignited spark is applied. A person in this condition of system may be bitten by a spider, or stung by a wasp or bee, or bitten by a snake, and may die as suddenly as Mr. Hartshorn did; while a person whose solids and fluids are in good condition would, in the same circumstances, suffer very little—perhaps not at all. In case, then, of death, under such circumstances, is it strictly correct to say that the exciting cause, or that which only ignites the pile of combustible matter, induces the explosion?

Again, it is not at all uncommon in these cases of poisoning, as they are called, to apply, or administer internally, active medicines; or, in other words, active poisons, as counteracting agents, or as means of effecting a cure. If the patient dies, how do we know whether he is destroyed by the virus of the animal that inflicted the wound, or by the virus of the apothecary's shop? Or how know we but the death of the individual is the result of the two poisons combined? And how do we know that either of the poisons, or both of them in combination, would have poisoned him, had he not been poisoning himself, so to call it, by a long series of transgressions?

Let me be fully understood; for this is a matter of importance. I admit that the bite of certain spiders, in certain circumstances, may be, and, indeed, are, sometimes poisonous. So is the bite of the cat, and of several other animals. But do these bites poison every body and in all circumstances? I have said already, that they do not.

We all know that some are poisoned, and suffer more or less, while others escape without the slightest apparent injury. We hardly need to cite the authority of an eminent French traveler, who found that even the bite of the viper, in high northern latitudes, was not mortal; for we have exceptions to the general rule nearer home.

What I would have done, is not so much to awaken and bring into ceaseless activity a mortal hatred against spiders, or, indeed, against any other animal, as to teach prevention. It may be desirable to avoid these spiders, as we would snakes and other reptiles. Yet there is a limit to our right to attack animals which are never known to bite except in self-defense, and which are even then harmless, if we have obeyed the physical and moral laws of God, and have pure solids and fluids. "I know of no right," says an excellent moral writer, "to shoot a bear on an inaccessible island of ice, or an eagle on the mountain's top, whose lives can not injure us, nor their death procure us any benefit." I would not, therefore, encourage or permit an unrelentless war against spiders, in general, like that which was once waged against snakes, even where they were known not to be poisonous. "To kill the first snake and the first toad" which happened to cross one's path, with the promise of reward in victory over all other foes, though for generations inculcated in the form of a proverb, has scarcely done more mischief, by awakening, prematurely and unnecessarily, a feeling which need not exist, and which possesses no advantages, than that prejudice might do which it would be easy to awaken in the hearts of the young against the whole race of spiders.

ACQUENDALE, MASS.

W. A. ALCOTT.

Fireside Reading.

RUSSEL SMILIE'S CHILDREN.

CHAPTER XIII.

AS SOON as circumstances would permit, Russel Smilie and his daughter Lizzie went to New England. The two youngest children went among friends. Zulika was placed in school, and the family broke up. And where was Zuliman Burt? Far from Featherington, hard at work to grow. In him there was *life*, such life as was to be "the light of men." He was not of the class of young men, who, springing from high parentage, are the Lazzaroni of our country. He was not of the class, who, springing from nothing, are worse than nothing—are *vicious*, whose habits and conduct are immoral, and who think the only way to be anybody is to creep by stealth or crime into social relations with well-bred and virtuous persons. He was of that class who, having no antecedents which are good, are happily endowed with fine moral perceptions and strong intellect; in other words, in whom the qualities of *MANLINESS* are uppermost, and whose business it is to *grow*. Of this class—thank FREE INSTITUTIONS, our country is not deficient. As schools, and newspapers, and THE BIBLE make their way to the *MASSSES*, the heart of the multitude grows strong and affectionate. Its throbs are for virtue and the Right. It pants for opportunity to achieve. It palpitates, and is nervous in absence of chance to endeavor great things. It beats itself to death unless it can struggle to the LIGHT.

Zuliman Burt was of this class. To speak of him as symbolizing a low-lived, coarse, illiterate man would be to do *murder* to common sense, and outrage all Idealism. Zuliman Burt was in *love*, as deeply as man can be. But his *was* love. It was nothing less than love, and therefore it sanctified and ennobled him. For *Love* always does this. Everywhere it does it. No two or more persons ever loved each other without being the *better* for it. Passion works the opposite of all this. Passion will run through the veins of a man or woman like mercury, poisoning as it goes, and therefore Passion is to be kept out of the blood. It has naught to do with a man's *interior* life. That belongs to *Reason* and *Faith*. Passion does well with bridle on and bit in mouth, but makes horrid work hold of the reins. Zuliman Burt was not under *passionate* excitement. He wanted Lizzie Smilie for a wife, and he meant to have her; but if he waited ten years he would have her after a manner and in a way comfortable with propriety and manly dealing. So, as soon after the sad events narrated in a preceding chapter as he could, he left Russel Smilie's employment and went West, and there bent his energies to a pursuit worthy of him. And there for the present let him be. What if he does have to *work hard* every day? He has strong muscles and a manly will; what if he does wear clothing coarse, and not made by a *tailor*? The lilies of the valley, the blossoms of the broad prairies which his feet daily tread, are not more beautiful than he. In constitution and temperament he is *Antean*. He touches the earth only to grow *stronger*. What if the dandies and the soft-pates of our cities do laugh at him, and treat him contemptuously? His is the disposition to give back pity for contempt, and struggle on. He knows how to climb, and he knows that as soon as he has climbed above his contempters they will look up to him, and change their contempt into adulation. For it is ever thus—the weak despise the weak, but they adore the *strong*. Let us leave him there. He will turn up, and meanwhile will take care of himself. Just at present our business is with Lizzie Smilie. She was awakened from the passionateness and undiscipline of girlhood roughly and sorrowfully. She was forced to reflection by sad teaching. How deep was her sorrow, how unspeakable her grief! How differently she estimated the mother of her *memory* from the mother of her *actual* life! Now she was gone, she could remember a thousand kindnesses, unnumbered indulgences. Her mother's passionateness she now saw to have grown out of an ardent temper, whetted to sharpness by her own *unwillingness* to be governed. O! could tears, could life-long devotion, could the deepest penitence recall the Past, how quickly would she give them! But events pass on. Theirs is the track to the zenith; and the cup of sorrow placed to her lips she drank to the dregs; she charged herself with her mother's death; she almost held herself responsible for the terrible death of her sister Polly; she well-nigh imagined herself to have set the house on fire. Such was the process to death of the *PASSIONATE* in her. And when it was dead and buried, when from a thoughtless girl she woke into a reflecting, thoughtful woman, and by her devotion to her father and her consecration to his comfort; when by her *motherly*

interest in the little members of her father's family, from she was separated; when by quiet manners and a true humility, by deeds of charity to the poor, and holy trust in the Infinite, she had purified herself, she wrote the following letter to Mr. Burt:

Oh! ZULIMAN—Till within a week I have been so wretched since we were parted. While thou wert with me after my mother's death, I seemed to have courage and faith, but as soon as I was alone I despaired. My poor mother! From her new home, where she sees as she is seen, and knows as she is known, will she look on me and forgive? Horrible as are the events of that night, I feel them not, except in one direction. I have come to my senses, and see myself to have been a willful, undutiful girl, whose disobedience has been brought home to her by terrible inflictions. Could I recall the past—could I, on my benighted knees, clasp my mother in my arms and tell her how I suffer for my misconduct—could I feel her fingers in my hairs and her kiss on my cheeks once more, I could live. I see her only as kind and loving now; I forget those traits in her character which, when she was alive, drew out my antagonism to her. Or if I see them, they diminish in volume and in value. I trust she will forgive me, and my life shall go for an atonement. *The little ones*, they shall be my care; already I have children, and I shall long for the day when they shall know a mother's love as it gushes forth from a sister's heart. My poor father! His health is quite delicate, but gradually improves. We are, as thou wilt see, on the sea-coast, and its breezes are bracing to him. But he looks like an old man. Zuliman, undutiful children are not a blessing, and yet they are neither few nor far between. What is the cause? why is it so? Is it not because children are mismanaged? Do not parents fail to perceive the differences which exist in children? Are they not subjected to a routine government, all standing on a level, and all subjected to like oversight? There is a defect somewhere—I wish I knew. From my childish recollections I have felt a void; I wanted something; I hardly can define what it is that I have wanted. It has not been food, clothing, or the means of intellectual culture; these have been mine in abundance. If, without trenching on the memory of the *Dead*, I might try to defuse it, I should say it was to be understood, that I longed for. As thou told me in thy letter, I am a strange creature, have a peculiar temperament, what is called an *idiosyncrasy*; I can do nothing on common principles, have no delight in common things, desire to do something out of the common way, sometimes wish I had been born a boy, that I might have grown up to liberty, I do so dislike constraint. I am sure, were I not a girl, I should be a traveler, a discoverer, an inventor, a genius of some sort. It is in me, and this consciousness made me restless, and the incapability of working the power to some account, has made me irritable and ungovernable. My mother did not perceive this, I think, and so applied authority where affection would have done better. I was wilder than my sisters, have more daring, have a current of untameableness in my blood. My sisters could take more government quietly and beneficially than I could. Ordinary discipline was not

irksome to them—it was to me. It seems to me, as I look back on this life of mine, that I always had to have extraordinary punishment, or some unusual exhibition of parental authority, to justify me to myself for submission. It is a query I raise to myself, whether had my constitutional peculiarities been studied, I should not have grown wiser and better? I am disposed to think I should. So much, then, for my defense, my *self-respect* compels me to say. And now for my future. I will spread a veil gently over my past, and pray that it may never rise up in judgment against me. May the All-Merciful hide it by the brightness of His countenance, and accept my deepest contrition. Before me stands Duty. To her I yield myself. It may be, that I am to atone for the past by having awarded to me *work* instead of pleasure; it may be, that to endure, and not to enjoy, is mine; that life's load shall be a burden instead of a pastime. So be it. I accept what THE FATHER sends, and take my place by my earthly parents' side, and the children's, cheerfully. For myself, I need sorrow no trouble. Thou hast been so wise and good to me, that I rest in thine affection without reproach, and when years shall have ripened me into a true womanhood, and my mother's place to the bereft ones shall by me have been made good, as far as it is possible for me to do it, I shall be better fitted to become the wife of one who will yet have, I trust, a page in his country's history, and a share in her renown.

Thine,
LIZZIE SMILIE.

CHAPTER XIV.

Conclusion.

THE homestead was rebuilt, and early in the ensuing spring Russel Smilie and his children returned. It was a joyful meeting, yet exceedingly sad. The friends and neighbors of the stricken household met them and gave them cordial greetings. They vied with each other in attention, and in attempts to make the re-organized family pass by the refreshed recollections of their sad bereavements. But no consolation or kindness could keep Lizzie from shedding tears, so keen is the consciousness of wrong done to a pure spirit. "Time," however, "makes all things even," and their sorrow gave place to a calm joy. Lizzie became the life of her father and the stay to the children. How beautiful were her devotions! No noisy parade of worship, no mortifying of the body for the sins of the soul, no profession of saintship, but such a sweet spirit, so pure a life, such grand and sublime intuitions, such fervent love, so broad and noiseless, yet effective charity, as to make her an angel in that dwelling, a *ministering spirit*! The younger were indeed her children. She trained them, she cultured them; she, with the help of her father, educated them. Zulika, at sixteen, was as beautiful as a Psyche, and at eighteen was famous for her skill in all manner of housewifery. Then, Lizzie opened her heart to her father, and asked his permission to accept Mr. Burt as her husband. Need I say it was granted. Russel Smilie blessed his daughter from the depths of his soul, and gave his consent, and she became Zuliman's wife. Noble pair! the strong and able to do, the weak, but able to endure, joined hands, and went to their labors. What shall hinder their success?

Who shall hinder their triumphs? Years have shown that nothing could,

"For God hath given to a virtuous will
Limitable power."

Mr. Burt is the first man in his adopted State, the man of his time—erudite, eloquent, sagacious, profound. Of fine person, graceful manners, approachable, he is the beloved of the true-hearted, and feared and respected by the loose and unscrupulous. And his wife is the cynosure in the circles where she moves; she is the virtuous woman of Proverbs—"The heart of her husband doth safely trust in her," and "her children rise up and call her blessed."

Zulika Smilie is also married, and with her husband lives on the homestead. She makes a woman everywhere respected. Russel Smilie is a sad man, but noble. All those fine qualities which made him so great a favorite in his youth are ripened into manly virtues, and no man stands higher in the community where he resides. Of the remaining personages in my tale, Patriarch Hemenway has been gathered to his fathers. He died "like a shock of corn fully ripe in its season," gathered by the harvesters. Propitiation is, I am glad to say, alive, and as useful as ever. Miss Adkins is also married, and though not trained or tutored in younger years, yet has shown her aptitude for domestic bliss by becoming a good wife and mother. And now, reader, for my MORAL. Let me give it in the form of statements.

1. Do not govern a nursery of children all on the same plan. They are not alike—do not treat them alike. If you do, some of them will be ugly.
2. Do not neglect the physical education of your children. If you do, you may labor in vain for fine moral sense.
3. Do not rear your daughters under the impression yourself, nor fasten the impression on them, that "the chief end of woman is marriage." Teach them to feel that the main purpose of their social life is to invigorate and protect their personal identity, and that unless marriage can do this, it is not, nor can be, a sacrament, but only a curse; and in teaching them this, also seek to fit them for pursuits whereby they can gain ample subsistence, though they should not marry.
4. Never object to the marriage of a daughter with a man who is unobjectionable in all respects save wealth. If you are poor, do not be proud; if you are wealthy, be considerate, and forget not that the young man of Head and Hand and Heart is as God makes MAN, and is therefore of some account, and well may be trusted to accumulate a subsistence, perhaps superfluous abundance. Other things being equal, ignore the matter of property, and let the "young couple" try.
5. Do not forget that Labor is honorable, and that to be a worker is no disgrace, but a high position. In every country in the world the real producer is the benefactor of his kind. No matter how prosperous you may be, daily toil is the requisite to Divine bestowments.
- And now farewell. The writer of Russel Smilie's Children has faith in his Maker and faith in his fellows. If in writing this story he shall have been the means of quickening to better desires and better aspirations a single soul, he is well paid. He aims to do good, and not harm, to all the children of men. For this he labors and for this he waits.

The Month.

NEW YORK, NOVEMBER, 1857.

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

FIRST PRINCIPLES.—Very few persons are ever trained to the investigation of primary principles. Very few, indeed, ever think of tracing a system or a theory to its premises or starting-point. With medical men this is peculiarly the case. For three thousand years they have been zealously and assiduously laboring to build up a science of medicine on a false philosophy, and the result of nearly all their work may be summed up as a vast collection of problems in pathology and therapeutics, amounting to nothing more nor less than "incoherent expressions of incoherent ideas."

It is no wonder, then, that the non-professional public, who are wholly unfamiliar with the study, if not the statements, of medical literature, should be slowly indoctrinated into a system which utterly ignores all the pretended medical science of the world.

Our system of hygienic medication has its premises in the laws of nature themselves. We use medical schools, medical books, and medical opinions as data, not as authority. We repudiate all the teachings of all the drug schools in the world, so far as principles are concerned. Indeed, if there were not a drug-medical school, nor a drug-physician, nor an apothecary-shop in the world, we could educate the people in the true philosophy of life and health in much less time than can be done with those stumbling-blocks in our way.

Many persons who read the WATER-CURE JOURNAL complain of us for doing the very thing and the only thing that can ever give success and permanency to our system and relieve the world from the horrible curse of drug-medicine poisons. They say, "We read your journal. We find it very interesting. We believe it teaches the true gospel of our bodily salvation. We can understand that its doctrines are founded in nature. We see the propriety of conforming to physiological law, if we would be healthy, and the impropriety of administering poisons because we are sick. But it seems to us you do not teach us sufficiently about the application of your principles.

You do not tell us precisely what to do when we have a particular disease."

Here is the great error on the part of the public and of many of our readers. There is no such thing in the universe as telling a person what to do because he has a given disease. We can only indicate the rule of action. We can tell him the principle, the indication of cure, but if he has no clear recognition of this principle he can not well follow it.

To illustrate. A gentleman from the South, on his way home from a water-cure in the country, called in our office. In a running conversation on the merits, prospects, etc., of our system, he made the remark, which we have heard a hundred times before: "Your doctrines seem very reasonable, and you appear to advocate them very ably, but somehow you do not let us understand with sufficient precision the practical application. For example, I have taken the WATER-CURE JOURNAL for six months, and have not yet found out how to treat ague and fever!"

We replied: When you do understand how to treat ague and fever well, you will know of necessity how to treat all fevers correctly; for, in the treatment of all fevers, and, indeed, all forms of disease, we are but applying a principle. But how can people correctly apply a principle until they know what the principle is? We have long held out to their view the principles which govern us in the use of all curative measures; but how few as yet have a clear apprehension of them!

As the lecture time arrived, we invited him into the school-room, where he listened to an explanation of the doctrine of "remedial effort," as constituting the essential nature of disease, after which he expressed himself satisfied that we were right, after all. "I see now clearly," said he, on leaving the hall, "that you treat disease by applying the principles you teach to the circumstances of each individual case. Disease is the efforts of nature to overcome morbid causes. Your practice consists in supplying the most favorable conditions, so that the effort may be successful. I have learned a great lesson."

And the world (friend Bedortha included) will learn a great lesson when it fully comprehends the doctrine that diseases are not to be treated by a mechanical routine, but according to the conditions of vital action; and that remedies do not

act on the system in virtue of inherent "selective affinities" of their own for particular organs, but by supplying the conditions for the regulation of vital action. Thus, two persons may have the same disease by name, and be in very different states of constitution—have very different states of vital or remedial action, and require very different applications of the same principle.

MEDICAL EDUCATION IN NEW YORK.—The establishment of a Woman's Hospital in this city has added a peculiarly interesting and valuable feature to the resources for a thorough and practical medical education in this city, especially for female medical students. The hospital receives only female patients (except children) and is under the sole charge of female physicians. The female students of our Hygieo-Therapeutic College, who are grudgingly admitted into the hospitals of the male M.D.'s, and often insulted by the *gallant* young gentlemen who are their fellow-students, are always welcomed at the Woman's Hospital. They have there an excellent opportunity to see and *diagnose* an extensive class of maladies, many of them of a surgical character.

Among those *heroines* of our country who have, despite the combined opposition of almost the entire medical profession—an opposition manifested in almost every conceivable form of roughness, brutality, dishonesty, selfishness, and meanness—may be named Mrs. Lydia F. Fowler, Miss Elizabeth Blackwell, and Miss Zachresha.

The difficulties they have encountered, and, thank God, surmounted, may be judged of from the following article, which we copy from the *Tribune* of a recent date. It shows plainly enough that woman may not yet expect either favor, fairness, or common decency from orthodox medical men—we mean *doctors*.

Miss Jesse M. White, an English woman, who had a lame little brother who had repeatedly broken his leg—once when his doctor was out of town, and when he could not be induced to submit to a painful operation by a stranger—was compelled to set it herself, and succeeded so as to win a compliment from the surgeon who attended next day. He sportively offered her a surgeon's certificate; she asked him instead to assist her in gaining a student's admission to one of the hospitals, which he declined, although she had not only her unfortunate brother but another lame boy under her daily charge. Another doctor, being appealed to, warmly espoused Miss White's cause, and gave her letters and introductions to leading medical friends; but her applications to all the hospitals of London—fourteen in number—were successively rejected. She also applied for tickets to attend a three years' course of medical and

surgical lectures, but was peremptorily refused. It is fixed that a woman must not be allowed to acquire a regular medical education in England. A year or so ago three young women from exemplary New England families, applied for the privilege of attending the clinical lectures at the Philadelphia Hospital. They were admitted on the same terms with other students—in fact, we believe there was no legal right to exclude them on payment of the regular charge. They soon discovered, however, that they were to be driven out, if possible, by systematic indecency on the part of those with whom they were compelled to associate, including some whom they had paid as instructors. What sort of morals are prevalent among too many of the young men who congregate to listen to medical lectures is pretty generally known, and Philadelphia has acquired a "bad eminence" in the matter of dissipated medical students. The young women, however, being most anxious to acquire a knowledge of the healing art, continued to attend the lectures, in spite of repeated declarations that they should be driven away. Indecent remarks, wantonly made in the course of the lectures, did not accomplish their evident purpose. At length, on entering the lecture-room at the time appointed for a lecture, the young women perceived, from the winks and chuckles exchanged among their *gentlemanly* associates, that some special annoyance was prepared for them, and their character was soon revealed by the introduction of an insane man in a state of entire nudity to form the subject of the current lecture! The pretext for this introduction was a desire to elucidate a certain disease of the skin; the necessity for the indecent exposure may be judged from the fact that *all the appearance of discom* in this unfortunate subject was confined to the scalp and back of the head. But no matter—the female students were driven away, and their money paid for admission, virtually, taken without consideration. We believe that is "putting as law a point on it" as facts will warrant and the law requires.

The *Woman's Advocate* (Philadelphia), from which we have condensed the above statement, adds:

"But there was still another set of persecutors connected with this matter. The Board of Guardians, the very men who had voted to admit the young ladies and to take their money, being instigated by the doctors, and listening to their falsehood and slander, without investigation or even inquiry, passed a resolution to the purport that certain disreputable females were attending the lectures for improper purposes, and should be excluded! This vile slander was published in the proceedings. Nobody acquainted with that board would be affected by it, for the character of the body was far below suspicion. It was established as bad. That they should rob three young women was not surprising, when the propensity for robbing the almshouse was so well known. Who were the persons thus slandered? They were from the best families of New England and of this State, and as far above the average standing of the majority of the Board of Guardians as the latter are below that of ordinary men."

"Such are some of the difficulties of obtaining a medical education in the United States; or, rather, they are difficulties in the way of hospital practice after an education is obtained. It will not be of long duration. Such *professional* men will be superseded by more moral and respectable ones, and more liberal minds will have charge of public hospitals."

Amen!

YOUMANS' HAND-BOOK OF HOUSEHOLD SCIENCE.—We have received several criticisms on the above work, and have in hand several communications from persons who complain of its *unscientific* contents, and

ask us to explain its fallacies, etc. The following quotation from one will answer as a sample of the whole:

"To all who have attentively studied and practiced the laws of hygiene, it must seem to be the most unscientific book lately produced. I think you could not do the noble cause in which you are engaged a greater good than to dissect this mass of absurdity before the readers of the WATER-CURE JOURNAL. The whole of the article on aliment demands attention and correction," etc.

We have long ago "dissected" and exposed the absurdities contained in "Household Science." Youmans has merely copied the errors of Liebig, Pereira, Carpenter, Draper, Dunglison, and other chemists, physiologists, and physicians, apparently without the least investigation on his part, or even suspicion that any thing was wrong. Every one of these errors is fully exposed in the Hydropathic Encyclopedia, published first in 1851, and to that work our correspondents are referred.

Those who will take pains to understand these subjects for themselves will have an anchor of truth, sure and steadfast, and will not be misled nor bothered by the mass of scientific absurdities and dietetic nonsense constantly teeming forth from the press.

A MISSISSIPPI VEGETARIAN.—We had an interesting interview, a few days since, with a gentleman from Mississippi, who was traveling in the Northern States, accompanied by his only child, a little boy six years of age, who had been from birth a vegetarian. As millions of boys have been of vegetarian habits before, even up to manhood, there is nothing very remarkable in this circumstance. But the curiosity of this matter is this: the child is remarkably well developed, and, compared with the general run of children raised on a mixed diet, remarkably healthy, and all its neighbors, the doctors included, were always wondering why it did not die. Not a soul could be found in the neighborhood to impute its superior vigor to its superior diet; nor did the fact that other children were sick and dying all around, seem in the least to open the eyes of the people.

But what is true in relation to this subject in Mississippi is just as true in New York, and, indeed, all over the country. Here, as there and everywhere, the same stupid faces are turned up at us; the same wondering eyes stare at us; the people

marvel in the same way, and the doctors propound oracularly the same *ding-dong*—nobody can live without meat.

Every day in the year almost, people, and not unfrequently doctors, call in our office and argue, and discuss, and quote Scripture, and chemistry, and Liebig, and Youmans, and bears, and dogs, and catamounts to prove that man has *carnivorous* teeth, and is therefore *omnivorous*; and they wonder we and ours do not die.

We assure them we are never sick. We refer them to our family, who are vegetarians; to our friends, ditto; to our patients, and boarders, and doctors, and nurses, and students, and servants, all of whom are well or getting better, as evidence that vegetarianism does not kill folks. And then we refer them to the sick and dying all around us among the meat-eaters, as evidence that the mistake may possibly be on the other side. But it is of no use; they shake their heads, feel a "goneness" at the stomach, go and fill in with roast beef or mutton chops, have a bilious attack, take a dose of blue-pill, get about in a few days, do the same over again, and wonder again how any body can live who does not eat flesh!

EFFECTS OF THE CRISIS ON HEALTH.—Disorders in the financial world are always followed by derangements in the vital machinery. Sickness and suffering always follow disasters and revulsion in business. The care, anxiety, irregular habits, want of rest, or excess of labor, or all combined, induce indigestion, with all its train of maladies—nervous debility, torpid livers, constipation of the bowels, congestion of the brain, melancholy, mania, delirium, or insanity. For days, or weeks, or months the trading man studies, and schemes, and dreams, and take no regular meals nor regular rest, in his vain endeavors to avert the impending disaster of a failure in business. And so long as he can see a shadow of hope he toils on, devoting every energy to escape the wreck or outside the storm. But when the last moment arrives, his note is protested, and the struggle ends. Then it is that he realizes his prostrated bodily powers. He finds he has exhausted in a few weeks the vitality of years, and discovers that the loss of health is an evil vastly more to be deplored than the loss of property.

Indeed, this is the only irreparable calamity we have to fear. It is, then, the

first great duty of all persons whose avocations and habits are much disturbed by the unexampled confusion in business affairs, to attend first of all to the conditions of health. With health preserved, all else that is lost may be regained. With health destroyed, all is lost forever.

A WEDDING ON HYDROPATHIC PRINCIPLES.—The Lecture Hall of the New York Hygieo-Therapeutic College was the theater of a very pleasant divertissement from the usual monotony of lessons and lectures a few days since. The entertainment, to which the students were invited, was a wedding between two of the graduates of the school. The "happy pair" were Allen G. Weed, M.D., of Newark, N. J., and Miss Adeline M. Willis, M.D., of Marion, Io. They entered the school at the commencement of the summer term of 1856, attended two full courses of lectures, graduated at the close of the winter term, and have now united hands, hearts, fortunes, and diplomas in the place and among the associations where they had so faithfully studied the laws of life, and so attentively prepared themselves for future usefulness and duty, and, as we hope and trust, abundant happiness.

This is not the first, and will not be the last, "match" between the male and female students of the medical class. It is, however, the first wedding celebrated in the Lecture-room before the professors and students. But we have more than one or two reasons to believe that the good example will not be without occasional imitations in "the good time coming."

Dr. Weed and his wife will soon leave for California, where they purpose to practice their profession. The heart-warm blessings of all who have made their acquaintance will attend them.

To Correspondents.

Answers to this department are given by Dr. TRALL.

PAIN IN THE SIDE.—M. J., Cohoes, N. Y. In the month of March last my wife was sick with what an allopathic doctor called a liver fever, and since then she has been troubled with a pain in her left side. At first it commenced at the foot of the short ribs, but now it is moving gradually toward the center of the left breast. She can breathe freely, but in the act of sneezing or yawning the pain is very intense, also when she is lying on the left side. Her habits are regular and appetite good.

She has severe chronic inflammation of the liver. Give her a daily tepid bath, one or two hip-baths moderately cold, have her wear the wet-girdle two or three hours each day, and restrict her diet to plain fruits, vegetables, and coarse bread.

HYDROCEPHALUS.—E. H. W., Eagle Harbor, N. Y. You will find the information you desire in the *Hydrophobic Encyclopedia*. The disease is very seldom curable, except in the early stages.

A CALL FROM KANZAS.—A. F. B. writes: "If we can have the *Water-Cure Journal* circulated widely over our beautiful Kansas, there will be very little demand for drugs or druggists." The same is true all the world over.

DISEASED LIVER.—J. G., Whitehall, Ind. You have been "attended by the best physician" too long ever to expect good health again. The best you can do is to live on plain, simple food, avoid salt, vinegar, alkalies and spices, and bathe the body once or twice a day with water as cool as can be borne without discomfort. Most of your food should be solid and well masticated. Use very little mush, and no slops nor soups.

TUMORS ON THE EAR.—L. M. N., Bridge Creek. We can not tell from your description what name to give to the swellings, but they can only be cured by surgical treatment. Freezing or cauterizing is the process.

COLD WATER IN AGUE AND FEVER.—D. F. D., Walnut Hill, Mo. Is it right for a person who has ague and fever to drink cold water in the morning, when he dislikes to do so on account of a disagreeable taste in the mouth?

Yes, moderately.

TUMOR.—J. B., Windsor, N. Y. A friend of mine has a swelling on the right side of the neck; it seems to be loose under the skin, and very hard. It was first noticed four years ago.

The tumor is probably an enlarged and indurated gland. The electro-chemical baths have often cured similar swellings. If they do not succeed, the only remedy is the knife.

NERVOUS DYSPESIA.—S. A. W., Martinsburg, N. Y. Your symptoms indicate a severe prostratus, or other displacement. Probably the over-exertion you mention was the immediate cause. Sitz-baths and vaginal injections may help you more or less, but mechanical or surgical treatment will perhaps be necessary to effect a complete cure.

SYNOVITIS.—A. M. C., Omaha City, N. Y. The affection of the knee which you describe, is chronic inflammation of the synovial membrane. You will find the proper treatment in the *Encyclopedia*.

ALIMENTARY PRINCIPLES.—R. A., Paoli. Will Dr. Trall be so kind as to answer the following questions through the *W. C. JOURNAL*:

In "Fruits and Farinae" there is given a list of "solid matter," "flesh-forming," and "heat-producing principle," contained in different articles of diet. What are the constituents that form these three principles?

From what articles of diet is "digestible carbon" obtained?

Should we in *old* weather subsist chiefly upon articles containing much carbon?

Are egg-plants wholesome?

Are those nuts wholesome that contain much oil?

1. Fibrin, caselin, and albumen are regarded as the chief "flesh-forming" alimentary principles, and gum, sugar, oil, as the principal "heat-producing" ingredients. The chief constituents of the latter, oxygen, nitrogen, and carbon. We regard this distinction, however, as entirely fallacious. 2. All foods, 3. No. We should eat more food, but the same kinds. 4. Yes. 5. Yes, to healthy stomachs.

PILES WITH PROLAPSED BOWELS.—J. J. H., Gallupsville, N. Y. Severe cases, like yours, can be readily cured at a good water-cure establishment; but it is very doubtful if you can manage it successfully at home. The remedial plan is mainly hip-baths, enemas of a small quantity of cold water, and a rigidly plain and rather abstemious diet.

SUPERFLUOUS HAIR.—There is no safe and harmless method known by which superfluous hair can be permanently removed.

INDIGESTION AND PILES.—P. P. G., Carrollton, Ga. "I want directions for curing the piles; also, for the best method of cleansing a fowl stomach. I am very bilious." If you will cease taking any thing improper into the stomach, it will soon be clean. Adopt a simple food and farinaceous diet, bathe every day, use hip-baths frequently, and take small enemas of cold water, once or twice a day.

ERYSIPELAS.—S. B., Reading, O. I am afflicted with a swelling of the skin, of a burning, pricking sensation, sometimes covering part of one limb, or both; at other times small blotches over the surface of the body. Also swelling and itching of the hands and feet, if left

hanging and not resting on any thing. On my body and limbs it makes its appearance after bathing and rubbing. What is it? and what is the treatment? I believe and practice the teachings of the *JOURNAL*, *in toto*. What more is necessary?

Go ahead. When the morbid humors are all out of your blood, your surface will get well. Until then it ought not to.

BATHS DURING MENSTRUATION.—M. E. W., Columbus, Ga. I am in the habit of using cold-water in the form of shower, sitz, and foot-baths. Is it improper to use any kind of cold baths during the menstrual period? What is the best treatment for milk leg?

A female in perfect health may use cold baths during menstruation; but all others should use water of a mild temperature. Milk leg requires no special treatment after the inflammation is subdued, except attention to the general health. Your other questions must be answered by letter.

LEPROSY.—S. D., Sawyer's Mills, S. C. A son of mine has an affection with the following appearance: The skin has a red and inflamed look; a thin skin or scale of a whitish look forms on it; if rubbed off forms again. It has been some eighteen months since its first appearance. It is worse in summer than in winter; it is located under his left arm, and increases in size. He is a teetotal drinker and tobacco-chewer, and indulges freely in whatever diet comes to hand. He is of a bilious temperament, and disposed to laugh at what he complains of. 1. What is the proper treatment? 2. What is the proper diet? 3. What is the proper drink?

The complaint is a species of leprosy occasioned by a teetotal liver, and this produced by long bad habits you mention. If he will discontinue his coffee and tobacco, and eat plain, wholesome food, he will have a chance to recover his health.

A CHAPTER OF QUESTIONS.—P. S., Buchanan, Ga. will find all his questions answered and fully explained in the *Hydrophobic Encyclopedia*. It would require more than all the space of the *JOURNAL* to reply to them satisfactorily. If he will read the *Encyclopedia* carefully, especially the department on Dietetics and Hygiene, he will find himself, as well as others, laboring under "many delusions."

DISEASED LIVER.—D. C., Medina, N. Y. I have been for some years, and am now, drinking (in a *drug-s. r.*, at that). I bathe daily, and drink neither tea nor coffee, but always at *her* *her*. I have been for a period of time troubled with a swelling of the right side, coming on three or four hours after eating, and always by eating. Also, by an accumulation of thick, yellowish-colored mucous matter in the throat and mouth. During the night, and sometimes when spitting in the morning, I raise a little blood, and very small globular-shaped pieces of hard matter. I am not consumptive, nor of this a tendency. What are these *symptoms* of? and what the *remedy*?

You have congestion of the liver, and your "heart" eating is probably the cause of it. Try plain, coarse, natural, physiological, hydropathic victuals, and be rather abstemious, and, with a daily bath, you will soon be improving.

TOMATOES.—O. L. B., Malone, N. Y. There has been some controversy among a tentative men, of late, in regard to the use of tomatoes for dietetic purposes. If you can give us some reliable information on the subject, through the columns of the *W. C. JOURNAL*, it would be thankfully received by many of its readers.

If our opinion is of any service to you, we consider tomatoes a wholesome food. We have eaten them twenty years, and don't care if we are privileged to do the same as much longer.

LIEBIG AND LIME-WATER.—E. K. C., Duquoin, Io. I should be glad to have your opinion, in the *W. C. JOURNAL* upon Liebig's recommendation of using lime-water in bread-making. Is it essentially the same as using hard water? At any rate, Western people have no need to use more lime than we have to in all our water here.

Liebig is entirely at fault in his dietetic philosophy. Adding lime-water to bread is simply adulterating the food. In effect it is the same as hard water.

CONSUMPTION.—P. M. A., Collins' Settlement, Va. You will inform me, by letter, how often a person with the consumption should bathe a day in water, for the benefit of the patient. As your recommendation in the disease, and your *JOURNAL* came to this office, and set up to be beneficial as a water-cure, etc.

We can not advise treatment for the name of a disease. We must know the condition of the patient. Some could use the bath a day to advantage; others half a dozen. It should be understood, however, that consumption is essentially incurable in the later stages. We do not write private letters gratuitously, but will answer questions through the *JOURNAL* without charge.

HYGEO-THERAPEUTIC COLLEGE.—J. W. W., Edgar, Illinois. A common-school education is all the pre-requisite for a student. Any standard books on Chemistry, Physiology, Anatomy, Hydropathy, etc., may be read advantageously. The expenses are \$250 per year. What you can earn by school-teaching, you can judge better than we can.

BOOK WANTED.—A. L. G., Johnstown, Pa. I wish Dr. Trall would write a work on, **WHAT IS DISEASE**, and how is the human system affected or impressed by the different substances of Nature?

These subjects are fully explained in the lectures before the class of the Hygeo-Therapeutic College. In due time the substance of them may be published in book form.

STRANGE SPELLS.—W. H., Franklin, Ind. In reading the columns of your celebrated *Water-Cure Journal*, I see that very many have been cured by your system, who have been afflicted with the most critical diseases; I therefore write you, desiring to know what *must* be done in the following case (a lady). She has been afflicted for some three months past with something like fainting. The physicians know not what the disease is. These are the symptoms as near as I can relate them. Before one of these spells, for two days or more, there seems to be a depression of spirits. A few minutes before she becomes dizzy, after that she would cease to breathe. Her pulse during the time seems to be quite regular, but rather faint. During the most of the fainting spells, especially the former, she has complained of an oppression of the chest, or smothering of the heart. She has been told that it is a kind of headache. Sometimes, during the faintness, she is cold, and has a jerking of the nerves; at others she is warm; and sometimes she has a chill immediately after she has somewhat recovered. I would further state that during her last attack, instead of complaining of the smothering at the heart, she said that there appeared to be a cake or lump in her throat, almost preventing her from breathing. In other respects she is a healthy person. In respect to her diet, she has been accustomed to eat any thing that would suit the palate.

We are of opinion that her howls are greatly obstructed from fecal accumulations. The remedial plan consists in free enemas and wholesome food.

TURPENTINE AND ERYSIPELAS.—N. W., Fairview, Ky. Why is it that turpentine is poisonous to some persons, when it comes in contact with the surface where the skin is soft? My wife is subject, or predisposed, to erysipelas, or St. Anthony's fire, and being attacked by the toothache, some applied some "Headache Drops," which were recommended, and which caused a rash to break out round the gums and lips, and finally all over the face, and like erysipelas. She was doctored for that disease with iodine and sugar of lead. The iodine made it worse. Are the above drugs good for that disease? Can it be killed by any application? What is the best treatment for it?

How many times would a fellow-creature have us answer this question, before they will believe we are in earnest? We are telling the public in every *WATER-CURE JOURNAL*, and have been for years, that we do not believe in the use of drugs for *any* disease. If this is not satisfactory, we know not what else we can say. As to the turpentine, it is a poison to the human constitution, and that is a sufficient reason why it should induce or aggravate the disease called erysipelas.

CANCEROUS DIATHESIS.—J. F., Barnstable, Mass. When a mother has had cancer in the breast, are her daughters more liable to the disease than others?

Yes. But whether they really have the disease depends on a great many other circumstances. All diseases or defects create a liability to the same in the offspring.

RUINED CONSTITUTION.—H. H., Greenwood Cottage, O. As well as you say, you have taken drugs enough to "kill ten men well." All that can be done, after they have been poisoned through and through with deadly drugs, is to live hygienically and trust to nature. A tepid bath (never cold enough to cause much chilliness or other distress) may be useful daily. Exercise in the open air according to your strength, and eat the plainest and simplest food you can get.

EPILEPSY AND DRUNKENNESS.—J. V. D., Emmitsburg, Md. 1. What are the causes of epilepsy? Can it be cured? If so, by what treatment? 2. Does an attack of epilepsy ever save the life of a patient? 3. Is there any cure for drunkenness, independent of the will of the victim himself?

1. Epilepsy has many causes, as constipating food, overloaded stomachs, narcotic medicines, stimulating drinks, and various kinds of dissipation and self-abuse. A majority of cases can be cured. 2. No. 3. Yes. The absence of liquor.

NERVOUS DEBILITY.—J. A. B., Chelmsford, Mass. Your blood is low, and your whole nervous system

in a state of exhaustion. You do not need packs, douches, nor sizz baths. They would only aggravate your weakness. Make your dietary as wholesome as possible; take a tepid wash once a day, whenever the temperature of the system will bear it comfortably, and trust to nature. It is a great mistake, and yet a common one, for invalids to suppose that, after having destroyed one constitution by bad living and worse drugs, a few baths will give them another.

Miscellaneous.

HOW TO PRESERVE HEALTH.

THE ILLUSTRATED FAMILY GYMNASIUM, containing the most improved methods of applying Gymnastic, Calisthenic, Kinesiotherapeutic, and Vocal Exercises to the Development of the Bodily Organs, the Invigoration of their Functions, the Preservation of Health, and the Cure of Diseases and Deformities, with 300 engraved illustrations. By R. T. Trall, M.D. Price, prepaid by mail, \$1 25. Address FOWLER AND WELLS, New York. Here is a new claimant for public attention, in the shape of a good-sized volume bound in blue and gold, printed in exquisitely clear type on fine paper, and profusely illustrated with superior engravings. It comes before us in a popular form, and treating of a popular subject, and will probably be widely read and reflected upon.

Home gymnastics should form a part of the daily instruction of all young people. It is as important that the body should be educated as that the mind should be trained; even more so, for no mental faculties ever yet reached their full expansion while fettered by a diseased and deformed physical organization. But many who perceive the vital necessity of this reform are unable to patronize expensive gymnastic institutes or to attend costly lectures. For these this volume will prove a most welcome visitor. It contains a complete system of plain, simple exercises to strengthen every bone, sinew, and muscle in the body—a series of gymnastics which can be practiced in the nursery, piazza, or drawing-room, as well as in the open fields; and by the regular prosecution of which the figure may be trained to a state of comparative perfection in symmetry, health, and grace.

The department on CALISTHENICS is particularly appropriate to females; and we are glad to see a large space devoted to VOCAL EXERCISES, which have been heretofore omitted in all works of the kind, for too many of our clergy and popular orators have bitterly repented their culpable ignorance of the proper regulation and use of these organs.

Our author has neglected no single branch of this extensive subject. Riding, swimming, walking, and sitting, we are provided with practical advice and rules for the healthiest positions and habits, which will be found invaluable both to young and old. The book is exactly what was needed in every household throughout the United States, and will undoubtedly prove an important agent in the great health reform whose advent is drawing nearer with every day.

THE WATER-CURE ALMANAC for 1858, with Calendars adapted to all the States and Territories. 46 pages. Price 6 cents, or 25 copies for \$1. Published by FOWLER AND WELLS, 308 Broadway, New York.

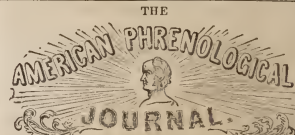
This fresh, crisp little annual is full of mental crystals, with bright, sparkling sentiments designed to inspire hope and cheer, and to indicate a virtuous path in life, which leads to health and happiness. Among the contents may be found: Our Health Platform; History of Water-Cure; To What Diseases is Water-Cure Adapted; Consumption; Dyspepsia; Rheumatism; Specialists; "Early Dead" Practically Considered; Singular Case of Nervous Excitability; A Word to the Boys; Separating the Sexes in School; Cure for Dysentery; Saving Life in Case of Shipwreck; Rearing Boys; The Bachelor's Register; Caution to Doctors; Locust Grouse, its Culture; A Land Speculation; Symptoms of Old Maidism; Beards and Smooth Faces; How Rain is Formed; Milk and Butter; A Man in Bed Forty Years; Art of Visiting; The Potato Pest; Beautiful Illustration of Life; Ladies' Names, their Signification; Hydropathy as a Temperance Agent; How Birds are Treated in Japan; What Makes Yellow Skins; Quackery in New York; Cutting a Dash, etc. Let it be read by every man, woman, and child. Reader, suppose you order a hundred copies for your friends and neighbors? All should have a copy.



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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 of the next number should be sent in at once.

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



NEW YORK HYGEO-THERAPEUTIC COLLEGE. (Incorporated by the Legislature.)

WINTER TERM OF 1857-58.

The Lectures will commence on Monday, November 15th, and continue until about the middle of April next.

PAUCITY.

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The course of lectures will be more thorough, complete, and practical than ever before. The chair of chemistry will be filled soon, but the appointment can not be authoritatively announced at this time. For further information, address R. T. CRALL, M.D., Principal.

DR. GEORGE F. ADAMS, WATER-CURE PHYSICIAN, 141 Amity Street, Brooklyn, L. I., receives patients and b-unders into his family, and attends to out-of-door practice, both in city and country. May, 11.

CANCERS CURED.—DR. TAYLOR, 15 Light St. et, New York, having secured competent assistance, is now prepared to attend especially to 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 at 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. 11.

DR. TAYLOR'S WATER-CURE, and KINESIOPATHIC INSTITUTION 650 Sixth Avenue, New York City. This establishment is thoroughly and drug in its equipments and methods of curing disease, and its patronage has become thoroughly imbued in the principles of Hygienic-Medical Science. Its location is in the most wholesome part of the city, and is easily accessible by the Sixth Avenue cars and stage. To patient boarders, \$1 per day.
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FORTY DAYS GIVEN TO THE AFFLICTED—I have often sent solid-to visit invalids at a distance, but the third of the Institution forbade my leaving. Unrelenting confinement has rendered travel now necessary, and for 40 days after the 1st of November, I will visit any invalid on a direct railroad or stage route within 50 miles, remaining one or two hours, giving advice and prescription free of expense. Over 50 miles' distance, traveling expense will be charged. The diseases incident to "exhaustion" yield so readily to Moderate treatment that in some cases one visit and directions for carrying out treatment will suffice for a cure. Address H. H. HALL, M.D., Board Hill Water-Cure, Northampton, Mass. 11.

BINGHAMTON WATER-CURE, Binghamton, Broome County, N. Y. This is the *plus a* for WATER-TREATMENT during cold weather, and to enjoy HOME COMFORT. All our rooms are pleasant, well warmed, and comfortable family beds; water pure, and located on the river in healthy. Patients will find it to their advantage to consult us before going elsewhere. Terms from \$4 to \$10 per week. O. V. TILLEY, M.D. 11.

MOUNT PROSPECT WATER-CURE, Binghamton, N. Y., eight hours' ride from the city by New York and Erie Railroad. This establishment presents popular facilities for treatment through the winter weather. The beauty of the scenery, the purity of the air, and the excellence of the water combine to make the place one of unusual attraction to the invalid. Terms, from \$5 to \$5 per week. For Circular, address J. H. NORTH, M.D. Oct. 11.

NOTICE!—FEES: WE ARE IN the receipt of letters from all parts of the country, asking for advice and prescriptions for treatment, to be given to the writers gratuitously. Now, much as we would like to do this were our time our own, our service can not be rendered in this way. Our terms are as follows:

For Circulars descriptive of the institution: a postage stamp to pay the postage on the Circular.

For advice as to the propriety of water treatment: \$1.00.

For prescription written out in full for home treatment: \$5.00.

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

Where we have to be gone over night—per day—\$10.00.

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

JAMES C. JACKSON, M.D.

HARRIET N. AUSTIN, M.D.

GLEN HAVEN, April 1, 1857. May, 11.

GRÄFENBERG WATER-CURE AND KINESIOPATHIC INSTITUTION, New Ulm, N. Y. Electro-Chemical Bath has been administered with great success for the last year and a half. Address August. R. HOLLAND, M.D., New Gräfenberg, N. Y.

JAMESTOWN WATER-CURE, Jamestown, Chautauque Co., N. Y. Female Physician, Mrs. C. SMALLY, M.D., of O. Address Cassia, N. Y. M.D. Ap. 11.

KENOSHA WATER-CURE, at KE-nosha, Wisconsin. We have connected with the Cure, Dr. Kenosha's newly-invented Electro-Chemical Bath. The July, 11. Address, H. T. SEELY.

THE PHILLIPSBURG WATER-CURE establishment is situated 25 miles west of Pittsburgh opposite the depot of the P., Fort Way, Chicago, and the Cleveland and Pittsburgh Railroad, at Rochester, Pa. The panorama of the surrounding country is unrivaled, and the institution, refitted, will be so conducted as an experience of 15 years has guaranteed as the most approved. Address, Dr. C. Baezel, Water-Cure, P. O. Beaver Co., Pa.

LAKE-SIDE RETREAT.—THIS IN-stitution, located on Lake Monona, one mile from, and in full view of, the city of Madison, is one of the most beautiful and picturesque of all the delightful situations on the "Four Lakes." It has been purchased by the undersigned, and is now open for the reception of patients and visitors. LAKE-SIDE RETREAT was formerly known as the "Madison Water-Cure," and is furnished with the conveniences of the most approved Hydropathic establishment, in which every variety of bath can be administered. In addition to the fine gravelly beach affords the best opportunity for sea-bathing.

The grounds, consisting of about fifty acres of a beautiful wood-land and park, are laid out into handsome drives and walks; and to encourage the invigorating exercise of riding, saddle and carriage horses with carriages will be furnished to patients at prices barely sufficient to pay for keeping and repairs. Riding on horseback, by both ladies and gentlemen, will be especially encouraged as a healthful exercise.

To promote cheerfulness and good feeling among the patients, about the third of the rooms are set apart for the accommodation of boarders seeking a healthful, cheerful, and pleasant residence for a season. By means of such arrangements, and vigor and activity are imparted to the patients, and dependency and gloom—those great promoters of ill-health—are denied admittance here. For particular details address—

ALFRED L. CASTLEMAN, M.D., Physician and Proprietor. Oct. 11.

LEHIGH MOUNTAIN SPRINGS WATER-CURE—At this celebrated institution diseases of all kinds are healed with great success, through a season of the year. Address Dr. A. SMITH, Bethlehem, Pa.

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

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

FOREST GROVE WATER-CURE, two miles south of Richmond, is now open for the reception of patients. Address, J. C. GREEN, Proprietor, Box No. 491, Richmond, Wayne County, Ind. Oct. 11.

JOSEPH LEOPOLD STIGER, a disciple of Priestnitz from Gräfenberg's Hydropathic Physician at Buffalo, N. Y. Office—250 Main Street. Establishments, please send your Circulars. 11.

WANTED.—TWO GOOD WOMEN, who are neat and systematic, and hydropathic as to diet and medication, to do the kitchen and dining-room work for the Peoria Water-Cure. Address DR. GEO. C. WOOD, Peoria, Ill. Nov. 2.

GRANVILLE WATER-CURE.—Dr. and Mrs. Bancroft have again resumed the duties of this Institution, and with many years' experience in the management of the sick, they bring all the important modern curative appliances, and will endeavor to give the most extensive treatment of invalids. Granville, Licking County, Ohio, 8.*

PITTSBURGH WATER-CURE.—WIN-TER TREATMENT—Invalids will find at the Pittsburgh Water-Cure every thing necessary for their comfort during the cold months. Our long experience and success in the treatment of diseases peculiar to females, enable us to appeal with confidence to this class of patients. Address Oct. 11. S. F. REASE, M.D., Box 1304, Pittsburgh, Pa.

CLEVELAND WATER-CURE Es-TABLISHMENT.—The above Establishment is now commencing its Tenth Session. It has been successful in the past for the past nine years, and has created a reputation for the Hundred-Painless, who have flocked hither from nearly every State in the Union. It is now the Oldest Establishment in America, and needs no recommendation to the 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 should continue to be so—that it ever has been—pre-eminently the Water-Cure of the West.

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

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

During the past year we have been constantly using the Electro-Chemical Bath, in cases where it could be used advantageously, and our experience fully justifies previous expectations, that the cure of very many diseases it is an invaluable aid, and in many others it is impossible to effect a cure without it. The most skeptical can very readily be convinced of its power to remove the various poisonous mineral and metallic substances which have been taken into the system from time to time (and some of which have remained there for years), by the evidence of the recovered senses.

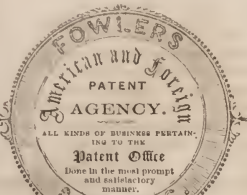
The proprietor has a well associated with him Dr. J. J. Sturgis, whose past experience and success need no commendation from those who have known him. He is a thoroughly experienced and skillful surgeon, and has also a command of the talents of Prof. H. P. Giesch, who will, in addition to his other services, lecture frequently in the Establishment every week, on topics of interest and profit.

In the Female Department he has engaged the services of Minnie E. Scott, a young and experienced nurse, and in the treatment of disease, have already won her golden opinions in the East, and he has the greatest confidence that she will not only succeed in her efforts, but in procuring a reputation in her home in the West. The large experience we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, lead us to believe that they can here be treated with a success and rapidity of cure unsurpassed by none.

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

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

FOREST-CITY CURE.—ITS CON-DITION is prosperous; patronage increasing every year. The new and improved, and well equipped, and highly admired, the grounds highly spoken of, and the walks extensive; within its walls diseases have been treated with a success unsurpassed in any other, and taken as a whole, for the purpose for which it was designed, it has no superior. Call and examine, or write for a Circular. Address, in full, DR. G. W. STRONG, Cleveland, Ohio. May, 11.



IMPORTANT TO INVENTORS.—PATENT OFFICE DEPARTMENT.—

We transact at this office all kinds of business connected with procuring Patents, either in this country or in any of the European States. Having secured the aid of the best Patent Attorneys known to the public, both in England and on the continent of Europe, we are able to afford the best facilities for obtaining Patents in foreign countries.

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 later 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 receive our report, by describing their inventions to us, and inclosing a stamp to prepay the return letter.

Communications by letter in reference to Inventions, Patents, or Patent Law, promptly attended to.

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Our latest improvement consists of the PATENT DIVIDED SWELL, and all our MELODEONS hereafter will be furnished with this attachment, without extra charge.

We shall dispose of no rights to other makers to use this swell; hence, it can only be obtained by purchasing instruments of our manufacture.

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Our instruments have received the First Premium when exhibited in competition with others.

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The Subscriber has for years been engaged in the purchase and sale of Pianos, Organs, Guitars, Organs, Music, &c., and being a practical musician, has



given entire satisfaction. He buys directly from the manufacturers, and is thereby relieved from heavy rents and other expenses. Every instrument sold by him receives his personal attention, and is guaranteed not only as to quality, but as being cheaper than it can be procured at any wholesale house in America. A printed list of prices, accompanied by my most unquestionable references, will be sent free of postage, to all parts of the world, on application to
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AMERICAN COTTAGE PIANO.



Warranted inferior to none in point of tone and action. Six and a half octave, all round corners, modern improvements, iron frame, etc. Price \$175.
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most important improvements of the present day. Every family throughout this land should be acquainted with its intrinsic value, and thereby escape the many evils arising from the use of common saleratus, the cause of impurities of which are acknowledged destructive to health, by Physicians generally. Common Saleratus has the elements of caustic alkali, and results in the coating of the Stomach, thus deranging the digestive organs and paving the way for Dyspepsia and all cases of every kind. Children are the greatest sufferers, and frequently die from fatal diseases which, in former years, were successfully treated, even with out medical aid. But here is an article to be relied on.

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The result of many experiments is fully proved from every thing hereafter to be used. The PERFORATION reached in perspiration it makes it as harmless to the stomach as flour itself, and it is entirely free from any of the heat baking soda, and will make Bread, Biscuit, etc. (cake beautifully light, nutritious, and suitable for the most dyspeptic stomach. Every lady in the West will use no other, with the above picture on each, and sold by grocers generally. Housekeepers should ask their grocer to get it for them, and tell him where to get it. Manufacturing Depot, 313 Washington Street, New York.

LAWTON, OR NEW ROCHELLE BLACKBERRY.

BLACKBERRY.—We are prepared to fill orders promptly for SEEDLING PLANTS of this remarkable fruit, fully proved for shipment to any part of the world, from Messrs. George S. Young & Co., the Stevens, Hallowell, and others of the large and most reliable growers, at the following reduced prices, viz.:

\$150 per Thousand; \$15 per Hundred; \$5 per Fifty; \$4.50 per Two Doz.; \$2.50 per One Doz.; \$1.50 per Half Doz.

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Commission Dealers in Domestic Fruit and Produce,
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new and entirely distinct variety, and not, as some suppose, the "New Rochelle Blackberry" improved by cultivation (the plants which a short and in that neighborhood big no better than those growing wild in every other part of the country. I differ in shape, size, and quality, from every other known variety. It is perfectly hardy, enduring the severest winters without protection. The fruit is delicious, having small seeds in proportion to its size; it is a prodigious bearer, and in good soil, in any locality, the stalk, leaf, flower, and fruit will grow in manifold proportion. It delights in moist soil, and will produce abundantly in the most shady borders of the garden, and even under fruit trees.

For sale, in all cases warranted of the original stock, and raised under the supervision of the Subscriber upon his own grounds in New Rochelle.

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The name and direction of purchasers should be distinctly written, and the money accompany the order. Address

WILLIAM LAWTON,
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The New ROCHELLE, OR LAWTON BLACKBERRY.—

For a pamphlet, containing its Origin, History, Characteristics, &c. of Culture, send six cents to FOWLER AND WELLS, 305 Broadway, or DEWEY & FRENCH, 55 Barclay Street, New York.



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with Patent Elastic Anatomical Joint, Patented March 6, 1856. Also, SELPHIO'S ARTIFICIAL HAND, which is so arranged that the wearer can open and shut the fingers, grasp, etc. Further information on application at 24 Spring Street, New York.

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374 HUDSON STREET, NEW YORK.—Carpets, Oil Stoves, Window Shades, Table and Piano Covers, Matts, Manilla, etc. The English Avenue carpet factory is open every two minutes.

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AND GENTLEMEN'S FURNISHING GOODS. An extensive and superior variety of the above goods, at the lowest prices for which they can be purchased in this country, will be found at the well-known Importing and Manufacturing Establishment of
UNION ADAMS,
No. 591 Broadway (opposite the Metropolitan Hotel),
April 17, New York.



DIET—SOMETHING TO EAT.

BY JAMES UNDERHILL.

This for man, and that for beast!
Which should we esteem the least?
The serpent eats the hog or frog,
Itself is eaten by the hog,
And man disposes of the pork;
"Without it," says "he can not work!"

Fair science makes the revelation
That food is—hy assimilation—
Converted into flesh and blood.
Now, tell me, how can *these* he good,
Unless we live on healthful food?

The hog, hy nature, seems inclined
To eat the filthiest he can find.
At liberty, he roams about,
In every corner pokes his snout;
With rapturous grunt he snuffs the air,
And scents the carrion from afar;
And happy he—thrice happy hog—
When he, unworried by the dog,
At leisure can enjoy his feast,
Fit food for such a loathsome beast.

With snout uplifted, on he speeds
Through hush and brake—mid thorns and weeds,
Slides under, or breaks through the fence,
Or matted hedges, tangled, dense.
Onwards he speeds his desperate way,
No hindrance can his progress stay,
No difficulty can suffice

To thwart his eager *soul's* design;
He seeks for him a glorious prize,
That *suits* the nature of all swine.
All difficulties overcome,

His greedy eyes at length behold
The rotting carcass. Now, "at home,"

He munches it, with joy that's told,
In many a happy grunt. He stuffs
His maw surcharged until he puffs.
Within the mass he pokes his snout
And drags the yielding entrails out,
And farther in and in he goes,
Till, buried there, eyes, ears, and nose,
He still makes headway, pushes on,
Nor yields the ground that he has won,
Capping the climax of his plight,
He wholly disappears from sight.

Satiate at length, he retrogrades:
Like monster from Tartarean shades
Emerges he—an easy slide—
And grunts that he is satisfied;
Then gives his twisted tail a wag,
And on his heavy body drags.
Of aldermanic shape, besides,
How smooth his hack, how sleek his sides,
His hearty feast a hurden proves:
With weary, toilsome step he moves;
But he's another cup to enjoy,
And nothing shall that bliss destroy.
Reaching at length the filthy slough,
No other hog so happy now—
He wades into the slimy pool,
And lays him down his blood to cool.
Ensnored within the depths of mud,
Like rose just opening its bud,
At rest his reeking body lies,
Involved in his half-shut eyes.

Time after time he does the same;
Through summer's heat it is his work!

His actions but express his name,
And sure he's growing "wholesome pork!"

Inclosed at length within the sty,
His "misty, unobservant eye,"
Scarce cares for daylight, and he sleeps
Save when to fill his maw he creeps.

Stuffed for a while with corn and swill,
He grows so fat he scarce can eat,
Or even rise upon his feet—
He's now regarded "fit to kill!"

The epicure his liver munches,
After removing all the "bunches,"
Although each abcess leaves no doubt
He's *scrupulous* from tail to snout!

If, now, such animals we kill,
And with their flesh our stomachs fill,
Day after day, year in and out,
Are there so simple as to doubt
Our bodies *will*, bones, flesh, and blood,
Partake the *nature* of our food?
Thus we're diseased, and oft how true
Our hodies poisoned through and through!

Since what we masticate as food
Doth thus become our flesh and blood,
And since the body to the mind
Is in such wondrous union joined,

Each suffers by the other's pain,
And each on each reacts; 'tis plain,
The more our appetites we feast
On *pork*, the more we're like the *beast!*
And in proportion as we dine
On bacon, ham, and greasy pork,
(Reader, is this *your* daily work?)
In that proportion we are swine!

ST. MARTIN'S WATER-CURE, O., 1857.

EXPERIENCE OF A TOBACCO-USER.

MESSRS. EDITORS—In a late number of the WATER-CURE JOURNAL I notice a request for those that have once used tobacco, and quit it, to send you their experience.

I commenced chewing tobacco at twelve years of age, and continued for fourteen years. I used about four dollars' worth every year. I never smoked much. After I had used it for fourteen years, the WATER-CURE JOURNAL was put into my hands; after reading a few numbers I became convinced that I was violating the laws of health. I threw it from me and endeavored to quit it, but the temptation on every side was too strong. I did not quit it more than four months. I commenced its use again, and continued about a year, and sent to your office for Shew's work on "Tobacco—its effect on the body and the mind." That served to rivet the conviction still deeper that I was constantly disobeying the laws of nature and decency. Again I resolved to quit it. This time I was successful. I wrote a pledge and got several persons to sign it; then signed it myself. It has been about four years since I tasted tobacco, and I am now comparatively a free man. For the first week after I quit it, I suffered intensely, could not eat or sleep. I think I did not sleep more than six or seven hours during that time. The second week came, and with it a little better rest and appetite. At the beginning of the third week, the "tug of war" was over.

For the first ten days I came as near having delirium tremens as a man could. Some laugh and sneer at signing a pledge, but I am sure without that I should not have been able to quit it. I have ever since been a reader of the WATER-CURE JOURNAL, and expect to be as long as I live.

If you can use this to any purpose by correcting and abridging it, you are at liberty to do so.
TROY, IND. JOHN VAN BUSKIRK.

A HEALTH COLUMN.—We rejoice that some of our "exchanges" have opened their papers to articles from physicians on the preservation of health, the treatment of diseases, etc.

Considering the extent of the "medical business," the immense practice of ten thousand drug doctors, the mountains of medicine taken by the people, including the pills and slops of quacks, and the fact, that there is scarcely a family in which one or more of the members are not subject to medical experiments, we deem it every way right and proper that editors of newspapers should devote a column or more to this subject—this matter of life or death. This should serve as a hint to all our liberal and reformatory medical writers to offer their services, and obtain admission for right and true views in regard to the preservation of health. Every country paper may have a rich and valuable health column, in which every family would be interested. Will not our Water-Cure writers consider this, and fill a column of their local papers weekly?