

WATER-CURE



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TO OUR CO-WORKERS.

For \$50, one hundred copies of the WATER-CURE JOURNAL will be sent to one or a hundred different persons one year, and \$5 in books published at this office, as a premium to those who get up the club. For \$20, forty copies of the JOURNAL a year, and \$2 in books.

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HOW TO OBTAIN THE HYDROPATHIC ENCYCLOPEDIA.—A distinguished Judge in Kentucky suggests the following excellent plan. He says: "I think it would be well to have a few prospectuses struck, and sent to your various agents, to procure subscriptions for Dr TRAIL'S ENCYCLOPEDIA at \$3, de livered; and when they procured 20 or 30 subscribers, say \$25 worth, they could send for the books, and pay you the funds. Should you print any, send me one of them.

[We have since printed Prospectuses of the Encyclopedia, and will send copies to all who desire them.—PUBLISHERS.]

SOMETHING TO DO.—Now when business is dull, and the times so hard, we may not so active young men who have been thrown out of employment to engage in the sale of good books. The publishers of this JOURNAL have a class of the most valuable and popular works which they will furnish to Agents at such rates as will insure a liberal profit, with such guarantees as will secure them against the possibility of loss. Those who may feel inclined to better their own pecuniary condition, confer benefits on others, and at the same time learn something of the world by studying the manners and customs of the people, may obtain catalogues and circulars with full particulars, by addressing FOWLER AND WELLS, 308 Broadway, New York.

Our Future.

THE Past belongs to God; the Future to man. So God ordains. The year 1857 is in its last lunar, and

EIGHTEEN HUNDRED AND FIFTY-EIGHT

is ready to rush in. What shall the advocates of the greatest Reform do? How shall they bear themselves in the forthcoming year? What shall be the measure of their *Faith* and *Activity*? How many persons shall they convert from false notions and false habits of life? How many cure of their established tendencies to ill-health? how largely increase the circulation of the WATER-CURE JOURNAL? with what fidelity cling to their principles?

These are pertinent questions, and worth a fair and honest solution. I can speak for one only, for myself; and I pledge a higher zeal and more efficient labor. Earnest heretofore, I shall be more earnest henceforth. Enthusiastic in my conviction that *Water-Cure* is the grandest specific agency known to man for the overthrow of his ill-physical condition, I shall be deeper in the thought and profounder in the conviction from this time onward. Where I have struck *one good blow* against the horriest abomination of *the time—the practice of treating the sick by the administration of poisons*—I mean to strike double. Where I have encouraged the feeble to renewed exertion, I mean to do more. If words falling from my lips have consoled the wretched; have been like balm to a wound, for the year to come—yea, for my life onward—I will speak bolder and better words. Where I have

passed over ground in the Past, and have not cultivated it, I mean sacredly to *till* it, so that,

"From a brae it shall become a meadow,
From a desert it shall be a garden,
And blossom like a rose-hedge."

This is my determination, friends of Health Reform! What are your determinations? Should you not make stronger resolutions to help the *Cause* along? Did mortal man ever have better motive to labor? Was ever better blessing dropped into human lap than HEALTH? Did human creatures ever fall under heavier curse than *sickness*? Gather together

"The Ills that flesh is heir to,"

and see if over and above any or all, *sickness*, like the son of Kish over his brethren, is not taller by head and shoulders! that however hard poverty may grind, or ignorance play the despot, there are no chains that bind, no power that palsies, like ill-health. And when we only have to look to know that four fifths of the whole people are defective, either in structural or in functional energy; have less vitality or less freedom to put it forth than they ought to have; that of the way and means to live healthfully they have no knowledge; that their management of their life-power is all a chance, the merest haphazard—the effort of a bungler; that where there ought to be knowledge there is ignorance; where surety, distrust; where regularity, there is dissipation; where they should fast, they eat to excess; where they should live simply, they live artificially; when they should sleep, they indulge in reverie and riot; where they should abstain, they drink; where they should avoid narcotics, they chew and smoke tobacco; where they

should refuse to take drugs and medicines, they are under the surveillance of the doctors; where they should walk, they ride; where they should dress so as habitually to live in the open air, they so clothe their bodies as to be forced to stay in their home; where they should live years and years, without an ache or a pain, they now live no day without them; that where health should be the rule, and ill-health the exception, the converse is true! Knowing these, and many more things, have we humanity in our breasts, and yet no motive to labor? Nay, brothers and sisters! verily ours is a gospel to our fellows as it has been to us; emphatically it is glad tidings to man, the declaration that health is the legal, the law-abiding, the natural God-ordained condition of human nature; that sickness is a great border-ruffian, and death—except in old age—is a violator of the holiest relations—an outrage of all that is dearest to man.

Work! I know of nothing to work for in importance and sublime interest comparable to the Health Reform. For want of the changes which it insists on, the Gospel of Christ is a dead letter to mankind; that grand yet simple philosophy which he inculcated and wrought out in his life, and which, as soon as applied, cures by magic the diseases of the human heart, is as powerless to move men as the wildest rant or the dumbest bigotry. And the reason is only obvious to us. Ministers work till they are weary, pray till they are faint, toil on till they drop into freshly-dug graves, and die moaning at their ill success, and all for want of knowledge of what has been revealed to us; that now, as when Jesus was on the earth, he must have his forerunner, the voice of one crying in the wilderness, "Prepare ye the way of the Lord! make his path straight."

Now, till the good and the wise, the gentle and the true, shall learn that spiritual perception is pre-eminently dependent on right conditions of body, that the power to discern truth and the power to appropriate it diminish in ratio exactly proportional to the ill-health of a human being, will they reap reward for their labor other than that of the hopeless.

Now, till they shall learn that it is as impossible for a gross, greasy, over-fed beef-eater, wine-bibber, tea and coffee drinker, opium chewer, tobacco smoker to bear about in his body the graces of a Christian, as it would be for a grisly bear to set forth in a fashionable circle the graces of Beau Nash, will they see of the travails of their souls and be satisfied. There is a philosophical connection between purity of body and clearness of perception, between fineness of bodily tissue and high intuition. They are related intimately in the nature of things; and in a material world, where existence is constantly suggestive of material wants to be supplied, material necessities to be relieved, material passions to gratify yet to keep in due check, material appetites seeking indulgence, yet needing stern discipline, material comforts to be sought for and wrought up into one's life, where what is present presses for and will have attention over that which is future and contingent, the elementary truths of the gospel direct themselves to the training and disciplining the bodily powers.

Have we not, then, high motive for work? To

the health reformers of the world are committed the first principles of the gospel. They come with glad tidings unto men. They declare that sickness is not necessary. They proclaim the possibility of good, sound, substantial health to the millions who are housed-up, in the hands of drug-poisoners, on beds of weariness, fretting life away. They come in the name of great-hearted Nature, and in words pregnant with life they tell these stricken ones to rise up and walk.

Come, then, brothers and sisters—co-workers! to our labor! In our ranks let there be no laggards. The first and foremost task is the doubling the subscription of the WATER-CURE JOURNAL. We ought to do it, and

"What ought to be done can be done."

To the JOURNAL we owe an immense debt. It has come to us so steadily laden with words of truth and sobriety, and by it have we been kept in communion. At San Francisco and in Canada, in Georgia and in Texas, in the cottage of the poor and the palace of the rich, on the table of the scholar and the bench of the worker, has the WATER-CURE JOURNAL gone

Like an Angel,

Bearing in hand leaves for the healing of the people.

What a greeting it always gives! and what a greeting it always gets! Who that reads it does not renew his strength! What mother who rises from its perusal does not feel that with it in her hand she is an enchantress? keeping her nursery consecrated to health, as one would keep a temple sacred to virtue. Who that reads it but feels that far, far away are those who, could he but meet them, would grasp his hand as that of an old friend? It is a great bond of union, and without it we should be desolate.

The coming year is to be one of economy and retrenchment. The liberal in expenditure will vibrate to the other extreme. But you, oh, friends! must retrench no wise in this direction. If you economize, grow simpler in habits, get along with less indulgence, have fewer wants, make appetite *saucy* to your food; but made in the image of God as you are, do not send your economies into the home of the SOUL. When men retrench, generally they begin with stopping their newspaper. They will eat and drink as usual, but the sources of life to the mind and heart they will block up. Let us show them a better way. By doing without many things which they can not spare, we can have many things which they can not afford, and thus contrasting the simpleness and beauty of our method of living with the constrained and complicated modes which sustain them, we shall win them to our side.

Up, then, friends! and anew and afresh to the struggle! How we done well in the past? We can do better in the time to come, and when 1858 shall have its requiem sung, may the publishers of the WATER-CURE JOURNAL say, "Never did a good cause have better friends." I am yours,

JAMES C. JACKSON.

GLEN HAVEN WATER-CURE, CORLEND CO., N. Y.,
December 1, 1857.

"How many deaths?" asked the hospital physician. "Nine." "Why, I ordered medicine for ten."

PHYSIOLOGICAL INFLUENCE OF ATMOSPHERIC DENSITY.

BY G. H. TAYLOR, M.D.

We witness the effects of changes of atmospheric density in winds, clouds, and the watery precipitation of rain and snow; but while we notice these effects, we seldom reflect on the cause so constantly proved adequate to their production, or that the same cause can have any influence upon physiological processes.

The inequalities of heat received from the sun upon different portions of the earth's surface produces corresponding inequalities in the rarefaction of the atmosphere, which causes movements in it, or winds, which restore the equilibrium, and these in turn are greatly modified by the difference in the physical character of those portions of earth over which they pass; hence there is a constant succession of differences in density, temperature, and the amount of watery vapor at any one place at the earth's surface.

In rising above the surface of the earth, the air decreases rapidly in density, and its physical properties undergo a corresponding change. On account of the increasing tenuity of the air, as we ascend in it, the physical and physiological effects of density in the air can be well studied, by observing the differences.

The weight of the atmosphere and its variations are measured by an instrument called the barometer, which is simply a column of mercury in a glass tube, closed at the top, which thus becomes a counterpoise of the atmospheric weight upon the same surface. The barometric column at the surface of the earth vibrates generally between 28 and 31 inches, indicating about half as many pounds' weight upon one inch of surface as the mercury rises in inches, or about 15 pounds for the weight of the air resting upon each superficial inch of the earth. As we rise above the surface of the earth the mercury falls, and one half of the whole atmosphere is below 2.7 miles, or less than 15,000 feet. This height has been frequently attained in the ascent of Mount Blanc and other high mountains, and both the physical and physiological effects of loss of density have been tested by actual observation; among other facts, water is found to boil at a temperature one degree lower for each 500 feet elevation.

The density of the atmosphere is the principal means by which its function is fulfilled in physiology as well as in physics. The purposes of air in the body can not be properly fulfilled unless it be present in sufficient quantity, which is determined mainly by the amount of its compression upon which its bulk entirely depends. The body presents an external superficies of about fifteen square feet, and if it were a resisting substance, the difference of pressure upon it, as indicated by an extreme variation in the height of the barometer of two inches, would be more than two thousand pounds.

But in the body, the effects of atmospheric pressure are not estimated in this way, for the mechanical influence is represented by chemical affinities which ultimate in physiological consequences. The body being a mass of fluid or semi-fluid, is pervaded like all fluids exposed to the air, it having abundant means of access through the lungs and cutaneous surface. The

total effect must therefore have an intimate dependence on the density of the air thus in relation with it. The lungs and circulation have, for one important object, the facilitating of the introduction of air, and the control of its effects by governing its amount. Thus the respiratory movements are quickened and deepened by vigorous exercise, by cold, and in fever, cases in which the system requires an increased supply of air.

But pressure has an important agency in promoting these changes. The facility with which gases are absorbed by all fluids is proportioned to the pressure, and in the body the predisposition of its constituents for air only increases the effect. The exclusion of moisture and of carbonic acid are necessarily dependent on the amount of oxidation, since they are the products of this act. Actual experiments, undertaken at the instance of Dr. Parvay by Messrs. Hervier and Saint Lager, have demonstrated, 1st, that the quantity of carbonic acid exhaled in the compressed air-bath rises above the normal proportions up to the pressure of 10 to 12 centimetres (about 3.9 to 4.6 inches); 2d, that the consecutive effect of the compressed air on coming out of the bath will increase the exhalation of carbonic acid.

The inquiry will at once arise, why are not the ordinary differences of atmospheric density conspicuous in their effects? The answer is found in the existence of a compensatory provision on the part of the system, which, in all cases of health, is capable of neutralizing effects that would otherwise be prominent. This consists in the *mobility of the walls of the chest*, by which is admitted a greater or less volume of air, as circumstances require, and thus the amount of air introduced is adapted to the existing demand of the system. It follows that if there be a class of persons of limited breathing capacity, or restricted mobility of the breathing organs, such would be likely to suffer from a diminished density of the air. This observation agrees perfectly with the experience of those afflicted with pulmonary diseases even under the slight modifications that occur at the surface of the earth, and rendered very conspicuous when the attempt is made by such to live in elevated regions. Even the well, who enjoy an abundant respiratory capacity, suffer from the same cause at certain elevations. Alpine travelers, from De Saussure to Albert Smith, agree in describing the ascent of Mount Blanc to be extremely painful, on account of the great difficulty experienced in respiration. A few extracts will show this: "The traveler proceeds but a few paces, when he is obliged to rest an equal length of time." "One is in great danger of falling prostrate from exhaustion with the least effort, especially if the chest be compressed, as in bending." "An unpleasant tightness is felt across the chest by all new-comers" to the elevated regions of Peru, "which wears off in time," as the chest becomes habitually expanded. "One holds his breath unthinkingly, and as the tenuity of the atmosphere must be compensated for by frequency of respiration, this suspended breathing causes a feeling of uneasiness." On Mount Blanc, "the barometer is down to 16 inches, and the arteries work with double energy." "The pulse leaps rather than beats." It is well known among the guides to be fatal to persons with defective lungs to attempt to ascend to high elevations, because

the breathing capacity can not be extended so as to supply the needs of the system. A multitude of extracts similar to the foregoing might be presented, showing the physiological effect of an atmosphere of great tenuity.

The effects of a prolonged residence in a rare atmosphere are much modified by circumstances. A friend who has traveled in Switzerland had conversation with the monks of St. Bernard, and was informed that two thirds of their number die of consumption at 35 or 40 years. A race, however, who have long lived in an elevated region, become adapted in physical conformation to the expanded state of the air they breathe. It is said that the Incas of Peru, who have lived for ages at an elevation of over nine thousand feet from the sea, present an appearance of deformity, because the lungs occupy too large a relative space in the body. The people of the Swiss Alps are noted for the large size of their chests, and there can be no doubt but that such habits of deep respiration as is implied in climbing mountains, will serve to develop the respiratory power, by increasing the size of the organs concerned in the act. The case of the monks of St. Bernard is different, since they live mainly without active labor, and are not generally natives of the district in which the monastery is situated.

An important consideration with reference to living at great elevations, is the fact that *rarity of air* may be compensated by its *motion*. A common fire furnishes an illustration of this effect. When the draft is supplied the fire burns brightly, because the consumed, or rather the conjoined atoms of oxygen and fuel are removed and successively replaced by fresh atoms, under conditions favorable to their union.

The extraordinary amount of motion of the atmosphere on the prairies, and certain islands of the ocean, is a most probable cause of the remarkable immunity from certain lung diseases enjoyed by the residents of these localities. The people of these places are well known to present a ruddiness of complexion and a healthy habit unknown to the protected and tender denizens of towns, or to those classes who fancy to increase their comfort by avoiding the contact of air.

It is very manifest that in certain diseases, viz., those of the lungs, the system attains the amount of air necessary for its purposes with difficulty; the pulse and respiration are compelled to act with more energy as a consequence. The residents of Para are said to have a much quicker pulse than people on the common surface of the earth, and the same would most probably be found to be true of other elevated situations, and especially with respect to transient residents.

But while the physiological effects of a rarefied atmosphere are easily noted, even though observation be not made with reference to medical science, the public are in possession of but few facts in reference to the effects of *increasing the atmospheric density*. The effect of a *compressed atmosphere* would necessarily be the opposite of those of rarefaction. Although a lighted taper will burn with an increase of flame and luster in a condensed portion of air, as it does with a diminished brightness in a rarefied air, we can not, for reasons before stated, predicate the physiological effects to be in the same ratio, because vitality, where there is power, has a control of these

effects. The healthy person breathes, that is, *uses air*, just in proportion to his wants, whether in a rare or dense air, until his powers for doing so fail him. He breathes, generally, no more, while the air is in a state of normal mixtures than though it be condensed. But if he has limited breathing power, then it is possible to attain a normal sufficiency only in two ways, either by increasing the physiological strain as indicated by the pulse and respiration, or by *condensing the air*.

COLOR-BLINDNESS.

TO THE EDITOR OF THE WATER-CURE JOURNAL.—*Sir*: I take the following from an English Magazine, on *color-blindness*, which may prove acceptable to your columns.

BY SIR DAVID BREWSTER, F. R. S., ETC.

The subject of *color-blindness* has for some time excited particular notice, and a very interesting volume has been lately published by Professor George Wilson, entitled "Researches on Color-Blindness," in which he has pointed out the danger attending the present system of railway and marine colored signals. Person who are color-blind are generally insensible to red and green colors, or rather confound these colors when presented to the eye; and therefore if the officers who have the charge of railway signals, which are red and green, should happen to have this imperfection of vision, most serious accidents might be the consequence. Having examined no fewer than 1,154 persons in Edinburgh in the year 1852-3, Professor Wilson found that one person in every eighteen was, to a certain extent, color-blind, one in fifty-five confounding red with green, one in sixty brown with green, and one in forty-six blue with green. A few cases have occurred in which no color is perceived but black and white. That color-blindness is hereditary, and clings to certain families, has been placed beyond a doubt. The following account of three cases of color-blindness was communicated to me, many years ago, by a friend. "Three brothers, Messrs. D., of A., in the county of Fife, were manufacturers. All the three had a peculiarity in their vision. They can not distinguish all the colors of the spectrum. Their eyes seem to be well formed, and they see at a distance and discriminate the forms of objects as well as other people; but colors confound them, and when asked how they would discriminate some particular hue, hesitate, and looking to each other say, "Will they be calling this green? We suppose they will. It is merely not red. We are certain it is not scarlet, neither is it blue, but perhaps it may be of a *drab color*." Blue with them is always blue, and bright scarlet is always known, but some shades of red, green, and brown can not be distinguished from blue.

One of these gentlemen, when young, kept a merchant's shop, and he was obliged to label the Ribbons, in order to sell them correctly. This peculiarity of vision they derive from their mother, who is still alive, but who, till her sons grew up, was unaware of her seeing differently from other people. She has several daughters as well as these three sons, but all the daughters distinguish colors correctly. Four of them have families, and I was assured, as far as the brothers knew, all the females in each of the families could distinguish colors; and that at least in three of the families, one or more of the males could not distinguish them.

HINTS TOWARD

PHYSICAL PERFECTION;

OR,

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

VIII.

MORAL AND EMOTIONAL INFLUENCES.

The face being the outward index of the passions and sentiments within, the immortal dweller fashions and molds the plastic substance of his home, and helps to form and to alter the architecture of its house, like the bees and birds. In return, his mind is not seldom influenced by the house itself. Between the head of a Shakespeare or a Bacon, and that of a Newgate murderer, there is as much difference as between a stately place standing apart and a rotting hovel in a blind alley. The spiritual p. h. writes its own character on its exterior walls, and chemists from time to time its upward aspirations or its more complete abasement.—Household Words.



BEAUTY, called into being by the genial warmth of Goodness, and invigorated by the soft radiance of Joy, expands into perfect flower only in the bland atmosphere of Love. The noxious exhalations of Vice are fatal to its very existence; the torrid breath of Passion withers its tender petals; and the chilling influence of depressing Emotions dwarfs it, root and branch. It is a plant of Eden, and in ruder climates requires careful culture and watchful protection.

The changes which take place in the shape of the cranium are necessarily effected with comparative slowness, and fail to indicate merely temporary mental states. The face reports much more rapidly, and with terrible fidelity, the progress of any inner struggle between Good and Evil, which may be going on. No one can fail to observe how, even in mature life, the face is often altered, for better or worse, through the agency of moral causes. The expression which any passion or emotion temporarily gives to the features tends, by constant repetition, to become permanent. A scowl or a frown recurring frequently, and for a considerable length of time, fixes its distinctive lines upon the face; perpetually overshadowing its beauty like a cloud. So care, sorrow, and remorse stamp their respective impresses upon the countenance and become permanent traits, which can be eradicated only by the action of opposite influences.

The other day we met a former acquaintance whom we had not seen for several years. In the interval he had resided in a distant city and under moral and social influences radically different from those to which he had previously been accustomed. We did not recognize him. The particular traits of countenance with which he was associated in our mind has given place to very different ones. We inferred, and, as we afterward learned, with entire correctness, that the moral and intellectual character of which they were the external expression had met with an equally radical change. We have met others after a much longer absence and have recognized them at once, finding very little change either in character or looks. The experience of the reader will furnish corroborative examples.

A religious journal speaking of the "transfiguration of countenance of the trance-speaking mediums" while under the control of supposed supermundane intelligences, argues that they must express "a beauty and spirituality corresponding with the nature of the communicating intelligence;" and that if spirits out of the body can thus change the expression of the countenance of the medium, the spirit in the body, by a change of its condition from a low natural state to a high spiritual one, may effect a similar and permanent change in the features.

"We see," the writer adds, "the same phenomena take place in natural order every day. The countenance, and even the form and bearing, of a person measurably changes from a thick, heavy, and gross expression, and a downcast and stooped demeanor, to one of refinement, beauty, and grace, just in the degree that the state of his affections and thoughts change from a low and gross state to one of spiritual purity and goodness. The habitual

state of the soul enstamps itself upon the expression of the features. It is hardly possible for us to truly say that a person of rude and irregular features is homely, when he or she is pure, wise, and good. There is a spiritual beauty that gleams out from behind the features, and which transfigures them with a divine expression. This inner spiritual beauty molds the expression of the features into correspondence with it. Very true, it will not alter the hereditary form, it will not change a gray eye to blue, nor an irregular nose to a straight one, yet it will change their expression so as to put them, as it were, in the background, and make the inner beauty prominent and captivating. There is, we believe, a practical truth in this suggestion. Honesty, purity, and love have their lawful physiology and facial expression. Every love, impulse, affection, and indeed every power of activity in the universe, is in the constant effort to express itself outwardly in the true and orderly form."

The effects of vice in its extreme manifestations are marked and terrible. Ugliness and Satan are synonymous terms; while beauty is the robe of divinity itself—the privilege of angels.† The expression imparted varies of course with kind and degree, but in every kind and degree is repulsive.

Vice is a monster of so frightful mien,
That to be hated needs but to be seen.

Its general tendency is to depress the upper part of the cheeks and give undue prominence to the regions around and below the mouth, the effect of which is to impart a coarse and vulgar if not sinister and fierce expression to the countenance.

It follows from the propositions thus informally stated that any departure from moral rectitude, or any indulgence in vicious habits or violent passions, must have an unfavorable effect upon beauty; and that the cultivation of moral goodness and serenity of temper, and a life of obedience to the laws which govern our spiritual being, will promote in the same degree our physical beauty and well-being. It is this culture and this orderly life which imparts to the superior portions of the face that rounded outline and rich and softened expression which renders the countenance of a refined and amiable woman so lovely. In man, a similar development should be modified by a greater degree of fullness below and outward from the aim of the nose.‡

Goodness of heart and purity of life co-operate with an expanded chest, wholesome air, copious breathing, and out-door exercise, in imparting to the fair cheek the coveted roseate tinge. Quiet happiness, ease, and freedom from care are essential auxiliaries. Violent passions, mental or physical suffering, care and anxiety, depress and bleach the cheek and give a peculiarly haggard expression to the countenance. Whatever, then, is favorable to goodness, happiness, and ease is, in the same degree, favorable to health and beauty.

But love is Nature's grand beautifier. It has power to transfigure every form in which it is truly incarnate. Homely indeed must be the face which is not rendered pleasing by its influence. It gives roundness to the form, fullness to the bosom, grace to the movements, light to the eye, sweetness to the mouth, color to the cheek, and animation to the whole figure. Every organ of the body seems imbued by it with new life, and every function to be rendered more efficient. This fine spiritual stimulus is in the highest degree favorable to health, and thus indirectly, as well as by direct nervous influence, favoring the development of beauty. To the face of many a pale-cheeked girl have "three sweet words" brought the rosy hue of health and beauty. "Even in a few hours," remarks a writer in one of our monthly journals, "we have all, probably, known the Protean symptoms of organic asthenia, as well as physical depression, disappear, as if by the spell of an enchanter; and all this from the mere assurance in the mind of a woman that she is beloved."[§]

The betrothed, in that beautiful Irish song, "The Welcome," says:

Light is my heart since the day we were plighted;
Red is my cheek that they told me was blighted.

Hopeless and blighted love, in their inverse action, are as destructive to health and beauty as mutual and happy love are favorable.

Love is not less promotive of manly than of womanly beauty. It makes one "twice a man," and equal to anything that man may do or dare. It makes him strong and brave as well as gentle and tender, gives firmness to his figure, grace to his carriage, and character to his face.

* Spiritual Telegraph.

† Denage.

‡ These are not merely fanciful specifications, though our space does not permit us to develop the physiognomical principles on which they are founded. A little observation will confirm them.

§ American Phrenological Journal.

The religious sentiments, which, when proportionally developed and active, form the grand unitary and harmonizing passion of the soul, have undoubtedly a powerful influence in modifying physical configuration. Veneration, while it gives a sublime altitude to the coronal arch of the cranium, has a similarly elevating influence on the features. Wherever the spiritual nature of man has been harmoniously developed, there will be found a higher tone of organization and a purer type of face, together with a sweet radiation of life—a subtle, penetrating, and indescribable charm which attracts all hearts.

We have spoken simply of the religious element in man, irrespective of theological dogmas and forms of worship; but these, too, have their influence, and it would be interesting and instructive, if space would allow, to trace out, in the heads, faces, and figures of their disciples, the physical effects of the doctrines and ceremonies of the various religions—Pagans, Mohammedan, and Christian, and assign to each its proper place on the list of God-appointed instrumentalities for perfecting humanity.

Delage has contrasted in a very striking and beautiful manner the refined and elegant but materialistic Paganism of the Greeks, with the simpler but more sublime and spiritual doctrines of Christianity, in their effects upon human beauty. He has shown that, although, in the worship of the former, traditional truths were concealed under the most gracious myths ever invented for unfolding to a people the profound mysteries of Divinity, and charming, mean while, their ears, seducing their eyes, and enchanting their imagination, the people contented themselves with the symbols and took little thought about the truths they concealed. They saw no more in their gods than fine men, and in their goddesses no more than beautiful women; and were satisfied to sleep under the grand portico of the temple of Truth without caring to enter. They saw only the magnificent veil with which their sages and poets had concealed truths too dazzling for their weak vision. Now the beauty of a people being always modified very greatly by its ideal of the Divinity, it is evident that the beauty of the Greeks must have fallen far short of the highest reaches of intellectual and moral character. In painting and sculpture, they appreciated and attained to only that which is external and within the sphere of the senses. Here modern art has never rivaled them. Their poets never speak of a moral sentiment as being reflected from the face or impressing its lines upon the features. What they boast of in their heroes and goddesses is the agility of their feet, the beauty of their limbs, the whiteness of their shoulders, and the firmness of their flesh. It is not the beauty which springs from the soul. In irreproachable purity of lines, admirable contours, and happy proportions of parts, Grecian beauty was no doubt nearly perfect, but it was external, material, and immobile, and lacked the animation and spiritual radiance essential to a complete realization of the highest ideal. Their art necessarily lacks the same elements.

Alexander Dumas has remarked that "there is a singular analogy between the heads of a people

and their monuments." The Greek forehead was flat and low, like the front of one of their own temples. One of the first and most striking effects of the more spiritualistic religion of Jesus of Nazareth was to raise it to the arched or pointed form, in analogy with the elevated vaults and pointed arcades of cathedral architecture, and to correspondingly change the whole face and its permanent expression.

If Christian heads and faces reached an order of beauty beyond what the most favored of the Greeks ever knew, so did Christian art rise far above Grecian art in reproducing them. Greece furnished no models for the heads of Jesus and the Madonna. In the first, Christian art succeeded in combining the meekness and enlightened benevolence of the philanthropist with the rapturous love and high moral elevation of the martyr; and in the second, the modesty of the maid with the ripe affection of the mother.* In both there is evidence of that spiritual transfiguration which the artist of ancient Attica had never witnessed or conceived, and could not therefore represent. If Christian artists have failed in every other department to rival the ancient Pagans, they have surpassed them here; not because their genius has been greater, but because a new measure of spiritual life and light had been infused into the souls of men.

Delage, a zealous Catholic, claims for the Church that, by the sublime and ravishing harmony of her chants, the bluish wreaths of her ascending incense (*l'ensens qui s'envole en fumée bleâtre*), the pictures and statues with which she adorns her cathedrals and churches, and the



THE MADONNA.

magnificent and impressive ceremonies of her worship, she brings to bear upon mankind the most powerful objective as well as intellectual forces friendly to the highest order of beauty, and is thus pre-eminently the promoter of physical well-being; and, whatever we may think of the dogmas associated with these instrumentalities, we must admit that, so far, he is right, and that

* T. P. Hesley.

Protestantism has unwisely discarded some of the most potent agencies which might have been made available for the spiritual and physical culture of man.

Each of the religious denominations has its distinctive phrenological and physiognomical traits strongly marked and easily recognized in those adherents in whom their theological views form an influential element in their characters. A Methodist is readily distinguished from an Episcopalian, a Universalist from a Presbyterian, or a Swedenborgian from either. We must leave our readers to judge, in the light of the principles we have explained and illustrated, what theological tenets are most favorable to intellectual and moral, and consequently to physical perfection; simply remarking that those creeds which imbue their adherents with the highest conceptions of God and the spiritual life must, all other things being equal, have the most elevating and enabling influence upon configuration and expression.

MEDICAL POISONS.

BY SOLOMON FREASE, M.D.

It may be known to some, but to a majority of those who are in the habit of using medicines, as they are called, it is not known that they are all poisons of a greater or less degree of power; and this is true, whether they come directly from the hands of the regular physicians or are taken in the form of patent medicines, that are recommended as "perfectly harmless to the constitution." Professor Payne, than whom higher authority can not be given, admits that "all our remedial agents of positive value are poisons." This being the case, it is very important to those who are in the habit of using them that they should know it. To this end I have prepared this article, which is principally composed of admissions and observations from the standard allopathic works.

It is often said there is nothing in a name, but there is much in it. A thing misnamed may keep its hold upon the public mind a long time, when, under its true name, it would be immediately condemned; or the most valuable truths may be rejected simply because they are introduced under an unpopular name. The fact that the poisons have so long kept their hold upon the public confidence is due in a great measure to the fact, that they have been called medicines. Dr. Johnson well expresses what I would say on this subject, in the following extract: "While iodine, mercury, arsenic, prussic-acid, strychnine, etc., are quietly resting on the shelves of the chemist's shop, they are labeled and simply called 'poisons,' but the moment they quit these shelves and assume the form of pills and draughts, they lose the name of poison and are simply called medicine, and the innocence of this term, medicine, helps to blind both the physician and the patient to their true nature as poisons. If the physician were obliged to use the word poison every time he uses the word iodine; if, when the patient inquired how he were going to be treated, the phys-

ician were always to reply, "I am going to give you a little of the poison of iodine three or four times a day," the patient would be less ready to take it, and the physician himself would be less ready to prescribe it. But the truth is, that in this case, as in many others, "familiarity breeds contempt." Both patient and physician are so familiar with these drugs, under their several Latin names, and as medicines, that they come in time to forget that the plain English name for them all is "poison." It is wonderful to think how the human judgment may be cheated by a mere change of name." Assuming, then, for it needs no proof, that all drug medicines are poisons, I proceed to show the consequences resulting from the use of those most commonly employed by physicians, and embodied in most of the patent medicines. As it is often disputed that medical poisons remain in the system after their supposed medicinal effects have been accomplished, and when patients suggest it to their physicians they are often laughed at for their presumed ignorance, I shall give some evidence on this point that will be satisfactory to both patients and physicians—to physicians when they know that their patients are not ignorant of it, for it is not to be presumed that physicians themselves are ignorant of it. The more immediate effects resulting from the use of two or three of the drugs in common use will then be referred to, after which the secondary effects—the slow or chronic poisoning to which they rise, will be considered. In this way far the greatest amount of damage is done by the poisoning or drugging system. People soon learn to trace the *immediate* effects of poisons to their cause—not so their *chronic* effects.

Mercury, in some of its preparations, as corrosive sublimate, colomel, blue-mass, etc., being the leading medicine—the great Samson of the old-school physicians, we will take it as a representative. It is used in diseases of every kind and of every degree. Does it remain in the system? Dr. Christison says Prof. Orfila succeeded in obtaining mercury in the urine and liver of animals poisoned with corrosive sublimate, and that Prof. Landerer, of Athens, detected mercury in the brain, liver, lungs, and spinal cord of a man who poisoned himself with it. Dr. Alfred Taylor, in his work on poison, says: "We know that mercury has been extracted from the tissues of the body." "Mercury," say Drs. Wood and Bache, in the "United States Dispensary," "has been found in nearly all the fluids and solids of the body." Dr. Pereira says, "Mercury has been found in the metallic state in the organic solids, viz., in the bones, the brain, the synovial capsules, the pleura, the humors of the eye, and the cellular tissue of the lungs." When the metal is deposited in the tissues, it is always found in the state of quicksilver, and not as colomel, corrosive sublimate, etc., in which condition it entered the system. Let this be sufficient evidence to show that poisons, when taken as medicine, or otherwise, remain in the tissues of the body to do their work of destruction.

Now as to its poisonous character. "Mercury," says Dr. Christison, "acts as a poison on man in whatever way it is introduced into the system—whether it be swallowed or inhaled in the form of vapor, or applied to a wound, or even simply rubbed

or placed on the sound skin." And again: "One of the readiest modes of bringing the system under the poisonous influence of mercury is by inhaling it into the lungs." Let those who are about to be deluded with the humbug of medical inhalation into the lungs for consumption, bear this in mind—if it is not mercury, it is iodine, and other poisons equally as deleterious, that are inhaled into the lungs by advice of the consumption curers. And do not be deceived either, by the talk about the medicines, as the poisons are called, coming in direct contact with the lungs in this way, and in no other; for it is not true. When poisons are taken into the stomach, they are taken up by the absorbents and veins into the blood, and circulated through every part of the system, and come in as direct contact with the lungs as when they are inhaled." Dr. Christison further says, "that the cases of poisoning with the preparations of mercury, which have been observed, may be conveniently arranged under three varieties." It may be convenient enough to class the poisonings by mercurial preparations under three varieties, but it would be more in accordance with facts to class them under forty or fifty, as we shall see when we come to treat of its chronic effects.

Quinine is a very popular medicine with drug physicians of every school, and is extensively used in many parts of the country, by the people who take it without consulting their physicians. Dr. Taylor, in his work on poison, says: "Some alarming effects have of late years been observed to follow its administration in large doses, or in small ones frequently repeated." In doses of from ten to twenty grains Pereira states that it causes gripping pain and heat in the abdomen, with vomiting and purging, pyralism (salivation), a febrile condition of the system, headache, giddiness, somnolency, delirium, and stupor. In addition to these symptoms, amaurosis (blindness) and convulsions have been observed in certain cases. M. Sandri found that eighteen grains killed a rabbit in less than three hours; on inspection the whole of the brains and its membranes were strongly congested, the lungs were of a bright red color, and also congested, and the heart contained a large quantity of blood brighter than natural. Dr. Baldwin, of the United States, has reported a case in which convulsions, blindness, and death followed from the administration of the medicine (poison) to a girl five years old. Two grains were given every two hours. It is stated by Dr. Landerer, that it was found in the milk of a nurse to whom the sulphate had been administered medicinally!

Arsenic.—I had intended to give some of the more immediate effects of this medicine here, but it is not necessary. Everybody knows it to be a poison, and everybody is shy of it, and would refuse to take it if he knew it. It is much used by physicians in intermittent fevers, skin-diseases, convulsions, etc. It forms the basis of some of the popular patent medicines, particularly those which are more especially recommended for fever and ague. Hereafter, if any of the readers of this article choose to swallow patent medicines for this disease, let them do so, but in so doing there is a strong probability that they will poison themselves with arsenic. Their being recommended on the label as "perfectly harmless to the consti-

tution" don't change the nature of them in the least. It will be further considered under the head of chronic poisoning.

Iodine is another of the medicines in common use. Dr. Christison says of it, "That it would appear from some important researches made in France, that the protracted use of iodide of potassium, in small doses (medicinal doses), may produce serious derangement of the health, swelling of the face, headache, urgent thirst, inflammation of the throat, violent colic pains, and frequently bloody diarrhoea."

Now let us consider the chronic effects of medical poisoning; and our space will allow us to refer to only a few of the medicines in common use, but the reader can easily form his own conclusion of the rest of them from those we do examine. I must here repeat that it is in this form of poisoning that I regard the drug system as pre-eminently dangerous in its tendency. It is more dangerous because of the insidious way in which it does its work; and it is not only the destructive effects of a single poison that we are to regard, but the combined influence of many as well. No physician confines himself to a single poison, in any protracted case of disease, but he uses many—some singly and some in combination, and all attempts to trace out any exact relation between the symptoms the patient experiences, and the poisons that produced them, must prove abortive. The effects of a single poison, when suspected and examined with sufficient care, may generally be traced to its cause; but in the double, triple, and multiple poisonings of the doctors, the poor patient may as well give up all attempts to ferret out the cause that is killing him, except upon general principles.

There are about fifty different forms of disease recognized by medical men as having their origin in the use of the different preparations of mercury. These are mercurial diarrhoea, mercurial skin-diseases, mercurial sweats, mercurial diabetes, mercurial ulceration of the absorbent glands, mercurial sloughing of the gullet, mercurial neuralgia, mercurial paralysis, mercurial apoplexy, mercurial hypochondria, etc. Death may result at any period from the effects of the poisoning. It may occur immediately, or it may be protracted for many years. We see men and women all around us who were poisoned five, ten, twenty, or thirty years ago, who still live monuments of the folly and wickedness of a system that should long ago have been abandoned, or better still, never have had a beginning.

Though medical men have paid much attention to the subject of poisoning, it has been chiefly to the acute form that their attention has been directed—chronic poisoning has not received much attention from them. Dr. Christison, in his learned work on poisons, says: "The more immediate and prominent properties of corrosive sublimate have received some elucidation, but its qualities as a *slow* poison, as well as the analogous compounds of mercury, have not been examined with the same care." So that the patient is relieved of present symptoms, whether he die in six months, or in five or ten years from the effects of the poisoning, has not occupied much of the attention of medical men.

Arsenic may cause death almost instantly, or

it may be protracted for a long time. Dr. Taylor relates the following case: "A well-marked case of *slow poisoning* by arsenic is recorded by Flaudin. It resembles in some respects the case of Blandy, except that it did not terminate fatally. As this mode of *secret poisoning* is on the increase, it may be as well to state the facts. A woman put daily into the soup of her fellow-servant a very small quantity of arsenious acid, in powder. Shortly after dinner this person was seized with vomiting, which led to the rejection of the food and poison before the latter had caused any serious mischief. As this practice was continued for about six weeks, the stomach became exceedingly irritable, there was pain in the bowels and the woman became much emaciated. When the patient found that she could not bear anything on her stomach she left the place and passed two months in the country, where her health became gradually re-established."

The query that here suggests itself to my mind is this. Is it any better, or any less liable, eventually, to kill the patient, whether the arsenic is thus maliciously given to kill, or whether it be given in small doses for a longer or shorter time, by physicians to cure? And what is important in the consideration of this question is the fact, that the symptoms of slow poisoning by arsenic take on the characteristics of other diseases, as inflammation of the stomach, inflammation of the conjunctiva, eruptions of the skin, local paralysis, exfoliation of the cuticle and skin of the tongue, salivation, strangury, jaundice, etc. Now if a physician finds a patient suffering with intermittent fever, or some other disease in which this poison is considered an appropriate remedy, and proceed to administer it in small doses, the same as the woman did in the case above reported, and after a time the patient gets cured of the original malady, but afterward, in six months or as many years, dies from inflammation of the stomach, gastro-enteritis, or any of the diseases which may have been caused by the medicine, will the patient or his friends ever be the wiser for it? Will they, or the physician who administered the poison, ever suspect what killed him? Its going into the stomach under the seductive name of medicine, and by prescription of a physician, will forever ward off suspicion of the important truth.

Sulphuric Acid.—The following is a case of slow poisoning by this medicine—I quote from Taylor on poisons. "Dr. Mayo, in his 'Outlines of Pathology,' refers to the following case. A young woman swallowed about a tablespoonful of sulphuric acid on the 4th of January, and died from its effects on the esophagus on the 14th of November following. She gradually wasted away, from the effects of innutrition. This was forty-five weeks, or eleven months, after she had swallowed the poison. *There is no doubt but that the acid may prove fatal at all intermediate points, and at periods much longer than this; but the longer the event is protracted, the more difficult it will be to ascribe death to its effects.*" I have italicized the last five lines—their importance demands more than a passing thought.

How many of the deaths that are ascribed to the workings of a mysterious Providence could be satisfactorily accounted for, if we but consider the manner in which men, women, and children

are poisoned from the cradle to the grave? When a person is poisoned with mercury, arsenic, iodine, sulphuric acid, etc., intentionally to kill, the whole community is thrown into commotion—and well they may be; but of the thousands who die annually from the effects of medicinal poisoning, how little notice is taken! Is it not astonishing how the judgment may be cheated by a name?

PITTSBURGH WATER-CURE.

WATER-CURE IN CHILLS AND FEVER!

BY G. W. TURNER.

Case 1st was a young man of bilious temperament who came to my house in June, 1856. He had tried the skill of Allopathy for the last three years, having had fever, flux, and followed by fever and ague or chills; he had tried three or four drug M.D.'s, but they could stop his shaking for only a few days or weeks; had never felt well in the three years. He had understood that I practiced Hydropathy, and determined to leave his "pill men and give the new plan a fair trial." When the chill came on I gave him a hot pack, keeping bottles of hot water to his feet and hands all the while. When all symptoms of the chill were gone, and the fever fully up, I gave him a wet-sheet pack an hour or two, owing to the febrile symptoms. When there was nausea or bitter taste in the mouth, I gave him fifteen or twenty glasses of warm water to drink, which brought large quantities of bile from him by vomiting. Copious tepid injections were daily administered. His diet was brown corn bread, grits, or mush, fruit, and a little milk, and the whole meal very abstemious as to quantity. Chill day no food at all. This plan was followed with each paroxysm. He had three chills, after which they ceased; I then gave him a few hot shower, followed by cold baths. The wet girdle was worn constantly for three or four weeks, which brought out three large boils. On the fifth day this patient said, "I feel like a new man," and desired to go to work, which I permitted him to do. It has been near a year since, and he still "feels like a new man," having had no symptom of disease of any kind whatever since.

Case 2d.—Was called to see a negro man, who had had chills for four months—had took many drugs, but failed to cure: this case was attended with severe cough. I treated him as in Case 1st; returned to see him on next chill day, but no chill appeared. I had no idea of fooling away my time; gave him another "through;" he was at his usual business in a few days, and has enjoyed fine health ever since, which has been five months. (I could give scores of chill cases; let this suffice.)

Case 3d.—Mrs. J., who lives near two hundred miles below Gadsden, in the State of Alabama, had a child twelve months old who was taken with hooping-cough, and drugged shamefully by the allopaths of that vicinity. They soon brought on diarrhæa, which became chronic; finding they could do no more for it, advised her to travel with it. She came to Gadsden with it, and sent for me immediately, on hearing that I used no medicine at all, knowing that her child was unable to bear up any longer under drug-treatment.

I found it was "skin and bone," and had taken no nourishment for the past two days. I decided not to take the case, but she insisted, assuring me she would not hold me responsible, etc. The child manifested continual agony, tossing its head from side to side, coughing incessantly. While its mother was unbreasting it for the tepid sponge bath, I applied the sponge to its head; it worked like a charm! all was still! all quiet! After bathing the whole surface, it took a fine long nap. It was washed this way three or four times daily, with chest-wrapper constantly worn, and small, cool injections every morning. After a few weeks of treatment in this way the child recovered, and now is "fat and saucy," although the M.D.'s told her "it was impossible for it ever to get well." Now they regret it, because they failed and I succeeded.

Query. Now if a hard laboring man, with a wife and two or three children, has studied out Hydropathy and the laws of health so as to control disease and beat all the drug M.D.'s, what can a man do who has the advantage of attending the Hydropathic College, where all these life-principles are taught as plain as A B C?

GADSDEN, ALABAMA.

MYSTERIOUS PROVIDENCES.

NO. I.

BY LILLIE LAUREL.

"What a mysterious providence!—so young, so beautiful, so beloved!" and a funeral procession winds slowly past. Following the plumed hearse is the gray-haired father, from whose pathway the brightest blossom has perished; the sorrow-stricken mother, in whose arms the lost one was cradled in infancy; the brothers and sisters; the companions of her childhood and youth; the heart-broken husband, and the wondering little children, too young to know why mamma lies in so cold and still, answering not their earnest call. All these pass mournfully by, and it seems indeed a "mysterious providence."

Let us look into this "mystery" a little. This young and beautiful mother who has faded like a summer rose, came into this world a strong, healthy babe. The weather was cool, so, of course, nurse wrapped baby in blankets and shawls, until only a nose and a pair of eyes were visible; and she carefully closed every crevice where a breath of fresh air could enter, and scolded the new papa because he did not shut the door quickly enough; and kept the stove hot day and night, that mamma and the baby might not take cold.

Well, they were kept in this "hot-house" several weeks (it is very vulgar and unfashionable to leave one's room for four weeks, at least), and then came out of it, languid and nervous, shivering at a little cool air or water. Well, baby lived and grew, in spite of the anxious care mamma and nurse took to baudage, and feed, and doctor it; but it was a fragile, delicate little thing, always taking cold, although the winds of heaven were not allowed to visit it too roughly, and it slept in a very warm, close room, where not the slightest perceptible quantity of cold air could penetrate. It seemed wonderful that the little girl should be so often sick, when such great care

was taken of her, and she was always taking cough syrup, or castor-oil, or worm medicines.

She grew up very fair and beautiful, for the sun seldom shone on the blue-veined forehead and lily neck, or the round arms, and small, transparent hands. She was like a beautiful exotic, which flourishes in the artificial atmosphere of the green-house, but droops and dies when exposed to the free winds of heaven.

She attended a fashionable school, and was taught a little useful knowledge, but it was covered up, like a needle in a haystack, by a vast amount of rubbish, which is dignified with the name of "education." She could sing, and play, and dance, and dress, and act her part in company to perfection, but the "weightier matters" were overlooked. "These ought ye to have done, and not to have left the other undone." She returned home an accomplished lady, but the frail body was weaker and frailer than before. Then she dressed fashionably, of course, in the thinnest of stockings and shoes, while her waist was compressed into the smallest possible compass, and her hips were pressed down by a multitude of heavy skirts. And she went to parties with bare neck and arms, ate rich suppers, and ices, and confections—those abominations of art—and perhaps sipped what people call wine, but which is generally guiltless of the imputation; and danced in crowded, overheated, unventilated rooms, and went home late, or rather early in the morning, to feel languid and nervous, and suffer from headache, and hoarseness, and pains in her side.

And then she loved, and was beloved; and she stood at the altar in her delicate beauty and became a wife. Ah! when the young husband glanced proudly on that graceful form, and the fair face brilliant with happiness, little did he dream that a "mysterious providence" would so soon leave him lonely and heart-broken.

Through suffering and agony unspeakable, which exhausted and weakened the already shattered frame of the fragile wife, two children, exceedingly fair and beautiful, but very delicate and sickly, were added to the little family circle; but the young mother grew weaker daily, and the painful cough, the intense brightness of the dark eyes, the varying flush of the wasted cheek, told that her life-journey was almost finished. And at last, with her fair head resting on the bosom of the husband whom she loved with deep devotion, as the shadows of the dark valley closed around her, she breathed out her spirit to Him who gave it; and the husband was wifeless, and the helpless little children motherless.

Is it so very mysterious that this should be so? God has ordained the laws which govern our physical as well as our moral existence; and those who willfully, or carelessly, or ignorantly transgress these laws, must suffer the penalty of ruined health and untimely death; but because these physical laws are not found in the Bible, prefixed by "Thus saith the Lord," most persons think they may violate them with impunity.

It is very well, when a person dies in youth, or in the prime of life, to moralize on the shortness and uncertainty of human existence; but it would be much better if all would strive to ascertain the real causes of the "mysterious providence," and be careful not to invite death to their sides by disregarding the laws of health.

IMPORTANCE OF THE CAPILLARY CIRCULATION.

BY J. H. NORTH, M.D.

MOUNT PLEASANT WATER-CURE, N. Y.

It is the office of the heart to supply the arteries with blood; thence it passes to the capillary vessels; these are minute tubes which receive their name from their resemblance in size to the hairs. The arteries are like the water pipes in the principal streets of a city; these are of little use without the small ones, which penetrate the houses, and distribute the water where it is wanted. The soft tissues of the body are a network of capillaries; the point of the finest cambric needle will pierce one wherever you may place it; how many millions must be distributed upon the skin alone! It is in the capillaries that all the changes of the solids take place. The nutritious arterialized blood here parts with its substance, while the worn-out, useless particles, which have done their work, are borne on to the veins, to be renewed or cast out. Here is the great laboratory of the system, where the work of repair is carried on. Of how great importance that the work should be well done, else the waste is greater than the supply, and destruction must be the result. The capillary circulation is beautifully illustrated in the phenomenon of blushing. When mental emotion causes a sudden fullness of the capillaries, the natural red hue of the skin is heightened, and this is called blushing; when the emotion is of a depressing kind, the blood rushes away to some other portion of the body, and pallor is the consequence. Some physiologists believe that the capillaries have a power independent of the heart, circulating the blood by a power inherent in themselves, as fluids will ascend fine tubes when placed in them. In the transparent web of a frog one blood corpuscle after another may be seen passing into these vessels, which are not more than the one-three thousandth of an inch in diameter; it is a sight of exceeding interest. The capillary circulation is interfered with by any cause which is injurious to health: loss of blood, a deficient supply of oxygen in the lungs, gross diet, the use of stimulants and narcotics, and fits of passion; the coats of these fine vessels lose their contractility, and are unable to pass on their contents, if the fluid is not supplied to them of a healthy kind, and in exactly the proper quantity. From loss of blood, or a drain of some kind, there may be too little blood supplied, or of a poor quality, or there may be too much in one place, causing an over-distention or congestion. The application of water is a truly philosophical remedy in either case. The blood is squeezed out, as it were, from the vessel, and by the reaction which takes place, the blood returns in increased quantities. By the continued application of cold water, a portion of the blood is permanently removed from the vessels, and their healthy tone established. Suppose that mankind were suddenly to become transparent, and all the internal and complicated operations of the human economy were to become visible. In the healthy man, in whom all the functions are well regulated, we should see the most beautiful sight that eye could witness. On the contrary, how dreadful would be the sight of those who are filled with foul disease—cancer, scrofula, consump-

tion, gout! Observe that sickly man, who has eaten a meal of all sorts of gross food; the stomach burdened and disturbed, an unhealthy chyme and chyle formed, a short, imperfect respiration in a close, heated room, a closed skin, and constipated bowels, nutrition not half performed, the capillaries laboring to do their duty cheerfully, and failing; perhaps a dose of poison introduced to remedy these difficulties; add alcohol, tobacco, and other poison, and can the human body, tough as it is, endure it? Return to the habits and regimen which this Journal teaches, and the eye would see an altered condition for the better.

WATER-CURE IN TENNESSEE.

EDS. W. C. JOURNAL.—I have been a reader of the WATER-CURE JOURNAL for two or three years, and I have seen nothing said about what the water-treatment is doing in this section of the country. I have been waiting for some time for somebody to say something in the JOURNAL about how we are getting along in here treating the various diseases with water. Up to this time I see nothing said, so I have concluded to drop you a line or two, to let you know how we are getting along with the water-treatment, and in doing so I shall confine myself to facts that came under my own observation, and which can also be attested by persons whose veracity will not be doubted.

CASE 1.—Last August I was taken with a severe attack of the flux. I consulted an allopath; he told me to take a dose of salts, and then a dose of opium. I did so, but it did no good. I then sent for a neighbor who was a strong believer in the water-treatment, and I asked him what I must do; he said try the water; I did so, following the directions given in your Encyclopedic, and the result was, that in a few days I was well.

CASE 2.—Just about the time I began to mend, my youngest child, a little child about two years old, was taken very bad with the same disease. I treated her the same as I did myself, with the same happy result. She was well in a short space. All this time flux was raging all around us, and under allopathic treatment they were dying from two to four in a house.

CASE 3.—One of my neighbors, a lady of some fifty years, was taken about the first of September, 1856, with the flux; she had also a disease of the heart of long standing; she sent for a drug doctor; he attended to her for about four months, and at last pronounced her disease incurable, and said that she was obliged to die; said he could not do anything more for her, and left her to die. I went to see her, and persuaded her to try the water, though I must confess I had but little hopes of her recovery—she was well-nigh drugged to death. Everybody that saw her said she was obliged to die. Well, we have an excellent young lady in our neighborhood who is a strong believer in the water-treatment. She commenced treating her with water under the most unfavorable circumstances, and in a short time she began to mend a little. This encouraged our young doctress to persevere in the use of water. The sick lady still continued to mend until she was able to walk a mile or two, and now she is well and hearty.

CASE 4.—My wife was taken very violently, about the first July last, with typhoid pneumonia. I sent for our excellent doctress. We treated her with water, following the directions in the Encyclopedic, and in a short time she was up and about again. Soon after she was taken with the flux, and we treated with water again, and she is now well again. There are a number of other cases within my knowledge that I could tell you of, where water has been victorious when drugs had failed.

CROSS PLAINS, TENNESSEE.

T. O. TARTLEY.

The Month.

NEW YORK, DECEMBER, 1857.

WATER.

"To the days of the aged it addeth length,
To the might of the strong it addeth strength,
It freshens the heart, it brightens the sight,
'Tis like quaffing a goblet of morning light."

TOPICS OF THE MONTH.

BY R. T. TRALL, M.D.

ANOTHER VOLUME.—With our next commencement and the commencement of the new year, will commence a new volume of the WATER-CURE JOURNAL. The times, for two or three months past, have been most disastrous for periodicals generally; but we are glad and thankful that our sufferings, so far as this periodical is concerned, have not been intolerable. Indeed, we have scarcely lost ground with our subscription list, while some of our cotemporary (medical, not health) journals have, like Wall Street operators on false foundations, "gone by the board."

But brighter prospects are ahead. From the fact that we have held our own during a season of unexampled disorder in financial matters, we may, we think, reasonably calculate on some addition to our circulation soon; for we can discover no reason why business should not, in a few months, if not weeks, resume its wonted a tivity. We hope of course for a large addition to our subscription list during the year 1858. We shall have it if our friends, and the friends of our cause, say the word.

MEDICAL SCHOOLS.—The M.D. manufacturing of the various schools of medicine are now in full blast. So far as we are informed, there is quite a general falling off in the number of students, owing, in part, no doubt, to the monetary pressure. Our city schools of the orthodox stamp commenced operations with greatly diminished numbers, and their opening ceremonies commenced with much less than the usual pomp and circumstance.

The Hygieo-Therapeutic College has an excellent class, so far as moral and intellectual stamina are concerned; and is much larger than we could have anticipated in view of the "hard times." The course of lectures commenced, agreeably to previous announcement, on the 14th ult. The introductory address was delivered by Mrs. Huldah Page, M.D. The chairs are now all filled, Mr. A. R. Eaton, A.M., having

been appointed Professor of Chemistry, and Levi Reuben, M.D., Professor of Natural Philosophy.

THE SCALES FALLING.—During the past year a score or two of allopathic physicians have written us that, by means of the teachings in the WATER-CURE JOURNAL, the scales have fallen from their eyes, so that they are now able to see the errors and absurdities of the whole drug system in all its naked deformity. Our discussions with Wilson, Curtis, Bedortha, *et al*, on the nature of disease and the *modus operandi* of medicines, they say, have contributed not a little to convince them of the false philosophy they had been taught and had long practiced. As a specimen of the manner in which the more candid of them "own up" when fairly converted, we make the following extract from a letter just received from an M.D., of Stamperville, Ga.:

"I am deeply interested in the doctrines taught in your excellent WATER-CURE JOURNAL, and intend to become an agent for the distribution of your popular health-reform books. I have been a practitioner of medicine of the "old school" for five years; have administered drugs enough to freight a steamer, and have drawn blood enough to float her. But my patients, I find, are worse off after I cure them than they were before. *Their constitutions are ruined!* I have fully resolved to introduce your new system of treating diseases more in accordance with the laws of nature."

WATER-CURE IN THE NEW STATES AND TERRITORIES.—For some reason or other—probably attributable to the go-ahead disposition of the people—the principles of our reform take deeper root in the soil of the new States and Territories, and produce their legitimate fruit more rapidly and more abundantly. Either the people who emigrate thither must be made of more progressive stuff than the more stationary population, or there is something in a new and virgin land peculiarly repugnant to the "old fogysm" of drug-medication. Certain it is that public sentiment is nowhere so decidedly and generally in favor of our system as in many parts of Minnesota, Kansas, Nebraska, Oregon, and California. It is true, drug doctors live and flourish there, but it is because the Hygienic system is not properly represented.

Dr. H. N. Herrick, who has recently lo-

cated at Minneapolis, Minn., propose to lecture to the people during the ensuing winter. He writes: "I have been very busy in building a gravel-wall house, and have heretofore had but little time to agitate the subject of health-reform; but have sounded the people as I have had opportunity, and find a larger proportion of them in favor of the no-drug system than in any other place which I ever visited. I have distributed a large number of WATER-CURE JOURNALS and procured a few subscribers. We have a delightful climate in summer, and I intend to qualify myself to give proper testimony with regard to our winters by another spring. I shall endeavor, during the winter, to stir the people up a little on the subject of medical and hygienic reform. I trust I have already been the means of converting a few persons of the right stamp, who will do something for the cause. I take great interest in your school, and use all the influence I can to encourage proper persons to attend, and thus qualify themselves for the work of health missionaries. I hope to be able to attend another course at some future time."

THE DANGER OF DELAY.—Were it not for the tragical nature of the subject, we should regard the following paragraph, which we extract from a Michigan paper, as one of the greatest specimens of the ludicrous we have ever seen in print:

TAKE CARE OF THE CHILDREN.—We have noticed that in one or two towns in the interior, dysentery had assumed an epidemic form and committed great havoc among the young children—the "babies" of the household. (A lady from lower Saginaw informed one of our citizens on Saturday that every infant child in that place had died save one, and that one was sick!) In Jackson the disease seems to be doing a fearful execution.

It becomes parents in this city to take especial care of their young children lest this disease secure a foothold here. Already we notice the death of several, and all from this cause. We hear of others dangerously ill, indeed beyond the skill of the physician. The first symptoms of this disease should be promptly met and a doctor summoned. One thing all experience proves to be true—it is the delay that is dangerous.

It is the delay that is dangerous, is it? From your own showing, Mr. Michigan, we should think it was the doctor. All the children which the doctors visit die; but not of the medicine, it seems, but of the delay! The doctor never comes soon enough. How strange! It is our candid opinion that if the doctor had not been summoned at all, the children would have been taken much better care of.

OLIO VS. HYDROPATHY.—In a late number of the *Scientific American*, allusion is made to

the ancient practice of anointing the body with oil; and the fact that oil-makers and oil-porters, whose clothing is usually saturated with oil, do not frequently have contagious diseases, is put forward as an argument in favor of greasing the skin, and against bathing it with water. We have only to say to this specious but very unsound reasoning, that the laborers and porters alluded to owe their unusual exemption from contagious diseases to active out-door exercise, and plain, simple fare—circumstances which in all conditions of society tend to keep the system free from obstructions which are the seeds or nuclei of all contagious affections. Such persons may enjoy good health whether they oil the skin or bathe it, or neither. We give the preference to water, however, as an external application, because of its superior cleanliness and wholesomeness.

AN ALLOPATH ON HYDROPATHY.—The students of our Hygieo-Therapeutic College are in the habit of attending the clinics of some of our allopathic brethren; and occasionally it happens that they hear some queer specimens of logic, especially when the professors undertake to talk about the philosophy of wet-sheet packs and similar matters, of which they are as ignorant as are the Egyptian Pyramids. One of our students gives the following report of a recent demonstration by Professor Wood in this direction:

In his remarks on the nature, cause, and cure of mammary abscess, during a clinical lecture in the Bellevue Hospital, Dr. Wood took occasion to give his views of the rationale of the "pack." After enumerating several kinds of poultices which he conceived would be useful for the affection, he stated that *oiled silk*, to prevent the evaporation of insensible perspiration, and to prevent the contact of external air, would answer every purpose.

"This," says he, "is the philosophy of the 'wet-sheet pack,' so famous with the hydropathists. They wrap their patients in the 'pack' to prevent the contact of external air, and also to retain insensible perspiration. Dry sheets would answer every purpose, if wrapped tight enough and a sufficient number used, or an application of *oiled silk* would also answer these purposes as effectually. It was a poultice, and poultices were good in cases of abscesses—mammary abscesses in particular. He thought those who advocated the use of the

wet-sheet pack, and particularly those who used them, evinced a want of *brain*."

Dr. Wood is a talented and very learned man in his profession, but in this case he certainly is not sound, and I would recommend him to read some of our works—the "Hydropathic Encyclopedia," for instance, or the WATER-CURE JOURNAL. After reading this work, or the JOURNAL one year, I think he would then be able to give a more correct and more scientific theory of the wet-sheet pack. Not satisfied with giving hydropathists a raking down, he classed us with homeopaths and eclectics, etc., and gave us all a broadside. "They are weak-minded people," said he, "always running after new-fangled notions, without science or system." Dr. Wood, like many others, is battling something he does not understand, and it is not to be wondered at that he should blunder upon such an explanation.

He constructs an imaginary theory of his own, imputes the work to us, and then goes to work to bombard it down. Is it any wonder the chips fly? His harangue was received with mingled applause and hisses. The applause, I presume, was meant more for the ridiculous than the sublime. Hereafter, let those who wish for scientific explanations from scientific men go to Bellevue Hospital.

To Correspondents.

Answers in this department are given by Dr. TRAIL.

PILES.—N. W. K., Newark, O. The slimy and bloody discharges from the bowels indicate a bad condition of piles. Use small enemas of cold water, leave of tea, coffee, meat, and grease, and use mainly a fruit and farinaceous diet. Hip-baths would be of advantage.

PARALYSIS.—A. F., Plainfield, Ill. A friend of mine hurt his back four years ago by lifting. For two years after he worked at farm labor; at times the work hurt his back badly. The third year his back got out of shape, and he got gradually worse, till a year ago he lost all power and feeling below his navel. Last winter he had a bad cough and spitting; his back was very painful, also his kidneys and bladder. The doctors gave him strychnine till it made him stiff with sudden jerks. He was also tortured a good deal with other drugs. They have now given him up, saying that they can do no more for him. He is now sixteen years old, and is much better than he was last winter. His backbone is bent out a little near the shoulder-blades, and is not painful when pressed on; his chest is also out of shape. The feeling has so far reversed that he can feel a pinch on the skin readily, but has still no power of his legs; his kidneys are still a little affected. He looks well, can ride in a wagon for miles, is cheerful, and very anxious to recover the use of his legs. Is there any probability of his recovering the use of his legs? What can be done for him?

He can be improved very much, and perhaps cured. He should go to an establishment until he learns how to live, and then he can be managed with home-treatment.

SPINAL AFFECTION.—A. W. J., Lime, La. The general plan of treatment should be, application of wet cloths to the affected part, a tepid sponge-bath or half-pack daily, and a very plain and abstemious dietary. If there is much paralysis of the lower extremities we should despair of a cure; otherwise, it is possible, and even probable.

RUNNING AT THE EARS.—N. C., Sandford, N. Y. I am requested to ask your advice, through the JOURNAL, in the case of a little girl about three years old, who lives in this vicinity. When she was about six months old she had a severe fit of sickness, called the croupals. She was doctored on an allopath, and got pretty severely drugged. He gave her fourteen blue pills, besides other drugs. She made out to get well in spite of the treatment. Soon after this, when warm weather came, blotches came out all over her person, just under the skin, and kept so until she was about a year and a half old, then she had another fit of sickness. She was doctor'd this time by a botanic physician, who do not know his treatment. During this sickness, the side of her head swelled considerably around her left ear. Then matter, which had an offensive odor, began to discharge itself from the ear, and soon got well otherwise, and has been so ever since. But this matter keeps running from her ear all the while, and is growing worse. It has to be cleaned out two or three times a day. She has no regular diet. Eats little food, every thing. Will you please to inform us what you think of it, whether any thing can be done for her, and what?

We think the mercury is the cause of the disease. You can greatly improve her health by judicious bathing and a proper diet. The electro-chemical baths would be the most effectual means for detaching the drugs from the system.

FITS.—S. M. P., Kenduskeag, Me. The young man who uses tea, coffee, and tobacco, and eats every thing usually found on farmers' tables, must reform his habits, if he would recover his health.

TORPID LIVER AND DIETETICS.—J. H., Westfield. Are there any cases of disease or predisposition to consumption, when *moderate* extra inflation of the lungs is attended with danger? Is the moderate use of milk and sugar bad in case of torpid liver? Are apple pies (without seasoning), crusts of flour, and Graham bread raised with hop empyings, a wholesome diet in case of torpid liver or diseased kidneys? Is a very little butter allowed in a vegetable diet? What is the cause of ringing in the ears after retiring?

1. No. 2. Yes. 3. No. 4. It is allowable, but not wholesome. 5. Thick blood.

HOMEOPATHIC DRUGGERY.—R. M., Aurora, Ill. We have received a box of pills and powders, which we are requested to analyze, and communicate the result, with our opinion of the effects they produced in the case of a child which died of disease, or of doctors. We decline for two reasons. It would cost twenty dollars to make the analysis, and the analysis, if made, would be of no earthly use. If people can not understand the principle that all drug medicines are poisons, it is perfect nonsense to talk about the relative potency of different poisons.

CONSTIPATION.—J. D., Madison, Ind. Please inform me through the WATER-CURE JOURNAL, of the best cure for constipated bowels.

A dietary of unbolled and unseasoned bread, with fruits and vegetables. Be careful and not over-eat.

MISMESTRUATION.—M. N. G., Porter, Ind. There is no doubt you can be cured at an establishment; but it is very difficult to carry out the treatment successfully at home, when every one around opposes it in all possible ways. If you can not have proper water-treatment, do not take any more poisons. You are much better off with nothing at all.

HUMBAG.—Lebanon asks us to inform him of the character and standing of a doctor who advertises to cure all the neuritic cases of consumption, etc. "We can't do it." Such creatures haven't any character to talk about.

NERVOUS DEBILITY.—A. J. M., Any competent hydropathic physician can give a prescription for home-treatment, but whether you can carry it out strictly enough is uncertain. Such cases always do better at the establishments.

DISEASED LIVER.—S. L. R., Amboy, O. Your troubles commenced with a disease of the liver, and have been greatly aggravated by the drugs you have taken, the tobacco you have chewed, and the "fashionable farmer's diet" you have lived upon. All that your case requires in the way of treatment is a daily tepid bath, and a plain, wholesome diet.

CUTANEOUS ERUPTIONS.—L. O. B., Ceres, Pa. Discontinue the use of the flour, milk, and butter, and your blood will become purer and your skin smoother.

DYSPEPSIA, COFFEE, AND TEXAS.—L. B. S., Union City, Tenn. How do you suppose the fact that dyspepsia is comparatively rare in Texas, where there is more coffee drunk than anywhere else? Indeed, even

those who go there dyspeptic—who have been unable to drink coffee for years before going—drink freely, and even recover under the use of it. May not the state of the atmosphere have much to do with it? The atmosphere of Texas is very dry, and consequently does not conduct electricity from the system. Buoyancy of feeling is a characteristic of the climate. In this country—and indeed in all countries—persons are more or less subject to depression during protracted spells of damp weather. I am even subject to a recurrence of dyspepsia in such spells.

Under circumstances otherwise favorable, dyspepsia may improve in health in spite of the injurious effects of coffee, just as some persons who have run down on pork sausages, mince pie, hot bread and butter, tea, coffee, tobacco, and brandy punches, may get better if they exchange the whole for plain bread, fruit, and potatoes, with champagne. In this case it is not the champagne that cures, but the system recovers in spite of it, because of the better dietary.

BRONCHITIS AND THROAT-AIL.—Do bronchial affections ever arise from, or are they caused by, diseased conditions of the stomach? I have for 20 years had this affection of the throat, always supposing it to have originated in a "cold," and that it would eventually, as age advanced and the resisting vital powers run down, increase, the lungs becoming more and more affected from the same cause; but while my throat seems to be much more diseased, my lungs are unimpaired in any discoverable or consequential way. Now, lately, as I found myself much troubled after eating a full meal or greasy food, I occurred to me that it might be an extension of the disordered condition of my stomach up into my throat (having been for years dyspeptic, and an over-eater, in spite of my best will to the contrary).

Your views are correct. Throat-ail, improperly called bronchitis, is always, when chronic, the result of a diseased liver and stomach. To get rid of it you must remove the indigestion, and this requires a very strict regimen, especially as regards the dietary. There are no objections in your case to a Northern Water-Cure in the winter season.

DYSPEPSIA.—A. T. M., Newfane, Vt. For several months I have been troubled with a weakness and all-goneness of the stomach, bowels constipated, growing weak and thin every month. Am a small, thin woman, weighing but 79 lbs.; have lost 25 lbs. in eight months, and am trying to alter my mode of living. I eat little salt or butter, or fine flour. Use sugar and cream for seasoning mostly. My appetite is good, and food does not distress me unless I over-eat, when it causes a headache, and presents a sinking of the stomach, accompanied with pain and distress, which I will not get over for a week. Now I wish you to tell me what ails me, and how to live or eat, and what a healthy seasoning; also, if maple sugar is hurtful, and if so, why?

A person in your desperate and dangerous condition should adopt at once the most rigid diet. Avoid all meat and all seasonings, sugar not excepted. Eat mainly unseasoned bread, made of unbolted flour, with fruit. Take a tepid sponge-bath every day, followed by thorough friction. Use enemata, if the bowels do not move freely.

WATERY PIMPLES.—S. D., Bainbridge, Ind. For two or three years I have been troubled with small watery pimples on my hands. As soon as frost begins to come, the pimples begin to rise, and continue quite troublesome until frost leaves in the spring, when they wholly disappear. I have tried many things, but all in vain. Please prescribe.

Probably you use too much grease and fine flour, or other obstructing and constipating articles. The remedies are, plain food and a daily bath.

NOSE BLEEDING.—J. A. W., Wilkesville, Ohio. Will Dr. Trall please tell us how to stop violent bleeding at the nose? The allopathy says it can't be stopped by water; for this purpose they administer sugar of lead. Have you any faith in the balm of a thousand flowers?

We have no faith in any humberg, and for this reason have none in a "thousand flower" concern. Nose-bleeding can be arrested in many ways, but the management must depend on the circumstances of the case. If the whole body is hot and feverish, it must be cooled all over. In other cases, warm foot-baths and cold head-baths answer. The bleeding part should always be exposed to fresh, cool air, which is one of the best styptics in the world.

CONSISTENCY.—M. S., New Milford, Conn. Do you think it would be right or consistent for a vegetarian to engage in the culture of tobacco, which is here a profitable crop?

It is as consistent for a vegetarian to raise tobacco as for any one to do so; but we regard it as morally wrong for any human being to cultivate poison to sell to his neighbors, because they are so depraved that they will pay a higher price for it than they will for bread. However, such is the way of the world, the general standard of morality being exceedingly low.

FISTULA LACRIMALIS.—Weston, Mo. I have been troubled for a year past with a running of matter out of the inner corner of the left eye, which has apparently injured the sight of that eye. At night, when I look at the light, there appears to be a mist around it like a milky cloud, but if I close my eye, it is clear.

I have used eye-waters and lotions, but still it remains, if anything, worse.

There is no inflammation in the eye, but it is not as clear, bright-looking as formerly. A doctor told me the tube which leads to the nose was partially closed.

Please inform me through the W. C. JOURNAL, if the tube of one eye becomes diseased or closed, will the other become affected through sympathy, or if there is any danger of blindness resulting from it; also, what is the cause of sore eyes. Are the open prairies a cause?

The affection is an obstruction of the tear-duct. Impure blood is the usual cause. The other eye may be affected sympathetically. If a strict regimen, with appropriate bathing, does not remove the obstruction, probing will be necessary.

NOSE-BLEEDING.—M. S. A friend of mine, now about 38 years old, has been troubled with the nose-bleed ever since he was a child. While at school he received a blow on the head from his teacher, since which he has bled much more frequently and profusely. In cold weather he bleeds with the result of losing about four ounces from two to three quarts of blood at a time. He is troubled with cold feet, and has the headache several of his few days previous to his bleeding turns. He has lately been afflicted with a kind of bleeding, and for two weeks has been so weak in consequence as to be hardly able to sit up. His physician (a homoeopath) says he has the heart disease and liver complaint; thinks he may bleed to death, as nothing will arrest his bleeding, or he may die suddenly of heart failure.

The remedial plan, in the above case, is to remove all obstructions and produce a perfect balance of circulation. The management required is too nice for successful homoeopathy. Advise him to go to a good establishment. The other subject you inquire about can only be attended to in the way of private professional correspondence.

G. W. B., Halifax, Nova Scotia. Dr. Trall: It is only four months since I became acquainted with the practice of water and hygienic treatment for disease (as published in the W. C. JOURNAL, and in WATER-CURE JOURNAL). I can assure you I never shall lose that knowledge. The benefits I have derived from "homoeopathic treatment" have been entirely by the use of water. I have only "throw physic to the dogs." In the spring, if I can not get as far as New York, I shall endeavor to enter a hydropathic establishment nearer home.

Would you answer the following questions, under that interesting head of the WATER-CURE JOURNAL, "To Correspondents," with reference to parties suffering from diseased blood?

1. Do you consider the moderate use of plums, strawberries, raspberries, blackberries, or ripe garden gooseberries, preserved in their own insipidated juices, allowable?

2. Is the use of sour-baked apples, with the addition of brown sugar, injurious?

3. Which would be preferable, the use of baker's Graham bread or fine flour unleavened biscuits?

4. Is bread or biscuit, made of oat-meal, a good substitute for the wheat-meal, where the latter can not be easily obtained?

5. What proportion of bran should be mixed with superfine flour to make wholesome unleavened bread?

Should not the temperature of the baths used in winter be warmer than those used in summer, in a climate like Nova Scotia possesses?

6. Is flatulency merely indicative of disease, or does it require special treatment?

7. Is the frequent use of a treadle, in driving a machine, likely to be injurious?

9. What would be the lowest terms upon which a person, capable of "helping himself," could be admitted to your establishment for treatment?

1. Yes. 2. They are better without the sugar. 3. They are better without it. The choice would depend on the way the articles were prepared. 4. Yes. 5. One pound of bran to two of flour. 6. The temperature of the water should be adapted to the temperature of the patient at all seasons. 7. It is always symptomatic. To cure it, treat the original affection. 8. No; not necessarily. 9. Seven dollars per week.

W. L. J., of Batesville, Ohio.—THE FAMILY PHYSICIAN, by Dr. Shaw, is not to be had in the German language.

M. N. R.—A case like that which you describe can be cured at a good establishment in a few weeks. The expenses will be \$1 or \$2 per week.

POSTAGE.—A. L. G., Camden, N. J.—The legal postage on the W. C. JOURNAL is six cents a year, payable quarterly, in advance, at your own post-office. This is according to decision of the P. M. General, over and over again.

HYGEOPATHY versus HYDROPATHY.

BY GEORGE FIELD, M.D.

What is the best and the true term to be applied to that mode of treatment which, heretofore, has been called Hydropathy?

I claim to make Hygiene the prominent, and, in some cases, the all-important means for curing disease and restoring health. And this, I believe, is the theory, if not the practice, of all hydropathic physicians. We assert, too, that other physicians, as a class, do not make Hygiene the prominent part of their treatment, either in theory or practice.

We therefore need a name, or names, that will embrace the idea of Hygiene. We need this for the matter of fact that we do make Hygiene the prominent part of our treatment. We require it, also, as a distinction from other physicians, who consider it as collateral and incidental, rather than the main part of treatment.

Hygeopathy, then, is a more appropriate and truthful name for our purpose than Hydropathy.

The chief reason in favor of the latter term is, that the word Hygiene, strictly speaking, embraces only those means and habits which tend to preserve health; and that in the treatment of disease we make use of water to an extent and in a variety of ways that would not be beneficial for that purpose alone; that we should never recommend well persons to take sitz-baths and wet-sheet packs for preserving health, while, on the contrary, we do advise such baths for sick people.

In reply to this it might be said that water is a natural agent, and not foreign to the human system as are drugs; and that, in this way, the water treatment might, with some degree of propriety, come under the head of Hygeopathy, in connection with other natural agents, as air, exercise, diet, etc.

If, therefore, one term only is to be used, by all means give us the more truthful, expressive, appropriate, and broader term—Hygeopathy.

By the use of two words—Hygeopathic and Hydropathy—and the corresponding ones—Hygeopathy and Hydrophaty—we can more completely and fully represent our mode of treatment than by any one term. This may be objectionable on the score of simplicity.

Which, then, shall it be—Hygeopathy, or Hygeopathy and Hydrophaty?

SPECIAL NOTICES.

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DENTAL OPERATIONS.

A FRIEND of ours declares us "qualified to write the history of dentistry." We are flattered by his good opinion, and have a due appreciation of the source whence it emanates. Nevertheless, and our compels us to admit a conscious lack of the materials and research necessary to the writer of history. We do not possess the clew that might guide us back along the historical labyrinth of the dead past. But a wondrous field of the living present is spread out before us, wherein we may enter gladly, and choose, from its rich and varied abundance, gratification and instruction for the people of our times. Dental operations. These two words mean volumes. They include, with a sort of *multum in parvo* grasp, the whole catalogue of things done professionally—good and bad—by the dentist. To select from this catalogue a few of the most important topics, and discuss their merits and demerits, is the purpose of this article. Dentistry is a positive science. Its faithful practice is never connected with uncertainty. Time serves only to strengthen the conviction of its usefulness and beneficence. But few can subscribe heartily to the truthfulness and justice of these assertions, while the many have as good reason to consider them fabulous. Nevertheless, truth is omnipotent, and our highest aspiration is that it may prevail.

PLUGGING, as defined by Webster, is "making tight by stopping a hole." Our definition is, stopping a hole *tight*—giving especial emphasis to the last word. This is the grand point as well in the operation as in the definition; without it there would be a lack of comprehension by the reader; without it a *hole-y* tooth could have no permanent salvation. The operation of plugging should be performed with the utmost precision in all its parts. The process of excavation is always preparatory to plugging, and the branches as well as the central decay must be removed with equal minuteness—no speck or flaw of imperfection being allowed to remain. This rule is imperative, and the true dentist will never seek to evade it.

The words *precision* and *minuteness* have been employed in directions for excavating; if it were possible (and necessary), we would use them with still greater force in describing the manner of inserting the plug. The stopping must close the excavation perfectly tight; and being tight, as regards its internal fitting and solidity, its external surface must be hard and polished—rivaling the enamel itself in texture and smoothness. The operation of plugging is at once exact and simple; so simple that a child may comprehend its theory. This being admitted, the question naturally arises—Why, among the multiplicity of dentists, are there so few good operators? We answer—Because there are more theorists than practitioners in the profession. It is of no avail that we know how to act well if we do not exercise the will and put forth the effort to do so. A lazy man can never become a skillful operator, and if the real dentists are not more than five in a hundred (which is a safe averment), we may set it down as conclusive that the ninety-five are either unlearned or lazy, or possibly both these afflictions may weigh heavily upon them at the

same time. The dental profession is cursed rather than blessed in its members, because a majority of them have come up from every trade and calling with the same lack of laborious inclination attending them which made them unsuccessful in, and caused them to vacate, their former positions. Can any good cause flourish with such helps as these? Can there be permanence to any structure whose builders are reckless of fixed principles and immutable laws? Verily, no.

NERVE-KILLING.—Of all dental operations this is the most barbarous, and, except as a dernier resort, wholly unnecessary. The true rule to be observed in excavating a cavity is, to avoid the nerve; interference with it is not an excusable offense. Whoever does this destroys the tooth he undertakes to save. Its very existence is in its nerve, for while that lives there is always hope for a tooth. The death of a nerve, professionally, is brought about by poisons, cauteries, astringents, and probes; and as almost all dentists apply them, their use is considered orthodox and their results legitimate. Professional orthodoxy is not always what its name implies. What! shall we kill that we may cure? Shall we destroy that we may save? Common sense forbid! Still, this is the medium through which many teeth are proposed to be saved. "Let us," say the proposers, "first kill the nerve, and then we can save the tooth." "Let me," said a certain quack, "first throw my patient into fits, and then (being death on fits) I can produce a cure." This business of nerve destruction is such a pet of the profession, that its members sometimes get to quarreling among themselves for the honors pertaining to new discoveries of a way to kill! "Columbus discovered America." The nerve-killer admits this to be a vast historical fact. "But," he adds, with emphasis, "Spooner first applied arsenic to the dental nerves. Thus he has become famous, and many followers are pursuing the same path to honor and renown. Almost every person is the possessor of a dead tooth. That tooth has been poisoned. That poison was applied by the hand of a dentist. Oh, what a glorious monument to inventive genius are these myriads of lifeless bones! Dead, filthy, reeking, extraneous! Rather let them prove a sure and certain condemnation to all who practice the pernicious deed!"

FILING.—The file is a most useful implement in good hands. With it the dentist performs some of his most important operations. Without the file what could we do! What could the sailor do, in an open boat at sea, without an oar? Does caries insinuate itself between our teeth, the file opens a way of relief through which excavation and plugging may follow, and—save. Does decay lay its foundations in intricate and unsuspected places, there, too, the file may follow and arrest its progress and its power. Do friction and crumbling waste our teeth, that blessed instrument, the file, smooths the rough place, rounds the sharp edge, and symmetry, proportion, and beauty follow from its use, as surely as the likeness grows upon the canvas beneath the touch of genius. Ah, the file! Many hard things are said of it, but it has no faults in itself. In bad hands it has wrought, it is still working, for humanity, a world of evil

The mischief all comes from the hand that uses—not from the implement used. A well-boned razor will shave us beautifully, if we guide it aright. The same razor will shorten our days if we direct its edge across our carotids. Should the razor be to blame for the deed of blood? Surely, no. Wherever skillfully used the file works out its own praise, and its capacity for usefulness is truly marvelous.

J. W. CLOWES.

No. 7 EIGHTH AVENUE, ARBINGDON SQUARE.

A MEDICAL EXPERIENCE.

MESSES. FOWLER AND WELLS—More than thirty years since I received the highest honors old Dartmouth College could bestow upon the medical profession—an M.D. sheepskin; started out under it, with buoyant spirits and high hopes, and within call of Mussey and Gallup, and other eminent physicians and surgeons of that day. Armed with Calomel, the Lancelot, Frusick Acid & Co., with a firm belief that I could combat with death successfully, because I found it an easy matter to cure disease in the lecture-room (I never knew a patient to die then), I commenced practice with a confidence that the above Co. would not betray me. But, alas! what I thought the best friend to the sick became my worst personal enemy. I took a portion of calomel, the first medicine, perhaps, I ever took, and it salivated me, and made my mouth very sore. Still, I blamed myself, and not the calomel. I rode in the rain, drank cold drinks, etc., and you know that calomel and water never could be at peace with each other.

After some years, not meeting with my desired success, quit practice for other business. Was taken sick, had the best medical friends to attend upon me, took calomel again, salivation succeeded, and was worse than the fever. At length the fever left me, but the effects of my deceitful friend, the calomel, did not; but it did not do what thousands say it does, that is, "rot my teeth out;" no, indeed! for it took them out safe, and whole, and sound, without ever causing that vexatious disease, the "toothache," and my children and grandchildren may, and probably will, have them to remember me by when I am in that country "from whose bourne no traveler e'er returns."

I could detail many "terrible cases" of the dire effects of calomel which have come within my own knowledge, and how, in my search for truth—having lost all confidence in the old-school practice—in my own person, I tried Thompsonianism, and found it decidedly better, for I verily believe it saved my life, when Calomel & Co. said I must die; and I say now, give me Steam, Lobelia, Cayenne & Co. before the old-school practice.

From that I next tried Eclecticism, for I longed to find something certain and definite in preventing and eradicating disease, and I had then never heard of "Water-Cure," or even of Priessnitz, much less of Fowler & Wells, Dr. Trall, James C. Jackson, or Florence Nightingale, and probably the charming American nightingale, the accomplished Harriet N. Austin, M.D., was not then known even by her own mother. But at length a small stream of water made its advent into the department of health; it increased and magnified into a rivulet, and now it is a great river, and I believe will, ere long, become a mighty ocean, which will overwhelm all the other medical "isms and pathies" in the world.

I have seen, under my own prescription, the beneficial effects of water, more satisfactory than anything else I ever prescribed; and I am sorry to say that in this region few are willing to try it, and drugs and patent medicines promising instant cures, and sure cures, and allied ointments, and sugar pills, are preferred.

A. SPAULDING, M.D.,

School Teacher.

ROANOKE, IND.

Advertisements.

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

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

A CARD.—DR. O. W. MAY HAS closet his Highland Home Water-Cure, at Peekskill, N. Y. and and at Dr. Trall in the management of the Hydropathic Institute, 10 Laight Street, New York, at which place he will be happy to see his old or new friends. This sick he will reply upon having your attention required, and at the facilities for treatment that our system admits of. Prices will always be reasonable, and due allowance made for the times. Additional accommodations will be made for boarders and the friends of patients. Lytic in women can be accommodated with suitable apartments and proper nurses. Address DR. TRALL & MAY, 10 Laight Street, New York.

Water Cure and Hydropathic Medical College.



NEW YORK HYGEO-THERAPEUTIC COLLEGE. (Incorporated by the Legislature.) WINTER TERM OF 1857-8.

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

FACULTY.

- R. T. Trall, M.D., Institute of Medicines, Theory and Practice, Materia Medica, and Female Diseases. J. P. Wallace, M.D., Anatomy, Physiology, and Obstetrics. O. W. May, M.D., Surgery and Medical Jurisprudence. A. R. Eaton, Chemist. Levi Robbins, M.D., Natural Philosophy. Mrs. Lydia F. Fowler, M.D., Clinical Midwifery. Dr. H. F. Briggs, Philosophy of Voice and Speech. L. N. Fowler, A.M., Therapeutics and Mental Science. Mrs. Elizabeth Page, M.D., Case-Leader in Chemistry and Physiology. The course of lectures will be more thorough, complete, and practical than ever before in the history of the profession. R. T. TRALL, M.D., Principal.

DR. GEORGE F. ADAMS, WATER-CURE PHYSICIAN, 141 Amity Street, L. R. Oak-land, L. I., receives patients and all orders from his family, and attends to out-of-town practices, both in city and in country. May, 17.

CANCERS CURED.—DR. TRALL, 15 Laight Street, New York, having secured competent assistance, is now prepared to perform speedily to the cure of Cancerous Affections. His method of cure is attended with very little pain—sometimes none at all—but it cures the pain in a few minutes at his establishment. It cures the cancerous disease, and restores the constitution, and prevents a return of the disease. In most cases he can guarantee a speedy and perfect cure. Aug. 17

DR. TAYLOR'S WATER-CURE, and KINESIOPATHIC INSTITUTION 650 Sixth Avenue, New York City. This establishment is thoroughly equipped in its equipments and methods of curing disease, and its patients have found in the principles of Hyg.-Medical Science. Its location is in the most wholesome part of the city, and is easily accessible by the Sixth Avenue cars and stage. Terms, \$1 per week, \$1 per day. GEORGE H. TAYLOR, M.D., C. F. TAYLOR, M.D.

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

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

WATER-CURE FOR LADIES.—DR. Amelia W. Lines has returned to Williamsburg and taken the very comfortable and pleasantly situated house No. 26 South Fourth, corner of Second Street, which is now ready for the reception of Patients and Boarders. If

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

MOUNT PROSPECT WATER-CURE, Binghamton, N. Y., eight hours ride from the city by New York and Erie Railroad. For terms, etc., address J. H. NORTH, M.D. Nov. 17.

NOTICE!—FEES: WE ARE IN THE receipt of letters from all parts of the country, asking for advice and prescriptions. We are glad to be sent to the writers gratuitously. Now, much as we would like to do this were our time our own, our services can not be rendered in this way. Our terms are as follows: For Circulars descriptive of the Institution: a postage stamp to pay the postage on the Circular. For advice as to the propriety of water treatment: \$1.00. For prescriptions written out in full for home treatment: \$5.00.

For visits to the sick, where we can go and return on the same day: our traveling expenses and a fee of \$10.00. Where we have to be gone over night—per day—\$10.00. We do not ask business out of Glen Haven, but those who think our counsel worth seeking, in view of their own ailments, are reliable—and it worth what we ask for it. We will gladly and joyfully, and with warm hearts, advise and assist the poor who are sick; but we cannot 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, 17.

GREFENBERG WATER-CURE and KINESIOPATHIC INSTITUTE, New Ulster, N. Y. The Electro-Chemical Bath has been administered with great success for the last year and a half. August. R. HOLLAND, M.D., New Grefenberg, N. Y.

JAMESTOWN WATER CURE, Jamestown, Chautauq Co., N.Y. Female Physician, Mrs. C. S. SMALLEY, M.D., of O. Address Chas. Adams, N.Y. Apr 17

DR. VAIL'S GRANITE STATE WATER-CURE is located at Hill Village, N. H. Useful Employment for a part of the exercises at this establishment to all who desire them, for which suitable compensation is made to the patient. Young men and young women in limited circumstances, or whose cases require time, find the institution a desirable resort on this account. Dr. Vail has had much experience in the treatment of all sorts of chronic diseases incident to both sexes, and will answer any inquiries. Many patients have inquired in relation to or attend during cold weather. This is the very best season for a very large class of cases. The cure is more rapid. The treatment, as administered here, is just as agreeable in cold as in warm weather. Let the sick send in their inquiries, and include a stamp for circular. The Electro-Chemical Baths are administered at this Institute, and found efficient in many cases. Oct 17.

WATER-CURE FOR FEMALES EXCLUSIVELY, at Columbus, Ohio. Terms, 10 to 10 dollars per week. For particulars, address W. SHEPARD, M.D. May, 17.

FOREST GROVE WATER-CURE, two miles south of Richmond, is now open for the reception of patients. JOSEPH GARRESON, Physician. For particulars, address T. G. SUTTON, Proprietor, Box No. 494, Richmond, Wayne County, Ind. Oct 17.

GRANVILLE WATER-CURE. Dr. and Mrs. Bancroft have again repaired the waters of this Institute, and with many years' experience in the management of the cure, they bring all the improved scientific appliances, and will devote themselves to the interests of invalids. Granville, Licking County, Ohio, 3-2.

PITTSBURG WATER-CURE.—WINTER TREATMENT.—Invalids who find at the Pittsburg Water-Cure every thing necessary for their comfort during the cold months. Our long experience and success in the treatment of the most peculiar to females, enable us to appreciate the confidence to this class of sufferers. Address, Dr. and Mrs. S. FRESA, M.D., Box 1304, Pittsburg, Pa.

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

CLEVELAND WATER-CURE ESTABLISHMENT.—The above Establishment is now commencing its Tenth Season. It has been successful in raising for the past nine years, has received over Twenty-five Hundred Dollars, was the largest of the kind in any other State in the Union. It is now the Oldest Establishment in America, having been under the charge of one physician longer than any other institution of the kind. The proprietor intends, as his Establishment was the great pioneer of the new treatment in the West, that it shall continue to be the most successful ever has been—pre-eminently the Water-Cure of the West.

Large expenditures have recently been made without and within, in enlarging, reuniting, 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 content his bathing facilities are furnished 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 profitably, and our experience fully justifies previous anticipations, that in the cure of every violent disease it is an invaluable aid, and in many others it is impossible to effect a cure without it. The most skeptical can very readily be satisfied of its power to remove the most 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 exercise of the following course: The proprietor has still associated with him Dr. J. Sturges, whose past experience and success need no recommending from those that know him; and de-termining to give all the sick and suffering every facility which is secured by the talents of Prof. H. P. Galehill, who will, in addition to his other services, lecture regularly in the Establishment every week, on topics of great interest and profit.

In the Female Department he has engaged the services of Fannie E. Scott, M.D., a lady whose experience and tact in the treatment of her cases, and whose sound and judicious opinions in the East, and he has the greatest confidence that she will not only sustain, but add to her previous excellent reputation in her home in the West. The large experience we have had in the treatment of diseases peculiar to females, and the marked success which has attended our efforts, induce us to believe that they can here be treated with a success and rapidity of cure unsurpassed elsewhere. To the sick and afflicted who are seeking health, and who wish to try what art and skill, surrounded by all needed facilities and the most careful attention, can give against the blessing of health—examine for yourselves. CLEVELAND WATER-CURE ESTABLISHMENT. May 17. T. T. SEELYE, M.D., Proprietor.

FOREST-CITY CURE.—ITS CONDITION is prosperous; patronage increasing every year.

The reasons for this are obvious; the building is judiciously adapted, the grounds highly spoken-of, and the water extensive; within its walls diseases have been cured with a success unsurpassed in any other, and, taken as a whole, for the patronage for which it was designed, it has no superior. Call and examine, or write for a Circular. Address, in full, DR. G. W. STURGE, Cleveland, Ohio.

DR. G. W. STURGE, Cleveland, Ohio. G. W. STURGE, Proprietor. His residence is at Forest City, N. Y., and he returns to the first of November, to remain as usual the first of April.

KENOSHA WATER-CURE, at Kenosha, Wisconsin. We have connected with the Cure, Dr. S. S. Smith's newly-invented Electro-Chemical Bath. July, 17. Address, H. T. SEELYE.

MRS. L. G. WATERHOUSE, HYDRO-PATHIC PHYSICIAN, 5th Street, between J and K, Saratoga, California. Her Water-Cure at this place, under her charge, has been in successful operation four years. Address as above. Sept. 17.

ELECTRO-CHEMICAL BATHS, celebrated as a cure for Rheumatism, Neuralgia, and Nervous Diseases, also for the removal of all Meters from a system. Dr. France is at attendance, as heretofore, at the old establishment, 710 Broadway.

CHANGE OF RESIDENCE.—VERGONA's Electro-Chemical Baths, 178 Broadway. Prof. Vergona, the inventor of these baths celebrated for the cure of Rheumatism and diseases of the nervous system, of mineral or any other metallic medicine, is now the public and his friends that he has moved from 610 to 178 Broadway, where he attends to his patients. Persons having no connection whatever with any other establishment in the city, favorable apparatus for sale.

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

SITUATION WANTED IN A WATER-CURE, as House-keeper, by a Widow Lady, who has had several years' experience in House-keeping. Address C. W. H. Box 83, Syracuse, N. Y. Dec. 17.

WANTED, EMPLOYMENT IN SOME vegetarian family, to do plain sewing or common housework. For particulars, address, **HANNAH J. SCOTT, Newtown, Conn.**

LITHOGRAPHIC PORTRAIT OF DR. J. C. JACKSON, OF GLEN HAVEN WATER-CURE.—The undersigned respectfully announces to the former pupils and numerous friends of Dr. J. that the above excellent likeness is now ready; also, to the friends of Dr. Harriet N. A. and that he will have ready in a few days a full-length likeness of her representing the Reform Dress, as now worn at Glen Haven, where it is admitted to have reached a higher degree of artistic beauty, and is more airy, than the styles worn in many places. The above, which are gotten up in the best of style, and printed on sheets 19 x 24 inches in size, will be sent by mail, postage paid, for One Dollar each. To W. SIMMONS, union Haven, Cuyuga County, N. Y. Nov. 4th, 1857.

THE GOLDEN YEAR.—GODEY'S LADY'S BOOK FOR 1858.—This work has been the standard for twenty-eight years. When an imitation has been attempted it has failed. It is the **ONLY LADY'S BOOK PUBLISHED IN AMERICA.**

New features, renewed vigor, brilliant engravings, and attractive stories; and but one object in view, to please the ladies.

Among the novelties will be **GARDENING FOR LADIES**, a series that will, we know, be appreciated by ladies, most of whom have a taste for this beautiful science. A series of articles upon Dress will also be given, with illustrations, showing when a lady is well dressed, and the reverse.

OUR INTERESTING LITERATURE. In addition to those tales of surpassing interest for which the Lady's Book has become famous, we trust that the following announcements will please our subscribers. We shall commence in the January number, and continue through every number of the year, a novel—**MARGARET'S HOME; OR, THE STORY OF A HOUSEHOLD.** By ALICE B. HAYES, author of "The Coopers," "Getting into Society," "The Gossips of Riverton," &c. (Mrs Hayes is well known to our readers as Mrs. Neal.)

The usual contents of the Lady's Book are—**How to Dress with Taste, Children's Clothes—How to cut and sew them, Patternwork, The Dressmaker and the Milliner.** Drawing in all its varieties, useful to the beginner and the proficient.

Fashions from the establishment of the celebrated "Broderie" will be in every number. Point, Brussels, and Venetian Lace of every variety. Our Illustrated Pages of Reading will be given monthly. Gold's Splendid Engravings on Steel. London, Paris, and Philadelphia Fashions. Godey's Four Figure Colored Fashions. Embroidery Patterns, Model Cottage. Dress Making—with Diagrams to cut by. Dress Patterns—Infants' and Children's dresses, with descriptions how to make them. All kinds of Crochet and Netting work. The Nurse and the Nursery—Very excellent articles upon these subjects will often be given.

GODEY'S INVALUABLE RECEIPTS UPON EVERY SUBJECT.

Music.—Three dollars worth is given every year. In the various numbers for 1857 will be found the newest designs for—Window Curtains, Broderie Anglaise, Slippers, Bonnets, Caps, Gloves, Evening Dresses, Fancy Articles, Head Dresses, Hair-Dressing, Robes de Chambre, Corsette Dresses, Bride's Dresses, Wreaths, Mantillas, Walking-Dresses, Edgings, Habits, and Morning Dresses. Also, a new series of "Dresses for Infants," young Misses, Boys' Dresses, Caps and Coats of Fur in season, Patterns for needle-work of all kinds, and Patterns to cut Dresses by are given monthly. Crochet and Netting Work in Colors. Slippers in Colors. Drawing Lessons for Youth.

Send in your orders soon, as we expect our list for 1858 will reach 150,000 copies. The best plan of advertising is to send your money direct to the publisher. Those who send large amounts had better send paid bills, but a will answer if drafts can not be procured.

TERMS.—CASH IN ADVANCE. One copy, one year, \$5. Two copies one year, \$5. Three copies one year, and an extra copy to the person sending the club, making six copies, \$10. Eight copies one year, and an extra copy to the person sending the club, making nine copies, \$15. Eleven copies one year, and an extra copy to the person sending the club, making twelve copies, \$20. The above terms can not be deviated from, no matter how many are ordered. The money must all be sent at one time for any of the Clubs. Ten and twelve cent stamps only received for fractional parts of a dollar. Subscribers in the British Provinces who send for clubs must remit 3s each extra on every subscriber, to pay the American postage on the books. Address, **L. A. GODEY, 325 Chestnut St., Philadelphia, Pa.**

PERSPECTIVES FOR 1858.—THE SATURDAY EVENING POST. ESTABLISHED August 4, 1821. The Paper that never suspends. A Family weekly, devoted to Literature and the News.

In these times of Bank suspensions and Mercantile uncertainties, the proprietors of the SATURDAY EVENING POST call the attention of the reading public to their old and firmly-established weekly paper, as the paper that never suspends. For over **THIRTY-SIX YEARS** The Post has been published; and in all that period—through "good times" and through "bad times," through bank insolvencies and bank contractions, through prosperous seasons and through panics, The Post has been regularly sent every week, and forwarded to its thousands of subscribers. Its proprietors there fore point to the past as an unfulfilling index of the future. And they feel that in asking of the reading public a continuance of the patronage heretofore so liberally bestowed upon The Post, they are asking no more than what it will be both the interest and the pleasure of the public to grant.

Among the contributors to The Post, we may mention the following gifted writers: William Howitt, Alice Cary, T. S. Arthur, Grace Greenwood, Anna Blackwell, Augustine Duganne, Mrs. M. A. Denton, Emma Alice Brown, The Author of "An Evening's Soliloquy," "The Author of "Zillah, the Child Minder," &c., &c. We design commencing in the first paper of January, an original

NOVELLET, BY J. S. AETHUR. Mr. Arthur's productions are so widely known, that we need hardly say that the tone of the present Novellet will be entirely consistent with the moral and instructive character which we have always striven to impress upon The Post. Readers who wish to peruse the *Flash Stories* which abound in the land—pernicious and destructive in their tendency and effect—an find them, we regret to say, at every corner. But The Post will still maintain its high character, as a paper which the most scrupulous parent may allow freely to enter.

THE FAMILY CIRCLE; and which will purify and instruct, instead of debasing and corrupting, the youthful mind. Especially will its conductors avoid, in the publication of the weekly news, all those long and disgusting reports—unfortunately now so common—of **VILE CRIMINAL CASES;** believing, as they do, that the practice of publishing the details of such abominable cases, and of the criminal trials resulting herefrom, is a fruitful cause of the real alarming increase of vice and crime in the community. Like legends like—and what the mind feeds upon, that it will grow to resemble.

CHOICE SELECTIONS of all kinds, from the best FOREIGN AND DOMESTIC sources, shall continue to be, as heretofore, a leading feature of The Post. The Stories, Essays, Sketches, Agricultural and Scientific Facts, &c., obtained in this way for the readers of The Post, are among the most instructive as well as interesting portion of its contents.

It is thus evident to our readers, that The Post, weekly, has **SOMETHING FOR ALL** the members of the family. Novellets, Essays, Stories, Engravings, Agricultural Articles, the News, Sketches, Poetry, Anecdotes, Riddles, the Wholesale and Retail Markets, Bank Note Lists, &c., &c. Finally, we may mention three good reasons why the reading public should give this preference to The Post:

- 1. It is **CHEAPER THAN ANY OTHER PAPER OF EQUAL MERIT.**
- It will be certain to come when paid for.
- TERMS: Cash in advance—Single Copy, \$2 a year.
- 4 Copies.....\$5 00 a year.
- 8 " (And one to the getter up of the Club).....10 00 "
- 12 " (And one to the getter up of the Club).....15 00 "
- 16 " (And one to the getter up of the Club).....20 00 "

The Postage on The POST to any part of the United States, paid quarterly or yearly in advance, at the office where it is received, is only 26 cents a year. Address, *always post paid.* **DEACON & PETERSON, No. 132 South Third Street, Philadelphia.**

SEND SAMPLE NUMBERS SENT GRATIS TO ANY ONE, WHEN REQUESTED.

SEND TO EDITORS.—Editors who give the above one insertion, or condense the matters portions of it for their *ellaborate columns*, shall be entitled to an exchange, by sending us a marked copy of the paper containing the advertisement or notice.

A TIME TO SAVE MONEY, AND THE WAY TO MAKE IT—Sixteen years' experience in the

Diagnosis and Photographic business will enable the subscriber to save

CASH PURCHASES for his Correspondents so as to save them a large percentage. He will also receive the same services to the Photo-graphic and Photographic Artists in the purchase and forwarding of all kinds of merchandise applicable to their business. He will also receive cash orders for purchasing and forwarding every description of **MERCHANDISE, Books, and Periodicals.** He is also prepared to execute every description of

PHOTOGRAPHIC PRINTING and Copying, at prices (by the 100) lower than ever before executed. He still publishes the **PHOTOGRAPHIC AND FINE ART JOURNAL**, beautifully illustrated with *twenty-four photographic pictures*, at only **FIVE DOLLARS a year.** Also a second edition, without illustrations, at **TWO DOLLARS a year.** This is the *largest, handsomest, and cheapest work* of the kind published in the world.

PHOTOGRAPHIC BOOKS, of every author, on hand, or prepared to order.

Several entirely new articles for Photographers' use. All kinds of Book and Job Printing executed at the lowest rates.

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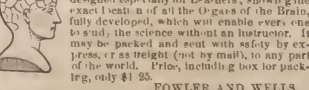
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WILD HAIRS.

THE writer knows but little of the theories entertained by those who have given attention to the subject of wild hairs, and just now has neither opportunity nor disposition to examine authorities. But years of suffering have taught him something of a practical kind relating to them and to inflamed eyes, which, in some of their forms, are, perhaps in every case, the cause of the troubles in question. An allopathic physician, a kind and amiable gentleman, whose poisons had, to use the language of a friend of the Thompsonian school, been *pitied* "most effectually, but without any apparent effect, good or bad," at last discovered that the obstinacy of the disease was owing to the presence of a great number of wild hairs. Tweezers were brought into daily use, and the almost painless operation of removing the offenders was repeated day after day, till both the upper eyelids were almost as free from lashes as an equal amount of pine board. But there could be no doubt of the character of the intruders. Each one slipped from its place as smoothly as if it had been greased for the occasion, and the root was black and covered by a varnish of adhesive matter. Of course it was a very small matter that no improvement was perceptible as the result of removing the hairs. They were "wild hairs," and that was evidence enough that they should be removed. Thanks to a more rational system of medication, I no longer swallow poisons with the vain hope that the vital forces, too weak to contend with other morbid agents, will, in some mysterious manner, dislodge two enemies easily, though unable to dislodge one before. I am theoretically and practically, as a physician and otherwise, a *Hygeist*. And as to "wild hairs," why, it has been so long since I have had anything to do with them, that I could almost imagine I had never been subjected to the operation of *picking*! Inflamed eyelids cause the hair bulbs, from which the lashes grow, to lose their tone, and the hairs being badly nourished, or not nourished at all, soon die. When dead, they, like any foreign substance in the flesh, cause irritation, inflammation, and suppuration. (Query—Can any one tell why the pus is black in this case?) The indications of cure are very simple. Remove the ophthalmia, and when the lids are healthy the dead hairs will soon disappear without the aid of tweezers, and new ones, free from disease, will take their place. If any prefer to remove the offenders, and can do so without causing any amount of irritation greater than that induced by their presence, there is no good reason why he should not do so.

Will not some one whose investigations have qualified him for the task, enlighten your readers upon this subject. Your correspondent J. B. T., and no doubt many others, would join with the writer in thanking him for it.

There seems to be a tendency in the profession to deny the existence of wild hairs. Many physicians ridicule the idea of their existence, without giving those who go to them for information the slightest shadow of an explanation of their true nature. Why is this? Are they too *ignorant* or too *wise* to give a satisfactory account of them, and hence prefer to ignore them entirely?

Yours, truly,

J. S. GALLOWAY.

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WATER AND WINE.

BY MRS. SARAH S. LOCWELL.

YE may bring fresh roses and garlands twine
To crown the goblet of ruby wine,
When ye gather around the festal board,
And the sparkling draught amid mirth is poured;
Ye may call it the nectar that gods might sip,
As it deepens the coral on beauty's lip;
Ye may echo its praises in music and song,
As it circles brightly in pleasure's throng:

But there is a time when the rosy wine,
Though in cups of gold and crystal it shine,
Though it foam up brightly in ruby light,
Will lose the power to waken delight;
When all the wine that ever was poured
In princely halls at the festive board,
Would he gladly given, could it but bring
One pure cool draught from the limpid spring.

When fever burns in each throbbing vein,
And the weak frame faints with the wearying pain,
When the cheek is flushed, and parched the lip,
Oh! who would then from the wine-cup sip!
Ah! who does not in those moments dream
Of the calm blue lakelet or singing stream;
Of the bubbling fount in the grassy dell,
Or the cooling drink from the old home well!

Afar in the desert, all dreary and lone,
Where many-voiced echo awakens no tone;
Where, instead of the zephyr's low murmuring
sigh,

The hot breath of the simoon careers wildly by;
Where no glad rushing streams in their bright
beauty sweep,
Or lily-crowned lakes in calm loveliness sleep;
Where grim desolation holds unbounded sway,
The long caravan marches on its lone way—

Camels are laden with merchandise rare,
Treasures most gorgeous and priceless are there:
Robes richly wrought in the Indian looms,
Bright flashing jewels and costly perfumes,
Gold which a king might covet in vain,
Corals and pearls from the treacherous main;
But all is unheeded—forgotten now—
And despair is written on every brow.

The scorching rays of the sun are shed
In a fervid glow on each fainting head
The sands of the desert glimmer and dance
In the furnace-heat of his burning glance;
There's a death-like hush in the saltry air,
And the cloudless sky wears a dazzling glare,
While from every lip goes up a wild cry,
Water! O God! for we faint—we die!

A vessel lies far on the Southern deep—
The winds and the waters are hushed to sleep—
Not a floating cloud veils the glowing sky,
As the sun in his fiery car mounts high;
Not the lightest breath of a wandering gale
Swells the white folds of the drooping sail;
A burning heat fills the trembling air,
And the smooth sea gleams with a flashing glare.

'Tis a lovely scene—that calm, blue sea,
With the bright fish sporting so joyously,
Leaping up with a musical splash,
While a shower of jewels sparkle and flash;

And the albatross wheeling his airy flight,
His broad wings glancing like snow in the light;
But the scene of beauty is spread in vain
For those who are writhing in anguish and pain.

O'er the hecalmed and motionless bark
The angel of death waves his pinions dark;
There are eager eyes looking out for a sail,
And earnest prayers for a cool, fresh gale;
The brooding hush of the sultry air,
Is stirred by vain cries of grief and despair,
And from every lip goes up a wild cry,
Water! O God! for we faint—we die!

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