VOL. XXXV.] [OLD SERIES.

THE

1869

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AND

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R. T. TRALL, M. D.,

Editor and Proprietor.

VOL. I.—NO. 1. JANUARY, 1863. NEW SERIES.

MONTHLY.

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THE

HERALD OF HEALTH,

AND

Water-Cure Journal.

VOL. I.—No. 1.] JANUARY, 1863. [NEW SERIES.

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Contents.

GENERAL ARTICLES:	PAGE		PAGE
Valedictory for 1863	5	Publisher's Department	23
The New Gymnastics	8	Premiums for 1863	23
Rambling Reminiscences	10	Topics of the Month	25
Our Delusion	12	Maxims for the Soldiers	32
The Temperance Cause	13	Diarrhea in the Army	32
Hygienic Physicians and Hospitals in our Armies	16	College Department	33
Experience in Water-Cure	17	Our College and "Laws of Life"	34
Dietetic Reform	18	Song to the River	37
A Few Rays from Sunnyside	19	Winter Life in an English Water-Cure	37
Diarrhea	21	Fifteen Business Rules	38
		An Illustrious Black	39

HAPPY NEW YEAR!

WE commence the New Year with a new programme—new plans, new helps, new hopes, renewed zeal, better opportunities, and more extensive means for advancing our glorious work of HEALTH REFORM, than we have ever before enjoyed. Friends! we ask your earnest and your active co-operation. The position we have long struggled for is at last attained. We now occupy the vantage ground. Let our co-workers be faithful and true, vigilant and persevering, yet a little season, and the most beneficent revolution that the world ever knew will be achieved. Everywhere the public mind is *doubting* the drug system. A few more lessons of truth, and it will *execrate and abhor it* in every shape and form. Verily the strongholds of disease, doctors, drugs, and death are about to be demolished forever. Are we enthusiastic? fanatic? Can you not read the signs of the times? But we can only plan; you must execute. You are the only mediums through which we can communicate with the people. Soon the fleeting seasons of another year will be numbered with the past, and we shall meet again, in spirit if not in form, to sum up results. Shall not the record of 1863 be glorious for humanity? It may be, it *can* be, it WILL be, if you labor as industriously as we intend to do. And when we interchange the greetings of the first day of January, 1864, may we then see the realization as we now feel the aspirations of

A HAPPY NEW YEAR!

General Articles.

1863.

VALEDICTORY.

WITH the present number ceases our business connection with this journal, Dr. R. T. Trall, who has been prominently connected with it almost from its birth, and who is the recognized expounder of the philosophy which it advocates, as well as the Founder and Principal of the only School of Hygienic Medication in the world, having become its editor and proprietor. In announcing this change, we beg to assure all persons concerned, that we have lost no faith in the truthfulness of its teachings, and have abated no interest in the beneficent revolution it is destined to achieve in the practice of the Healing Art. Our best wishes will ever attend the efforts of Dr. Trall to improve its character and extend its circulation. His position, talents, practical experience, extensive correspondence, perfect familiarity with all medical systems, and untiring industry, pre-eminently qualify him to make the organ of the new gospel of health precisely what the people need and the cause requires; while the great extension of our own peculiar field of labor demands all of our time, mind, and resources. We hope and trust that our friends everywhere will continue to Dr. Trall that patronage and material aid which have been so long and so generously bestowed upon us, and for which we here tender our grateful *farewell* and heartfelt THANKS. FOWLER AND WELLS.

INTRODUCTORY.

MAN proposes, God disposes. Again our messenger of health goes forth to its readers in a new form and with a new name. Wherefore this change? Briefly, it is a "Union for Life" between the HERALD OF HEALTH and the HYGIENIC TEACHER. The People's Organ and the College

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Journal have concluded that they can best fulfill their high mission by traveling the journey of life "hand-in-hand." It is believed that the issue of the "twain, now become one," will combine the excellences and correct the imperfections of both. Many will regret the withdrawal of Messrs. Fowler and Wells from the proprietorship. We share largely their feelings. Our cause owes them more than it will ever repay, except in good wishes. No publishing house in the world has done so much to bring the elements of useful and ennobling knowledge within the reach of the great masses of the people; to lay broad, deep, and enduring the foundations of the True Mental Philosophy, and apply it to the harmonious and highest development of the Human Being. They will find their reward in the gratitude of the generations yet unborn. Wherever one may travel, within the boundaries of the civilized world, if there is a progressive man or woman to be found, or a circle of earnest, active, thinking persons to be seen, studying, scheming, plotting, dreaming, writing, lecturing, laboring, in season and out of season, to instill into the common mass of humanity the principles of a noble ambition and a higher life, there will the names, and works, and publications of Fowler and Wells be familiar as household words. When the late Dr. Shew, who started the WATER-CURE JOURNAL nearly twenty years ago, was unable longer to sustain it because it did not pay expenses, at his urgent solicitation Fowler and Wells took the JOURNAL in hand, and in a few years it acquired a circulation exceeding that of any other medical or health journal in the world—a pre-eminence it has maintained ever since.

RETROSPECT.

A BRIEF review of the progress of our cause, and of our own work and its results, may not be amiss in this place. More than twenty years ago, after fully investigating all of the doctrines of all the medical systems extant, we became fully convinced of the utter falsity of their doctrines, and the disastrous and fatal consequences of the practice resulting from them; and when the wonderful cures by "Water-Treatment," performed by Priessnitz at Graefenberg, were heard of in this country, we were the first person in America to open a "Cure" for the reception of invalids, to be treated without drug-medicines of any kind. From that day to this, we have not prescribed a particle nor a drop of drug-medicine of any kind; nor have we in any instance administered a drop or particle of alcoholic or other stimulus, not even light wines, beef-tea, chicken broth, nor oyster soup, in any case of sickness. Whatever others may have said or done, openly or covertly, that person does not live who can testify that we have ever in private practice deviated in the least from the principles we profess to believe and publicly advocate.

The late Dr. Shew, and others, soon after started "cures" in various parts of the country. But, as we thought, a fatal error obtained in all of their writings, their establishments, and their practice. This consisted in employing water and other hygienic remedies as *substitutes* for drugs. All of them admitted the doctrines of the drug-medical schools while they repudiated the practice. We said then, as we have contended ever since, that Hygienic treatment could never be permanently sustained on Drugopathic doctrines. Theory and Practice must go together. We saw then, as clearly as we see now, that no correct system of practice could be built on false premises. We explained to Dr. Shew and others that, unless we could have a school to indoctrinate the people and the practitioners of our system in its true and distinctive principles, it would degenerate into a one-ideaism, become a mere routine of bathing processes, and eventually become merged in the drug system and lost—a prophecy the fate of nine tenths of the earlier "Water-Cure" establishments has fully verified.

Our views were assented to; but a school without professors or endowment seemed a Utopian dream. We relinquished a pleasant and profitable business, gave our whole energies and means to building up the system in New York, in its simplicity and purity, and in opposition not only to the whole medical profession and the public sentiment, but despite the indiscretion, not to say selfishness, of its pretended friends, who publicly advocated a compromise with the drug system. In a few years we had a large and flourishing Institution, and all the business we could possibly attend to, while our fifteen or twenty compromising rivals were *nowhere*.

Ten years ago we gathered together the best material we could find, and without having received one word of encouragement or one dollar in cash from any human being, with a single exception, "The New York Hydropathic and Physiological School" became a "fixed fact." The single exception was Fowler and Wells, who did *assist* us in many ways, and never refused us any assistance, mental or material, which was in their power to give. And it is due to them to record in this place, that when, twelve years ago, we suggested to them the importance of having the principles and practice of our system embodied in a standard work, the necessary funds were promptly advanced, and the "Hydropathic Encyclopedia" was soon published.

Five years ago we obtained, after besieging the Legislature for three successive sessions, a charter for our school under the title of "The New York Hygeio-Therapeutic College." We have

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expended several thousand dollars more than its receipts in sustaining it to the present time, and we are amply rewarded in knowing that its character and teachings are appreciated, and its graduates respected throughout the civilized world. In only two cases, that we know of, has it ever been spoken of unkindly by persons professing to be "Water-Cure physicians;" and we have reasons for believing that each of those individuals has regretted, or will regret, his disingenuous and indecent attempt to disparage its reputation and usefulness.

It is true that the "regular" schools refuse to recognize us, but so long as the law and the people recognize and patronize us, the fulminations of false friends or open enemies may alike be placed in the category of the "Pope's bull against the comet." Graduates of the first Allopathic Medical Colleges, in this country and in Great Britain, some of whom had practiced medicine for years, have entered our school as students, and received its diploma at the end of the lecture term. Practitioners of the Homeopathic and Eclectic schools have done the same. Several medical gentlemen of reputation, in this country and in Europe, who have been convinced by our writings and books that our system is the true one, have applied for and received the honorary degree of our College. Several graduates of our school are now occupying the position of Assistant Surgeon in our armies; and others have passed examination and been approved who have not yet been assigned to duty. And several clergymen, of different denominations, have attended our lectures and taken the degree of M D. for the purpose of diffusing among the people the gospel of health as well as of righteousness. More than two hundred drug-doctors in this country, and a score or more in Europe, have written us that they have, by our writings, become fully convinced that the drug system is all wrong, and that our system is wholly right. And thousands of families have informed us, by letter, that they have purchased our books, subscribed for our journal, dismissed their doctors, ceased to patronize the drug-shop, with signal advantage to both body and pocket. With these facts and figures before him, the reader will not wonder that we are sensitive of our good name, and quite in earnest in relation to the spread of our principles and the standing of our College.

We claim, as most of our readers know, to have discovered the truth in relation to each and all of the fundamental problems which have baffled the investigations of medical men for three thousand years, to wit: The Essential Nature of Disease, the *Modus Operandi* of Medicine, the Nature of Vitality, the Rationale of the "*Vis Medicatrix Naturæ*," etc. Whenever the people will accept these great primary truths, and understand their application to the Preservation of Health and the Cure of Disease, our mission will be ended. These principles are nowhere taught scientifically except in the New York Hygeio-Therapeutic College.

VOLUME THIRTY-FIFTH.

Although we shall exercise a rigid scrutiny over all the reading matter of these pages, we shall ever regard free thought and free speech as the inalienable birthright of freemen. We shall publish nothing that we can not indorse, unless expressly stated to be of a discussional character. We invite our friends and co-workers, and especially the graduates of our schools, to send us their suggestions, facts, experiences, and reports of cases—brief, plain, pithy, and practical. We warn all correspondents that long, wordy, wishy-washy articles will be depleted extensively, if not rejected altogether. We cordially invite physicians of the schools we oppose to explain and defend, if they can, the principles of their systems in these columns. We will publish their articles, if written in a truth-seeking spirit, and to the point, reserving, of course, the privilege of criticism and refutation, if deemed necessary.

Among the special advantages which are expected to result from the new arrangement is, that of bringing the entire contents of the HERALD OF HEALTH under individual supervision and direct responsibility. Those of its readers who have not time, mind, nor opportunities to investigate scientific problems, nor to detect sophistications, want to know what to rely on and who to trust. We have heretofore been suspected of having *two sets of principles*, because the authorship of certain articles written by others, and over which we had no control, was imputed to us. There will be no occasion for misapprehensions of this kind hereafter.

The new form will be more convenient for preservation and binding, as well as more attractive, while it will contain as much reading matter. Our means for making the HERALD OF HEALTH, for 1863, far superior to any preceding volume are ample. The war will soon be over, and the public mind will be prepared to appreciate our publications, and receive our teachings as nothing but just such a war could have prepared them. We have an efficient corps of canvassers and lecturers ready to take the field, but we wish to enlist as many volunteers as possible Who will enlist to serve "during the war," in a crusade to put down the worst and most gigantic rebellion against the Human Constitution that ever existed? Who will be the champions of 1863?

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THE NEW GYMNASTICS.

BY DIO LEWIS, M.D.

INTERESTED for twenty years in education as the great staple task of human life, and fully cognizant that in America our saddest educational defect is in the department of physical culture, I began early to seriously consider the measures by which our bodily conditions might be improved. Our physical deterioration is most distinctly pronounced in the cities and large towns. Their inhabitants are, in considerable part, engaged in sedentary occupations. There are few opportunities for the out-door games and sports of country life. There is little left but walking on level and smooth pavements. Those varied and vigorous movements, indispensable to a full and symmetrical development, are found only in the artificial training of the gymnasium. Children, women, and men, obese or advanced in life, suffer most. The gymnasium in use among the German Turners, and the one heretofore so much in vogue in this country, is not adapted to these classes. Something new was needed. The want was universally felt. In small part it was supplied by various systems of free gymnastics or calisthenics, which, in ladies' schools, have been exceedingly useful.

I saw a necessity and opportunity for something better—something more comprehensive, attractive, and effectual. A new system must be developed and popularized. Several years since I entered upon the work, with the resolution to devote my life to its accomplishment. From the first, I clearly saw that a system which should meet our wants must involve the following features:

1st. The exercises must evoke symmetry, flexibility, and agility rather than mere lifting strength; or, in other words, the conditions of a fine carriage horse rather than those of a cart horse.

2d. The sexes must exercise together. To separate them in the gymnasium is as fatal as in the ball-room. In the absence of the more magnetic and vigorous men, women will do little or nothing, while in the absence of women, men soon become coarse, and cease to be attracted to the place.

3d. The exercises must give at the same moment, and in the same hall, equal opportunities for the strongest man and the feeblest woman; *he* must be allowed full play for his strongest muscles, while *she* is never overtasked.

4th. The exercises must be so systematized that the entire company shall move in perfect concert, and enjoy meanwhile the pleasure and stimulus of music as in dancing.

5th. Every position and movement must be so chaste and pleasing that refined persons are gratified.

The results of the years of labor in devising such a system are given in my recent volume, "The New Gymnastics."* Several thousand schools are to-day employing the exercises of the new system as a feature of their regular daily drill. From innumerable sources I hear of the most satisfactory results.

Appended are a few cuts illustrating some of the exercises from each of several series. It should not be forgotten that, from the first to the last movement, there is perfect concert, not only in the exercises themselves, but in passing from one to another.

I particularly request the discriminating study of the physiologist who has given attention to the elaborate muscular structure of the human body. There are certain groups of muscles particularly defective. A system of exercises which has not special reference to these, but which may fall upon those muscles already preponderant, may intensify any departures from symmetry. Whoever undertakes to invent and arrange a system of gymnastic exercises, without a thorough knowledge of the anatomy and physiology of the muscular system, will never go right unless by accident.

RING EXERCISES.

They possess many advantages. In their use the greatest variety of movement is secured. The most vigorous athlete finds all he can accomplish. The frailest child is never injured. All the exercises are eminently social, as two or more persons are always linked together.

DESCRIPTION OF EXERCISES.

Assuming the position in fig. 1, the ring is

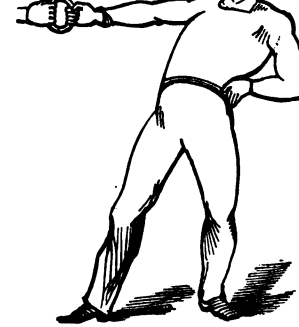


FIG. 1.

twisted from side to side as far as possible; right foot forward. Same with left hand, left foot for-

* May be ordered from Fowler and Wells, 388 Broadway. Price $1; postage 20 cents.

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ward; same with both hands and rings, left foot forward; repeat with right foot forward.

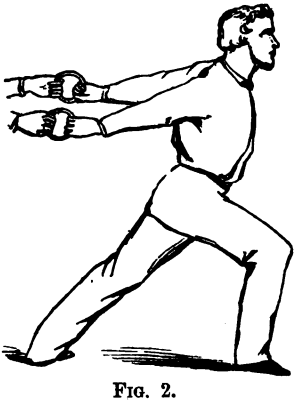


FIG. 2.

Back to back, outside of left foot against outside of partner's left foot, pull hard, and twist as

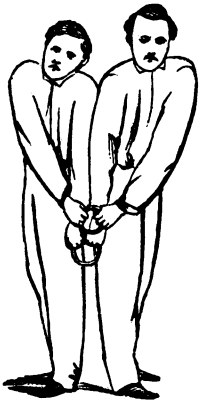


FIG. 3.

before. [Fig. 2.] Same with right feet touching. The exercise seen in fig. 4 hardly needs de-

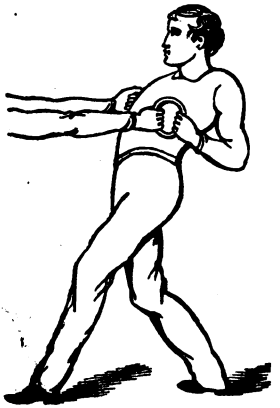


FIG. 4.

scription. The rings are drawn from the chest of one partner over to the chest of the other partner, drawing back and forth through as great a



FIG. 5.

sweep as possible. Repeat with the other foot forward.

Figs. 5, 6, and 7 belong to a sub-series, ex-

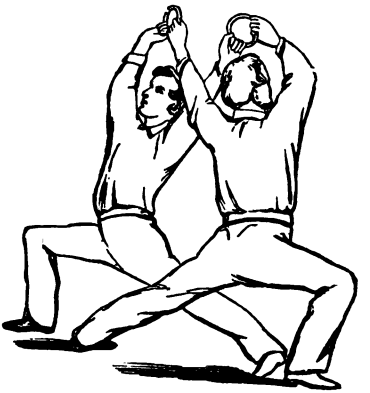


FIG. 6.

ceedingly valuable in every point of view. It

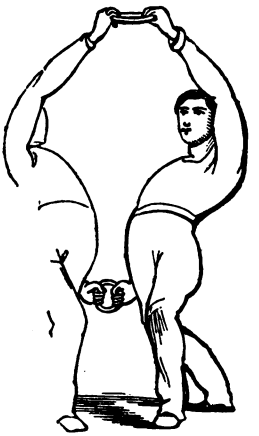


FIG. 7.

need scarcely be said that on every second beat the actors rise to the perpendicular, with hands

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hanging by the side, so that the actors are constantly moving.

There are forty-six of the exercises with rings, but the above will serve to illustrate the philosophy of this new species of exercise.

This fragmentary sketch of the new gymnastics is most unsatisfactory to my own mind, but it may serve to give a glimpse of the new modes of training.

In our next issue, descriptions and illustrations of other series of exercises peculiar to the new system will be given.

RAMBLING REMINISCENCES—No. 17.

THE BRITISH ASSOCIATION.

THE British Association for the Advancement of Science was organized in 1832, and embodies nearly all of the leading scientific men of the kingdom. Its annual meetings usually continue one week, at which a great variety of papers—commonly well written and elaborately prepared—embracing nearly all departments of human knowledge, are read and discussed. No one can attend these meetings without becoming an associate, and paying $5; and its yearly receipts from this source, and from life-memberships—$50 each—is nearly $10,000. This income enables it to aid the prosecution of experiments and investigations in various departments of science and art, by appropriations from time to time. The meeting for 1862 was held in Cambridge. The Association met in Guildhall, on Wednesday, Oct. 1, and in the evening listened to an address from Prof. the Rev. Robert Willis, of Cambridge, who succeeds William Fairburn, Esq., LL.D., F.R.S., of London, as President of the Association. Prof. Willis gave an interesting review of the history of the Association, and of the developments in art and science during the past year, so far as they had come under the official cognizance of the Association.

Before concluding his address, Prof. Willis alluded to certain recent alleged discoveries in chemistry, which announcement occasioned some little excitement in the audience. The Professor said: "In Chemistry, the greatest advance which has been made during the past year is probably the promotion of compounds of carbon and hydrogen by the direct union of those elements. M. Berthelot has succeeded in producing some of the simpler compounds of carbon and hydrogen by the action of carbon intensely heated by electricity or hydrogen gas; and from the simpler compounds thus formed he is able to produce, by a succession of steps, compounds more and more complex, until he bids fair to produce from inorganic sources all the compounds of carbon and hydrogen, which have hitherto been only known as products of organic origin. Mr. Maxwell Simpson has also added to his former researches a step in the same direction, producing some organic products by a synthetical process. But those important researches will be fully laid before you in the lecture on Organic Chemistry, which Dr. Odling has kindly promised for Monday evening next."

We were skeptical as to the possibility of producing any organic products by a chemical process; nor was our skepticism in the least disturbed when Dr. Odling, in his introductory remarks, announced his belief that "we should eventually be able to construct, by a synthetical process, all forms of vegetable and animal substances." But of Dr. Odling's lecture we will speak presently.

SECTIONS OF THE ASSOCIATION.

On Thursday, and the following days of the sitting of the Convention, the Association resolved itself into the following sections, each of which occupied one of the halls of the numerous colleges:

1. Mathematical and Physical Science.
2. Chemical Science.
3. Geology.
4. Zoology and Botany, including Physiology
5. Geography and Ethnology.
6. Economic Science and Statistics.
7. Mechanical Science.

It seemed strange to us, who had long been accustomed to regard Physiology as of more importance than all of the other sciences named, that it should be merely "included" in another section, instead of constituting a leading and independent department. Perhaps it was because, as Dr. McCulloch, of Dumfries, Scotland, said in the International Temperance Convention, "Physiological Problems can only claim a high probability, coupled with a great degree of improbability." A subsection was, however, assigned to Physiology, under the Presidency of Dr. Paget, in which papers were presented on Physiological, *Pathological*, *Toxicological*, and other subjects.

The whole number of papers which came before the Association was three hundred and fifteen, about forty of which were read in the Subsection on Physiology, and as many more in the Section on Zoology and Botany.

We had an opportunity of listening to all of the papers relating to Zoology, Physiology, Pathology, and Chemistry, in which we felt a special interest, the most important points of which we shall present in the present and future numbers of the HERALD. And firstly of

PROFESSOR ODLING'S LECTURE.

On Monday evening Guildhall was filled at an early hour to witness the construction of organic compounds by a chemical process. Dr. Odling,

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in an excellent lecture, performed whatever experiments he understood with dexterity and success. But, so far as we could perceive, he did not attempt the formation of organic compounds synthetically. He did, indeed, analyze water into oxygen and hydrogen, and *synthesize* the elements into water again. He combined oxygen and charcoal, producing carbonic acid gas, and then reproduced the charcoal by abstracting the oxygen. He also combined carbon and hydrogen. And he explained the constituents of several substances, organic and inorganic, and stated that the addition of certain combining proportions of inorganic elements would change them into other substances, etc. He named alcohol, vinegar, taurine of the bile, and urea of the urine, etc., as examples of organic compounds whose constituents are precisely known and can be chemically produced. But it seemed to us then, as it does now, that these are *inorganic* substances; and so the experiments failed entirely to establish the proposition assumed. Indeed, they seemed to us to prove exactly the contrary. We have long taught that chemistry and vitality are antagonistic ideas; and that there can be no chemical action in the living organism. And Dr. Odling's experiments rather illustrated than disproved this position. We are willing to admit that chemistry can produce, synthetically, some of the simpler forms of matter—proximate elements—which are used by the living organism in some of its processes; but until they are formed or transformed into the actual tissue, they are not properly "vegetable or animal substances," and this chemistry will never accomplish.

MAN AND THE GORILLA.

One of the most exciting and interesting discussions of the session followed the reading of a paper, by Richard Owen, D.C.L., F.R.S., "On the Zoological Significance of the Brain and Limb Characters of Man, with Remarks on the Cast of the Brain of the Gorilla."

The position which Mr. Owen endeavored to establish was, that there is, between the brain and limbs of the gorilla and man, a much greater structural distinction than there is between the gorilla and the animal next below it—the orang, for example—in the scale of creation. He argued that, in the ascending scale, from the lowest animal to the highest, there is a regular and gradual development of brain structure, but that between the highest animal and man there is a remarkable and sudden enlargement of the brain, manifested more particularly in the extension of the cerebrum over the cerebellum; whereas in the gorilla, orang, ape, baboon, and monkey tribes, the cerebellar portion of the brain projects posteriorly far beyond the cerebral portion. The cerebellum is also proportionally larger in those animals than in man, and this disproportion is much greater between man and the gorilla than between the gorilla and the above-named animals. Other anatomical distinctions, though less noteworthy, were also pointed out.

The positions advanced by Prof. Owen were warmly contested by Prof. Huxley, President of the Geological Section. Others took part in the debate, and there was much disagreement in relation to the anatomical facts as set forth by Prof. Owen. Prof. Huxley contended that the great difference between man and animals was psychical and moral, not anatomical, and that the alleged remarkable structural difference between the brain of man and that of the gorilla had no existence.

The subject was discussed at much length, and seemed to involve the issue, whether man was a developed monkey, or whether monkey was a degraded man. It was amusing to hear learned professors of Comparative Anatomy, Physiology, Zoology, and Ethnology—M.D.'s, F.R.S.'s, D.D.'s, etc., discuss for a whole hour the nature of the distinction between the man immortal and the brute that perishes, without one of them looking in the right direction for a solution of the problem.

Instead of disputing about the posterior prolongation of the cerebrum, the relative development of the cerebellum, the posterior cornu, the hippocampi, etc., they should have looked at the phrenological organs. There they would have found a structural difference and development quite sufficient to satisfy Prof. Owen, and a psychical and moral difference as immense as Prof. Huxley could desire. They would have seen that the real distinction is in kind, not in degree. Man is endowed with certain mental organs or powers which no animal possesses the least trace of—hope, ideality, conscientiousness, and spirituality. These are the moral organs, and constitute the religious element of humanity; and it is this element which prompts the human being to look forward to a future existence, to improve his condition here from generation to generation, and to believe in and worship a Supreme Being. It is true that in the reflective portion of the intellectual faculties the difference between man and the gorilla is immense, both as to size and quality of brain structure; and this, were it ten times as great, would only render man a "superior animal." But the superaddition of new organs renders him another being entirely, and raises him quite out of the domain of the animal kingdom. "In the image of God" man was created. This is not true of mere animals.

PHYSIOLOGICAL TOXICOLOGY.

Among the papers read in the Physiological Section was a very unphysiological paper, by

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Dr. Gibb, "On the Physiological Effects of the Bromide of Ammonium." We can not blame Dr. Gibb for this misuse of language, for he is only following the examples of all the standard authors and text-books of all the medical schools in the world, with the single exception of the New York Hygeio-Therapeutic College. Pereira and Dunglison, Christison, and Beck, the leading authors of Europe and America, on Materia Medica and Toxicology, tell us of the physiological effects of arsenic, corrosive sublimate, antimony, strychnine, prussic acid, and other deadly drugs. We respectfully suggest, that when the distinction between physiology and pathology is clearly recognized, we shall hear no more of the *physiological effects of poisons.*

SECRET POISONING.

Prof. Harley, M.D., read a valuable paper on this subject, which has a wider range of applications than was intimated by the author. He thinks that the cases of secret poisoning that find their way into police reports are very few, compared with those which are never discovered.

"The great desire of the poisoner is to get hold of a poison the effects of which would so closely resemble that of natural disease as to be mistaken for it. Fortunately, however, this is attended with extreme difficulty, as the effects of poison are generally sudden in the onset and rapid in their termination; for the poisoner seldom has time or opportunity of administering the poisonous agent in so small a quantity, and for such a length of time as is required to produce an artificial state of disease, which may be mistaken even by the accomplished physician for real disease.

"It has been asserted that in all cases of poisoning, where death occurred, the poison ought to be found in the tissues after death. Prof. Harley, however, pointed out that this was not strictly true; for even in the case of arsenic, which was supposed to be the most persistent of all poisons, if the patient only lived long enough, the mineral might be entirely eliminated by the excretions before death, and afterward not a trace remain to be detected in the body. Such occurred in the recent case of Alexander, when, although it was known that arsenic was the poison which caused the death, none was found in the body. Alexander, however, did not die till the sixteenth day. Therefore the not finding the poison in the body after death is no absolute proof that the patient did not die of its effects."

The point which we desire to make in regard to the facts presented by Prof. Harley is this: Drug-Medication is a process of slow poisoning, and nothing else. Many patients, during a course of fever, take ten, twenty, or fifty different drugs; and among them are, very frequently, repeated doses of calomel, opium, arsenic, antimony, strychnine, etc. It is a common delusion with people that if these drugs are eliminated from the system, no harm will result, as they have only acted on the disease. But the truth is, their effects will often, very often, prove fatal notwithstanding they have been expelled. Never was there a more disastrous error committed by scientific men than in supposing that small doses of poisons act remedially or medicinally, while large ones act pathologically or toxicologically. Whether administered with medicinal or murderous intent, the effect is the same. They are deadly according to dose.

OUR DELUSION.

"Military matters seem to have little to do with common sense in any department."—*Independent.*

THE Baltimore Health Association perfected all its plans for getting up a hospital. In the mind's eye we already saw "Our Hospital," of comely and fair proportions, bringing salvation and health to hundreds. We determined to have it even though we received no pecuniary aid, or any assistance whatever from government—only wished to be recognized on an equal footing with other hospitals, and to have equal rights. We knew they were about establishing some new hospitals in Baltimore, so we benevolently concluded we would get one ready; that we would do that much for government, save it some trouble, besides the clear expectation we had of increasing the army by removing numbers from the sick list! But does any one suppose that government is going to do what is cheapest and best? Would it do an irregular or an unconstitutional thing to save an army of soldiers, or a million of money? Still we had hope. At an early meeting, one of our members was appointed to call on Dr. Cox, chief army surgeon in this city, who received her most graciously and with superlative urbanity, giving all needful information and advice, saying that he looked upon the active efforts of the ladies in these matters as one of the most propitious signs of the times; adding that he had money to distribute among the different "Union Reliefs," and that we should come in for our portion.

Next, "an Appeal" was prepared, on behalf of the Association, addressed to the President and Surgeon-General Hammond, at Washington, which Mrs. Hoffman kindly volunteered to take down to Washington; and nobly did she carry it through, armed as she was with documents and recommends, from senators and other distinguished men, yet she had to endure enough to bear down an angel's wing to earth. The hauteur and heartlessness of our medical officials! She urged the earnest wishes of the ladies only to be allowed to form this hospital at our own expense. "That you can do, madam; we have no authority to hinder you from establishing one." "But will you give us the soldiers—only such as prefer

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our treatment?" "No, madam, their lives are too precious to be used in trying experiments, * * * and, madam, soldiers have no right to choose!" They must die; a nation must be sacrificed to the selfishness and imbecility of a few men. Some men are sealed in all their higher faculties; "ten thousand angels might chant over their head immortal melodies and they would hear none of them."

At a subsequent meeting of the Association the following resolution was adopted:

Resolved, That the thanks of the Association are due to Mrs. Hoffman for her efforts in presenting the appeal and urging its claims.

The authorities are now drifting about in Baltimore to find suitable localities for hospitals; how much it would have been to their interest to have accepted ours, and it would have been the bright particular star of them all. But the Association has not yet given up its hospital idea.

BALTIMORE, MD. M. A. D. J., *Sec.*

THE TEMPERANCE CAUSE.

TO EDWARD C. DELAVAN—*Dear Sir:* The prominent position you have occupied for a quarter of a century, and the world-wide reputation you enjoy as an advocate and, in a large sense, benefactor of the cause of temperance, are my reasons and my apology, if apology is needed, for addressing you thus publicly on the cause dear to both of us. I can think of no better plan for arresting the attention of the right class of persons, and of interesting them in certain propositions which I have to advance. The object of this communication is to show that the advocates of temperance reform have never yet placed their cause on the right basis; that until they do so, success is impossible, and that when they do so, success will be speedy and complete.

I am of the opinion that there has already been power enough expended—power of brain and of heart, of muscle and of money—to have exterminated the rum-fiend from the face of the earth, if it had been applied in the right direction.

Whatever importance may be attached to the moral, the religious, the social, and the economical arguments in favor of total abstinence from alcoholic beverages, there is yet one thing needful; this is the recognition of the *physiological* or *scientific basis*. You will tell me, perhaps, that the most eminent scientific men of the world—chemists, physiologists, physicians—have given their testimony in favor of temperance. And so they have; and at the same time given their *science* in favor of the cause of intemperance. You may refer me to the names of two or three thousand medical men who have testified that alcoholic stimulants are unnecessary, *except* as *medicines*. You may cite a hundred medical professors who say that alcohol is not necessary, as a medicine, *provided* there are suitable *substitutes*, etc. Thus all of them recognize the relation of alcohol to the living organism to be *useful, remedial, restorative*. If this is true, where is the scientific basis of temperance? How can we condemn alcohol as a thing inimical to the life-principle in the temperance hall, and commend it as a "supporter of vitality" in the sick chamber?

The *root* of this overshadowing upas of intemperance is *alcoholic medication*. So long as alcohol is prescribed as a medicine, so long will it be employed as a beverage. And I undertake to say, that each and all of the reasons which can be assigned in favor of its administration as a medicine, will apply with equal cogency in favor of its use as a beverage. I make this statement deliberately, and am prepared to sustain it. At the present time alcoholic medication is rapidly increasing; and at this time, too, the use of intoxicating drink is rapidly extending. So it ever has been, so it ever will be. You can never accomplish the reform you seek until alcoholic medication is abandoned—*never*, NEVER. There is the great, the fatal obstacle, in our pathway. Can it be removed?

Is alcohol useful as a medicine? This problem involves the truth or falsity, the success or failure, of the temperance cause. If alcohol is in any sense remedial, it should be employed, let what will become of the temperance cause. If it is not useful, it should not be employed, let what will become of the medical profession, or the doctrines of their schools and books. If alcoholic medication is positively pernicious in all cases, and under all circumstances, it should be discarded from the apothecary shop; and when this is done, it will not long remain in the dram-shop.

What is the truth in this matter? The question in issue is purely a scientific one, and as such I shall treat it. If the doctrines of the medical profession, on which alcoholic medication is based, are true; if they are in accordance with science, correct in philosophy, in harmony with the laws of nature, and in agreement with the vital conditions of the living organism, then is teetotalism, in the language of the *Westminster Review*, a "physiological error." But if, on the contrary, these doctrines can be shown to be false, if they are in opposition to nature, absurd in science, untrue in philosophy, and contrary to common sense, then teetotalism is a *physiological truth*, and the temperance reform has a scientific basis.

Alcohol is prescribed as a medicine in various conditions of debility, prostration, exhaustion,

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fatigue, indigestion, atony, torpor, etc., etc., on the theory that it is a "supporter of vitality." *How* it does this, none of its advocates profess to know. *In what manner* it sustains the vital powers, none of them pretend to explain. The rationale of its effects is confessedly not understood. The why and wherefore of its strange influence is an unsolved problem. Its *modus operandi* is a profound mystery. But that it does in *some way* support the powers of life, and impart (temporarily, at least) strength and energy to the enfeebled organism, is the almost undisputed theory of the medical profession.

I am prepared to prove, whenever and wherever opportunity is afforded me, that, on this point, the medical profession is and always has been mistaken; that all of its theories and assumptions in relation to the action, the effects, the *modus operandi* of alcohol are *false*. And all I ask, for the speedy triumph of the temperance cause throughout the world, is simply to dispossess the medical profession, and through them the public mind, of the false theories on which the use of alcohol as a medicine is predicated. How can this be done?

I can think of no method except that of agitation, discussion. But can the medical profession —40,000 strong in this country—be brought to a discussion of this question before the people? I fear not. For a dozen years I have been trying to get this subject before medical and scientific men, I confess with very poor success. I can not even succeed in engaging temperance physicians in a conversation on the subject. I do not feel disposed to await the slow process of educating the masses of the people, so that they can understand and correct the errors of the scientific world, nor do I know that this is possible.

But as the influence of the medical profession is omnipotent on this question, I can not consent to leave any method untried for having that influence in favor of our cause, and not against it. It is to the medical profession that the people look for guidance and direction in this matter. Where else can they go for instruction? If the medical profession understood and taught the true doctrine in relation to what is called the *action of alcohol*, there would be an end of alcoholic medication, and very soon alcoholic beverages would be among the things that were.

I said in the mass meeting convened in Exeter Hall, London, before an audience of five thousand persons, and in presence of a large number of medical gentlemen, "Give us the simple declaration of scientific truth, of *the relations of alcohol and the living organism*, emanating from the body of the medical profession, and it will accomplish more for temperance in five years than can be done in fifty, or perhaps in five hundred years, without it." And in the International Temperance Convention I stood alone in advocating the disuse of alcohol, on the ground that it is injurious *per se*.

The positions I took there I am prepared to defend here. Other medical gentlemen could see their way clear to dispense with alcohol, if they could have an apothecary shop at hand from which to select substitutes. My position was and is that alcohol is *bad in itself*, whatever may be said of other drugs; that it does not in any case assist the patient to recover health; that it is in all cases worse than useless; and that the medical profession and the world are deluded in relation to its supposed "medicinal virtues." I offered to show, if opportunity were afforded me, by a just interpretation of the testimony of his own physicians, and the statements of the London *Lancet*, that the late Prince Albert was *killed* by alcoholic medication; and to explain how it is that distinguished men, in the prime of life, of vigorous constitutions, are dying almost daily, not of some trivial disease, as is generally supposed, but of alcoholic medication. I offered to go before any or all of the scientific men of England, or before the Royal College of Physicians in London, if I could be permitted so to do, and *prove* the positions I assumed, and meet all possible objections from any source. Nearly a year ago I made a similar offer in the Smithsonian Institute, Washington city; and I have repeated this proposition, or challenge, in presence of medical men, and under the shadow of medical colleges in New York, Boston, Baltimore, Chicago, Toronto, and other places. I allude to these facts, not so much as I hope you will do me the justice to believe, to make an egotistical parade of what I have done or said, as to show my absolute and abiding confidence that I have a basis of truth to stand upon. And the recognition of this truth, by the leaders of the temperance army, I regard as vital to the success of their cause.

How can this vital question be settled? By experience? Oh, no. We have had quite enough of that. Medical men have seen dissipation and debauchery, vice, crime, pauperism, and misery, following in the wake of the alcoholic bane for a period of four thousand years, and still their experience tells them it is a good medicine. They have tested it in all conceivable ways on plants, on animals, and on man, and they have recorded that disease, debility, disorganization, and death are the invariable results of its contact with living tissue of any kind, animal or vegetable, and yet they regard it as in some way restorative.

Wherein is the delusion? It consists in mistaking *stimulation* for *nutrition*, *excitement* for *strength*, *vital expenditure* for *renewed energy*. Alcohol is prescribed to a patient after he has had a course

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of fever, and become weak, emaciated, or during the fever, if it be of low diathesis, because it stimulates. The patient needs just the opposite —*rest*.

What is stimulation? It is itself *fever*, and nothing else. To administer stimulus after a patient has had a course of fever is to reproduce the fever; and can this be a restorative process? Give a well person what are called moderate doses of alcohol, and he will have the condition of fever. He will be in that state of bodily disturbance—"disordered physiology"—which is termed feverishness. He will have the form of disease to which the term fever has always been applied by medical men. Can the alcoholic fever support vitality or prolong life, or "aid and assist nature," or promote convalescence, or favor nutrition, any more than a miasmatic fever can, or any other fever induced by any other poison? The "medical science" of the world says, Yes. Nature and common sense say, No. Which authority shall we accept? Can the *cause* of fever be the proper remedy for the *consequences* of fever? Can the poison which occasions fever sustain the organism under a fever occasioned by other poisons, or obviate the debility resulting from other morbific agents? In the light of true science the proposition is simply absurd. If this word *stimulation* were correctly explained in medical books, or if it were employed in any precise and definite sense, the world would see the fallacy at once, and medical men would no longer perpetrate the monstrous and unparalleled blunder of administering the causes of fever to cure the consequences of fever.

They would then see that stimulation is the condition and action which *wastes the vital power*, instead of a process which *supplies* or *restores* it.

And now let us see how naturally and inevitably the *medicinal* employment of alcohol runs into its "dietetic" use. When a person is very much fatigued, as the result of a hard day's labor, he is in precisely the same vital condition that he is in after a course of fever, or during the course of a low fever. He wishes to regain his strength as soon as possible, and he resorts to alcohol. Why not? If alcohol will give power, impart energy, restore tone, support vitality, or act usefully in any manner, in a state of fatigue occasioned by fever, why not also in the same condition occasioned by over-exertion? The logic is irresistible. The argument is unanswerable. Thus the alcoholic drink succeeds the alcoholic medicine; and thus alcohol becomes the ever-convenient restorative and panacea in all conditions of the system for which stimulus is regarded as necessary or useful.

The whole controversy is thus resolved into the single issue: Whether alcohol, employed as a medicine, "sustains" or *wastes* the vital powers? Is not this subject of sufficient importance to be thoroughly investigated by all scientific men, and by the friends of temperance? Suppose we should have a convention—State, National, or Inter-National—on purpose to discuss this question, with a platform free to all who have anything to offer on one side or the other? I will pledge myself that *one side* of this proposition shall be represented.

THE PRIMARY QUESTION.—The present source of the delusion which has so long ruled the world, and which is sending tens of thousands to premature graves every year, and which is really the essential cause of all the dissipation and debauchery in the world, arises from a *false theory of the action of alcohol*. How does alcohol act? What is the rationale of its effects? What is its *modus operandi?* Until these questions are philosophically solved, and the solution clearly understood by the people, the temperance cause must remain stationary on the whole, with fitful seasons of progress, succeeded by reverses. And these questions I have solved. All that is wanted now is some way to get them into the medical profession and before the world. You may tell me that I should, on this subject, address the President of some Medical College, instead of the President of a State Temperance Society, and the Vice-President of a World's Temperance Convention. Alas! sir, this I have done, "full many a time and oft" during the last ten years, but unavailingly. You may not know so well as I do the difficulty of introducing new, radical, and revolutionary opinions into the medical profession. It is not easy for men to reason against ingrained errors and life-long prepossessions, nor to see truths which conflict with the accumulated prejudices of three thousand years. Very few persons, once professionally educated, can ever be wholly divested of the theories of their schools. If the doctrine I have briefly intimated be true, it *disproves* all the teachings of medical books and schools in relation to the *essential nature of all diseases*, and the *modus operandi of all medicines*, and places medical science and the healing art on a very different basis. These, sir, are the reasons why I address my arguments to the medical profession with the same result that would follow if I should deliver an oration to the Rocky Mountains.

All of the teachings of our standard medical authors, and of all our approved text-books on chemistry and physiology, not excepting the multitudinous "Physiologies for Schools," are, so far as these questions are concerned, exactly contrary to truth and nature, and hence are miseducating and misleading the public mind continually. This is why the temperance physician so

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frequently prescribes alcohol to his feeble, or dyspeptic, or nervous, or anemic, or scrofulous, or cachoctic, or consumptive patient, as a "supporter of vitality," or an "invigorating cordial," or a necessary stimulus, and thus gives the scientific argument to the rum-seller. And so long as the physician does this, I can have no mind, no heart, no judgment, and no conscience to quarrel with, or war upon the rum-seller. If his rum really possesses these wonderful virtues, let him sell it. This is why temperance men, on occasions of some trivial indisposition, resort to alcoholic stimulus, and soon become the regular patrons of the dram-shop. This is why, in seasons of excitement, men come up to the pledge like the rushing of the winds, but soon fall away like the leaves of autumn. This is why the achievements of the temperance army are so surely followed by disaster and relapse. This is why the rum-selling fraternity of the Empire State are now "having it all their own way;" whereas six or eight years ago we seemed to have been on the very eve of establishing temperance laws throughout the State. This is why Maine laws are useless, why license laws are a sham, and why rum-sellers rule our legislatures, our courts, and our municipal authorities. This is why "whisky rations," and sometimes double rations, are forced on our soldiers now in the field; why the officers of our army are dying of grog-doctored typhoid fever faster than they are falling by rebel bullets and bayonets; and this is why all the power of our government can not or does not prevent the mercenary sutlers from robbing and murdering our country's defenders with the alcoholic poison.

This is why I arraign the false doctrines of the medical profession as being the chief, the fatal obstacle in the pathway of temperance reform. Teach the world the *exact scientific truth* in relation to the effects of alcohol on the living system, and the temperance cause will achieve itself. When physicians understand its *modus operandi*, they will cease to prescribe it as a medicine. When the people understand the rationale of its effects, they will cease to drink it as a beverage. Physicians and people alike will see through the delusion of a feverish stimulation to the terrible waste of vital power. Then we shall have no need of Maine Laws, Prohibitory Statutes, Temperance Unions, Leagues, Alliances, Sons of Temperance, Temples of Honor, Rechabite and Cadet Orders, nor Washingtonian Societies, for Total Abstinence from alcohol will become a physiological principle, instead of a restraint or a privation.

Very respectfully yours,

R. T. TRALL, M.D.

To bear the sharp afflictions of life like men, we should *feel* them like men.

HYGIENIC PHYSICIANS AND HOSPITALS IN OUR ARMIES.

THE friends of Hygienic Medication in Iowa are moving in the right direction. Dr. McCall, of Oskaloosa, has forwarded us a copy of a petition to Governor Kirkwood signed by *four hundred and seventy-nine* members of one of the regiments of volunteers from that State, which is in the following words:

"CAMP TUTTLE, *Sept.* 19, 1862.

We, the undersigned, soldiers of the 33d Regiment Iowa Volunteers, infantry, respectfully and earnestly request that a sanitary institution be organized in our regiment, under the supervision of Henry McCall, M.D., Hygienic physician and surgeon, of Oskaloosa, to the end that all who desire may be treated, when afflicted with disease or wounds, according to the principles and philosophy of that system. This petition and request are not made with the slightest disrespect to the present physicians and surgeons of the regiment, but from the fact that we are conscientiously opposed to the entire system of drug-treatment, and we do this in the exercise of our inherent rights and honest convictions."

This sounds something like a prelude to a declaration of independence. What a strange anomaly in human affairs, that in this land of "free thought, free men, free soil, free speech," etc., a citizen-soldier who perils his life for his country, can not be allowed to choose the system by which he will be doctored! but as though he were a serf, a chattel, a thing, a slave, he is compelled to swallow the poisons which he verily believes are destroying his health and endangering his life. Dr. McCall writes:

"I have been making an effort to get into the army. Nearly five hundred soldiers of the 33d Iowa have signed a petition for my appointment in their regiment as physician. I have also recommendations from William Hale, attorney of Glenwood, and Lieutenant-Governor Needham. The colonel, Samuel Rice, who has been attorney-general for six years, promised to sign the petition for my appointment, but being called away suddenly could not do it. I have forwarded the letters and petition to the Governor, but have not yet received an answer. I was anxious to hear from him before I wrote you, but can not wait longer. This petition is probably a fair index of the state of opinion on this subject throughout our entire army. Of the regiment organized here, three-quarters would readily sign such a petition; and the more the subject is agitated, the stronger the sentiment grows in favor of Hygienic *vs.* Drug-Medication. One half of the commissioned officers signed my petition. According to the testimony thus far obtained, Iowa must have twenty thousand men in our armies who prefer our mode of treatment, while there may be five hundred thousand in the whole Union army who prefer it.

"Now I want you to call on our friends, and the physicians of our school everywhere, at home and in the army, to get up petitions to Congress to allow Hygienic physicians in such regiments as prefer them, and to have hospitals under their care at various points, so that all who desire can

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be treated in our way. I want the call made, if possible, through the TEACHER of next month, and a number or two sent to as many regiments as possible. Now is the time to strike. The soldiers are disgusted with drugs, and dread the drug hospitals more than they do the bullets and bayonets of the enemy. My practice increases gradually. I have had several severe cases of diptheria and lost none, while many have died under drug-treatment."

The suggestions of Dr. McCall are judicious and practical. We hope the excellent example of the 33d Iowa will be promptly followed up in other places. We have long known that one half of the soldiers abhorred the drug-poisons they were compelled to swallow. We have had many wounded and invalid soldiers under treatment, and have some at this time, and all of them corroborate the opinion of Dr. McCall, that the soldiers fear their own physicians and surgeons in the hospitals more than they do the rebels on the battle-field. It is unjust, it is cruel, it is horrid, to compel a man to submit to a course of medication which he *knows* is wrong, and to refuse him that which he *knows* to be right.

EXPERIENCE IN WATER-CURE.

NO. II.

REPORT OF CASES—CHOLERA MORBUS.

CASE No. 1.—In the summer of 1851, if memory serves me aright, I accidentally, or otherwise, saw the welcome pages of the WATER-CURE JOURNAL. I read one of the bound volumes, article by article, to the end; and almost before I was aware of the fact, I had imbibed many principles, the value of which to me and mankind was not then revealed to my understanding. I did not then know "what use" I could make of knowledge of this class, for did not the "*doctors*" in those days engage to attend to all necessary wants of the body? I never understood the practical benefits of the useful facts I had stowed, almost unconsciously, in my mind, until my father was one night taken suddenly and severely ill. I was awakened from my slumbers by his groans and screams of extreme pain. There being no physician nearer than the village of N—— C——, Pa., five miles distant, I was impressed with the belief that something must be done for my father, or, probably, death might soon ensue, as is frequently the case in severe and sudden attacks of cholera morbus. The same season several cases of *cholera* had occurred in the above-named place, and nearly every one resulted fatally; hence there was not much encouragement for me to "run for the doctor," and I determined to do the utmost in my power to relieve my father from the intense pain and agony he suffered. The vomiting and purging was the most violent I had ever witnessed, and the cramping of stomach equally violent. His screams, from the pain he suffered, were indeed heart-rending. I had some water warmed and gave him to drink, as much as three pints, without much intermission. The vomiting ceased almost instantly; all cramping subsided. I then enveloped his entire chest and abdomen with a folded wet sheet, and within one hour from the time I knew of his dangerous illness, all cramping, vomiting, and purging had entirely subsided, and warmth had returned to the cold extremities of the patient; a beautiful and hopeful perspiration appeared on his skin. He seemed free from all pain, and sank into a calm and peaceful sleep, from which I did not see fit to wake him until 8 A.M. the following day, when, lo! my father pronounced himself well. An abstinent diet, consisting of toasted bread, baked potatoes, stewed apples, etc., etc., and daily bathing in tepid water, accompanied with much friction and gentle exercise alternately with quiet rest, soon restored him to his usual vigor of health. In other cases, I have found the *tepid half bath*, or *sitz bath* of the same temperature, accompanied by much hand friction, for twenty-five minutes, to be of much service; it acts like a charm. The observing and attentive practitioner will be careful in watching the sudden changes which sometimes take place, and especially must he be attentive to the condition of the extremities, for when they become "cold, numb, and blue," accompanied with *cramping*, the indications are that *coma* may ensue, which should be met by applying bottles, filled with hot water, to and around the feet and legs, but *never* to the abdomen, as this would only hasten the fatal result. In short, all that is necessary to be done is to *cleanse* the system, restore the circulation to its healthy equilibrium, be abstemious in what is eaten, let the patient *rest*, and *nature* will do the "curing." The happy results narrated in the above case did not usually attend the patients of the "*regular*" physicians the same sickly season, who were attacked in precisely the same manner. And those who were fortunate enough to *conquer* both the *doctors* and the *disease* were a much *longer time* in entirely recovering from the effects of the combined assaults in "front" and "flank"—by disease and "doctors." Since then I have treated, successfully, both *cholera* and *cholera morbus*, which diseases, by the way, I regard as nearly the same, differing only in point of *intensity* and *malignity*, and this, too, without the "aid" of a *solitary drug*. I consider *warm water* the best relaxant in any stomach or bowel complaint, and it should be administered both as injection and emetic. I could relate many cases similar to the above, but I consider this a fair representative case; and that

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a similar mode of procedure would insure a speedy restoration to health of nineteen twentieths of all the cases of cholera and cholera morbus which occur in the United States, modified and varied, of course, by the constitution of the patients, length of time which elapses between attack and when treatment really has commenced. I may have more to say on this subject when I come to speak of and report cases of *Chronic Diarrhea* and *Dysentery*, as they chance to come under my observation in the camp and in the field. R. R. R.

U. S. GENERAL HOSPITAL, DAVID'S ISLAND, N. Y.

DIETETIC REFORM.

PURSUANT to adjournment, the New York Dietetic Reform Association will meet the first Monday evening in January, 1863, when a large variety of correspondence, accumulated through the summer months, will be presented, and the subject further investigated.

The question is one of vital importance to all Health Reformers, and is just engaging the attention of a large class of thinking persons.

The following letter is from D. U. Martin, the "Boston Wherryman," whose exploit in rowing from Boston to New York, and living on whortleberries and water-melons, created so great a sensation two years ago, and which was reported in the WATER-CURE JOURNAL, September, 1860. Since then he has traveled and experimented extensively both in the Atlantic States and in the Pacific States and Territories, also on shipboard from New York to San Francisco.

"MILK RANCH, VALLECITO, CAL., *Nov.* 16, 1862

"DEAR DR. JONES: I presume that long ere this you all, at No. 15 Laight Street, think the "wherryman" has forgotten you. Not so. While you are doing so much for Health-Reform, I shall ever cherish your memories and watch your proceedings with interest.

"I have just returned from one of the great excursions of my life. I have seen more of human nature, mountains, and snow than ever before; to use a California phrase, I enjoyed the trip 'hugely.' I carried the first green apples into Florence ever seen there. I have walked 1,500 miles this summer, and carried a pack of 20 to 90 pounds. Once I packed 80 pounds for ten days, on snow most of the time, and stood it 'tip top,' eating bread, dried apples, peaches, etc. So, you see, I am still interested, practically, it the Dietetic Reform question. I still intend to go through a course of study in the Medical College, No. 15 Laight Street. A walking *feat* may bring me there next summer. After graduating I shall probably go into fruit-growing extensively in connection with lecturing on my hobbies—Phrenology, Physiology, and the Diet Question.

"Before returning to this place, I spent several weeks in San Francisco. For three weeks I lived on pears exclusively, and am now living on fruits alone. Please remember me to all my New York friends, and if any one asks you what, after so varied an experience, I think of the Diet Question, tell him that my experience all points to fruit as the best possible food for man. I hope ere long to arrange my ideas on this subject in shape to publish in full, but I want more study, and that in your city, with your facilities of laboratory and dissecting-room. Will there be a class next summer at the Laight Street College? I am very glad to hear that you have a society formed in New York whose object is to inquire into the evils of our present system of diet and to reform them. *It has the most important work of the age to perform.* God speed you.

"In the past season I have mined, prospected, boated, walked, packed, cradled grain, sorted timber, cut cord-wood, and traded — variety enough for one man to test a system during nine months; seven months of the time I was not in a bed, and for five months I slept outside of any tent or house continually.

"Please excuse this hurriedly-written letter, as I am very busy fixing up a new claim.

"Truly your friend, D. U. MARTIN,

"Vallecito, Calaveras Co., Cal.

"FRANK R. JONES, M.D., 15 Laight Street, New York."

All persons interested in the investigation of the Dietetic Question are requested to communicate to our Society answers to the following questions, and as many other facts and statistics bearing on the subject as may be. The following is the list, which will be extended if it is found necessary:

1. What is your name and address?
2. What is your age?
3. What is your occupation?
4. Are you married or single?
5. How long have you been a vegetarian?
6. What were your conditions of health when you discontinued the use of animal food?
7. Do you use butter and salt in any form, or in any preparations of food?
8. Do you use milk and eggs?
9. Do you use fine or coarse flour bread? fermented, unfermented, or soda raised?
10. What has been your food generally?
11. Have you gained or lost in weight, and how much?
12. Can you endure as much physical labor?
13. Can you endure as much mental labor?
14. Can you think as clearly?
15. Are you more or less cheerful and happy?
16. Are you as healthful?
17. Do you enjoy as much gustatory pleasure?
18. How does the expense of living compare with the old system?
19. In brief, what are your ideas of Dietetic Reform?

Please give us as much of your experience as you can conveniently, in regard to yourself and others of your family or friends who have adopted this system.

F. R. JONES, *Secretray.*

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A FEW RAYS FROM SUNNY-SIDE.

BY M. AUGUSTA FAIRCHILD, M.D.

In obedience to the injunction, "Rejoice with them that do rejoice," I think the readers of the TEACHER, and all the workers in the cause of Health-Reform, will be glad to hear that such is the demand for a true Hygienic institution in this part of the country, that we have just established the Sunny-Side Water-Cure as an answer to the requests of the many invalids with whom we meet in our circle of out-practice. Does not this fact show that the "wheels are moving," that light is everywhere driving away the shades of darkness, that people are ready to accept the truths of Hygienic medication?

It is not yet two years since I came to this neighborhood. I was told repeatedly that it was "useless for one to introduce *cold* Water-Cure here, the doctors opposed it so; *they* said it was not good—would kill the people," etc. I said, "perhaps." And I went to work, knowing that, before our system of medication is acceptable to a community, there must be a preparatory work done; the people must be educated, must be brought to ask for more light, a spirit of inquiry must be aroused, and the skepticism which already exists in regard to the efficacy of drugs must be more fully established by arguments proving not only their inefficacy, but positive injury. I say, knowing these things, I began my labors here by lecturing. I gave free lectures, and everybody came. The doctors came, too.

Soon I was called to attend patients. Then the doctors grew uneasy for the welfare of their *friends;* advised them; remonstrated with them; and, finally, grew angry with them—all to but little effect. Why? Because those people who would employ a physician of our school *had been thinking.* We do not base our success upon the ignorance of a community, but upon its enlightenment. And in proportion as you find a neighborhood thinking, intelligent, independent, you find it ready for a Hygienic physician.

I have kept on "at the wheel." I have been opposed. Oh, yes, learned Esculapians often prophesied failure. It has not come to pass. In medical practice, I have treated and *cured* cases of incipient consumption, bronchitis, many forms of liver disease, dyspepsia, rheumatism, inflammation of the eyes, congestion of the lungs, dropsy, prolapsus uteri—where for years some artificial support was worn—amenorrhea and dysmenorrhea, paralysis, catarrh, piles, and one case of obstinate constipation, where for seven years the patient had been obliged to resort to artificial means to insure a movement of the bowels—pills or the syringe being called into daily requisition. After but ten days Hygienic treatment, those difficulties were entirely removed, and have not returned—it is now one year past. I would say, for the benefit of readers generally, that this patient was under treatment a much longer time than I mention, but this prominent difficulty was removed in ten days.

Doctors have said, "Water-Cure will do very well in *some* cases, but will not do for *all.*" Those very cases have come to me, and have been cured. Then they say, "It can not cure this, or that, disease." For instance, they said that in a case of typhoid fever I would be obliged to resort to medicine. I attended just such a case about two weeks since. A drug doctor had been called to see the patient not one hour before I reached there—and left medicine. But I protested against it, and did not, of course, allow it to be given. I saw the patient was very sick—pulse, one hundred and thirty-five; tongue, coated, dry, and even cracked; skin, burning hot—gave to the hand a stinging sensation; eyes bloodshot, bowels very painful, great distress in the head, delirious, cold extremities, and a sense of chilliness, even though the fever was raging.

I immediately ordered a hot soap-suds bath. "Why?" Because, my friend, *every* one in this land of "corn and pork" is not a reader of the TEACHER, and does not know the importance of some of its lessons concerning the laws of health. Many there are who can hold up the right hand and say, "I was never guilty of performing a *thorough ablution.*" And, perhaps, they never would be—did they not fall into the hands of a Hygienist, as was the case this time. My patient was a boy, sixteen years of age; had always lived after the "custom of the country;" and now, following the same custom because sick, had sent for a drug doctor, but, upon considering again, concluded to employ the *woman doctor* who "lectured in their school-house."

Hot foot-baths, cold cloths to head, hot fomentations to bowels, until the chilliness seemed to leave, and the pain was soothed. After this, a succession of wet-sheet packs, until the pulse was lowered; cool, copious enemas; free drinking of water. At night I allowed no watchers. Neighbors came in to sympathize with the patient, and to remonstrate with the relatives concerning the rashness of trusting to Water-Cure. But the patient persisted in getting better very fast, every one saying all the while that he *would* die. And, doubtless, they told the truth. I am of confirmed opinion that the boy *will die* at some future day, notwithstanding he is now cured and well—cured without drugs. It was very fortunate for my cause that the drug doctor had so committed himself—pronounced it a bad case of typhoid fever! So, when the boy was cured, he could not say—as doctors and people very often do—"Noth-

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ing ailed him." In two weeks from the time I was first called, the boy was at school—well; no sequelæ, no relapse.

Last week I was called to attend a case in another family, which heretofore had depended upon the drug doctors. It was of a child three years old; had diptheria; throat much swollen, the membrane forming so that the throat appeared as though filled with white cotton—pulse, one hundred and twenty-three. Gave hot full-bath five minutes; wrapped in blankets until perspiration appeared; cold cloths to the throat, alternated with hot fomentations. After sweating for about ten minutes, a spunge-bath in tepid water; frequent sips of hot water, followed by cold—I have found this to reduce the inflammation much more readily than to use only cold. In about two hours, fever somewhat abated, but not subdued entirely. I gave another hot-bath of three minutes, followed by the cold full-pack of half an hour. Then, a sponging, and compress applied to the abdomen. Next day, I found the patient quite free from fever; throat much better—the pulse was at ninety. Another bath in cool water, the cool injections, and cold compresses were ordered, and on the third day no signs of diptheria remained, except, perhaps, some slight irritation of the throat.

And are not those people convinced? Yes; another family converted to the truth of Hygiene. So the work goes on; now, one will be convinced by hearing a lecture, or course of lectures; then, another by witnessing a cure; and, little by little, the whole community becomes awakened. Have we not cause for congratulation when the bright plowshare of truth is thrust through and overturning the damp clods of ignorance? Upon no subject are people so unwilling to think as upon health—until, perhaps, it is too late. Yet the terrible ravages of disease, the tolling of the church bells, the peopling of the cemeteries, call in awful language upon us to consider why "these things are so!"

And many *do* consider. The field of earnest, anxious questioners is a large one. Upon whom does it devolve to give the answer? Who *can* give the answer—who WILL. Does it not devolve upon those who devote their lives to the study and observation of the laws of life and health, and who proclaim that they practice the "healing art divine?" Can they not answer these questions?—*will they?* Ah, they can answer, but they will not. These learned Esculapians *can* tell why so many are diseased and die. But would it not be a sad story told on *one's self*—a sad, true story of selfishness, in keeping the people in dark ignorance, that the "profits" of a profession might be realized by a few?—that very proud "profession" but a curse to mankind, because of its unwillingness to let the people see the light. Whoever, but rarely, hears of a man of "the profession" talking to his patients concerning the laws of life and health, and candidly telling them that drugs do not cure? Physicians have much superior facilities for doing good to those around them—much superior to persons of any other profession, not excepting the clerical. The true Hygienic physician will delight to talk and labor for the good of those who come under his influence and care. He looks upon his work as one not only of healing but of teaching; hence, the community that calls for and sustains a physician of this class is twice rewarded. Are not there many calls for such laborers? I answer—there never were more importune desires for the practice of the "True Healing Art" among the people than at this day.

Look at your newspapers. Do you not see there letters from some soldier, or friend of some soldier, calling for a better way of treating the sick who have given their lives for their country, not desiring to have them sacrificed by the malpractice of their medical advisers? I have many things to tell you, some time, of conversations had with those poor sick soldiers—well nigh *drugged to death.*

Let every lover of our glorious cause, every laboring physician, awake and work—and with a good heart, for the day dawns! God, Nature, and good men are for us; the devil, artifice, and bad doctors against us. Let us cheer each other by kind words of encouragement, and, through the instructions of the TEACHER, may we seek to bless whole communities. Aid in its circulation—tell through its pages of the progress of the good work. Thus will we be united and strong, and, clad in the armor of invincible truth, we will best succeed in our labors among the people with whom we dwell. For

Truth is mighty and will prevail.

A FIRE ESCAPE.—At dinner, one day, Mr. Rogers related a story of a nervous gentleman who kept a fire escape—a kind of sack in which he could lower himself from his window. Being suddenly awakened one night by the sound, as he thought, of the wheels of a fire-engine, followed by a tremendous knocking at the door, he descended in his sack in great haste, and reached the street just in time to hand his wife (who had been to the opera) out of her carriage.

JONES, while recently engaged in splitting wood, struck a false blow, causing the stick to fly up. It struck him on the jaw and knocked out a front tooth. "Ah," said Bill, meeting him soon after, "you had a dental operation performed, I see." "Yes," replied the sufferer, "*ax*-idental."

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DIARRHEA.

BY E. P. MILLER, M.D.

THERE is probably no disease which is more disagreeable, loathsome, or much more fatal, or which is much more dreaded by our brave and patriotic officers and soldiers, than that of diarrhea.

Thousands of our best officers, and tens of thousands of our soldiers, are confined in private houses, hotels, and hospitals, with a large number of nurses and attendants, at an expense to the government of millions of dollars annually, who were it not for this difficulty, might be employed in active service. In one regiment of McClellan's army, after their return to Washington from the Chickahominy, forty out of forty-six officers were unable to do duty, and most of them were sick with diarrhea. McClellan's army cost the government sixteen thousand dollars a day for just the one article of quinine alone, which was used as a prophylactic to keep off diarrhea and fevers, and which was dealt out daily as a part of their rations, all the time they were kept on the Peninsula.

All of this, and much more, might have been saved, if those in authority only understood the right system of feeding and treating soldiers when they are well, and of caring for them when sick.

In some cases this disturbance is of but little or no consequence, lasting but a day or two, relieving the system of some irritating and poisonous substance, which, in the end, proves rather beneficial than otherwise.

In other cases the mucous surfaces of the intestines become irritated and inflamed, and sometimes ulcerated, in which cases the frequent discharges are kept up for weeks, months, and sometimes years.

Diarrhea often occurs in connection with other difficulties, such as dentition of children, typhoid and typhus fevers, measles and small-pox; in some of these cases it shows itself as critical discharges. It often accompanies the latter stages of pulmonary diseases, in which case the mucous surfaces of the intestines become the seat of inflammation, tuberculation, and ulceration.

Diarrhea may originate from a variety of causes. Probably the most prolific is the improper quantity and quality of food, imperfectly masticated. Anything which produces irritation of the mucous surfaces of the intestines may cause it. Purgative medicines are often the cause of both acute and chronic diarrhea. Many substances, of themselves harmless, when properly eaten, will cause this disease by the imperfect mastication and the improper manner of eating them. Among these are raw vegetables, green corn, cucumbers, melons, cherries, currants, nuts, etc. Animal foods of all kind, especially when there is any tendency to putridity, crabs, oysters, and many kind of shell-fish will produce it also.

Among our soldiers, probably pork and beans are the most common causes. The beans themselves, when properly cooked, are excellent food, but when cooked with hard salt pork, they are almost as deadly as bullets.

There are many other causes less direct, perhaps, than those enumerated, such as exposure to cold or to sudden changes of temperature, anxiety, agitation of mind, fear, surprise, grief; these leave the system in such a condition that the least irregularity of diet will develop diarrhea.

When the above causes, any of them, continue in operation for some time, they produce a morbid excitability of the intestinal canal, which sometimes results in a chronic inflammation, and ulceration of the mucous surfaces. When this is the case, almost everything taken into the stomach, either as food or drink, will quickly bring on discharges of partially digested food, mixed more or less with the secretion of the mucous surfaces of the digestive canal. I have seen cases where a swallow of water or food of any kind would be immediately followed by discharges, accompanied by severe griping pains. This chronic irritation of the mucous surfaces of the intestines is the cause of chronic diarrhea. In this condition the bowels often move without the presence of any irritating substance in them, the secretion being thrown out apparently without any exciting cause. A continuation of the same causes that produce acute diarrhea will result in the chronic form.

The habit which some people have of taking purgative medicines to move the bowels once, twice, or three times a week, will often produce such an irritated state of the bowels as to cause chronic diarrhea. Often a single cathartic dose will so inflame and irritate the intestines as to result in this chronic affection.

In both the acute and chronic forms we have different varieties of diarrheas, which take their names from the different character of the discharges. These are the feculent, the bilious, the mucous, the serous, and the chylous. These different phases of this disease are doubtless owing to different conditions of the mucous membrane. Where there is but slight irritation of this membrane, we would get one form of discharge. A severe congestion or slight inflammation would occasion another form, severe inflammation another, and ulceration still another.

It is very seldom that we get a spontaneous recovery of chronic diarrhea so long as the exciting cause remains; it will continue for weeks and months, the patient gradually losing flesh

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and strength, till death ends his sufferings. There are some cases where ulceration of the intestines goes on so long and so far as to perforate the intestines, allowing the contents to pass through into the cavity of the abdomen. Under such cases death generally occurs from peritonitis; these cases are almost certain to prove fatal. Almost every case of long standing is liable to this result.

The following pathological observations have been made by Dr. Watson, of London:

"In some cases the mucous coat, particularly of the large intestines, is somewhat thickened, spongy, and pale; in others, its anatomical characters are entirely changed, large portions of it presenting a smooth, glossy, mottled appearance, as though its surface had been covered with a thin coating of varnish. Occasionally large patches of the mucous membrane of the colon or rectum are of a dark mahogany or slate color. Traces of follicular inflammation or of ulceration, more or less extensive, are frequently met with, especially in the ilium and colon." "Dr. Stacks observes a form of chronic diarrhea as of common occurrence, which is dependent upon ulcers situated close to the verge of the anus; these occur in those who are of broken-down constitution, and those who have taken *a great deal of mercury;* we have repeatedly observed them in those who have been in the habit of using *almost daily* the *various pills made chiefly of aloes, soap gamboge* or *scammony*, of which *vast quantities* are vended in the *United States* as a popular remedy for almost every ailment."

Let no one who is in the frequent or occasional habit of using pills or purgatives of any kind, flatter themselves that they are receiving no injury from them; the delicate sensitive mucous membrane of the intestines will not long submit to such abuses without resenting the injury some day.

What are the indications of treatment in this disease? Evidently to overcome, to subdue, and restore to a healthy condition this irritated, inflamed, or ulcerated surface of the intestines.

In the Hygienic treatment of this disease the first thing which claims our attention, and the one most essential in controlling this irritation of the intestines, is regulating the diet. In a majority of cases, if you remove the cause of the trouble, the disease will disappear without any further especial treatment. The *most important* point in regard to diet is to secure *thorough mastication* of all the food eaten, of whatever character it may be. The food should all be easy of digestion, of the mildest quality, and free from any irritating properties.

Ripe, mellow fruits, either raw or cooked, rice, corn starch, sugar, tapioca, oatmeal, and most of the grains, if thoroughly cooked and completely masticated, may be used sparingly. The food should be rather dry, such as needs mastication, rather than of a liquid character. There is often a morbid appetite in this difficulty. This should be controlled, and the best way to do this is to eat but one or two kinds at a meal, eat it slowly and take extraordinary pains in mastication. All kinds of stimulating drinks should be avoided.

For general treatment a full warm bath, the half bath, rubbing wet sheets, or sponge bath, should be given once a day at about ten o'clock, temperature from 80° to 100°, according to the strength of the patient. In patients who are much emaciated, the rubbing wet sheet or sponge bath is best.

The local treatment we find most efficacious in subduing the local irritation is hot fomentations over the abdomen, for from twenty to sixty minutes, repeated two or three times in twenty-four hours, full cool enemas, sitz baths for fifteen or twenty minutes, temperature from 90° to 100°, and hot foot baths. The fomentations should be applied as hot as they can be borne, and changed once in five or eight minutes, and the parts sponged over in tepid water after they are removed. (For directions for applying them, see Dr. Trall's "Water-Cure for the Million.")

We do not claim that this treatment will cure every case of chronic diarrhea, for there are some cases of ulcerated bowels that are incurable by any treatment; but my experience is, that any case that is curable could be easily and quickly controlled by it in from one to twenty days. We have cured several disabled and discharged soldiers within the past year of this disease, after the army surgeons had pronounced them incurable.

Captain G., of the Ninth New York Cavalry, had been disabled most of the time for six months with chronic diarrhea and yellow jaundice of the worst form. Had taken all the opiates, astringents, and other remedies his surgeons and the physicians in the army could suggest, but gradually failed, till he became so bad his physicians told him they could do nothing more for him, and recommended him to come North. He came to this city, and through the advice of a friend sent for me to go and see him. I went, examined him, and told him if he would go to our institution we would cure him. He came and the third day after he commenced treatment his diarrhea was checked, his bowels became regular, all pain in his abdomen ceased, his jaundice gradually disappeared, and he gained in strength every day; at the end of ten days he felt well enough to report himself at head-quarters, and left for Washington.

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Publisher's Department.

A HINT TO HYGIENIC PHYSICIANS.—Wherever this JOURNAL circulates largely, people patronize the physicians of our school largely. The people must understand our system, or they can not be expected to prefer it. Would it not be a good investment for each one of you to distribute a hundred or a thousand copies of the HERALD OF HEALTH in the region round about? In this way you would do much good, and get much with a small outlay. We have stereotyped the January number, and can supply any quantity to order; and for this purpose we furnish them at cost. Send us $5, $10, $50, or $100, and we will forward you HERALDS to the amount.

THE HERALD QUATERLY.—To all who have remitted us for one year's subscription to the QUARTERLY, we propose to send the MONTHLY for six months, thus giving them twice as much as they bargained for. An additional remittance of ONE DOLLAR shall entitle them to two copies of the HERALD OF HEALTH for one year.

THE RIGHT SPIRIT.—S. C. C. writes from Western New York: "I intend to get subscribers for your journal. God bless you in your work of reform. May you live a thousand years!"

Thanks! If anything could encourage us to still greater efforts in the cause of humanity, it is such generous appreciation.

NOT YET.—An enthusiastic friend, in view of the greatly enhanced cost of paper, suggests that we double our price. "Formerly," says he, "our family doctor's bill was from one to two hundred dollars a year; now, it is simply the cost of the JOURNAL. Rather than dispense with its visitations, we would cheerfully pay $2 a year." We thank J. A. for his good wishes and valuable testimony. Thousands have written us to the same effect; but we will try another plan first. If we can double our circulation, we shall not be obliged to raise the price, let the price of paper go as high as it can. We give nearly double the *quantity* of matter for the price of any other monthly publication in the world. As to quality, that must speak for itself.

FIRST HEALTH ASSOCIATION IN CANADA.—We are glad to learn that our Canadian friends have taken hold of the work of Health-Reform in good earnest. A Health Association has been organized in Blair, Waterloo County, C. W. Rev. J. B. Schlechter is President, G. H. Bowman, Secretary, and Joseph B. Bowman, General Agent, for the distribution of our publications. The HERALD OF HEALTH, and any of our published books, plates, charts, syringes, etc., can conveniently be ordered through Mr. Bowman.

THE LIGHT GYMNASTICS.—The system of gymnastic exercises so admirably arranged and perfected by Prof. Lewis is being extensively introduced into schools and families in this city. A more wholesome parlor entertainment can hardly be devised. The movements are performed with music, so that while the party of ladies and gentlemen are developing grace, strength, and agility of muscles, they are also enjoying an evening's amusement. These exercises secure great accuracy of motion, and by developing time, tune, a quick ear, rapid eye, and precision of thought and action, educate the mental powers while they energize the bodily function.

POPULAR LECTURES IN THE COLLEGE.—During the last month the students, patients, and boarders of No. 15 Laight Street have been signally favored with intellectual entertainments. Among these have been evening discourses, by George W. Bungay, Esq., on "Young America," and "The Beautiful Woman," replete with philosophical thought, eloquent and chaste expression, and practical suggestions; and lectures by Prof. Dio Lewis, of Boston, on "Temperance" and "Physical Culture." In the discussion which followed Dr. Lewis' lectures, the subject of a National Convention was suggested as the best means to agitate the public mind and concentrate the efforts of reformers in relation to the general theme of Health Education for the people; and it was agreed to have the Convention in co-operation with the annual meeting of the World's Health Association in June next. Some one proposed Richmond, Va., as the place of meeting, which was unanimously and with acclamation assented to!

OUR EXCHANGES.—Will our brethren of the press please give our new arrangements and prospectus a word of notice? We will cheerfully reciprocate all courtesies as opportunity presents.

THE PANGYMNASTICON.—We commence with this number a series of articles illustrating the latest improvements in muscular culture. In the course of the present year we shall give illustrations of the "Pangymnasticon," a simple, cheap, and convenient piece of apparatus, by means of which an extensive range of gymnastic and "movement-cure" exercises can be performed in any private room or parlor. It is the most complete thing for families ever devised.

THE HERALD OF HEALTH AGAINST THE WORLD.—All of the Medical and Health Journals in the world combined do not give the people so much useful information, enabling them to take care of their own health and cure their own diseases, as they may find in this journal. This proposition is uttered deliberately, and we intend to maintain it.

THE ONLY QUESTION.—All persons, without one exception, who have fully investigated the principles of the Drug Medical System, have come to the conclusion that it is *totally false*. All persons, without one exception, who have fully investigated the principles of the Hygienic Medical System, have come to the conclusion that it is *wholly true*. All who understand what the Drug System really is, utterly repudiate it. All who become well acquainted with the Hygienic System fully adopt it. All that we have to do is, therefore, to make the people everywhere understand our system. How can this be done? Does not echo answer, "Circulate the documents? Send abroad the teachers?"

PREMIUMS FOR 1863.

WE are determined, cost what it will, to have a circulation of *One Hundred Thousand Copies*. How can this be accomplished? We can do the work for nothing, and find ourselves. Our professional emoluments enable us to live as *fast* as we care about, and we can postpone "making a fortune" to the "good time coming." We can therefore devote all of the income of the HERALD OF HEALTH, and a little more, if need be, to this purpose. We want agents and co-workers everywhere. All of them can not afford to labor for the cause without some small compensation. We there-

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fore offer the following inducements. Let all who engage in this work, and who are desirous of exterminating the curse of drug-medication from the face of the earth, remember that precisely to the extent that our circulation increases, drug-medication decreases. To any person who will forward us subscribers, with one dollar for each, we will give for—

One Subscription: "Water-Cure for the Million," 25 cents; or "The True Healing Art," 25 cents; or three copies of "Principles of Hygeio-Therapy," 30 cents; or "Health and Diseases of Woman, and Dress Reform," 20 cents.

Five Subscriptions: Our list of small works, ten in number, $1 75; or "Diptheria," $1 00; or Phrenological Bust, $1 25.

Ten Subscriptions: Our works, "Family Gymnasium and Sexual Physiology," $2 75; or 25 copies assorted of any of our small works, $3 50; or the ten tracts above and "Dr. Lewis' New Gymnastics," $2 75.

Fifteen Subscriptions: "Hydropathic Encyclopædia" and "Cook Book," $3 75; or a fine Turkey Morocco Photographic Album, $3 50; or the Phrenological Inkstand, a new, useful, and beautiful invention, $3 50; or Craig's Microscope, with objects—magnifies 10,000 times, $3 50.

Twenty Subscriptions: Madame Demorest's Fairy Sewing Machine, $5; or a Patent Clothes Wringer, $6.

Twenty-five Subscriptions: "Webster's Unabridged Pictorial Dictionary," $6 50; or our large work in 3 volumes, 2,250 pages (soon as published), "Principles of Hygienic Medication," $9 00.

Thirty Subscriptions: Our set of six Anatomical and Physiological Plates, colored and mounted on rollers, $12 00; or our new medical charts—Physiology and Pathology—printed in colors and mounted, $10 00; or a Metropolitan or French Conical Washing Machine, $10 00.

Forty Subscriptions: "Colton's General Atlas of 180 Maps, Plans, and Charts," $15 00; or Kidder's Electrical Machine (the best in use), $15 00; or our four works now preparing for the press, "Hand-Book of Hygienic Medication," "Sexual Physiology Complete," "Physiology for Schools," and "Principles of Hygienic Medication," $12 75.

Fifty Subscriptions: Phrenological Cabinet, $25 00; or set of 50 Illustrative Physiological Paintings. $25 00; or Bancroft's "History of the United States," splendidly bound, $27 00; or one set each of our Plates and Charts, $22 50; or Paintings of the Greek Slave and a Deformed Fashionable Woman (for health lecturers), $30.

One Hundred Subscriptions: Appleton's "New American Cyclopædia," 18 volumes, $54 00; or Grover & Baker's Sewing Machine, $45 00; or our works complete—Books, Tracts, Plates, and Charts, $50 00.

Two Hundred Subscriptions: One free scholarship in the New York Hygeio-Therapeutic College, including graduation fee, $100.

Five Hundred Subscriptions: Three free scholarships and diplomas, $300.

One Thousand Subscriptions: Eight free scholarships and diplomas, $800.

Two Thousand Subscriptions: Twenty free scholarships and diplomas, $2,000.

Are these schemes visionary? Suppose four ladies and four gentlemen are desirous of attending our school, and have not the means? Let them canvass a few weeks, get one thousand subscribers, and *the funds provide themselves!* More than one person has sent us between 500 and 1,000 names, and that without making it a regular business to get subscribers. We suggest the following plan: Place a copy of the HERALD OF HEALTH in every family—after a week or two call for it and solicit subscriptions. Each canvasser will require one hundred or more copies for this purpose, which we will supply for $5 per hundred, or a thousand copies for $40.

HEALTH ASSOCIATION PREMIUMS.

To the person sending us the largest list of subscribers prior to the second annual meeting of the World's Health Association (in June next), we will give, payable in any of our publications at the regular retail price, *One Hundred Dollars*, or a free scholarship in the College, including diploma For the second largest list, *Fifty Dollars*, or a free scholarship without diploma. For the third, *Twenty-five Dollars;* fourth, *Ten Dollars;* fifth, *Five Dollars*, payable as above. All who send lists below the *fifth* class and above the *tenth* shall be entitled to either our Anatomical and Physiological Plates, or Physiological or Pathological Charts, or "Principles of Hygienic Medication," as they may select. ☞ These premiums do not supersede nor interfere with the first-named list, but are in *addition* to them, so that it is possible for the same person, or persons, to get the highest premium in both lists.

SPECIAL PREMIUMS.

"My wife wants a recipe for making Graham bread; also aerated bread; and also for a Reform dress. AMOS LAWRENCE,
"Morgantown, Ill."

We have similar requests continually; and now, to bring the whole subject to a practical issue, we offer, payable as above,

A PREMIUM OF FIFTY DOLLARS

for the best recipe for making wholesome bread, applicable to family use. Competitors may forward us specimens and recipes until the first day of June next. The decision will be announced at the Health Convention in June, and *all of the recipes of any value* will be published in the first number of our second volume—July next.

A PREMIUM OF FIFTY DOLLARS,

payable as above. is hereby offered for the best specimen of or directions for making a Reform dress. Competitors have unbounded license in matters of health, taste, style, material, etc., etc., and must send us their "documents" by the first of June. The decision and award will be made by a committee selected by the members of the World's Health Association, at its annual meeting in June next.

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NEW YORK, JANUARY, 1863.

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.

Common Colds.—In the matter of common colds, as with many other matters, the commonest things are the most commonly misunderstood. The phrase and the malady, "common colds," is as common as common sense; yet who knows what a common cold really is? A whole community is not uncommonly in a coughing, sneezing, shivering, burning, ague-and-fever, expectorating and defluxive condition, because of the uncommon prevalence of a common cold. But the physician who can explain its rationale will be in advance of the community. Possibly there may be one person in a whole commonwealth who can indicate the correct principle on which a common cold should be medicated.

Now, pathologically speaking, a common cold is an uncommon heat. The disease—*morbus*—to which the term is applied, is really a fever or an inflammation. A person who is constantly exposed to a very low temperature, no matter how near or how far below zero, would never have a common cold, however uncommon his coldness might become. Nor would he ever have the abnormal condition to which the phrase in question is usually and technically applied. He might die, he might starve or freeze but he would not "take cold." The more one is pent up in over-heated houses and ill-ventilated rooms, the more liable is he to be "caught" by a cold. To produce the catarrhal affection requires the transition, suddenly, from extreme cold to extreme heat. The application of heat is the immediate or exciting cause. The condition of the system is that of obstruction. The vessels are clogged, congested; and the resulting symptoms — pain, heat, redness, swelling, irritation, inflammation, fever—are the efforts of nature to overcome the obstruction. Etiologically, cold is the remote cause, heat the exciting, and obstruction the proximate.

The method for preventing colds is, simply, to keep the blood pure and the outlets free, avoiding extremes of temperature, especially the sudden application of heat after severe exposure to cold. Bathing the whole surface frequently or daily with tepid or cold water, or exposing the skin freely to the cool but not very cold air, with dry friction, taking proper precautions to avoid chilliness, are among the best means for invigorating the cutaneous function and preventing colds. Plain, coarse food, which keeps the bowels free, is an important preventive. Nearly all of the children that "catch their death of cold" by running out of doors and getting sore noses, sore throats, croup, diptheria, influenza, etc., have constipated bowels occasioned by stimulating and concentrated food.

But how should a cold be doctored? Firstly, if the family physician is a drug-doctor, let him alone. If there is an apothecary shop in your neighborhood, don't trouble it. If you know of any "old granny" who is learned in domestic simples—catnip, tansy, boneset, feverfew, mugwort, fleabane, elecampange, gill-over-the-ground, or queen-of-the-meadow—don't disturb her. But keep cool, and exercise your own common-sense, if you have any, and if you have not, why should you expect other folks to have?

Remain quiet in a comfortable room of an even temperature. Lie flat on the back and breathe full and deep. Fast. Drink as little water as may be without suffering of distressing thirst. Take a hot foot-bath at bedtime. This uncommonly simple plan will cure the worst common or uncommon cold in a short time. In severe cases take a full warm bath at bedtime; or if this is

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impracticable, a warm hip-bath and foot-bath conjointly. If there is soreness of throat and chilliness of the body, apply a cold wet cloth to the throat and fomentations to the abdomen. When there is great heat and dryness over the whole surface, take the wet-sheet pack for an hour. No matter how violent the cold, or the inflammation, or fever which attends it, this *methodus medendi* will restore your health in the speediest manner possible, save your doctor's fees, ditto apothecary bills, and not expose you to die of drug-medication.

THE FAMINE IN ENGLAND.—It is hard, it seems inhuman, that honest and industrious, frugal and useful, persons should be allowed to die for want of a little food in a country where there is enough and to spare. If a higher civilization existed, if Christian philanthropy prevailed, this could not be. In England, at this time, hundreds of thousands are rioting in all the luxuries that wealth can command, while other hundreds of thousands, as deserving of men and as approved of Heaven, are subsisting from day to day on precarious charity. We learn by the late arrivals from Europe that the paupers in the cotton districts—Cheshire and Lancashire—are increasing at the rate of thousands per week. As the worst of the winter is yet to come, and as there is no prospect of immediate employment, the prospect is fearful to contemplate. To add to the horrors of hunger, typhus fever is said to have appeared in some places. The fever is improperly imputed to "low diet and cold weather." Gross diet and exposure are the essential causes. Before a person will starve he will eat almost anything that has the semblance of nutrition; and much putrescent and decaying organic matter—mere offal—is no doubt partaken of. The masses of the English people seem to regard flesh-food as essential to life. In the London markets and meat shops we have seen pauper-looking men, women, and children purchasing half-rotten liver, lights, kidneys, bacon, and other refuse animal matter, by the one, two, or three penny worth, while good bread and potatoes were abundant all around them, of which one pennyworth would supply more and better nutrition than five or ten times the amount invested in such food as they were purchasing.

We found places in the British metropolis where a plate of excellent baked or boiled potatoes could be had for a penny; and a small loaf of wheat-meal bread for two pennies. A person can live weeks and months without starving, or without serious detriment to health, on half of one of these loaves and half a plate of potatoes, making the actual cost of food, ready cooked, one penny and a half a day. We do not recommend persons to live so economically if they can do better. We are only showing what can be done in a case of life and death. Two or three times this amount will be required to sustain life if the greater portion of the food be animal; and then there is the greater danger of disease from impure quality.

We know whereof we affirm. We have tested this matter in London as well as in New York experimentally. We have lived well in London for days, so far as food was concerned, at a cost of less than threepence a day. We have taken a full meal in the beautiful shades of Hyde Park, and on the plain benches in front of the Queen's Palace in St. James Park, the material whereof was purchased already cooked in the immediate vicinity, at a cost of only a penny and a half; and although our habit was to partake of two such sumptuous meals a day, and sometimes to indulge in greater variety at greater expense, yet we could have maintained our position on *terra firma*, so far as victuals was concerned, for weeks and months on one such meal a day.

We are glad to notice the generous efforts which are making in various parts of England to keep starvation from the door of her deserving operatives. Why can not Americans do something for our trans-Atlantic brethren? We have had a harvest of unexampled abundance; and although war

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is wasting much of the fruits of our productive industry, still we have in our land food enough for some millions more than our own population. A Buffalo corn merchant has offered to give 500 bushels of corn, on several conditions, one of which is that others shall contribute sufficient to make up a cargo of 20,000 bushels. We do not like *conditions* in matters of duty or philanthropy. If one can give anything to a suffering fellow-creature, be it corn, wheat, or cash, much or little, let him do so without regard to what others may or may not do.* This example will inspire others to do something. There is no better way of punishing perverse and obstinate John Bull for his "sympathy" with our rebellious Southern brethren, than to feed his starving millions right before his face. This would be "heaping coals of fire on his head" in the Christian way. Let us have our fill of revenge!*

MITCHELL—HOFFMAN.—Among the distinguished dead who have been sent out of this world prematurely, unnecessarily, in the midst of their usefulness, and in the full vigor of manhood, we have to record the gallant and noble Gen. Mitchell, the well-known scholar, astronomer, and orator. He is reported to have died of yellow fever. We do not absolutely know that this was not the case; but, as we verily believe that nine out of ten of the officers and soldiers of our army, who are reported as having died of fever, are actually *killed* by drug-medication, the chances, as we understand the matter, are nine to one that Gen. Mitchell fell a victim to

The deadly virtues of the healing art.

We have no idea that anything that we can say or do will in the least influence the action of the powers that be, nor in any respect change the murderous practice of the medical profession, nor avert the fate of death from the thousands who are yet to become sick of yellow or of typhoid fever, and to die of the medication; we have no hope of attracting the least attention from a government which is governed, so far as the health and lives of its armies are concerned, by the mere dictum of medical men; nor from a medical profession which confesses the falsity of its own system, while it opposes all attempts to introduce any other; yet we can not see and hear of the needless ravages of death among the good and the honored of the earth without entering our protest.

Among the deaths which have occurred within a few months in this city, quite unnecessarily in our judgment, is that of Michael Hoffman, Esq., late deputy collector of the port of New York. He was universally respected and beloved as a useful citizen and an efficient officer. He was blessed with an iron constitution, was in the prime of life, and died in the forty-first year of his age. A friend has sent us the following statement of his case:

Being a "high liver," he indulged in late suppers, and thus laid the foundation for a plethoric condition and a tendency to apoplexy. He was taken sick August 12, complaining of a severe headache, and remained at home reclining on a lounge during the day. Dr. Otis was called at five P.M. The doctor sent all of the patient's friends out of the room, and, finding that the patient had lost the use of his right hand so that he could not hold a pen, applied twelve leeches, and promoted the flow of blood as long as possible by the application of warm water to the leech-bites. The patient, it should be remarked, had been subject to these headaches for several years.

The next day Mr. Hoffman kept about the house until eleven P.M., when he retired to bed. Soon after he had an apoplectic fit. Dr. Ranney was called in and took half a pint of blood from the arm, and left him blue pills to be taken from time to time.

The next day he was worse, and at one P.M. had convulsions. On this day he was attended by four physicians—Drs. Otis and Ranney, and Professors Clark and Barker. In a consultation a suggestion was made that his disease "might be something different from what they had supposed it to be."

The doctors "saw in his eye the suspicion of the disease," etc. The urine was then tested (why not at first?), and found to be acid. Bright's disease of the kidneys was then diagnosticated, and the patient was ordered beef tea and brandy, with in-

* Since the above was written, our "merchant princes" have taken hold of the work in earnest. Already a hundred thousand dollars are collected, and a million or two will soon be forthgoing.

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jections of spirits of niter. This plan of treatment was continued four days, when the patient began to sink. He died at three P.M., August 18th.

In commenting on the medical treatment of Mr. Hoffman, which we think assisted him to die, we have no fault to find with his physicians. They did just what they should have done; just what, as honest and conscientious men, they could not help doing. Their treatment was strictly orthodox, and according to the doctrines of their books and the teachings of their schools. Our quarrel is with the false doctrines which led to the fatal practice.

Whether the disease proper was technically apoplexy, epilepsy, or Bright's disease, or all, or neither, is immaterial, so far as the right or wrong of the treatment is concerned. The patient was in a condition of obstruction and congestion. The bowels were constipated, the blood thick and viscid, the capillaries congested, and the brain overloaded. A physician of the Hygeio-Therapeutic school would have corrected these mal-conditions in this way: He would have relieved the bowels with an enema of tepid water, drawn the blood *from* the head (not *out* of it), by means of the application of cold wet cloths and a warm foot-bath; he would have relieved the congested liver with the wet girdle, and opened the pores by means of tepid ablutions and gentle friction to the whole surface, etc.

But the doctors leeched out Mr. Hoffman's blood. How could such a process remove the morbid conditions we have indicated? The bleeding process was repeated and the patient further reduced with blue pills until convulsions were induced. Then a council was had and the whole plan of treatment reversed. It was discovered that the patient had been treated for the wrong disease. The depletion was changed to stimulation. But if bleeding could not remedy obstructions, how was brandy to cure inflammation, or ulceration, or disorganization of the kidneys? Fortunately for the medical profession, and unfortunately for all the rest of the world, reason and common sense have nothing to do with these matters. Mr. Hoffman was doctored *secundem artem*. He died and was buried, and —might have lived if there had not been a single physician on the earth.

RUM IN THE ARMY.—E. C. Delavan, Esq., has addressed a forcible appeal to the officers and soldiers of the Union armies against the use of intoxicating drink. All who know Mr. Delavan's life-long labors and generous contributions to the temperance cause, will appreciate the benevolence of his motives; but we can not help suggesting that his efforts in this direction can only result in "Love's Labor Lost," so long as medical men enforce alcohol rations and prescribe alcoholic medicines. If Mr. Delavan will address his appeal to the Medical Bureau and the military authorities, and draw them into a discussion on the the subject, immense good might result to the armies and to the cause of temperance. One of our city papers, not long since, in an item on "The Virginia Fever and the Soldiers," remarked: "The half hundred physicians who visit the hospitals in this city, all concur in the statement that nutrition, *tonics*, and *stimulants* are the remedies to be employed in these fevers." "Tonics and stimulants" are but other terms for rum, brandy, gin, wine, cider, ale, porter, toddy, schnapps, lager, "plantation bitters," and other grog-medicines. If these are good remedies for fevers of any kind, or for the effects of fevers, let our officers and soldiers have them in ample abundance, and do not waste paper and ink and precious time in boring them with temperance tracts. But if this grog-medication is wrong, why not talk to the doctors about it?

From the correspondence of the New York *Tribune* we select the following items:

Since I left the Mississippi Flotilla, and have returned to the army, I have become convinced that drunkenness, or at least excessive drinking, is the besetting sin of our officers as well as sol-

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diers. Indeed, the latter have few opportunities, comparatively, to dissipate, and are liable to punishment therefor, while the former can indulge their propensity to any extent.

Of this fact I was particularly reminded the other day at Corinth, where I learned from the free and open conversation of many who had figured in the battles of the 3d and 4th of October, that dozens of the principal officers—I would not like to mention the height of their rank—were so tipsy on one or the other day, and some on both days of the fight, that they were really unconscious of what was going on around them.

Gen. Rosecrans narrowly escaped having his head taken off by cannon-balls several times during the engagement, in consequence of a drunken officer who had charge of a battery shooting at random, and with the most magnificent indifference as to whom or what he struck with his projectiles.

In the Army of the Tennessee I see men now that I knew eight, ten, or twelve months ago, as sober and trustworthy officers, who to-day I can hardly recognize on account of their bloated and strangely altered appearance.

No doubt drinking is the pursuing demon of our army, and the fearful habit seems to be growing. Is it strange, then, our troops are so badly managed, and that we so often fail of accomplishing desirable results in the field? This is indeed a serious evil, and if it be allowed to spread must eventually terminate in the ruin of our cause.

We made the statement in the International Temperance Convention, that the "Bull Run Panic" was a liquor panic; and the London papers treated the statement as supremely ridiculous; yet it was strictly true, and we have the evidence to prove it.

Bite of a Copperhead.—Dr. Smith, of Wernersville, Pa., has lately treated a case of this kind, and the report, which we copy from the Reading *Gazette*, will interest our readers:

The daughter of Mr. Michael Noll, of Lower Heidelberg, was bitten in the foot by a copperhead snake, on the evening of the 7th inst., while passing along the side of the barn-yard to a small garden to get some radishes; it was quite dark at the time, and she must have stepped on the snake when it bit her. After suffering much pain for fourteen hours, Dr. A. Smith was called to see the patient, whom he found in a critical condition, arising from the swollen condition of the foot and limb. The swelling was rapidly spreading over the whole body, and Dr. Smith found, on examining the case, that there was not a moment's time to be lost in order to save her life. He had the young lady removed to the Water-Cure Establishment, where, in the course of two hours, the doctor succeeded in relieving the pain and stopping the swelling from extending any further over the body. After five days of water treatment the patient was restored to health, and returned home entirely free from all effects of the bite.

Dr. Smith deserves much praise for his skill and tact in treating the case so successfully; and all consider it a great triumph of the Water-Cure system.

Our Cause in Toronto.—We are glad to learn that our friend Dr. Brents, late of Oshawa, C. W., has found sufficient encouragement to remove to Toronto, where he has opened a Hygienic establishment. His premises are commodious, and beautifully situated on the Queen's Park, and our Canadian friends may have every confidence in his professional skill and experience. We heartily wish him God-speed. In a letter he says:

We were, as you may suppose, sadly disappointed at your absence in Europe when you had appointed another course of lectures in this place. We hope that the cause has gained in England if it has lost here by it. Medical reform is gaining steadily in Toronto. I have taken premises at the north or upper end of Queen's Park, a beautiful and salubrious situation. I propose to employ a young man to canvass the city and county for subscribers to the Herald of Health, and shall strive to keep the ball rolling till you visit us again and give your promised lectures. There is no doubt that better houses can be had in winter than in summer, so that you may calculate on no less success than you had in April last.

Dr. Nevins' Removal.—We learn that Dr. Nevins, of Peoria, Ill., has purchased a large new building called the "Woodford House," at Secor, on the Logansport Railroad, twenty-five miles east of Peoria, and is now holding forth Hygienic medication in the new location. The chief reason for his removal was a pond of water in front of his establishment in Peoria, produced by raising the grade of the street. Dr. Nevins has prosecuted the city for damages. In June last we passed the new building, then just finished, in company with Dr. Nevins, who expatiated considerably on its capacity for accommodating all the invalids within forty miles, little dreaming, probably, that it would soon be transformed into an invalid's "Home" on the prairies, and himself the owner and proprietor. Success to the new enterprise!

Two Hundred Thousand Invalids.—Rev. Dr. Bellows, President of the Sanitary Commission, delivered a lecture at the Brooklyn Academy of Music recently, in explanation of the operations of the organ-

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ization over which he presides. There was said to be at that time nearly 150,000 sick and wounded in our hospitals; and it is estimated that there are now nearly if not quite 200,000. This number will not probably materially decrease, and may considerably increase during the winter campaign. Of course those patients must, *nolens volens*, be nursed, doctored, and drugged according to the Allopathic formularies, whether they believe in the system or not. They are not allowed to choose for themselves now; but when the war is ended, and they are paid off and allowed the inalienable privileges of freemen to choose their own doctors, a large portion of them will seek the Hygienic establishments, and employ physicians of the anti-drug school. We still hope that some influential friend of our system may be able to induce the government to give us control of some of these hospitals, so that we may put to shame the brandy, calomel, quinine, opium, turpentine, leeching and blistering plan of restoring sick soldiers to health.

A MODEL INSTITUTION.—We want to find a capitalist who will erect a model health and educational establishment, to combine all the known appliances for the treatment of invalids, including vapor, hot air, Turkish, Russian, electrical or electro-chemical, as well as the ordinary hydropathic baths; also for gymnastic, calisthenic, and movement-cure departments, with all the modern improvements, a lecture hall, a room for social parties and recreation, a restaurant on physiological principles, a college museum and library; in short a medical hospital and school, complete in all of their apparatus and appointments. The sum required is $50,000 to $100,000. We will insure to a responsible landlord a responsible tenant who will pay the interest on the investment and a little more, for a term of ten, fifteen, or twenty years. We are prepared to furnish all needful documents and specifications. Now that railroad and bank stock are becoming more and more precarious, while real estate is improving as a source of investment, we feel confident there is some person somewhere anxious for just such an opportunity as we hereby proffer. There may be many such. Who wants to get good by doing good? Don't all speak at once!

ANOTHER DISCUSSION.—Dr. J. C. Hurd, of Fredericton, N. B., has taken exception to our statement in the International Temperance Convention, that all of the arguments which can be adduced in favor of the employment of alcohol as a medicine can be urged with equal cogency in favor of its use as a beverage, and that the dram-shops can never be closed until rum is ruled out of the drug-shops. A discussion is now progressing on the subject in the columns of the *Philanthropist*, a temperance paper published in Frederickton, involving the nature of disease, the *modus operandi* of medicines, and, indeed, the fundamental problems of medical science, and the distinctive principles of all medical systems. As Dr. Hurd is a capable opponent, we anticipate a profitable controversy. When concluded, the main points of the argument on both sides will be given in the HERALD OF HEALTH.

A COUNTRY CURE.—We have nearly completed arrangements to be connected with an extensive country, establishment, the ensuing season, within a few hours' ride of the city. We dare not yet announce the place, lest some unforeseen occurrence may upset our calculations, as it did in relation to the Madison Water-Cure. We shall, however, be able to give all particulars in our issue for February or March.

MANUAL LABOR SCHOOL.—We are often asked if there is any school where young persons can have a wholesome diet, combined with properly bodily culture as well as mental education. We are of opinion the institution at Amherst, N. H., is very nearly a model physiological school. T. M. Park, M.D., a graduate of the Hygeio-Therapeutic College, is teacher of Physiology and Gymnastics. Those who prefer, can have the vegetarian diet. See advertisement.

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Soldiers' Department.

MAXIMS FOR THE SOLDIERS.

1. Nearly all of the sickness in our armies is attributable to gross and constipating food, especially salted pork and fine flour, stimulating drinks, inattention to ventilation, and accumulated excrements and offal.

2. Camps and hospitals are especially liable to low and malignant forms of disease, for the above reasons, as putrid fevers, typhoid pneumonia measles, small-pox, dysentery, and cholera.

3. All dead and decomposing organic matter, if not buried in the ground, reduced to ashes by chemical agents or fire, or dissipated by winds, or decomposed by light and sunshine, is a fruitful source of pestilence and death.

4. Exposure to wet and cold, great fatigue, sleeplessness, hunger, care, anxiety, etc., are among the occasional causes of disease, but their influence is insignificant compared with the above.

5. Never take a meal of victuals while in a state of feverish excitement or great fatigue. If you eat then, you can not digest, and every mouthful is equivalent to the presence of so much rank poison.

6. The introduction of bread made of unbolted flour, other circumstances being equal, into an army of half a million, would be equivalent to an additional corps of one hundred thousand men and their munitions, because of the better health it would insure.

7. The proper preventives of disease are not *whisky* and *quinine*, *brandy* and *arsenic*, *turpentine* and *strychnine*, but free bowels, a clean skin, pure air, and plain food.

8. To prevent sickness, eat as little salted meat as possible—none when you can get anything else; use no alcoholic liquors; prefer coarse bread; use a good proportion of vegetables and fruits when practicable. When obliged to carry several days' rations in your knapsacks, take nothing but coarse bread, and run your chances for everything else. Pork will add greatly to your burden, and, practically, *less than nothing* to your nutriment. Our wheat-meal crackers would be admirable, as they keep for months. We have some on hand which we carried to England in August last, and after being in that moist climate five weeks, and carried twice across the Atlantic, they are still sweet and wholesome.

9. Do not neglect occasional ablutions. Rub the whole body over with a damp towel—or wet, if the weather is not very cold—followed by friction with dry towels. Keep the camping grounds clean. If every surgeon was a Moses, and every officer a Florence Nightingale, and every medical bureau a "sanitary commission," as it ought to be, there would be no need of instruction on this point.

10. When you get sick, be the disease what it may, proceed as follows: Keep the bodily temperature as evenly balanced as possible. Keep the head cool and the feet warm. Whenever there is fixed internal pain *and heat*, apply cold wet cloths covered with dry flannel. When there is pain *without much heat*, apply hot fomentations; if the whole skin is hot and feverish, have it bathed or sponged with *tepid* water, once, twice, or thrice a day. When the whole body is *aguish* or chilly, put the feet in hot water, and afterward apply hot bottles, bricks, or stones to the armpits and sides. Take only the simplest food, as wheat-meal or corn-meal gruel, roasted potatoes, baked apples, toasted bread, etc., and that abstemiously. Do these things, defy the doctors, and *you will not die.*

11. If the doctor offers to give you calomel, ask him where is the brave Mitchell? If he proposes bleeding, remind him of the noble Hoffman. If he insists on quinine, tell him of the great Cavour. When he suggests opium, refer him to the philosophical Buckle; when he urges hydriodate of potassa, allude to the energetic Douglas; and when he prescribes alcohol, inquire of him what killed Prince Albert in his prime?

12. "Medicines" kill ten of our officers and soldiers while disease kills one. Avoid them as you fear death.

Vividly Suggestive.—The Lafayette (Ind.) *Journal* of a late date says: "Mortality is said to decrease in every town in direct proportion to the number of physicians who have gone to the war." Query: Has the population at home gained as much as the doctors have damaged it where they have gone? We refer to drug-doctors, not surgeons.

A Hygeio-Therapeutic Soldier.—We had the pleasure, a few days since, of shaking the hand of R. R. Roberts, First Sergeant of Company H, 19th Indiana Volunteers, whose acquaintance we made in Washington city last winter, and who is as good a specimen of fighting humanity as one need to look upon. Sergeant Roberts has been in active service almost since the commencement of the war, and has sent home to his family all of his Government pay and forty dollars besides. The extra was earned in part by getting subscribers for our Journal and selling our publications. He has not only performed his duty faithfully as a military man, but he has lectured on Hygeio-Therapy in the army, and practiced it on the "gentlemen officers and fellow-soldiers" with uniform success, not having lost a single patient. But what is the secret of his remarkable success, financially and therapeutically? Simply this: fifteen years ago he became a convert to our sys-

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tem. He has furnished us a racy series of army reminiscences for the present volume of the HERALD OF HEALTH.

HOMES FOR DISABLED SOLDIERS. — Surgeon-General Hammond recommends that one million of dollars be appropriated for the establishment of a permanent home for soldiers who have been disabled in the service of their country. This is no more than strict justice. And if the proposition should be amended by adding another million to establish a hundred Hygienic Hospitals for the treatment of invalid soldiers, thousands of lives and millions of money would be saved to the country.

WHAT AN ARMY NURSE SAYS.—An intelligent lady, whose name we do not give for prudential reasons, writes us from the battle-field: "I am in a hospital, as nurse for the sick and wounded soldiers, in the beautiful city of Paducah, Ky. These army hospitals are the places to observe the *beauties* of the Allopathic treatment. In one ward were seven young men sick of measles, of whom four died. Could I have had the entire management of their cases, and treated them in a Hygienic, common-sense manner, nothing would have been easier than to have cured them all. Knowing the *truth* as I do, it is 'mighty' hard to keep still and see them hurried into their graves. Ah! sir, can one who has lost a brother look patiently on this *licensed* havoc? Ought such a one to withstand the temptation of saving life?"

DIARRHEA IN THE ARMY.

GUY'S MILLS, PA., *Oct.* 20, 1862.

DR. MILLER—*Dear Sir:* Knowing that there are hundreds and thousands of our brave soldiers now suffering from diarrhea, jaundice, general debility, etc., I am induced to make the following statement of my case, hoping it may be of benefit to others:

I was taken sick on the first of July last with jaundice, diarrhea, etc., probably brought on by exposure and fatigue, incident to the "seven days' fight" and retreat to Harrison's Landing. My lungs were very sore, and I had some cough. I was treated by the regimental surgeons (Allopaths) at the Landing till August 11th, when I was sent with six hundred others to the general hospital at David's Island, near New York. At that time I had become reduced to a mere skeleton and but just able to walk. At David's Island I hoped to get well in a short time, as we had pure air, good water, attentive nurses and *plenty of doctors;* but my diarrhea had become *chronic*, and the only effect *drug treatment* had was to check it for a few hours, when in every instance colic followed by cholera morbus was the result. And in this respect my experience was precisely that of hundreds of others on the island at the same time.

I remained there till the 5th of September, and until the surgeons admitted that *no medicine* would cure such cases, when I was discharged from the army on account of "general debility," which in the army means that a man is completely *used up all over*. Not being able to ride home, I stopped at the "Water-Cure" of Doctors Trall and Miller, No. 15 Laight Street, New York, and received treatment for ten days. At the end of that short time my diarrhea was checked, my bowels regular, and I was able to ride and walk all over the city. I then made the journey home, some five hundred miles, without any particular inconvenience. I have persevered in *home treatment* since, and am now well of my *ailments* and able to do light work. I am gaining in flesh and strength rapidly, and all without a particle of medicine.

Should this hasty letter prove of any service or influence to suffering soldiers or others, please use it at your will. Yours respectfully,

R. S. THOMSON,
Sergt. Co. F, 83d Reg. Pa. Vol.

HOW AN ARMY SURGEON WAS CHEATED.—Mrs. ——, M.D., who has a son in the Army of the Potomac, writes us: "My son informs me that, while on picket-duty one night, he was evidently attacked with *enteritis*. On being relieved two hours afterward, he returned to his tent, and kept his bed for two days. His sufferings were intense for part of the time, but on the third day he was able to report for duty. The surgeon called, and, without asking any questions, left some powders. Those the patient did *not* take, but got some of his comrades to apply wet cloths to the abdomen. The second day the surgeon repeated his prescriptions, which went the way of the former one. On being questioned as to the nature of the disease, the surgeon said, "Inflammation of the bowels." On the third day the patient was well, and informed the surgeon that *he had not taken his powders at all.* The astonished M.D. had the grace to acknowledge that 'water-treatment had done better for him than drugs could have done.' I sent him 'Water-Cure for the Million,' and it has proved a blessing to him and to many of his companions-in-arms."

NEVER TOOK HIS OWN PHYSIC.—In the parish churchyard of Ware (Herts, England) is a tomb on which is the following inscription:

"In memory of William Mead, M.D., who departed this life the 28th of October, 1652, aged one hundred and forty-eight years, nine months, three weeks, four days. He was never sick a day, nor took a dose of physic during his long life."

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College Department.

SUMMER TERM.—In view of the great and increasing demand for physicians and nurses of our school, in consequence of the war, and the almost certain prospect that, in a few months, our country will have an army of 200,000 invalids, more or less, many of whom will prefer the practice of our system, as well as to accommodate many who desire to attend a course of lectures, but who can not attend the winter term, we have concluded to have a special term, commencing on the SECOND MONDAY IN MAY NEXT. An important feature of the summer course will be a full and thorough course of practical gymnastics as taught by Dr. Lewis in Boston. Lecture fees, including the instructions in the New Gymnastics, $75.

THE COLLEGE ENDOWMENT.—We had made extensive preparations last year to besiege the Legislature with an application for an appropriation, to endow our college with funds sufficient to make it, in educational facilities, apparatus, buildings, etc., equal to any of the five medical schools in the city of New York. But the war deranged our plan, or rather postponed it indefinitely. It was not deemed expedient by our friends in the Legislature to make the application while the war continued. We must therefore keep the school along as it is, or make an attempt to raise an endowment by the individual donations of its friends. Several persons have pledged themselves in sums varying from $5 to $500, amounting in all to some $3,000 or $4,000; and one of our graduates who has raised $200 by small subscriptions among *her* circle of friends, suggests the following plan, which we put on record for the benefit of whom it may concern. Let each subscriber to the HERALD OF HEALTH, who is able, give $1 to $5, and each graduate or practitioner of our school raise among his or her acquaintances $25, and we will soon have means sufficient to establish the college in a new building, and on a permanent basis. There can be no reasonable doubt that, if we can raise $15,000 or $20,000, the Legislature will double the sum by a donation. We have suggested the plan to several, all of whom have promised to let us hear from them soon in a *material* shape. "Brethren, think of this thing!"

OUR GRADUATES FOR 1862–3.—Of our present class not more than twenty will graduate at the end of the term. This is a small number compared with the demand. Two hundred could find profitable situations at this moment, and two thousand will be in demand before the end of 1863. We hope to have a much larger class at the summer term

PERSONAL NOTICES.—We learn that O. T. Woodbury, M.D., Mary Bryant, M.D., and D. D. Miles, M.D., all graduates of our last class, are now associated with Dr. S. D. Jones, in the management of the "Rural Home Water-Cure," at Wabash, Ind. They are well qualified, and thoroughly devoted to the work. Our best wishes attend them. Dr. Z. P. Glass and Miss M. Augusta Fairchild, M.D., have the medical direction of "Sunny Side Water-Cure," Cambridge City, Ind., under very encouraging auspices. We have an interesting article from the pen of Dr. Fairchild, which will appear in our next issue. A. T. Hamilton, M.D., of Lewiston, Pa., Isaac Guss, M.D., of Patterson, Pa., John P. Phillips, M.D., of New Haven, Conn., H. F. Adams, M.D., of Brooklyn, N. Y., and C. R. Blackall, M.D., of Kenosha, Wis., graduates of our school, have been appointed to the position of assistant-surgeons in our armies, and all of them we believe are now on duty. Dr. Adams has been with the army of the Potomac from the first. Dr. Phillips was taken prisoner in the battles near Richmond.

ANOTHER HEALTH JOURNAL.—Drs. Jones, Miles, and Woodbury have started a monthly, as an advocate of Hygienic Medication and Health Reform—published at their Hygienic Institution, at Wabash, Indiana. The first number is well filled with earnest, practical, and *live* reading matter. Dr. Miles, who attended our college last winter, and speaks by the book, notices it in the following handsome and gentlemanly manner:

"We call the attention of our readers to the advertisement of the Hygeio-Therapeutic College, at 15 Laight Street, New York. This popular institution has been in successful operation for more than ten years, and has already sent hundreds of earnest health missionaries among the people, to persuade them to 'turn from the evil of their ways,' and 'seek the *truth* as it is in Hygiene.' Yet we need hundreds more to teach the people how to avoid the causes of disease; and, so far, this is the only school in the world that has adopted Hygienic or normal agencies, as light, air, temperature, water, food, sleep, clothing, exercise, rest, bathing, electricity and magnetism, passional influences, etc., *exclusively* in the treatment of disease; and the practitioners from this school are the only *real health teachers* before the people, for they *cure* disease by improving the habits of their patients, and thus removing the cause of derangement. Drug physicians can not become health teachers, because their whole system is in violation of every law of the vital organism, and the only means by which they can remain in power is to keep the people ignorant of the laws that govern their being.

"We particularly recommend this institution to the consideration of *females* who wish to engage in the important work of relieving the miseries of their suffering sex. Aside from the ennobling influences of the profession, we know of nothing that will pay so well pecuniarily; for any intelligent, well qualified woman, with any degree of energy, can make from three hundred to one thousand dollars a year practicing Hygiene. A lady

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graduate from this institution thus speaks of the system and her success: 'It has often been asserted that our system of medicine is not available or applicable in outside practice; also, that woman, as a physician, could not succeed, unless connected with an infirmary or establishment. Now, I meant to see whether these assertions could be proved or disproved; I believe I have disproved both. I have only outside practice. *I am a woman.* Yet in less than three months' time I have built up a practice worth at least *one hundred dollars a month!*'

"From present indications, all able-bodied *men* will have to go into the army, and the women will have to be their own doctors, farmers, etc.; hence, *now* is the time to commence preparing for the work. We will gladly give any information of the Hygieo-Therapeutic College to any one desiring it, as regards terms, qualifications, etc.

OUR COLLEGE AND THE "LAWS OF LIFE."

In the October number of the *Laws of Life* a correspondent asks, "What is the best, surest, and quickest course to be taken by a person who desires to become a practitioner in the Hygienic system?" Dr. Jackson replies: "I am not in favor of making doctors after the fashion that is common to the Hygienic school. A man starts up, goes to New York, and attends a course of lectures at Dr. Trall's College, gets his diploma, and commences practice. The only criticism that I have ever felt myself called upon to make in respect to the Hygienic College at New York, is the rapidity with which it turns out doctors."

The Doctor evidently forgets to reply to the question in his haste to give an unfriendly "criticism." We would like to know what course he would suggest, and "after what fashion he is in favor of *making* doctors." As to the *mode of procedure*, it seems to us perfectly right. Nothing could be more natural than "to start up, go to New York," etc. One can't very well "go" there before "he *starts up*."

Coleridge somewhere remarks: "Never admit a fault of a friend till every virtue is acknowledged." Here, there is nothing said in favor of the College, or to recommend it, but he "felt himself called upon" to bring prominently to view its only fault, if fault it be. Instead of this, he might have made known what the College is, how it is "the *best*, *surest*, and quickest course to be taken by one who desires to become a practitioner in the Hygienic system," and thereby not only have given the College its just due, but have greatly benefited the inquirer. Make the College prosperous, as it is, and improvements can be all the more easily made. If the course of study is not sufficiently long or extensive, it is a matter that can be easily remedied, and is moreover a matter to be discussed in the trustees' meeting. Because Dr. Trall may graduate some after one, two, or even a part of a course of lectures, according to the previous attainments of the students—some being graduates of other schools—that does not lay an embargo on their future study and attainments. Besides, it is not certain that it is not the best plan and policy to graduate them as Dr. Trall does; it might not do for other schools, but *he* may have the tact of "making" good doctors with telegraphic speed! And they seem to be well *made*, for no sooner do they commence practicing than they have more than they can do, and are in every respect entirely successful, surpassing their own and others' expectations, oft driving clear off good old-established doctors of other schools. A young graduate of last spring has already had to leave her place to get clear of practice; the calls were unceasing, people would take no refusal, importuned her as if life depended upon it—and perhaps it did—till, by too much labor, her own health was giving away, and she had to leave the neighborhood to get rest! Indeed, those who attend only part of a term at the "Hygienic College" find it difficult to get clear of practice, even by the most positive refusals and denials. Thus, it seems, the people are disposed to have confidence in those who "get a diploma at the Hygienic school!" So, "the doctors" can't be "*turned out*" too fast, or with too great "rapidity."

There is a great demand for Hygeio-Therapeutic physicians—more calls than can be supplied—and it is well to put them to saving lives as soon as possible. The whole world is suffering and dying of sickness and poisons. We have no objection to their being ever so learned or profoundly skilled in all science and medical lore—their teacher is a living example as to the use and beauty of knowledge—but they should not be kept within college walls when they are full of zeal to do good. Suppose the great founder of Methodism had shut his preachers up in monastic cells instead of sending them forth into the world with the fire of truth; or suppose a greater One had sent the fishermen of Galilee to college instead of sending them forth to heal the sick, restore the lame, cleanse the leper, etc.

Let us have just as many doctors as can be "turned out," and with all the "rapidity" possible. They will favorably compare with the graduates of other schools; their standard of education is as high, and they are oftimes more conversant with general medical literature, and let the College be recommended as "the best, surest, and quickest course to be taken by a person who desires to become a practitioner in the Hygienic system." "I feel called upon" to say, "*start up*, go to New York, attend a course of lectures at Dr. Trall's College, get a diploma, commence practice," and the world will be the better for it.

M. A. D. J.

BALTIMORE, MD.

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POPULAR LECTURES.—The manner in which the principles of our system are appreciated by the people, when properly presented, may be inferred from the following editorial notices we have received in places where we have lectured. There ought to be a Health Convention or a Course of Hygienic Lectures in every city and village in the United States.

Dr. Trall's lectures in the Smithsonian Institution fully sustained his well-merited scientific and practical reputation.—*Nat. Rep.*.....Dr. Trall is an educated man, and is thus able to treat his subjects in a manner to interest the most intelligent minds.—*Wash. Evening Star*.....The course of lectures delivered by Dr. R. T. Trall, of New York, has created no little sensation in the capital. His views of the nature of disease, the action of remedies, and, indeed, of the whole philosophy of the healing art, are new and original, and in many respects rather startling.—*Philadelphia Press*.....We have attended medical lectures frequently, but never before attended so interesting a course.—*Union* (Dayton, O.) *Democrat*.....Dr. Trall is thoroughly master of his subjects, and throws a flood of light upon all of them.—*R. I. Gazette*.....Dr. Trall has something to say of interest to every one, and his lectures present a new and clear idea of the *modus operandi* of medicines.—*Peoria Transcript*.....We know many persons who have come from ten to twenty miles to hear Dr. Trall's lectures.—*Wabash Gazette*.....Dr. Trall's lectures on the Health and Diseases of Woman ought to be heard by every woman and man throughout the country.—*Martiettian*.....The lectures of Dr, Trall have made a profound impression on the thinking people of Toronto.—*Toronto* (Canada) *Leader*.

To Correspondents.

AN AWKWARD MUDDLE.—D. R., Myresville, Md. "*To Dr. Trall:* I have a niece (age 22); she has a pain in her hip, which extends sometimes down to her foot. She uses a crutch and a cane in walking; formerly it was with difficulty that she could get to bed. She lives near a drug-doctor, who thought it was rheumatism. He blistered her, and gave her drugs to take inwardly, without curing her. A preacher gave her old rye liquor to take inwardly, in which were prickly-ash berries infused. He said that remedy cured him; it did not cure her. She thought, perhaps, the pain came from a strain. What do you think is the cause of the pain, and what ought to be the treatment? Please answer in the HERALD OF HEALTH. I advised her to take sitz-baths, and apply wet cloths to the pained parts, bathe her skin, and live according to the laws of life: but she will eat meat, which you don't allow. I think you are too strenuous on that point. Farmers can not afford to raise cattle merely for their skins and tallow; people will use leather. The Apostle Paul said, Whatsoever is sold in the shambles, that eat, etc., advised Timothy to take a little wine, and Christ said, Salt is good, etc. The above doctor said water is good in some cases, but not in all; he said it can not be applied to the duodenum."

It is particularly pleasant to be asked to prescribe for a case in which Allopathy has failed, and at the same time to be told that the niece will not follow our prescription, and that the uncle does not believe in it; and the peculiar charm of the thing is, that the opinion of the Allopathic doctor who has failed to do the patient any good, is quoted as good authority against the system of the physician who is solicited to prescribe (gratuitously) for the case. We pass by the economical and the Scriptural arguments as irrelevant. We are unable to see what the profit of cattle-raising has to do with the comparative merits of flesh and vegetarian diet, nor can we see the relevancy of "wine," "salt," and "Timothy" to the case in hand. If D. R. wishes to study these subjects, and is curious to know our opinions, he will find them fully explained in our books. When he has satisfied himself that our system is true, and when the patient desires to practice it will be time enough for us to prescribe it. We are willing to work for nothing and find ourselves, but not willing to write prescriptions which are repudiated in advance.

PUBLIC LECTURES.—Dr. J. B., Toronto, C. W., and others. We do not expect to do much in lecturing until the war is over, as the times are unfavorable to securing the public attention sufficiently to make our system understood. We have a small army of lecturers to send forth on the return of peace, and we think the ravages of war, the tens of thousands of invalids, and the fearful list of "gentlemen officers and fellow-soldiers" killed by drug-medicines, will prepare the public mind to listen to "our folks." We will endeavor, however, to make a short visit to Toronto, and perhaps to two or three other places soon.

FAMILY GUIDE.—A. N., Oswego, N. Y., B. F., Detroit, Mich., and others. Our "Hand-Book of Hygienic Practice" will be ready for the press in two or three months. "Sexual Physiology Complete" is nearly completed. Our large and final work, "Principles of Hygienic Medication," will be ready before many months—certainly, accidents excepted, during 1863. We have received quite a number of orders for each of the above works. If any one who has remitted the money is tired of waiting, the amount will be refunded. All who remit before the day of publication will receive the work or works ordered at the wholesale price. Their publication involves an outlay of several thousand dollars; and by getting advance remittances we are able to publish them sooner, and allow our patrons the benefit of a discount equal to difference between the wholesale and retail price.

APOLOGETIC.—Two months' absence will explain, if not apologize, for our allowing many communications to remain so long unanswered. They will all be attended to in order, so far and so fast as practicable.

FREEZING A CANCER.—M. Y., Boston. "Will you inform a subscriber what was the result in the case of a cancer you were treating, by the refrigerating process when I was at your Hygienic Institute a year ago? It was a cancer in the breast, the patient a married lady about forty years of age."

The tumor was greatly reduced in size, ceased to be painful, and as there is a probability that its vitality is so far destroyed that it will occasion no more trouble, we have not deemed it advisable to apply caustic.

SEA-SICKNESS.—S. J. Y., Chicago. We were not troubled with sea-sickness for a moment during the "equinoctial," on our return voyage from Europe. Indeed, we do not know, experimentally, what sea-sickness is, having never yet experienced any sensation or symptom to which that term can be applied. We have not taken any precautions nor employed any preventives except plain living and moderation in quantity, this last proportioned to the severity of the circumstances.

CATARRH.—H. C., Caledonia, Ill. The general plan of treatment is, tepid ablutions, sitz-baths, hot-and-cold foot-baths, and a very careful attention to diet, avoiding all condiments and greasy things, and adopting what is called a strict diet, mostly of solid food. We can not give a particular prescription, as you desire, without a particular description of the case, and of the personal habits of the patient, the prior diseases, medicines taken, etc.

OUR UNPUBLISHED WORKS.—A. W. M. As we have said elsewhere, something will depend on the rapidity with which subscriptions with remittances come in, as to the time when we can issue our large work. Two thousand subscribers will insure its publication within twelve months. If we receive but few remittances, and have to advance nearly the whole capital from other sources, the time will of course be prolonged.

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HEARTBURN.—E. M. S., Somerville, N. J. An acid state of the stomach, and an excretion of acrid bile, are the usual immediate causes of what is called heartburn. The remote cause is indigestion. Small draughts of warm water will relieve for the time, but to effect a permanent cure the dyspepsia must be treated.

"NERVOUS DYSPEPSIA"—J. A. B., New Haven, Conn. Practically we do not regard the distinction of dyspepsia into "nervous" and "mucous" as of the least consequence. Give the patient a tepid ablution in the morning, a sitz-bath in the afternoon, the wet-girdle during the night, and restrict her to a plain and unstimulating diet.

ULCER OF THE CORNEA.—B. A., Goshen, N. Y. We can remove the majority of ulcers, deposits, excrescences, etc., of the transparent portion of the eye, but as the treatment is mainly surgical, we can not give directions for home-treatment.

CAUTERIZATION.—A. L. J., Marengo, Ill. There is no danger whatever in applying caustics to any morbid structure or diseased surface which it is desirable to remove, provided proper hygienic conditions are attended to and the patient properly prepared for the operation. Many eyes are destroyed every year with caustics, because these circumstances are unheeded or unthought of.

BLEEDING PILES.—J. M. S., Jr., Avon, N. Y. Take a tepid enema each morning, and an injection of a very little cold water at bedtime. Continue the sitz-baths. Do not use butter nor milk. The tumors may require removing with the ligature or caustic. We should charge $50 to make a professional visit to your place.

HEAD-CAPS AND BANDAGES.—C. L. B., Springfield, Ill. "Do you approve of the constant wearing of wet head-caps for weeks and months, in cases of headache caused by or connected with nervousness or indigestion? Do you recommend the use of the wet-girdle to maintain a rash on the skin?"

We do not. Head-caps are occasionally beneficial. With us, their employment is the exception and not the rule. If used too frequently, or for too long a time, they will induce "reaction" or determination *to* the brain, when the plain indication of cure is just the opposite—determination *from* the head. We employ *foot-baths* in many cases where others employ *head-baths*. Nor do we approve of the prolonged employment of bandages or the wet-girdle, so as to induce or prolong a violent rash or eruption. This is, to say the least, a useless waste of vitality.

BUTTERED PHYSIOLOGY.—M. M. Graham crackers shortened with cheap butter or worse lard are not "wholesome for dyspeptics," however "hygienically" they may be labeled. "Beware of spurious imitations."

A. H. C., Rome, N. Y. See advertisement of Dr. Mattson's New Syringes. Orders may be sent to us.

BOOKS.—L. O. We will send you a hundred copies of Diptheria, free of expense, for $50. We have no interest in nor control over the publication and sale of "Pathology of the Reproductive Organs," having written the work for and sold the copyright to B. L. Emerson, of Boston. The work, "Mysteries of Nature," *does* explain the physiological law which determines the sex of offspring—a problem which has hitherto baffled the investigations of physiologists.

L. M. O.—We do not employ agents to sell our publications on commission. We put the prices low enough to give them a liberal margin for profits. Only a few dollars capital is required, as orders can be filled with rapidity through the express companies. We will make *special terms* with those who give their time to the business, procuring subscribers and selling our books.

Literary Notices.

THE PENTATEUCH AND BOOK OF JOSHUA, by the Right Rev. John Wm. Colenso, Bishop of Natal, is destined to make a sensation in the religious world. The learned prelate takes the ground that the historical portions and historical narratives of a portion of the Old Testament can not be true in the literal sense, or as commonly understood. A. J. Davis & Co. have issued the PROGRESSIVE ANNUAL FOR 1863, being the second number of the serial. Its lists of the names of individuals, classed under appropriate heads, who are distinguished as writers, speakers, workers or authors in the various departments of progress and reform, are worth the price of the book for reference—which price is only twenty-five cents. Fowler and Wells announce several things, new and good for the holidays; but they are all of the kind that will keep the year round. Among these is a PHRENOLOGICAL INKSTAND, ornamental as well as useful. Their assortment of PHOTOGRAPHIC ALBUMS and their HAND-BOOKS FOR HOME IMPROVEMENT should not be forgotten by those who are seeking beautiful and useful presents for their friends. Dr. Trall's addresses at the International Temperance Convention in London are in press, and will make a book of nearly one hundred pages. It is a complete exposition of the true BASIS OF TEMPERANCE and the fallacy and fatality of ALCOHOLIC MEDICATION. Price twenty-five cents. Among Putnam's holiday publications is a new poem entitled SALOME, THE DAUGHTER OF HERODIAS. It is a powerful dramatic composition, and may be studied with advantage by the younger devotees of the Muse. We are indebted to W. Tweedie, of 337 Strand, London, for a complete report of all the addresses which were delivered at the World's Temperance Congress, which assembled in London in August. We shall make extracts from them in future numbers. Our friends on the other side of the Atlantic can always find the current books on Health, Temperance, Reform, Progress, etc., at 337 Strand. And it is due to Mr. Tweedie to say that, in his publishing-house, books which are not both useful and instructive are not to be found at all.

Major J. A. Brents (now a student of the New York Hygeio-Therapeutic College) has published an interesting little work entitled "The Patriots and Guerrillas of East Tennessee and Kentucky." Price twenty-five cents. The author has given pen-and-ink portraitures of many distinguished living characters, loyal and otherwise.

☞ The Bostonians are decreasing the size of their journals and papers, while the New Yorkers are increasing the prices of theirs. We intend to "go through the war" without doing the one thing or the other, relying on our friends to help us to "keep the ball in motion."

SYRINGES.—R. McD.—We can send the best article in the market, by mail, post-paid, for $3.

JUST ONE.—Friend, can't you induce just one of your neighbors to subscribe for the HERALD for 1863? You may rest assured that before the end of the year he will thank you for it.

A LONDON surgeon was paid $3,000 for declaring that Garibaldi had no bullet in his wound. A French surgeon found a bullet there, and the Londoner is now called upon to refund his fee—which he won't.

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Miscellaneous.

SONG OF THE RIVER.

Clear and cool, clear and cool,
By laughing shadow and dreaming pool;
Cool and clear, cool and clear,
By shining shingle and foaming weir,
Under the crag where the ouzel sings,
And the ivied wall where the church bell rings;
Undefiled, for the undefiled,
Play by me, bathe in me, mother and child!

Dank and foul, dank and foul,
By the smoke-grimed town in its murky cowl;
Foul and dank, foul and dank,
By wharf and sewer and slimy bank;
Darker and darker, the farther I go,
Baser and baser, the richer I grow;
Who dare sport with the sin undefiled?
Shrink from me, turn from me, mother and child!

Strong and free, strong and free,
The flood-gates are open away to the sea;
Free and strong, free and strong,
Cleansing my stream as I hurry along
To the golden sands and the leaping bar,
And the taintless tide, that wait me afar.
As I lose myself in the infinite main,
As a soul that has sinned and is pardoned again,
Undefiled, for the undefiled,
Play by me, bathe in me, mother and child!

WINTER LIFE IN AN ENGLISH WATER-CURE.

[American readers will be interested in the following sketch—not intended for publication—picturing life in an English Water-Cure in winter. Matlock, in Derbyshire, the birthplace of Florence Nightingale, is celebrated for its living waters as well as for its charming scenery. Dr. Smedly, proprietor, has, by his philanthropic efforts, brought the place and the Water-Cure before the English people, and, we rejoice to hear, has been blessed by the thanks of hundreds whom he has benefited at his beautiful Home on the Derbyshire hillside.—S. R. W.]

Is there any sensation of physical comfort equal to that experienced on a cold winter's morning when you become again conscious of existence an hour or so before it is time to rise? What a perfect paradise of ease and pleasure bed is on such occasions! What a dreamy, delightful feeling you have, as if all the world were going well with you; a calm unruffled state of mind, unlike anything else you ever experience. No matter how uneasy and restless a being you may be during the remainder of the day, a spell is over you then, and you lie quite quiet, while, one after another, dreamy phantoms of pleasure or beauty float through your mind. Now, if you wish for a frequent recurrence of these delightful sensations, go to the hydropathic establishment at Matlock Bank. It is a proverbial fact that patients there always wake early, and as you can not get up until your attendant comes, you may lie in perfect comfort, only the scramble at last to be ready for breakfast forms a sad contrast. The bell announces that social meal at half-past eight, and if you are not in time to hear "grace" you are "boxed," that is, the butler sets down on the table before you—always taking care to give it a good rattle—a pretty little wooden box in the form of a book, entitled "Bible and Temperance Societies," into which you have to slip a penny. Now very likely it may be your attendant's fault, but as the use, at meal-times, of all words relative to the curative processes of the Establishment is also a finable offense, it is generally wisest not to enter into an explanation.

Would you like to glance at a few of the company around that long, pleasant breakfast-table? They don't look very ill, and certainly their merry, kindly "good-mornings" do not sound as if they were. The lady who presides at the top row is Miss S., a bright, laughing girl whose floating curls and beautiful, gladsome face are quite enough to prevent any gentleman from complaining of his tea, however weak it may be. To her left sits kind old Captain P., now the veteran of the Establishment (he has been there seven months), and who always knows what sort of weather the day will produce; next, Mr. F., a grave-looking gentleman, but with much quiet fun about him; next, the somewhat majestic form of Miss C., a Scotch lady, whose slightly haughty manners hide a heart all kindness, as her quiet, unostentatious attentions to Mr. R., the blind gentleman who sits by her, plainly show. His is a face that, once seen, is not easily forgotten; not handsome, but open and manly, and bearing on it fewer traces of his affliction than is usual with blind persons. Nor must we forget Mr. W., whose kindly, witty sayings give so much pleasure to all, and his daughter, Miss W., who is playfully and lovingly called Florence Nightingale, from her unremitting attentions to all who require them; and Mr. J., an Independent minister, from whose thoughtful and earnest countenance you would little suspect the hearty and genial appreciation of merriment that lies underneath; nor Mr. M., a kind, fatherly member of the Society of Friends, and his bright, sunny daughter. These, and about thirty others, composed the circle at Matlock Bank at the time of our visit, and a more kindly, agreeable party you might go far without meeting. Sojourning there awhile is like enjoying the pleasure of a social evening party, lasting over days and weeks, without any of the stiffness consequent upon sitting around a room in prim order.

After breakfast and prayers, some one calls out, "Oh, there is Mr. P. with the letter-bag!" All flock to a table at the end of the long saloon, where its welcome contents are distributed. Oh,

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the anxious, expectant faces that cluster around that table! It is a pleasant thing to receive letters of friendship, and especially so when you are, as it were, in a measure, shut out from the rest of the world. Miss S. has one from a gentleman who has just left, and she favors a group in one of the recesses with a perusal, and it is curious to note how he feels in again entering into the great world.

Very various are the employments of the morning. Some visit the invalids up stairs; some repose luxuriantly on the sofas which surround the saloon; others prefer those in the verandah, as from thence they have a grand view of the bold, abrupt hills rising from the opposite side of the valley. But as it is not consulting day, and the sun is now shining forth in all his glory, most sally out, either on foot, on donkeys, or in carriages, to enjoy the surrounding country—and, indeed, it is worth viewing. Never in our life did we witness so much natural beauty in winter time! The intensely green fields, the dark foliage among the clefts of the gray rocks, the hills which, as you ride along the Darley Road, seem to rise up before you one after another, the picturesque moss-covered cottages, bearing upon their roofs and walls the richest varieties and combinations of green, amber, and brown; the quiet, green, mossy-sided lanes, with here and there a beautiful little spring gushing out on either side, and across which the tall, leafless trees cast their beautiful gray shadows—all these are among the delights that meet you in the shortest strolls, to say nothing of the authentic and well-known beauties and wonders of the Peak.

We meet again for dinner at half-past one, and recount the adventures and experiences of the morning. Those gentlemen who have spent an hour in the library, of course tell us whether there is any fresh news from India, the state of the money market, etc.; and we listen to all these things as very interesting, but not as having the remotest connection with anything in our little world, any more than if they were about the Otaheiteans or New Zealanders. There is a vacant chair near the top of the table, and presently Mr. J. walks up, and has no sooner taken his seat than the box is energetically bounced down before him.

Mr. J. I shall not pay to-day.

Mr. R. Why not? it is a clear box case; why, you are ten minutes behind time, and I am sure that is a good pennyworth!

Mr. J. I was left asleep under peculiar circumstances, and therefore I have had no possible control over the matter. [He was asleep in a pack.]

Soon the proprietor of the Establishment, Mr. S., who, with his wife, dines there to-day, gives a long dissertation on the "abominable practice of smoking." Most of the gentlemen join in the conversation on the subject, and it is curious to remark the various ingenious little sentences which they contrive to slip in in exculpation of the captivating habit. Mr. Z., a German gentleman, quietly remarked, "It makes a *great* difference what *kind* of tobacco you smoke." Mrs. S. edified our end of the table with an account of a poor Irishman in their free hospital, who was one day taken in the act. He had imagined himself quite secure, having inserted his head in a bush, forgetting that the smoke of his beloved pipe would have an upward, expanding tendency.

After dinner the secretary reads a chapter in the Bible, and then the twenty minutes' law prevails; that is, you may not exert your mental faculties in any way during that space of time; neither read, write, nor work, so there is nothing left but to sit and chat, and look at one another. The spirit of this law is, however, sometimes evaded; for instance, Miss W. has been known to occupy the time in teaching poetry to Mr. R., the blind gentleman.

There are several snug recesses, each fitted up with two or three sofas, and, you may be sure, many cosy parties for reading and working are formed in them. Those in the verandah are especially pleasant, as you can lie and watch the setting sun sinking behind the hills among the golden clouds. Toward the end of the afternoon the piano is in great requisition, though, as only sacred tunes are allowed to be played, the choice is rather limited, unless you take the view of Mr. Z., the German, who is quite an amateur, and who, upon being informed of the rule, replied, in his quiet, slow way, "All music is sacred!"

At a quarter to five the letters go, and tea, or the evening meal as it is termed, is on the table punctually at six, when again a kindly interchange of talk takes place.

"Mrs. B." says Mr. C., "what do you think my little girl asked me to-day?—'Papa! is it part of the creed of the Quakers always to hold their bread-and-butter in their left hands? for I have noticed that all those who are here do it!'"

A merry laugh resounds at the expense of the "Society," though, of course, *we* repudiate the accusation; and the laugh is soon after turned against Mr. C. himself, who, in support of an argument, is led unwittingly to assert that golden sirup is not a liquid, upon which Miss N. inquires, "Is it a gas, then, Mr. C.?"

The evening is passed very similarly to the afternoon, only that the more volatile ones sometimes have a game of "post" in the verandah, and their ringing laughter forms an interesting though not very edifying chorus to any grave reading that may be going on in the recesses.

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Evening prayers take place about a quarter to nine, and you are obliged to go to bed at ten. This is the only disagreeable feature in the regulations of the Establishment; there is something decidedly antagonistic to your feelings as Englishmen in being sent off *nolens volens* just like a child, and it is all the worse from its great contrast to your perfect freedom during the rest of the day. A few minutes before ten you are sure to hear the secretary's boots beginning to creak about the apartment; and, no matter what important subject you are discussing, or how near you may be to the end of a chapter, just as the clock strikes he is sure to walk up to you with—

"Ladies and gentlemen, it is ten o'clock; I shall be much obliged to you to go to bed!"

"Well! but," remonstrates Miss M., "won't you let us stay a little longer to-night? we only just want to finish this life of Ximenes." And Mr. J., the reader, after a moment's pause, goes on again.

Mr. P. The rule is not of my making, and I can not alter it.

Miss. M. It is a bad rule, I am sure!

Miss N. Don't you think, Mr. P., that it must grievously retard the cures effected here? for nothing is so bad for people, when they are not well, as having their inclinations crossed.

"Yes!" chimes in Miss W., "and, looking at it in a *moral* point of view, just think of the harm it must do us to be sent to bed every night in a bad humor."

Mr. P. I can not help it! By this time all the other lights are out, and Charles, the night watchman, is just coming to extinguish yours also.

So, at last, you are forced to yield night after night. True, you can come down again after Mr. P. has left, and enjoy a delightful chat by the fire in the gentlemen's room, which, according to theory, is all the sweeter for being a forbidden pleasure; but, to our mind, the sort of culprit feeling which makes you hear boots in the step of a mouse is anything but agreeable; besides, it would cost Charles his place were it known that he did not report you, therefore it is best to remain in the higher regions, and, if you can not sleep, you may lie awake and listen to the creaking of the steam-pipes by which the house is warmed, and all the other singular noises with which night is prolific.

B. B., of Birmingham, Eng.

THE mortality among young women of from 15 to 20 years of age is much greater than that among the other sex at the same age. The excess is 1,142 annually. These sad deaths may be partly the result of organization, but many of them, says Dr. Farr, are also partly referable to tight lacing, thin shoes, close rooms, and the want of exercise in the open air.—*English paper.*

ITEMS FROM ILLINOIS.

How very few have conveniences for bathing, even among those that are abundantly able! And who, pray, is so poor that they can not get up some kind of a bath-tub three feet long, two or three feet deep, and have sufficient warm water, and a light, warm room to use it in as often as once in a week, half an hour? And whoever thinks of offering a visitor or stranger the use of a bath, even among those that have them? * *

If the human labor that is spent to please the eye—and positive ugliness is not unfrequently the result—and the almost inconceivable slavery of human beings to brutes were all spent in cultivating and beautifying the earth, how soon earth would be regenerated! * * * *

Some tell me that this world was intended for a doleful place, and that we should not try to make it very pleasant and attractive, as our sojourn here is so short, and it will take our thoughts and affections from that which is to come. But really I can not see how, for I could much more pleasantly close my eyes in death if I could see justice, love, and truth triumphant. I should then, in fact, have nothing to do here. * *

It seems to me that heaven and hell are *conditions* rather than *localities*. * * *

Humanity seems prone to look two ways for paradise. The present is always abjured. The better day, the "golden age," is both past and to come, while now, all that we are sure of—the present glorious moment—is fooled away in preparation for an uncertain future. * * *

I have an idea of making some sort of a proposition to those who see things from my stand-point, in relation to building up an Hygienic home or institution in this vicinity, but have no plan matured, or none in detail, at least, but will try to give some general outlines of what I should like or think important.

The domain should be owned exclusively by the residents, and, if possible, in equal amounts, were it not more than one acre to each individual; and, by the way, I should think that was an abundance.

No one should be in debt, or ever create any debts.

No domestic animals or brutes to be used for any purpose.

If flesh and fish must be used for diet, take those that are wild, or in a "*state of nature.*"

Object: PREVENTION! not *cure*. Curing only amounts to pruning, if indeed we can cure anything, which I sometimes very much doubt, for all I can do for the diseased or wicked is to procure favorable surroundings, and supply instinctive demand.

Curtail labor, and produce every article that we use, if possible. * * * *

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Look around you for the elements of use and beauty. Make a heaven of your own home. Do not wander far away from your native spot; but, if possible, let your associations be with those who see, feel, and *look* as you do.

Yours truly, HOMER BROWN.

HAMILTON, ILL.

FIFTEEN BUSINESS RULES.

1. Do not undertake a business with which you are not perfectly acquainted, any sooner than you would attempt, if blind, to survey a city. First thoroughly understand what you propose to do. Serve an apprenticeship—do anything—before taking a single step involving risk.

2. Never attempt a business for which you have no taste or tact. Seek to do that for which you have a natural faculty and relish. Don't aspire to be a merchant when you should be a farmer, a mechanic, or a day laborer.

3. Never connect yourself in partnership with those to whom you would not be willing, sick or well, at home or abroad, living or dead, to intrust all your business affairs.

4. Never attempt to do more business than you can safely do on your capital.

5. Avoid taking the extraordinary risks of long credits, no matter what profits are in prospect.

6. Give no credit whatever to any one who does not possess a good moral character.

7. Supervise, carefully, your own business—not your neighbor's—and look after your clerks, and see that they are faithful in the performance of all their duties.

8. Let all those with whom you have dealings or intercourse, understand distinctly that you will not lend yourself, for the sake of trade, to do any mean thing—anything which your conscience will not approve of.

9. Never lend your name by indorsement, or otherwise, except under the most extraordinary circumstances, and then let the act be guarded with every possible security.

10. Never allow yourself, nor your partners, to draw a dollar from the concern to invest in any "outside operation" whatever.

11. In forming a copartnership, insist that a limited *fixed* sum only shall be drawn by each partner for personal expenses.

12. Under no circumstances whatever deal in stocks. Don't believe any one of the thousand marvelous tales of a fortune in that direction. They are a trap and a lie.

13. Keep all your accumulated profits in your business so long as you owe a dollar. When you have more capital than you can use, then it will be proper to invest it outside.

14. Borrow of banks, or other sources, never, if it can be avoided. If temporary assistance is needed, seek it from a tried friend, or from a sound banking institution, and then return the loan on the day fixed with the most rigid punctuality.

15. Have an eye on the condition of the country, its crops, and the general prospects for business, and look out sharp for the movements of politicians who, in nine cases out of ten, care more for a re-election than for our commercial interests or our national prosperity.

There are other and most important matters which should not be forgotten. Keep good company. Value integrity more than money. Live within your means. Eschew wine, theaters, and fast horses. Use no profane language. Never quarrel with a partner. Be kind, considerate, and generous to clerks, and also to your unfortunate debtors. Cultivate the friendship of all. Do your proper share in promoting the public weal. Be a man, a gentleman, and a Christian, and you will make sure of an inheritance in this life, and of untold riches in the life which is to come.—*Independent.*

SAVE YOUR TEETH—HOW TO DO IT.—Mr. Beecher, who is something of a physiologist, as well as a theologist, farmer, editor, author, lecturer, and reformer generally, says: "Our teeth decay. Hence, unseemly mouths, bad breath, imperfect mastication. Everybody regrets it. What is the cause? It is want of cleanliness. A clean tooth never decays. The mouth is a warm place—98 degrees. Particles of meat between the teeth decompose. Gums and teeth must suffer. Cleanliness will preserve the teeth to old age. Use a quill pick, and rinse the mouth after eating. Brush and Castile soap every morning; the brush with pure water on retiring. Bestow this trifling care upon your precious teeth, you will keep them and ruin the dentists. Neglect it, and you will be sorry all your lives. Children forget. Watch them. The first teeth determine the character of the second set. Give them equal care.

"Sugar, acids, hot drinks, saleratus are nothing compared with food decomposing between the teeth. Mercury may loosen the teeth, use may wear them out, but keep them clean and they will never decay. This advice is worth more than thousands of dollars to every boy and girl. Books have been written on this subject. This brief article contains all that is essential."

HEALTH is getting to be vulgar, and is confined principally to servant girls. No "lady" can possibly plead guilty to "being well," without losing caste. Spinal complaints are just now in the ascendant, no female being considered "good society" who possesses sufficient strength to raise a smoothing-iron.

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AN ILLUSTRIOUS BLACK.

Nearly forty years ago, a Boston negro, named Prince Saunders, came to England, I think with the intention of going to Africa as a missionary. He had education enough to keep a little school in Boston, where, I believe, he had also preached. He, however, went, not to Africa, but to Hayti, where he obtained the favor of the king, and returned to England with a great deal of money. He was noticed by Mr. Wilberforce, and soon became a lion of the first magnitude in fashionable circles. The Countess of Cork could not have a party without "His Highness Prince Saunders;" for as he put his Christian name, "Prince," on his cards without the addition of Mr., he was believed to be a native African Prince, and he did not undeceive those who chose to think him one. In short, his whole career here was an amusing instance of humbug; on his part, however, not otherwise than by his silently allowing his admirers to humbug themselves. This was very amusing to the Americans who had known him at home. A great Boston lady was in England, who, when Saunders last called on her in Boston, would send him into the kitchen to have lunch with her servants. He called on her early one morning in London. She was at breakfast, and with extreme condescension (as she thought) offered him a cup of tea. "No, thank you, ma'am," he said, "I am going to breakfast at Carlton House." I was taken by my friend Dr. Francis, of New York, to one of Sir Joseph Banks' *converzationes*. The old gentleman received his company sitting (being very gouty) in his library, at one end of which hung a portrait of Captain Cook—

> Lamented, and with tears as just
> As ever mingled with heroic dust.

The room was filled with the most eminent scientific and literary men, but Prince Saunders, the coal-black Boston negro, was the great man of the evening—a negro, too, of the most moderate abilities. Everybody asked to be presented to "his highness." I got near to hear what passed in his circle, and a gentleman, with a star and ribbon, said to him, "What surprises me is, that you speak English so well." Saunders, who had never spoken any other language in his life, bowed, and smiled acceptance of the compliment. He had a large party one evening at his lodgings; but the Countess of Cork, having a party the same night, as she could not go to Saunders, sent her carriage for him, and he left his company and went to the Lady Cork.—"*Autobiographical Recollections*," *by the late Charles Robert Leslie, R.A.*

Theory may be all very well, but young doctors and lawyers always prefer practice.

Bantam Men.—The *Phrenological Journal* begins the year 1863 with several marked improvements, particularly in the departments of Ethnology, Physiognomy, and Psychology. In an excellent article on Bantam Men, in the January number, the editors suggest that those dwarfed specimens of humanity—"Tom Thumb" and "Commodore Nutt," and other liliputian individuals—may owe their infinitesimal proportions to the use of stimulant or narcotic drugs. We are of opinion that the growth of children is often arrested, or greatly retarded, or perverted by the administration of strong doses of alcohol, opium, etc., either to the children themselves, or to the mother during the period of gestation or nursing.

Cooking Apples.—The *Rural American* gives the following recipe for an excellent method of cooking apples, which we can fully indorse, as we have been in the habit of cooking them in this manner for a dozen years:

"One of the most notable housewives and best cooks in the State has a new way of cooking apples—at least it was new to me, and will, no doubt, be new to many others. She pares the apples and quarters them, placing them on a tin plate with the core side up. If dried apples, a little water is added; they are then set in the oven, which is always hot at meal-time, and roasted. When done, they are slid on a common plate and sprinkled with sugar, to be eaten warm, with bread and butter and cakes. It would require canned fruit of extra flavor to tempt me from the apple-dish, if thus prepared. Strawberries or half-ripe peaches are not to be talked of the same day."

The London Lancet on Vegetarianism.—The London *Lancet* treats the Vegetarian Festival which we attended at the Crystal Palace, Sydenham, in September last, with a whole column of ridicule, but without a single line of argument. A remark which we made on that occasion, to the effect that, as all the food of animals is produced in the vegetable kingdom, therefore those who partake of animal food only get the elements of vegetable food more or less deteriorated and mingled with impurities, is regarded as a fanatical error. We assure the *Lancet* that it is a scientific truth of some importance, and if it is desirous of discussing the question in issue, in a truth-seeking spirit, our side is ready.

A short time ago a man named Crandall made his escape from the county jail. For the information of the curious, he has lately written back the following account of the manner of his escape: "I suppose it is a mystery to some how I got away, consequently I give you a brief history of my departure. The *modus operandi* was this: I got out of my cell by ingenuity, ran up stairs with agility, crawled out of the back window in secrecy, slid down the lightning-rod with rapidity, walked out of the town with dignity, and am now basking in the sunshine of liberty!"

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VENOMOUS CATERPILLARS.—A most singular case, perhaps the only one on record, of death caused by caterpillars, occurred a few days ago in the commune of Dardilly, near Lyons. A little boy, not more than eight years old, had gone into a neighboring wood in quest of birds' nests. Perceiving one on the top of a tree, he climbed up, but in so doing shook down an immense number of caterpillars, many of which fell on his shirt, his only upper garment, and soon covered his breast (which was bare) and penetrated to his arms and shoulders. For a few minutes the child took no notice of this, but he soon felt such an itching sensation that he was compelled to get down again and run home for assistance. Upon examination, his skin appeared covered with large red spots, which were soon followed by a general swelling, then by fever, somnolency, and delirium; and, notwithstanding all medical care, death ensued in the course of a few hours. The kind of caterpillar which caused this disaster was the *Bombyx processionea* of Reaumur, a very venomous species. Botanists know that if a nest of these insects be touched, or only stirred up with a stick, the person so doing, and remaining for some time near the spot, within reach of the emanations arising therefrom, will be attacked with a papulous eruption of a more or less confluent nature, which will last several days, and be attended with violent itching. Dr. Calmell, physician to the hospital of Charenton, had preserved a nest of these caterpillars in a large glass phial, which was not opened for upward of ten years. At length, the phial being accidentally wanted, it was opened in the presence of several persons, who all caught the eruption. This strange property has even suggested to several members of the faculty the idea of using these caterpillars in cases in which it is required to subject the skin to a strong and permanent irritation. We may remark, in conclusion, that the number of caterpillars which infest the trees this year all over France is quite unprecedented; a circumstance which has called the attention of the authorities, and of various learned societies, to the question, of protecting insectivorous birds the only really efficacious enemies of the caterpillar.—*Galignani's Messenger.*

LEAP YEAR.—The following is extracted from an old volume printed in 1696, entitled "Courtship, Love, and Matrimony:" "Albeit is nowe become a parte of the common lawe, in regard to the social relation of life, that as often as every bisextile year dothe return, the ladyes have the privilege during the time it continueth, of making love unto men, which they may do either by words or lookes, as unto them it seemeth proper; and, moreover, no man will be entitled to the benefits of the clergy who dothe refuse to accept the offers of a ladye, or who doth in any wise treat her proposal with slight or contumely."

THE OLD POETS ON DRESS.—An English poem of the last century has some dogmas worth the attention of those who desire proficiency in the esthetics of dress. To brunettes, for instance, high colors, as orange or scarlet, are recommended; thus:

"The lass whose skin is like the hazel, brown,
With brighter colors should o'ercome her own."

To roseate girls the bard permits blue, and the color of the sea:

"Let the fair nymph in whose plump cheek is seen
A rosy blush, be clad in cheerful green."

Cautioning pale women against vernal hues, he continues:

"Ladies grown pale with sickness or despair,
The sable's mournful dye should choose to wear;
So the pale moon still shines with purest light
Clad in the dusky mantle of the night."

The *Moniteur*, a favorite reporter of the fashions, makes a remark which, translated, runs thus:

"To dress well is an art, and an art that many do not possess. Some ladies accumulate a profusion of rich attire, but they have not the tact and taste to wear it to the best advantage. In the composition of a toilet, not only elegance, but also harmony and good taste are indispensable requisites."

A STOPPER.—A renowned clergyman of Lincolnshire lately preached rather a long sermon from the text, "Thou art weighed in the balance and found wanting." After the congregation had listened about an hour, some began to get weary and went out; others soon followed, greatly to the annoyance of the minister. Another person started, whereupon the parson stopped and said, "That is right, gentlemen; as fast as you are weighed pass out." He continued his sermon at some length after that, but no one disturbed him by leaving.

GEOLOGICAL WONDER.—About thirty years ago, somebody made the discovery that the ice fields of Siberia contained immense numbers of elephants and mastodons. Where they came from, or how they got there, is a problem, which, perhaps, may never be solved; their existence, however, was no mere chimera, and as ivory is one of the most valuable commodities of trade in all nations, some Englishman conceived the idea of turning these vestiges of a former epoch to a profitable account. Accordingly, about the year 1835, Thompson, Bonner & Co., a rich London firm, fitted out an expedition to seek for ivory in the Siberian ice. Novel and incredible as it seemed, the expedition was crowned with complete success. The ships returned to England richly laden with the choicest ivory; and even to the present time, although the world knows little about it, the ivory market is mainly supplied from the ice fields of Siberia.

THERE is this paradox in fear—he is most likely to inspire it in others who *has none himself.*

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Scissorings.

When is a man thinner than a shingle? When he is a shaving.

Reason can tell how love affects us, but can not tell what love is.

Why is the crime of murder like the Atlantic? Because it is not bailable.

There is one evil that doctors in length of time do effectually cure us of—and that is, the faith we place in their nostrums.

The lady whose dress was too dirty to wear, and not dirty enough be to washed, had a matter of serious import to decide.

A newspaper was started not long ago, the first number of which contained a letter from a correspondent who signed himself "a constant reader."

Love can excuse anything except meanness; but meanness kills love, and cripples even natural affection.

Whatever Midas touched was turned into gold. In these days, touch a man with gold and he will turn into anything.

Some bachelors join the army because they like war; and some married men because they like peace.

Never play cards with the ladies for money; most of the dear creatures have very winning ways.

"I never come late to a friend's dinner," says Boileau, "for I have observed that when a company is waiting for a man, they make use of that time to load him with abuse."

A would-be wit having fired off all his stale jokes without effect, at last exclaimed, "Why, you never laugh when I say a good thing." "Don't I?" retorted Jerrold; "only try me with one."

In landscape gardening, don't, for pity's sake, set your trees in straight rows; don't cut up your ground into "hearts and diamonds;" don't set out a flower exactly here because you have set one exactly there; you are not adjusting panniers upon an ass's back, but should try to get a little touch of nature on your own premises.

A lad, a day or two since, was called to the stand in the Common Pleas Court, whose tender years raised doubts as to his competency as a witness, by not understanding the nature and obligation of an oath. The first question was, "Are you the son of plaintiff?" The little fellow, crossing his legs and deliberately putting about a half an ounce of sweetmeats into his mouth, with the utmost *sang froid* replied: "Well, it's so reported."

Work is man's appointed task—the great mission he is sent upon.

Why is a spendthrift's purse like a thunder-cloud? Because it is continually a light'ning.

There is no dead season for him who delights in cultivating his garden as well as his mental powers.

The performances of human art, at which we look with praise or wonder, are instances of the resistless force of perseverance.

Too many laws are a snare in the state, too few a weakness; those too gentle are seldom obeyed, those too severe are as seldom executed.

There is a great deal of vanity in some people's humility, a great deal of poverty in their wealth, and a great deal of insolence in their condescension.

A Yankee has just taught ducks to swim in hot water, and with such success that they lay boiled eggs. Who says this is not an age of improvement?

All men come into the world alone, all leave it alone—king and priest, warrior and maiden, philosopher and child, all alike must walk death's mighty galleries alone.

An Irishman, who lived in an attic, being asked what part of the house he occupied, answered—"If the house were turned topsy-tury, I'd be livin' on the first flure!"

We see advertised as for sale by a certain firm, "Candles for City Consumption." This, we presume, is a new method of preparing cod liver oil as a remedy for consumption.

A cotemporary has received a communication asking, Why was the rear guard of the French army, on the retreat from Moscow, like a war-horse? Because it had a Marshal Ney (martial neigh).

To Revive Withered Flowers.—Plunge the stems into boiling water, and by the time the water is cold the flowers will revive. The ends of the stalks should then be cut off, and the flowers should be put to stand in cold water, and they will keep fresh several days.

An old gentleman, who was never accused of being a wizard, went out with his gun one day to shoot partridges, accompanied by his son. Before they approached the ground where they expected to find the game, the gun was charged with a severe load, and when at last the old gentleman discovered one of the birds, he took a rest and blazed away, expecting to see him fall of course; but not so did it happen, for the gun recoiled with so much force as to "kick" him over. The old man got up, and while rubbing the sparks out of his eyes, inquired of his son, "Alphy, did I point the right end of the gun to the birds?"

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To cure hams, first ascertain what is the matter with them. Then apply the proper remedies; and if you do not succeed in curing them, it is not your fault.

AN Irishman, visiting a churchyard with a friend, pointing to a shady, quiet nook, said, "This is the spot where I intend being laid, if I'm spared."

AN INVITATION.—One of Sir Boyle Roche's invitations to an Irish nobleman was rather equivocal: "I hope, my lord, if ever you come within a mile of my house, you'll stay there all night."

A MIND too vigorous and active serves only to consume the body to which it is joined, as the richest jewels are soonest found to wear their setting.

AT the Woman's Rights National Convention, Mrs. J. E. Jones presented a declaration declaring "that woman's sphere can not be bounded"—a self-evident proposition to all who live in this age of crinoline.

NEAT RETORT.—A lady, sitting in the same box at an opera with a French physician, was much troubled with *ennui*, and happened to gape. "Excuse me, madam," said the doctor, "I am glad you did not swallow me." "Give yourself no uneasiness," replied the lady, "I am a Jewess, and never eat pork!"

OLD WEWITZER was joking and laughing at rehearsal, instead of minding the business of the scene. Raymond, who was then stage manager, took him to task for this, and said, "Come, Mr. Wewitzer, I wish you would pay a little attention." "Well, sir," replied the droll fellow, "so I am. I am paying as little as I possibly can."

A BLIND MAN AS A WITNESS.—At Oldham, recently, a shoemaker who was charged with committing an assault denied the charge, and called one Mr. Parkes to prove the truth of what he said. Mr. Parkes appeared to have some difficulty in finding his way into the witness-box, and on being asked the reason, he said he was blind! The evidence of the blind man, who was called upon to prove he did not see any assault committed, was, of course, not taken, and the defendant was fined $10 and costs.

AN ingenious attorney, who always made it a point to get the case, was applied to by a man who had stolen some pork, to defend him. Accordingly, in his usual inventive way he ruined the principal evidence on which the plaintiff relied, and the jury brought in a verdict of not guilty. After the verdict was declared, as the fellow was leaving the court-house, he whispered to his attorney thus: "Squire, what shall I do with the pork, for I have got it yet?" "Eat it," replied the lawyer, "for the jury say you did not steal it."

"I THINK, wife, that you have a great many ways of calling me a fool." "I think, husband, that you have a great many ways of being one."

SELF-LOVE is at once the most delicate and the most tenacious of our sentiments; a mere nothing will wound it, but nothing on earth will kill it.

So long as men are imprudent in their diet and their business, doctors and lawyers will ride in carriages.

A GRACEFUL manner spoils nothing; it adds to beauty and gives luster to modesty. An affected simplicity is a refined impostor.

THERE is no knowledge so thorough as that which is gained at last, after years of baffled and wondering inquiry.

THE widow of Helvetius said to Napoleon, "You can not conceive how much happiness can be found in three acres of land."

"OF all the extravagant fees I ever heard of," said a crusty old bachelor the other day, "a *female* is the worst."

PRODIGALITY is always asleep, and covetousness is ever wakeful; prodigality knows not when to spare, nor covetousness how to spend. Prodigality is all lace, and covetousness no clothes.

A MAN is circumscribed in all his ways by Providence, just as he is in a ship; for though the man may walk freely upon the decks, he must go whither the ship bears him.

PUT not your faith in words. The Greek philosopher who discoursed so pathetically on human misery that fifty of his audience went home and hung themselves, is said to be a merry fellow.

AN old lady was telling her grandchildren about some trouble in Scotland, in the course of which the chief of her clan was beheaded. "It was nae great thing of a head, to be sure," said the good lady, "but it was a sad loss to him."

WOMEN have a much finer sense of the beautiful than men. They are by far the safer umpires in matters of propriety and grace. A mere schoolgirl will be thinking and writing about the beauty of birds and flowers, while her brother is robbing the nests and destroying the flowers.

LAZY BOYS.—A lazy boy makes a lazy man, just as sure as a crooked sapling makes a crooked tree. Who ever yet saw a boy grow up in idleness that did not make a shiftless vagabond when he became a man, unless he had a fortune left him to keep up appearances? The great mass of thieves, paupers, and criminals have come to what they are by being brought up in idleness. Those who constitute the business part of the community—those who make our great and useful men—were taught in their boyhood to be industrious.

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REFERENCES.—Valentine Mott, M.D.; Willard Parker, M.D.; J. M. Carnochan, M.D.; Gurdon Buck, M.D.; F. H. Hamilton, M.D., Brigade Surgeon U. S. A.; Wm. H. Van Buren, M.D.; Stephen Smith, M.D.; Thomas Markoe, M.D.; James R. Wood, M.D.; David P. Smith, M.D., Surgeon U. S. A.

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THE

HERALD OF HEALTH,

AND

Water-Cure Journal.

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Contents.

	PAGE
GENERAL ARTICLES:	
Rambling Reminiscences	53
The Hot-Water Cure	55
Way-Marks of Hydropathy	57
Brief Notice of Lectures, etc.	58
Hints to the People	59
The New Gymnastics	60
Scatter the Documents	62
Dietetic Reform Association	64
Sickness in the Nursery	65
"Little Willie's Grave"	66
Reports of Cases	67
Christmas at the Hygienic Institute	68
Voices from the People	70
Healing and Prayer	71
PUBLISHER'S DEPARTMENT:	
The Work goes Bravely On	72
TOPICS OF THE MONTH:	
First Principles	73
The Philadelphia Doctors	74
SOLDIERS' DEPARTMENT:	
Grog and Drugs in the Army	79
A Bombshell for the Medical Bureau	80
COLLEGE DEPARTMENT	82
DINING DEPARTMENT:	
The Dining-Room	83
MISCELLANEOUS:	
The Black Death	84
The Minister's Health	85
The Gorilla and its Character	86
Man Overboard	86
Immersion	87
Fretting	88

General Articles.

RAMBLING REMINISCENCES—No. 18.

THE BRITISH ASSOCIATION—(*Continued.*)

A QUEER QUESTION.

JOHN DAVY, M.D., F.R.S., read a paper entitled, "On the Question whether Arsenic, taken for lengthened Periods, in very minute Quantities, is injurious." The conclusion into which he reasoned himself was that, thus employed, it was not injurious. With the false premises of the medical profession, no one could reason to any other conclusion. But, in the light of the law of vitality, the conclusion is a self-evident absurdity. Dr. Davy could not demonstrate any injury so far as the evidences of his senses are concerned. But there are a thousand methods of exhausting vitality of which the senses take no cognizance. We can not *see* nor feel *absent* or *lost* vitality, yet any one who knows what vitality is, knows that it is inevitably and invariably lost whenever the vital structures are obliged to eliminate poison of any kind from the system, and that the waste of vital power is precisely proportional to the quantity of the poison. Minute quantities would do very little injury; but to say that they are not injurious at all, is as absurd as to say that a small drop of water added to a pailful does not increase its bulk. We may have no tests by which we can appreciate the difference, but that there is a difference is as plain as the proposition, that something added to something can not produce nothing.

SPONTANEOUS GENERATION.

A very interesting paper was read by James Samuelson, entitled, "Recent Experiments on Heterogenesis, or Spontaneous Generation." Since the publication of Darwin's work, the "Origin of Species," this subject has attracted the attention of the learned more than ever before; and the sciences of Paleology, Paleontology, Pauspermia, and Morphology have received additional prominence in the scientific world. The question whether new species or varieties, or even forms of animals, can originate from the decaying elements of organic matter, without the interposition of a primordial germ, seed, or egg, is certainly an interesting one, and has an important bearing on many of the problems as yet unsolved by physiologists. The experiments of Mr. Samuelson were very carefully conducted, and the conclusion arrived at was adverse to the theory of Spontaneous Generation.

ABNORMAL PHYSIOLOGY.

Dr. Gibb read a paper "On the Normal Position of the Epiglottis, as Determined by the Laryngoscope," in which he endeavored to show that, in about eleven per cent. of several hundred cases examined, the epiglottis inclined abnormally backward; in his language, it had acquired an "abnormal physiological position," rendering the probang and caustic treatment of chronic laryngitis difficult, and even injurious, without regard being had to this abnormal *anatomical* position. In the discussion which followed, Dr. Smith stated that he was constantly examining diseased throats and lungs, and did not find the condition

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represented by Dr. Gibb; moreover, he did not use the laryngoscope, nor regard its employment as of any value, because he could see everything just as well without. Well, doctors disagree in that country as well as in this.

TOBACCO SMOKING.

The most animated and amusing discussion which took place in the Medical Department of the Sub-section on Physiology of the British Association for the Advancement of Science, was on the *vexed question* of tobacco smoking.

Edward Smith, M.D., F.R.S., presented a paper entitled, "Tobacco Smoking—its Effects on the Pulsation." As this is a delicate subject for an outsider to meddle with, we copy the report of the London *Morning Star:*

"The variations caused in the pulsation of parties while smoking were well illustrated on the blackboard; but it struck several parties present, that to have carried out the experiments thoroughly there should have been an adjunct in the shape of a non-smoker, whose comparative pulsation under similar circumstances should likewise have been observed. The result of Dr. Smith's paper may be briefly summed up—Tobacco operated differently on different constitutions and under different circumstances, one of the most important elements being whether smoking indulged in immediately before or after food was advantageous or not. Dr. Smith demonstrated that, as a rule, smoking accelerated the pulsation, and that the strength of the tobacco was a material element. A discussion ensued, in the course of which the literary man appeared to be generally accepted as the most fitting exponent of results. Here, however, doctors differed, One or two gentlemen maintained that the effects of tobacco were stimulative of vital or mental action; others praised its soothing effects, while other gentlemen maintained that, as a rule, it was stupefying and destructive of the means of obtaining the results desired. Some praised and some condemned its effects in various diseases, but the result was, that the matter was left an open question; but the smoking fraternity found a valuable ally in the Chairman, who said that the effect of smoking upon himself was the exact opposite of stupefying, for while studying mathematics he found that half a dozen whiffs of a cigar caused his ideas to flow more clearly and in more natural sequence. Mr. Smith replied, but it may be fairly stated that the question was left an open one."

But the most exciting discussion, although it was all on one side, was had over a paper read by the Secretary, entitled, "Tobacco in Relation to Physiology." It was from the pen of Thomas Reynolds, Secretary of some Anti-Tobacco Society. Mr. Reynolds quoted the testimony of several of the standard medical authors of Great Britain, and the experiments of various scientific men, to prove that tobacco-using wasted the saliva, befouled the blood, depraved the secretions, and wasted the vital power, and appealed to the medical men of the Association to use their science, their influence and their position to dissuade people from a habit which the highest medical and scientific authorities declared to be destructive and ruinous.

For once, and for a marvel, doctors did not differ. All who discussed the paper at all, denounced, not tobacco-using, but *the author of the paper.* In the language of the London *Standard*, "the paper found no favor with the medical men present." One denounced it as improper to be brought before the British Scientific Association. Another declared that it was unworthy of discussion. Another suggested that the committee should not have allowed it to pass examination. Another said that Mr. Reynolds and the Anti-Tobacco Society were one and the same thing, and the very fact that it had been read under such distinguished auspices would give it an importance it was not entitled to. Another objected to the paper because it was only a tissue of assertions. Another opposed it because its author was no physiologist, and hence not competent to talk to physiologists on such a subject. Another said that alcohol was the best abused article extant except alcohol. And so the paper, the author, the subject, and the Anti-Tobacco Society were denounced, ignored, and repudiated. But all this did not stop the discussion of the subject which was *nem. con.* pronounced unworthy of a moment's notice.

One medical gentleman proceeded to argue in favor of the good effects of tobacco-using. He esteemed it absolutely useful. He had smoked twenty-three years, and his experience proved it to be advantageous. He admitted that it was a bad thing for boys. He had even been obliged to forbid his own son, fifteen years of age, who wanted to follow the example of other boys, from smoking. He thought no one should commence until twenty-three years of age, that being the age at which he commenced; but after that age, he regarded tobacco smoking as wholesome and hygienic.

Another M.D., as an illustration of the "soothing" influences of the narcotic on the *domestic affections*, quoted the statement of some traveler who has said of some tribe or nation (we did not catch the name of the country), that "the men smoke tobacco and *do not beat their wives!*" He did *not* say, nor will we assert (at least not here), that those wives would be justifiable, before the Courts of Common Decency and High Heaven, in whipping those husbands for indulging in so filthy and disgusting a habit.

The Turkish nation was alluded to by the pro-smoking advocates. "The Turks," said an M.D., F.R.S., "smoke a great deal, and they are a well-developed and courageous people." This allusion to the "sick man," or the "effete nation," as the Turkish nation is frequently termed

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seemed to us particularly unfortunate. Who, outside of the sub-section in Trinity Hall, does not know that tobacco-smoking is one of the chief causes of the gross sensuality, deteriorated vitality, and national decline which has made Turkey a by-word and a reproach among all civilized nations? True, the Turks do not beat their wives. They have a more refined and genteel method of disposing of obnoxious bosom companions. If a wife offends, or is suspected of a disposition to offend, she is quietly thrown into the Bosphorus.

We call the attention of the physiological sub-section—we mean the *unphysiological* subsection—on Physiology to the fact that, since the meeting of the Association, the Turkish ambassador to France has appeared in Paris accompanied with *seven* of his wives. The quick-witted Parisians, perceiving that his Serene High-Mightiness has a wife for each day in the week, have complimented him and them by christening his wives Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, and Saturday. How a man could be "courageous" enough to have seven "better halves," unless he smoked tobacco, is a problem we commend to the consideration of Turks, Mormons, M.D.'s, and *abnormal physiologists* the world over.

And lastly, we must not forget to record the compliment which the fair sex of England and America received from the devotees of the "weed." Said one of the speakers—an M.D., F.R.S.: "The women sometimes object to the practice of smoking. But they should remember how large a proportion of men are accustomed to smoke. And besides, the women of England and America are the only ones in the world who are opposed to the habit." There were about twenty ladies in the hall when this *heart-rending* appeal was made to their reasoning faculties; and as they all remained silent, and as silence gives consent, we deduce the logical, or physiological, or pathological (as the case may be) conclusion that the ladies *were* convinced—either that smoking is super-pre-eminently physiological, or that the learned medical gentlemen had been perpetrating an immeasurable amount of ridiculous nonsense.

A THOUGHT FOR MR. DREW.—An exchange gives the following news item: "Daniel Drew intends to purchase ground in Carmel, N. Y., for the purpose of establishing a college there. He proposes to endow it with half a million of dollars." Is it not singular that while so many wealthy men have so munificently endowed colleges of learning, no one has ever donated a dime to found a HEALTH COLLEGE, which is really the great demand of the age? Probably the reason is, they have never thought of it. One hundred thousand dollars devoted to this purpose would benefit the nation and the human race more than ten millions appropriated to the ordinary educational institutions, valuable as these are.

THE HOT-WATER CURE.

BY W. T. VAIL, M.D.

WE have received so many letters, from time to time, addressed "Cold-Water Cure," "Cold-Water Cure Establishment," and the like, and have had so many inquiries made of us in regard to the merits and efficiency of the "Cold-Water Treatment" in certain specific cases of disease—have been so many times to our own knowledge called the "Cold-Water Doctor," and have heard so many people say they knew cold water was good for *some things*, for *they* had tried it; in short, we have heard so much talk of this kind in times past, and *still* hear so much of it, that we very much fear the people—very good people, too, who are innocently wishing to do about what is right, a great many of them at least—are indulging in a kind of one-ideaism in regard to us, as though they supposed, or fancied somebody else supposed, *cold* water alone was a kind of panacea, calculated in some mysterious way to heal all the ills to which flesh is heir.

Now, therefore, Mr. Editor, we have concluded to write a short essay on the *Hot*-Water Cure, for the especial benefit of the persons described, and for the proper edification of the rising generation, that hereafter there may be found at least *two* ideas in the public mind connected with that mode of treating diseases, which despises the intervention of drugs, dye-stuffs, and all kinds of poisons.

We hope, however, that nobody, in consequence, will drop our *old* title and call us the *Hot*-Water Doctor, or direct any of their missives to the *Hot*-Water Establishment, H——, etc., or take up the idea that we have dropped "cold water," and just for a change have gone into the *hot*-water business. We wish it distinctly understood that we are just what we have always been, neither hot nor cold, or, if you please, both, and all three; that is to say, we are hot, cold, and middling—all the way from the bottom clear up to the top of the ladder and down again; and something more besides.

Let us say, also, here, in the beginning of this *hot*-water article, that we don't ride hobbies, and don't want our friends to ride any for us any more than our enemies, if they please. Our business is to cure the sick, and show the well how to keep *so*, and we never refuse any knowledge, or neglect to use any lawful means to secure this end. We are in favor of all life-and-health-producing measures in the treatment of the sick, of whatever character or description, while we eschew and abhor all life-curtailing and death-producing ones. In brief, we are thorough-going worshipers at the shrine of the goddess Hygeia, and nothing else, and our mode of practice so far

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from embracing a *single* idea, or any two or three ideas, embraces a wider field, a broader range of remedial resource than any other; indeed, as we claim, than all the other medical practices put together.

We hope, therefore, if we can not succeed in teaching the people that we are not simply a "Cold-Water Doctor," that we may be able at least to ingraft into their creed concerning us *another* single idea, and have them understand that we are *hot*-water as well, and that hot water, even *boiling* hot, is the great sovereign remedy in the treatment of certain very uncomfortable and painful ills.

Would any one like to know how we would use water *boiling* hot, and in what case we would expect it would prove *specially* efficient as a remedial resort? We do not profess to have made any particular discovery upon this point, but we will give the reader a homely recipe which may be made available in every family, in cases which too often occur, and not unfrequently become the terror of the patient, as well as of his whole household.

Take a case of colic—one of the extreme kind, if you please, such as is usually termed bilious colic. Who has not known the patient's life to terminate with one of these attacks after having taken "large doses of calomel," frequently repeated, "strong doses of castor-oil, or croton oil, or sulphate of magnesia," etc., etc., as the books advise, and to which our regular practitioners usually resort, with a most blind and philosophical adherence to the follies of their predecessors.

Common or *bilious* colic originates either in the mechanical obstruction, or in some acrid or highly irritating substance coming in contact with the delicate membranes of the bowels. The pain is caused by a spasmodic contraction of the bowels upon their more or less flatulent contents. So far as their vermicular motion is concerned, which must always be maintained as a condition precedent to health, it has come to a dead stand. The disease is essentially spasm, and when maltreated, runs rapidly to inflammation, and inflammation too often speedily terminates in death.

Our mode of treating bilious colic, and we have never found it to fail, is by the use of *boiling* hot water. It always gives a quick relief, and speedily institutes the condition precedent to a healthy action of the bowels and a ready return to health.

Do we scald the patient? Not exactly. We simply take a pail of boiling water; the patient, in a nude state, having been placed in a cane-bottom chair, with a napkin perhaps spread over the bottom of it, with a thick cotton comfortable pinned around him so as to completely envelop his body, when, knocking out one of the rounds of the chair, if it has not already been done, we slide the pail under him. Into another pail of water, at a temperature of 100° to 110°, we immerse his feet. After the lapse of six to eight minutes, the water having become somewhat cooled, we withdraw the pail from under the chair and institute another, *boiling* hot, in its place. To the foot pail we also add more hot water, so as to keep the temperature steadily toward 110°.

This treatment, when continued 20 minutes or more, powerfully relaxes the whole system, induces perspiration, relieves the spasm of the bowels, and in doing so never fails to give the patient immediate relief. This course, should any further treatment be found necessary or desirable, may be followed either immediately or after a little interval, with a cool sitz-bath at 80°, or even with a cold one at 70°, or colder, with most excellent effect.

We have cured very severe cases of bilious colic with these measures alone in the space of a few hours, and the patient has gone off about his business.

Had it not been convenient for us to pursue this special course, we might have adopted the following, to which we have frequently resorted in cases with similar indications for treatment, with the happiest results. Place the patient in a sitz-bath at 100° or upward, with the feet in a bath-tub at the same time, at about the same temperature. Gradually raise the temperature of both baths to 110° or 112°, by the addition of hot water, from time to time, and maintain it at this pitch for half an hour, or until perspiration is induced and the pain relieved. This bath may also be followed up by a cool or cold sitz-bath, with a further and more complete abatement of the painful symptoms, if not perfectly relieved by the first.

In bilious colic, after the hot-baths, etc., already described, the patient may often be very decidedly benefited by enemas, not only *warm*, but very *decidedly* warm, say at a temperature of 100° and upward, and as copious as can be easily taken—the more so the better. Let it ever be remembered that *primarily*, *hot*, and very decidedly *warm* appliances are the great remedial resources in spasm of the stomach and bowels, and I might add, spasm generally; and that the "Cold-Water Cure" in all such cases is *nowhere*, except as a secondary measure, when it becomes very proper and efficient.

We are well aware that the idea was sedulously propagated by some of the earlier practitioners of Hydropathy, that any other than *cold* water was to be considered irregular, if not positively injurious; that they carefully avoided the term *hot* in their prescriptions, steered clear of the word *warm* even, and never allowed themselves to speak complacently of any temperature higher

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than *tepid;* that they even set their patients, with habitually cold feet, to warming them up by immersing them in the coldest water or in snow; that the idea of their linen clothing in winter seemed to be favored by some of them as a means of waking up the latent heat-producing energies of the system, for the benefit of the cold-blooded, and that ice-cold baths taken in a cold room or in the open air were commended to the invalid as a proper means of regaining lost health; but all due allowance must be made for those early times, when after the astonishment which men felt at finding that diseases could be successfully treated without the intervention of poisonous drugs, they readily subsided into an intense enthusiasm for the new mode, regarding it as something mysterious, bordering almost upon the supernatural itself.

The Hygienic treatment is now understood to be one simply in accordance with nature, based upon the primitive and unchanging laws of the human organism.

Heat is just as natural to the human system as cold. There is but one temperature of the human body that is perfectly natural, that is to say, natural to health; this is about 98° Fahrenheit. So natural is this temperature, that in winter and in summer, in the frigid and in the torrid zone alike, the body is scarcely ever known to vary from it.

Yet, notwithstanding all this, ice is good for the head, and *hot* water for the feet, in certain irregular conditions of the body, and the very best application that can possibly be made—are indeed the most natural, under the circumstances, because they most rapidly bring the system into its normal condition, and institute for the time being the relations of health.

Nor is *warm* or *hot* water, as some suppose, less permanent in its effects upon the system than *cold.* All that is required to make it so is that there shall be in all respects a rational and judicious management of the case.

But we have thus far but just touched upon the merits of the *Hot*-water treatment. In a future article we shall essay a further attempt upon this theme.

RED INK.—Common red ink is made in the most simple manner, by mixing common carmine with a sufficient quantity of aqua ammonia to flow freely from the pen. Any person can manufacture red ink in a few hours by this method. A cheaper red ink may be made by boiling two ounces of Brazil wood for half an hour in a quart of water, then straining it and adding half a drachm of the chloride of tin and one drachm of gum-arabic. Such ink is used for ruling red lines on blank-books. Carmine ink does not affect steel pens like that made from Brazil wood; none but quill or gold pens, however, should ever be employed with red ink. Liquid Solferino (aniline red) also makes a good red ink.

WAY-MARKS OF HYDROPATHY.

NO. V.

BY A NEW CONTRIBUTOR.

SEVERAL years ago, while traveling in Michigan, I called upon Mr. Harmon Allen, in Milan Township, Monroe County. I found him in deep affliction. His amiable wife had been prostrated by disease and plied with medicines till nature was quite exhausted and the lamp of life burned dimly. The physicians had given her up to die, and her family were waiting, in great distress, for the closing scene to fill up their cup of *sorrow.* She was a kind mother and good wife, and it seemed as if death had indeed chosen a shining mark and called for the one most needed to stay. My visit was hailed as the harbinger of good. My friend had lost faith in medicine, but knew little of Hydropathy. He soon unburdened his grief, and besought me to afford relief if possible. I gave him reason to *hope,* and new courage possessed him as he bent over the patient sufferer with the appliances of water, and saw strength revive and hope kindle in the bosom of his companion. The happiest effect was produced. So rapid was the improvement, that in four days my patient arose from the verge of the grave, where the doctors left her, to her chair, and talked of resuming her duties in the houshold with *delight.* Cheerfulness returned, and great joy reigned in the *family.* But, alas, how uncertain all things below! On Sunday morning I left my charge in good spirits, able and willing to talk and laugh, imparting and receiving comfort from those around her. In the evening I returned to find her prostrated by a relapse, disheartened and falling into the embrace of death. My heart ached at the sight and scene around me. Good neighbors and kind friends, hearing of the wonderful cure, had come to see and congratulate the family. Finding the sick woman able to receive company and participate in conversation, they had very kindly visited her to death. My patient fell a victim to the kindness of neighbors, who thought they were in the way of duty while sitting in the sick-room, with congratulations, inquiries, and tobacco *smoke.* I learned another painful lesson, to be followed by more, from the interference of neighbors with the sick. And I make this mark for all who read, to take heed how they tamper with life and health in the abodes of *sickness.* Never should the amenities of social life be extended to the chambers where humanity lays *struggling* with disease, and needs its undisturbed powers in the task. Assemble anywhere else for chatty talk. Pounce upon the healthy with cordials, sweetmeats, and other delicacies—they can bear them; but the sick and the dying, leave them to the tenderness of friends

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allotted to nurse and watch and administer needful remedies. When convalescence invites more cheery company, rest assured that you will hear of it. Then with alacrity repair to the recovering with smiles and cheery words—*briefly* even then; never with long faces, and groans, and solemn words. These are never in place—always mischievous, and sometimes meeting a merited rebuke, as in the case of the late Dr. Whitney, of Wyoming County, N. Y., who was sorely afflicted with the dumb ague, and seemed to think each returning attack would terminate his life. During one of those paroxysms, as the Doctor sat upright in bed, swaying to and fro, groaning out his steadfast convictions, "I shall die, I shall die!" an old lady approached him, with solemn visage, and said, "*Are you prepared to die?*" "*Prepared* to die! Yes, I have been prepared to die this ten years!" was the indignant answer. G. S.

BRIEF NOTICE OF LECTURES, ETC.

It has never before been our good fortune, and rarely is that of any community, to be favored with so many intellectual treats as we have enjoyed this winter at 15 Laight Street. Besides Dr. Trall's medical lectures and clinics, which are held five times each week, to which the guests of the house always have free access, and which constitutes one of those attractions which keep many people weeks and months to learn as fully as possible the true laws of life and health, we have had already several popular evening lectures, which have been equal to the best of any lyceum course.

Mr. Bungay, always interesting and instructive, opened the season with "*Young America.*" He described the young gentleman very accurately, portraying his versatility of talents, precocity, and often intrusiveness, and proposed, as the best possible means of perfecting him, of cultivating the good which is in him and repressing the evil—to give him proper physical stamina; which could only be done by plain wholesome food, plenty of exercise, work and play, an abundance of sleep, encouraging him to self-reliance, and instilling into him correct ideas of labor. This would lead to good mental conditions, and with proper spiritual training, effectual when bestowed upon a sound mind in a sound body; the characteristics of Young America, now often offensive, would be turned to the elevation of the world as well as himself.

The lecture of Dr. Dio Lewis, of Boston, on "Intemperance," as with everything else which he says and does, was a "*live*" affair. He said he had a patent plan (not the new gymnastics) for making temperance universal. It was to have the ladies *en masse* stand up for it; to pray for it, work for it, discountenance every man who would not be a teetotaler; and he proved conclusively that one woman is equal to twenty men in the warfare against King Alcohol. After this lecture he gave a short one on "The New Gymnastics," and the next day, a long and very interesting one on "Physical Culture, Ventilation, and Popular Hygiene."

Then came Mr. Bungay's "Beautiful Woman," another of his ever-interesting philosophic productions. It would be impossible to do this lecture justice in a brief review. Suffice it to say that his "Beautiful Woman" comprehended the beautiful in mind, in spirit, in soul, as well as in form and feature, all of which could be developed perfectly only through a healthful physical organization.

Mr. Wm. Herries, of the N. Y. *Tribune*, read a very interesting and instructive paper on "The Lancashire Operatives," showing their peculiarities, habits, customs, etc.; their labor, the effects upon them of hard times and changes of prices; also, their influence, politically, and how through all their present want and suffering their love of liberty has never faltered; and when the London *Times* politicians tried by every means in their power to induce them to side with the South in our rebellion, they had still remained our firm friends, unflinchingly true to the cause of freedom.

The next was an excellently written paper by Prof. Norton, of Astoria, on Aaron Burr. He depicted the early life and surroundings of Burr; his orphaned childhood, and other circumstances, which were in part some excuse for his after-recklessness, showing that there were many traits of character in him which were really admirable, as well as so many that were deplorable. This lecture left a person desirous of hearing more of his life, and with a feeling, too, that none are wholly bad.

Mr. Bungay had promised a lecture on "Wit and Humor, or, the Philosophy of Fun." When the hour arrived he found the room crowded, as is usual at his lectures. He arose and said his lecture was mislaid. He had looked for it high and low, but it was not to be found, and he should be under the necessity of requesting the audience to accept another lecture, which he had with him, in place of it.

But, no—they were bound to have the "*fun*," whether they had the "*philosophy*" or not (for they knew he could give both "fun" *and* "philosophy" without notes), so he smilingly consented, and gave the lecture off-hand, with such complete success that with one accord they wished his lectures might always get mislaid. Certain it is, if there be any truth in the saying,

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"laughing is healthy," or "laugh and grow fat," our bath department had a fine auxiliary and the scales must have recorded an immense addition to the avordupois of that audience.

Next, J. B. Brown, professor of elocution, favored us with one of his admirable dramatic readings; selections from Shakspeare, Byron, Langdon, Widow Bedott, and various patriotic productions, all well timed and finely executed, constituted an evening's entertainment second to none, illustrating practically the benefits of the system he so successfully teaches.

The last lecture was by W. L. Ormsby, Jr., of the N. Y. *Times*, on "COUNTERFEITING," showing the prevalence of it, its causes, consequences, and cure. A lecture replete with interesting facts and statistics, and could his suggestions be carried out, would do away at once with the six thousand different kinds of counterfeit currency with which the country is flooded.

We are promised a lecture by R. R. Roberts, the Hygienic soldier spoken of in the last HERALD OF HEALTH; one from Prof. Redfield, on Physiognomy; one from B. B. Childs, quartermaster of the regular army on Governor's Island, who has been actively engaged in camp and field since the rebellion broke out; one from Prof. S. R. Wells, of the firm of Fowler & Wells, on "Sights and Scenes during a two years' professional trip to Europe;" several others from Mr. Bungay, etc.

There, with the students' lyceums, weekly sociables, with the best of music and parlor dances, classes daily (or nearly so) in light gymnastics, all free of charge to the inmates of the house, are some of the reasons why it has become so attractive a place of sojourn, aside from its advantages of Hygienic treatment, so universally acknowledged.

FRANK R. JONES,
Secretary of Lecture Department.

HINTS TO THE PEOPLE.

BY J. H. STILLMAN, M.D.

HEALTH reform is the basis upon which all other reforms rest, and without it all other reforms must fail. When we look over this nation, we find it a nation of invalids, with only here and there—very far apart, indeed—a person enjoying the rich blessing of a well-developed, well-balanced, and healthy organism. Disease with its legion forms is everywhere making the air vocal with groans, moanings, and heavy sighs. The old, the young, the middle-aged, and the little infant are alike sufferers, and they know not why. Why is it that the grandparent can endure more than the parent? and that every generation grows weaker and weaker? How few there are who even ask the question, or ponder the subject for a single moment! yet 'tis a fact, a mournful fact. The merchant fails in business because his *health* is poor, his wife is ailing and nervous, and sickly children, with the ever-recurring expenses of doctors, drugs, and nurses, exhaust his income, year by year, until worn out himself, he fails. The lawyer at an early age is a wreck. High living, cigars, and liquors have done their work, and when the man should be in the prime of life, he is a poor, irritable dyspeptic.

The minister wears out while yet young, in the service of God, he thinks, when 'tis really serving a perverted and miseducated appetite that has prostrated him, body and mind. The whole world is wailing under the almost unendurable suffering, attendant upon the false ideas and wrong habits of society, while there is only here and there a *redeemed one* to lift up a voice of warning and earnest entreaty, and try to point the erring, suffering world to the simple and wholesome laws of nature, to obey which is to insure health and happiness. But these teachers are increasing, and people are beginning to hear their warnings; yet where there is now one, there should be a hundred. Why are there not more laborers in the field? The reason is simply this, it does not pay. People will pay out their dollars, in every town, by the hundred for drugs and doctor's bills, but do not feel able to give a few dollars for a course of lectures that would instruct them with regard to the laws of their being, and enable them to preserve their health and prolong their lives. Lecturers upon health, as well as other subjects, must be paid for their labors. Men or women devoting themselves to this subject—than which there is no greater—must have food, raiment, and lodging; must have funds to travel with, etc. As soon as people are as much interested as they should be in these matters, there will be a greater call for speakers, and the demand will be met by a corresponding supply. There are plenty of both sexes who are fully competent to teach the people, who are devoting themselves to other less important subjects, that would cheerfully take the field if it yielded a *living* harvest. The minds of the people must be called to this subject, and when they see their true interests, they will invite lecturers to speak to them and instruct them on these points. Why should any society think of getting along without a teacher and expounder of physiological laws any more than they do of moral laws? Then, instead of seeing their children die off by scores, they would learn to so place them in harmony with nature's laws, as to have them grow up in symmetry and beauty, and make glad their hearts by their happy and harmonious lives.

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THE NEW GYMNASTICS.

BY DIO LEWIS, M.D.

EXERCISES WITH WANDS.

In the new system there are sixty-eight exercises with wands; a few are given, not the most valuable ones, but a few of those most easily understood. The wand performance is exceedingly valuable in breaking up all stiffness about the shoulders and back.

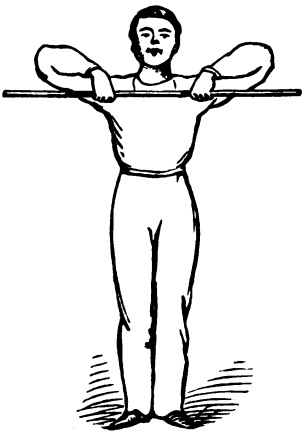


FIG. 1.

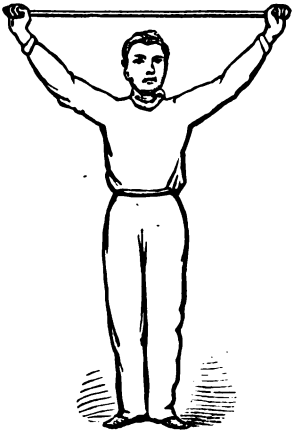


FIG. 2.



FIG. 3.

In fig. 1 is shown the beginning of a subseries which commences with the arms hanging down in front, the wand against the legs. First, it is brought up to the chin, as seen in the cut. This is repeated five times, the leader cries *Change!* and the wand is carried up high over the head, and back to the chin five times. *Change!* and the wand is carried from the highest to the lowest point, even to the floor, without bending the elbows. *Change!* and from the highest point the wand is brought down on the back of the neck five times (in brief, everything is performed five times.) *Change!* and the hands are carried to the ends of the wands, as shown in fig. 2, every motion keeping perfect time to the music. From this position it is carried down on the back as low as possible *without bending the elbows. Change!* and it is in the same manner carried down in front. *Change!* and the last two are executed in alternation.

Change! and one end of the wand is carried to the floor with a sharp blow—always and everything in perfect concert, keeping time to the music—then it is carried into the position seen in fig. 3. Of these foot changes, with the arm extended, there are several. They are forward, backward, sidewise, diagonal, etc., with combinations.

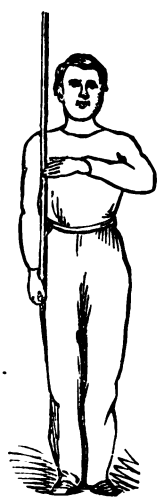


FIG. 4.



FIG. 5.



FIG. 6.

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The Manual of Arms may be practiced (fig. 4), and although it has little value as a means of muscle culture, it is in harmony with the spirit of the hour, and cultivates precision and order.

But to pass to the last quarter of the wand series. The company is divided into couples, and march as they perform the motions with their arms. For example, as in fig. 5, one pupil walks behind the other, with hands resting upon the shoulders. The signal is given, the arms are thrust upward. Now the hands move with the feet. When the right foot steps forward, the right hand goes with it, and so with the left foot and hand. The arms *are not to be bent* at the elbows. This last direction is very important; upon it the value of this and nearly all other exercises with the wands depends. The arms in the exercise already named are kept quite perpendicular.

Nos. 6, 7, 8 and 9 illustrate other exercises with the wands, in which the parties march in couples and move the arms in various ways to music.

Throughout the entire series with the wands, the connections are such that the class swings from each exercise into the next following in perfect time, keeping pace with the music.



FIG. 7.

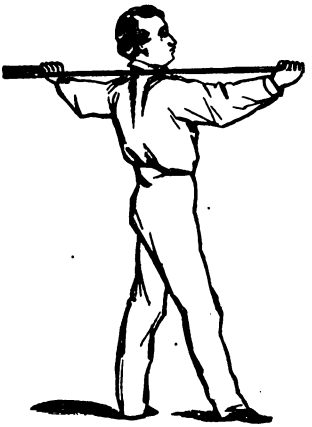


FIG. 8.

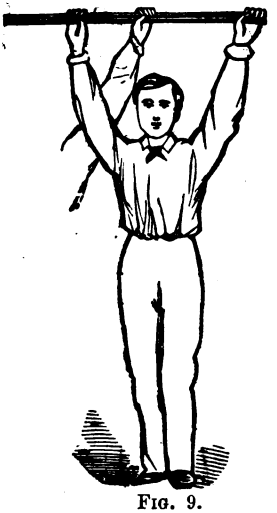


FIG. 9.

BAG EXERCISES.

Throwing and catching objects constitutes a fine field for exercise. It cultivates a quick eye and hand, a cool nerve, and if the position of the players be frequently changed, is capital training for the muscles.





At first I employed rubber balls, and now for some years bags of beans. Beans are much better than corn, wheat, or other grains. The bags should be made of strong ticking, and three-quarters filled.

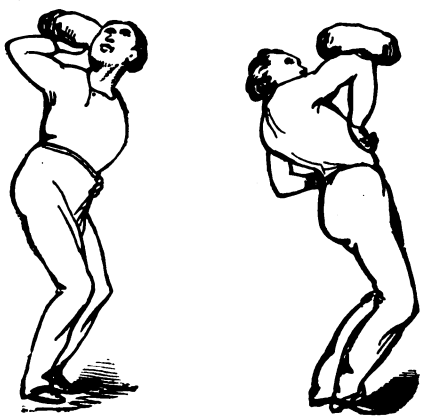
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MORE THAN FORTY GAMES

have been devised. A few of the positions in which the players stand are shown in the cuts.



These are designed to show the positions of the players in those exercises where they stand in couples, and simply throw back and forth to



each other. Only one player is shown. They should stand about six feet apart.

DUMB BELLS.

The Dumb Bell exercises of the new system have been received with more favor than any other of its series, but I take the liberty to pass them, as well as the balls, clubs, crowns, and some other features, and present the exercises which, in my own judgment, are the best in the entire system.

How Smith Formed his Library.—Smith (to bookseller): "It's no use bringing me these books to look at—I know nothing about them. Just measure and see how many it will take to fill the shelves. You may scatter some Bibles and Testaments among 'em, just to give a moral tone to the affair. And be sure and have plenty of gilding on the backs."

SCATTER THE DOCUMENTS.

EDUCATE THE PEOPLE.

"If the people can be thoroughly indoctrinated with the principles of Physiology and Hygiene, they will have very little need of physicians; and when they understand the Nature of Disease and the *Modus Operandi* of Medicines, they will never consent to be poisoned because they are sick."—R. T. Trall.

How pleased I am to see this journal lead off with such a motto, and advocating such principles! The people *must* be educated in our ideas before they will appreciate or adopt them, and those physicians who do the most to educate the people will do the most good, get the most thanks, and the most pay for their labors.

It is a mistake which some so-called Hygienic physicians indulge, that if they educate their patrons they themselves will have no business; and that for Dr. Trall to advocate such ideas is the surest way for him to ruin his own business and the Medical College of which he is the founder and supporter. Those physicians who are so supremely selfish as to be able to see only the "almighty dollar," which they wish to grab to-day, will stay away, and for the good of the cause and credit of the College we hope they will. I can with pleasure say that the school, for the three terms that I have been connected with it, has been disgraced with very few such specimens, and those few have dwindled into Homeopathic or Eclectic insignificance; while of the great mass of those who have cheered the loudest and most sincerely when Dr. Trall has presented these ideas, I have yet to hear of the first one who has not succeeded well, both professionally and pecuniarily, if they have gone to work with a will and made themselves worthy of success.

To illustrate the advantages of circulating our ideas, I may be pardoned for presenting some of my own experience. When I connected myself with the Laight Street Cure, between two and three years ago, the people of my native county (Sullivan, N. Y.) had very little idea of Hygienic medication. I think of but four persons in the whole county who had ever taken treatment, or who were at all conversant with, or advocates of, our system.

So fast as opportunities offered, I sent them copies of the Water-Cure Journal, and various small publications of Dr. Trall and others, wrote letters to friends explaining the plan of treatment, wrote a few articles for the county papers, which some of the resident physicians sneered at, as also at their author, and cried humbug, fanaticism, etc., etc., but many of the people listened and heeded my advice, and saved their own and their friends' lives, and in turn became working advocates for Hygienic medication.

In all, it has cost me between seventy-five and one hundred dollars. The pecuniary returns to

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us have been already over fifteen hundred dollars in cash for board and treatment from that county, and I do not know of a single person who is not well satisfied with their expenditure of time and money.

Of particular cases: While visiting my sister in Rockland, Sullivan County, October 25, 1861, I was called to see Horace Utter, a merchant, and one of the proprietors and the business man of a large leather tannery in that place. I found him unable to attend to his business, in excrutiating pain from rheumatism, pains in the back and loins, etc. He was weak and emaciated, could only hobble about the room with the aid of two canes. He had been subject to rheumatism for twenty years, sometimes lasting a month or two. That year he had been severely afflicted much of the time. He asked me if I thought he could be cured by Hygienic treatment. I told him that was the only hope of his recovery, and gave him such advice as I would have given my own father as to dieting, bathing, air, exercise, etc. He followed it so nearly as possible at home, and gained considerably until about the first of February. He came to us greatly encouraged by the experiment, but still very thin in flesh, weak and lame, walked with difficulty about the house with two canes. He stayed with us about six weeks, took thorough treatment, followed our advice to the letter. Before he left he gave away one of his canes, walked out about the city from one to three miles in a day. He then went home, has attended to business ever since, often walks several miles a day through the woods, over brush and logs, measuring bark, wood, saw-logs, etc. I visited him in September last, found him and his family living quite hygienicly, he still adhering to the ideas learned here, and recommending them to others; can walk off as well as any man in a hundred, and he and his wife told me he had not enjoyed so good health in 20 years. Life, home, and business are now a joy to him.

The good success of his treatment induced his sister-in-law to come to us for treatment, after she had gone the rounds of the Allopathic and other schools for many years. Among others, she had been under the treatment of Prof. Parker, of this city, but all without any lasting good results. She, too, has carried home with her our ideas of practice, dietary, etc. With her came a very intelligent and worthy young lady, a first-class teacher. From her we hear the best reports, and she, too, has become so fully convinced of the superiority of our treatment and dietary that drug doctors and good (?) cooks will have to work hard to induce her to swallow their abominations. And others, through their advice and the documents which have been circulated, have informed me that they were coming to us soon.

While visiting at home in September last, I was called to see a child having diptheria; twenty-four hours before this, those who had had large experience with that disease gave up that she must soon die. I hesitated about going, but a particular friend insisted that I should call and see her, if no more. I found her with a high fever, pulse one hundred and twenty-five, head very hot, throat badly swollen, and the ulceration extending nearly around on the inside, and every time she attempted to swallow she choked badly.

They had gargled her throat with a mixture of burnt alum, cayenne pepper, salt, and vinegar, and had on the outside a cloth saturated with beef's gall.

I felt that nothing short of a course of the very best Hygienic treatment could save her, and I feared her parents would not have faith enough in our system to carry it out. But they said they had no faith in drug treatment, so many had died in the neighborhood with the same disease, and they insisted that I should take charge of her case. I only consented on condition that they should follow my directions to the letter, which I will give:

"Do not, under any consideration, give her a particle of medicine of any kind. Open the windows and give her plenty of fresh air. Do not give her anything to eat while the fever is high, and only a little water-gruel and roasted apple for several days. Keep a cloth wet with the coldest water around the throat, continually covered with a dry one [pounded ice would be better]; change every fifteen minutes while she is awake, until the swelling and inflammation subsides. Sponge the body all over several times a day with tepid water while she is hot and feverish. Give her nothing for a gargle but pure cold water. Keep her head cool and feet warm, and if her bowels do not move daily, give tepid-water enemas. Do not worry her, but let her rest all she can. If you follow these directions, your child may get well; but if you prefer, get any physician you please, and relieve me of the responsibility."

They did follow these directions implicitly, and mark the result! This was Tuesday noon. I heard good results daily, and on Saturday evening, on calling again, found the fever all gone, pulse under eighty, the ulceration nearly removed, and the child, as it were, well, but quite thin in flesh and still weak. A more grateful family I have seldom seen.

The father, who is a young mechanic of moderate means, with quite a large family, offered to pay me, but I did not go to the country to practice but to rest, and what I did was to save the child's life. The father said: "You have saved

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my child's life, and I would willingly give you twenty-five dollars—yes, if I was able, one hundred, or any other sum, for I do not believe any other treatment could have saved her."

While at home, people came five, ten, and more miles for advice—one, a preacher, saying: "I have just lost two children with diptheria; now my wife has it—what shall I do?" I gave him similar advice, varied only by the conditions as he described them, and gave him a copy of Dr. Trall's "Diseases of the Throat and Lungs." His wife lived. I might recount other similar cases, but these must suffice.

I was importuned on every hand for fifteen miles round to return to Sullivan County and practice our system there, and was assured by responsible parties of a good practice. And I doubt not in the least that I could have, in a few years, a large and paying business.

Now, why all this? Simply the people are becoming acquainted with these ideas; they begin to understand the principles; they have lost confidence in drugs, as all will who investigate.

To the Hygienic physician I would say, be willing to work. If you have capital, use it; if not, begin as you can go on. Risk and work as a man would, determined to succeed as a farmer, horticulturist, or merchant. If you have means, put up a neat, tasteful place; make all its appointments worthy of patronage, and you will get it. If poor, begin by work, writing, lecturing, and good example; the wise and wealthy will see your worth, and employ, and aid you. But as there is no royal road to knowledge, so there is none to success in our profession. Rich or poor, you must work with head, hands, and heart.

Be not in too great haste. Be willing to earn your crown before you receive it.

Again I would say, "Scatter the Documents." Teach the people the laws of health. They will learn to treat themselves in their minor difficulties, which will increase their faith in all, and when they are really sick, will employ you. In many cases they will simply want your advice, and be willing to pay you well for it.

With me, it is a matter of policy as well as principle to teach the people our ideas so far as possible. Were I to go to the country, or to any village or other city to practice, I would do the same. Those who treated themselves would extend the knowledge of the system and of my influence, and lead to success if I was worthy, and so they will yours, both professionally and pecuniarily.

If you can keep the masses from taking drugs, you have half saved them.

Make the world the better for having lived in it, and shun the pretended Hygienic practitioner who counsels keeping the people in ignorance of our ideas as much as you would the most conservative Allopath, for he has many times the power to do harm.

FRANK R. JONES, M.D.

15 LAIGHT STREET, NEW YORK

DIETETIC REFORM ASSOCIATION.

THE last meeting of this Association, at the College Hall, 15 Laight Street, January 12th, was a spirited affair. The President gave a short history of the Association. The Secretary read the constitution and by-laws, as there were many present unacquainted with its objects. P. Heald, of Wilmington, Del., a student in the college, read a lengthy and very able address. It was listened to throughout with marked attention, and many who had been familiar with the subject for years, and who thought nothing new could be said, were very agreeably disappointed. All, with one accord, agreed in presenting a vote of thanks to the speaker. We hope to present extracts from it, if not the entire address, in a future number, but it was too late for this.

After the address, Mr. William Robbins, of Deer Park, L. I., was called on to give something of his experience as a Dietetic Reformer, which he did in a very straightforward and interesting style. He was, he said, a backwoodsman—a worker, not a speaker; was a very puny, sickly boy, and went on a whaling voyage of three years for his health; gained in three years one and a half pounds. On his second and last trip, the ship in which he sailed spent several months in the Arctic Ocean in search of the remains of Sir John Franklin. There, he said, the Esquimaux, and their animality, lowness of intellect, etc., led him to think the great amount of meat they consumed was the cause. From that time he became a vegetarian, drank no tea or coffee or spirituous liquors; could endure as much as any on shipboard. Lived a vegetarian three years without any knowledge of the fact that any other person in the world thought or lived as he did. Seven years ago, in passing Fowler and Wells', he bought a copy of the WATER-CURE JOURNAL, as a matter of curiosity, took it home and read it, and learned more of the subject than he ever had heard before. Has *taken* it and *read* it ever since, and practiced its teachings. Is now a strong, hearty man; can endure as much *hard work* as any man in a thousand. He has never had occasion for a doctor for himself or family, and is an excellent specimen of a *self-made* man from a puny child, by living something nearly as a person should. His statements were the more interesting from the fact, he went to the frozen zones to learn facts to convert him to this system, while the opposers of the system almost universally point to those regions to prove the impracticability of the system.

It was announced that at the next meeting, the second Monday evening in February, the annual election of officers would take place.

Facts and experiences were solicited from all on the subject. We want to hear from all parts of the world and all classes of people.

FRANK R. JONES, *Sec.*

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SICKNESS IN THE NURSERY.

BY M. D. R. B

PRE-EMINENTLY above all the cares and anxieties belonging to maternity are the duties that devolve upon the mother when disease visits her little flock, and shadows, perhaps for the first time in her experience, begin to gather around her sunny household. It opens up a new phase in nursery life, and one compared with which all its other trials and burdens seem few and endurable. So long as her babe was healthy and vigorous, so long as its bright eyes sparkled, its dimpled hands quivered with delight to meet her, so long has it been "a well-spring of pleasure" to her, and she can scarcely realize that a creature so fair and beautiful may be at once stricken from her fond embrace and numbered with the many victims of the Great Destroyer.

It may be that she has been called to sympathize with other mothers, who have been bereft of lovely infants; she is aware that the bills of mortality in our great cities are frightfully swollen with a list of diseases of which children are most easily susceptible; and she knows that in the crowded "cities of the dead" their little grassy beds are by far the most numerous. Tenderly too has she read there those touching inscriptions: "Our Ellie"—"Wee Charlie"—"Our little darling"—and tearfully gazed on the broken flowers that are sculptured as emblems of their mortality. But somehow it has seemed to her as if her children must be exempt from all this. She can not bring herself for a moment to contemplate them as the subjects of disease and death; and should they become suddenly ill, she is alarmed and nervous, and thoroughly incapacitated from fulfilling one of the tenderest offices of a mother. Some will even use this plea of intense affection as a reason for yielding up their maternal right to minister to their sick children. "They can not bear to see them suffer; they feel so much for them, that their very anxiety will be likely to do them a mischief."

On the other hand, many mothers are constantly on the lookout for signs of sickness, and patronize the various preventives for disease, until the nursery assumes the aspect of a sick room, and is stocked with as many pill-boxes and vials of medicine as would furnish an apothecary's shop. Such are anticipating trouble. Their dread of those common "ills of humanity to which all flesh is heir," makes them morbidly anxious, and their very overweening care to ward off disease often produces the opposite result. It becomes a fixed habit with them to dose at certain times, and thus instead of allowing nature to work her own cures in her own way, they violate her laws, and reap the fruit of their mismanagement in the possession of pale, puny children, at all times liable to be the first attacked when epidemics visit the neighborhood. Who are more susceptible to all the various forms of *scarlatina*, or its monster sister *diptheria*, than these house plants, whom the pure airs of heaven have seldom been allowed to visit, and whose frail systems, destitute of natural vim and energy to resist disease, at once succumb to its encroachments, without power to recuperate? This delicacy of constitution I am aware is often inherited, but in many cases it may be traced back to such operations on the part of the parent, and so but strengthens the position assumed, that much depends upon the mother in securing this great blessing of health to her offspring.

And here I would not be misunderstood as asserting, that the gift of a healthy, vigorous organization is in the power of any mortal to bestow. From various causes some are what is called "naturally delicate;" that is, they appear to be from their very birth frail and sickly. Our climate is said to be one cause of this lack of physical strength; its changes are too sudden, its heat too enervating. Our habits of in-door occupation, often of indolence—our listless modes of taking exercise—our fashionable life—our indulgence in luxuries that were unknown to our fathers, may be the fosterers of these germs of disease. And remember, that as the sins of the parents affix a guilty stigma on their descendants, even to the third and fourth generation, so may their bodily and mental infirmities be transmitted and become hereditary, as consumption and insanity most undoubtedly are.

But in whatever way originated, we come back to the fact that sickness has invaded the nursery. How shall I proceed? says the young and inexperienced mother. Perhaps it is a first and only child who is stricken down; there has been no precedent to judge by; it is entirely a new and bitter lesson for you to learn. You may be also far away from friends and kindred, beginning a new home for yourself among strangers. If so, I trust you are not of a nervous, excitable temperament, and easily alarmed. Should this be the case, your evident want of confidence, your lack of self-government, will communicate itself to your little patient, and unfit you to become its nurse. I once knew a youthful mother, whose infant was slightly unwell, torment herself so much with the fear that it was about to die, that she could only clasp it in her arms and weep passionately, without being able to do anything to relieve it; and happening to be alone for the whole day, the consequences were that both mother and child were fretted into a fever, which threatened to prove fatal.

First, then, be calm and composed. Examine

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carefully into the causes of derangement. It may be that the disease is but temporary, and will yield to change of diet and rest. Do not be uneasy if your little sick one sleep much, especially if it be refreshing sleep, and not feverish and restless. An ordinarily healthy child will often sleep itself well, and this is one of nature's cures.

When once the fact is established that you have a sick child to take care of, let a cool, pleasant, easily ventilated apartment be prepared for its reception. However much you may like to hold it in your arms, it is preferable that it be laid in its crib, except when the bed clothing requires changing, which should be frequently done, or its restlessness demands soothing by being carried about the room. Even then it should be laid on a pillow, as, if long ill, the flesh becomes extremely sensitive to the touch, and this process is besides less wearisome to the nurse.

Need it be said—keep the body of your little patient perfectly clean. Gentle bathing with the hand, or a soft cloth dipped in tepid water, will be found very grateful, as the pores of the skin become clogged, and require help to perform their office. In particular, often cool the fevered mouth and parched lips with a draught of fresh, pure water. Many parents, when nursing sick children, are as fearful of fresh air and water as if they were formidable enemies, instead of being the two great restoratives of nature's laboratory.

And lastly let me say, because your child is a sick child, suffer it not to be exacting and fretful. Pity for the poor, frail little one, especially when it is a convalescent, often leads mothers to over-indulgence. Every whim must be gratified—every demand, however unreasonable, complied with, until the youthful invalid begins to see that it can have anything it chooses by asking for it, because crying might make it ill again, and you dread that above all things. How many there are in whom the life-long miseries of ill temper and a selfish disposition are to be traced to these seasons of ill health, when the mother has not had sufficient strength and firmness to resist the all-dominating will of the child! If your darling should even be destined to be always sickly or a cripple, teach him to be patient, cheerful, thoughtful of the feelings of others, and instead of being a burden, he will be a blessing to society.—*Arthur's Home Magazine.*

BORING FOR WATER.—An anxious father had been lecturing his dissolute son, and, after a most pathetic appeal to his feelings, discovering no signs of contrition, he exclaimed: "What, no relenting emotion? not one penitent tear?" "Ah, father," replied the hardened hopeful, "you may as well leave off 'boring' me; you will obtain no water, I can assure you."

"LITTLE WILLIE'S GRAVE."

A POEM by Wm. Ross Wallace, entitled "Little Willie's Grave," has been published in this city and set to music. The words are pathetic and the melody mournful. But why did "Little Willie" die? We have no fault to find with such manifestations of the best emotions of human nature; but we can not forego the occasion it presents for pointing an instructive moral for the living. The story, so far as the world understands it, may be briefly told. Robert Lincoln, youngest son of the President, was a happy, healthy, promising boy of fifteen. In February, 1862, he sickened of a cold. The family physician was called. The disease took the form of fever. The usual medicines were prescribed. In a few days "Willie" was in the spirit-land.

When "Willie" was taken sick, we were giving a course of lectures in Washington, and trying to convince the people, and through them the "powers that be," that the numerous deaths then occurring in our army of disease were wholly unnecessary. On hearing of the indisposition of "Willie," we employed and paid a trusty citizen of Washington to carry and deliver into the hands of the President a copy of the Hydropathic Encyclopedia, Water-Cure for the Million, and Principles of Hygeio-Therapy, together with the programme of our course of lectures in the hall of the Christian Association, in the hope that something contained in them might arrest his attention and save his darling child. And after we had secured the Smithsonian, we sent the following card to all of the persons named therein, and to many other distinguished citizens:

THE TRUE HEALING ART.—R. T. Trall, M.D., of New York, will deliver a lecture in the Smithsonian Institute before the Washington Lecture Association, on Wednesday evening, February 12, 1862, at 8 o'clock, on the subject of The True Healing Art, or Hygienic *versus* Drug Medication, with especial reference to the diseases so prevalent and so fatal among the officers and soldiers of our armies now in the field, to wit, typhoid fevers, pneumonia, measles, etc.

Dr. Trall will explain an entirely new and original theory of medical science based on the very laws of nature, as established in the vital organism, which can be easily and conveniently applied to the self-treatment of disease and the preservation of health.

The President of the United States, Cabinet, Members of Congress, Medical Bureau and Faculty, Foreign Ministers, and all scientific persons, whether citizens or strangers, are respectfully invited.

We felt very anxious to be instrumental in getting "Willie" out of the hands of the drug doctors, by getting an idea into the heads of his parents, and for two reasons. 1. Because it seemed to be a duty to save the boy's life if possible 2. Because it might cause the administration to look into the merits of our system (or

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appoint a commission to investigate it), and perhaps lead to its adoption in the camps and hospitals of our armies, so far at least as the soldiers themselves had a preference for it.

We did not succeed in securing the presence or attention of any one of the President's household. This *may* have been his and "Willie's" misfortune. It certainly was not our fault. But in the address we alluded to "Willie's" sickness, and took the occasion to explain that healthy, robust boys of that age ought not to die of such trivial ailments as colds and fevers, *and did not die of these diseases.* We advanced the proposition, also, that persons occupying high stations in society were much more liable to die of their diseases, or of the medication, than persons in low life, other circumstances being equal, for the reason that, the more important the patient, the greater the number of doctors, the more medicines, and the greater danger. And we enforced the argument by an allusion to Cavour, Douglas, and Prince Albert, all of whom, we alleged, were *killed* by drug medication. And, further, we referred to the confession of the London *Lancet*, made in reference to the case of Prince Albert, that, "typhoid fever is inevitably more fatal in the upper circles of society than among the poorer classes."

We hoped that our statements would be reported to the White House, and that, by saving the noble boy, a death-blow might be dealt to the whole drug system. We failed in accomplishing this object; but we have had a thousand evidences that our labors were not lost. Many wounded and invalid soldiers have come to us, because of our lectures in Washington, and many who are now in the field have assured us that the doctrines we there advocated have been extensively reported and practiced in various departments of our army, and that many valuable lives have been thereby saved.

REPORTS OF CASES.

BY E. P. MILLER, M.D.

E. P. R., from Hancock, Mich., came to the Hygienic Institute for treatment November 5th, 1862. He was a single man, twenty-nine years of age; was a steam-boiler maker by trade. At the time he left Hancock, Mich.—a place of about two thousand inhabitants—there had been for several days previous an average of five deaths a day from typhoid fever. It seemed to prevail through this town, as it has in many others in different parts of the country, as an epidemic.

The physicians of the drug schools admitted they could do nothing for it. Some of them said they believed it was ship fever; others said they never saw anything like it, and did not know what it was. They tried tonics, stimulants, opiates, cathartics, emetics, and almost everything else they thought of any use; but all of no avail.

This patient, feeling the symptoms of this fever coming upon him, and fearing a course of drugs, being a partial believer in our system, made his way to our institution.

Upon examination I found him in the following conditions: Pulse 120, and feeble; countenance oppressed and anxious; had had frequent chills, tongue livid, red in the center, with a white fur upon the edges, constant headache, pain in back and limbs; tenderness on pressure upon the abdomen, especially upon the right side; profuse diarrhea, his bowels moving from twelve to twenty times in twenty-four hours. He had no appetite, and his strength was very much exhausted. We gave him for treatment: In the morning, the rubbing wet sheet or sponge-bath; at 10 o'clock, the half bath; and at 5 o'clock, the sponge or sitz bath, with a foot-bath in the evening. This treatment was varied daily, as the symptoms would indicate. Injections were given occasionally to cleanse the bowels of irritating substance. All baths were given tepid or warm, and were generally preceded by a cool head-bath.

For the first four or five days he ate nothing; after that he began to eat Graham gruel, crackers, stewed fruit, etc. Almost any Allopathic physician would have it that such a case must be treated with stimulants, or the patient would die. I have even seen some one of our loudest-boasting Hygienic physicians—in whose employ I was at the time—in very low cases of fevers, lose their faith in nature, resort to wine, under the impression that the wine imparted vitality. In our practice we have never yet seen the necessity for any such treatment. And we have never yet lost a case. This patient was convalescent in two weeks, and in three he went to work in a machine-shop.

CASE No. 2.—Miss K——, a young lady from Andes, Delaware County, N. Y., was admitted December 27, 1862. For four weeks previous to that time she had been taking care of a sick aunt, who died a few days previous to her coming here of typhoid fever. She was living in Jersey City at the time. She felt symptoms of the fever about her for three or four days before she came here. Her brother, being a believer in our system, and fearing a course of drugs, came and made the arrangements for her treatment here. Her uncle, at whose house she was stopping, was opposed to the "cold water cure." She was brought in a carriage, and when she arrived we found her in the following condition: Pulse 125, skin hot, tongue bright red, constant headache,

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pains in the bones, tenderness of abdomen, profuse diarrhea, sleeplessness, loss of appetite, and occasional nose-bleeding.

Coming in late in the day, and being very much exhausted from the journey, she was simply nursed up and put to bed for the night to rest.

The next morning we gave her a tepid sponge-bath; at 10 o'clock, a pack for forty minutes, followed by a sponge-bath (the only pack she took). After that her treatment was about four sponge-baths a day, with head-baths and foot-baths, as the symptoms indicated.

Enemas were given as often as they were necessary for cleansing the bowels.

Baths, all tepid except the head-baths—cold cloths were kept on the head when they were agreeable. The feet were kept warm to prevent any chilly sensations.

Having no appetite, she ate little or nothing for four or five days. As she began to feel like eating, we gave her Graham gruel, Graham crackers, fruit, rice, etc. She took no medicine, no stimulants, coffee, beef-tea, or anything of the kind. At the end of two weeks she was free from fever, pulse natural, appetite good, bowels regular, and she was able to walk about her room. She left the Institution January 21st, 1863, feeling as well as she ever did in her life.

Her uncle, who called to see her several times, remarked, the last visit he made, that if his wife had received this treatment she would have been living yet.

The following letter I received a few days ago from an old patient of ours. He is a young man, twenty-six years old, who came here in October, 1861, for treatment for nervous debility.

He had not walked for three years, and when he arrived here he looked more like a skeleton than a living human being. His father had exhausted his pocket and his patience on the physicians of other schools, and as a last hope, thought he would try the Water-Cure.

He was under treatment here only two months, taking baths and the movement-cure. At the end of that time he could walk all about the establishment, had gained several pounds of flesh, his appetite had improved, and he had received a good start on the road to health. Being unable to stay longer, he went home, but kept on improving till he gained over fifty pounds. The spring following he was driving about the country as tough and rugged as a farmer. We did not give him wine, beefsteak, or beef-tea.

You will see by his letter what he has been doing. He has probably never looked inside of a medical book except "Trall's Encyclopedia," yet he has cured some cases of diptheria after the drug doctors had given them up.

"FARMINGDALE, L. I., *January* 8, 1863.

"DR. MILLER—*Dear Sir:* I write these few lines to inform you that I have been doing wonders in curing a case of diptheria that was given up to die by the drug doctors. Two of the children of the family died under the drug treatment. One was a lad fourteen years of age, the finest boy I ever saw. His three brothers and little sister had the same disease; and his sister very bad. She was a beautiful specimen of beauty and health a few days before. The air in the room was perfectly awful. The doctor would not allow the least air to be let into the room, and just imagine four people, under a putrid disease, in a small, unventilated room. I wanted very much to try the Hygienic treatment on the eldest boy, but I thought he was so far gone he would probably die, and the blame laid on our system. The youngest boy was treated three or four days by the drug doctors; they then pronounced him incurable. When I went in to see him, he was found struggling for breath, literally suffocating. I immediately applied pounded ice to the throat, gave him a warm foot-bath, and left orders for treating him thorough.

"He was relieved almost immediately, and has continued to gain ever since. He is now able to go out of doors, etc.

"They immediately discharged the doctor, put them all under Hygienic treatment, and they all gained rapidly.

"The doctors were very angry, and circulated falsehoods about them, that they did not do as they told them, etc.

"I am saluted wherever I go as Doctor. It is regarded almost as a miracle. The family are very intelligent. Yours, very respectfully,

"JACOB B. GOSLINE."

CHRISTMAS AT THE HYGIENIC INSTITUTE.

IT came—the day immortalized in song and story—it lingered lovingly a little while, chanting o'er all the world the song the angels sang o'er Bethlehem's plains eighteen centuries ago, "Peace on earth, good-will to men"—and then it passed away, leaving in its wake, at least to the inmates of 15 Laight Street, as so many similar occasions have done, a world of pleasant memories.

By common consent, *home* seems the place for a "Merry Christmas," but for the sick ones gathered here, from the North and the South, the East and the West, whose homes, many of them are hundreds of miles away, to go there was entirely impracticable; what then should be done to bring home near to them?

A "council of war" being held by the proprietor and his assistants, it was unanimously decided that a Christmas-tree should be the nucleus around which all other festivities should revolve. All interested went to work in earnest, and, accordingly, when, at half-past seven o'clock on Christmas Eve, the parlor doors were thrown open, and the inmates of the Institution, patients,

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boarders, students, physicians, employees, and invited guests, numbering in all nearly one hundred and fifty persons, filled the rooms to overflowing, the universal exclamation was, "Beautiful! beautiful!"

A symmetrical cone-like evergreen, some fourteen feet in height, tastefully decorated and hung all over from apex to base with presents of every conceivable description, with numberless tiny wax tapers gleaming through its branches—there it stood, "a thing of beauty," and the memory of it a "joy forever."

The exercises commenced by Dr. Trall being chosen chairman of the evening, who presided in his usual happy manner, having a pleasant word for each and all, and the right word always in the right place. The goddess of music hovered near, and beneath her inspiration Miss Emily Higgins, Mr. Miles, and the Misses Mairan, evoked from piano, harp, and violin the most bewitching strains of melody, accompanying several pieces with superior vocal music.

Next in order came the reading of *sentiments*, various letters from "Santa Claus," etc., etc. In response to a beautiful sentiment offered to "*woman*," Mr. G. W. Bungay, of the N. Y. *Tribune*, made a very happy, appropriate, and effective speech. Other speeches, short and to the point, were made by different persons, in response to a variety of sentiments, among others Major Brents, of the U. S. Army, gave a description of his experiences of the war in Kentucky and Tennessee, and of the abominations of drugging in camp, which was very interesting. Then commenced the real business of the evening, the distribution of presents, which was presided over by Mr. C. M. Plumb. He began with a neat little speech, in which after alluding very beautifully to the custom among all Christian nations, wherever there was a household, of commemorating this day in some form; and after sketching the origin of the Christmas-tree, he said, "As Santa Claus could not be present in person, he had delegated as his representatives two gentlemen and two ladies (naming them), and to be very exact in all his dealings, he desired that the business of this evening should be done up 'PLUMB.'"

And done up "*Plumb*" it was, too, for never was there a more admirable distribution of presents in all the reign of the good St. Nicholas. So many little comical turns and happy hits, as different articles were presented, kept the organ of Mirthfulness in an extremely active condition. Santa Claus—bless his kind heart and excellent memory!—had forgotten no one. Down to the babies even, there was some token of remembrance. In providing for the parlor he had not overlooked the kitchen. The old fellow has a wholesome respect for labor, as was evinced by his leaving gifts for all the help in the house, ranging in value from three to twenty dollars each.

But the space of the HERALD OF HEALTH is too valuable to be monopolized to any great extent with the minutiæ of the home doings of any one institution, so we must resist the temptation of describing the many gems of art and beauty with which the tree was decorated. Everything imaginable in the line of presents, the beautiful, the useful, and the entertaining, the instructive, the artistic, and the ludicrous, had its representative on its branches. There were very many amusing occurrences during the evening. Among others, "a box of pills for Dr. Trall," was announced. The Doctor pocketed the joke very gracefully, supposing, as also did the audience, that it was really genuine. After a time, some one proposed that the Doctor should open his box, when, lo! the pills proved to be a set of very fine gold shirt studs, a "kind of pills" the Doctor allowed which were decidedly "good to take." Some one present asked, "how many he would prescribe for a dose?" "Just as many as you can get, sir!" was the Doctor's prompt reply. Dr. Jones, one of the most radical of vegetarians, received a CHICKEN, nicely picked, ready for dressing; and when a moment afterward came for him a bag of Graham crackers, from the depths of which was produced a roll of genuine Bologna sausage, a foot in length, human risibilities could stand no more, and the mirth waxed "fast and furious."

Dr. Miller, whom no one ever heard sing or play, astounded the audience about midway of the performances, by stepping forward and volunteering a specimen of very fine instrumental music. He said his most intimate friends would probably be surprised to learn that he was a musician, or that he made any pretensions to musical ability. But he could assure them that he did. He had practiced much in former years, and had also received some instruction since coming to New York. His first lessons were received from his mother while quite a small boy, and he had heard people declare it to be the sweetest music to which they had ever listened; and so on, etc.; a long rigmarole of a speech, during which he completely succeeded in mystifying everybody, his face being serious enough for a judge meanwhile. At last, when the curiosity of the audience had reached its highest pitch, and all were on the "qui vive," he drew from beneath the folds of his coat a *tin dinner horn*, and gave a specimen of "instrumental music" which must needs have been heard to be appreciated. It certainly was a very naughty thing for such a grave, steady personage as the Doctor to do, to be guilty of making people laugh "right out in meeting," as one very dignified, sedate Scotch lady did next day at the thought of it.

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And so, amid mirth and music, and joy and happiness, the evening sped all too quickly by. The tree stood at length, its last taper extinguished, its last ornament removed, and with the thanks of the audience, expressed by Mr. Plumb, to the proprietor and those who had assisted in getting up so interesting, pleasant, and home-like an entertainment—so different from anything usually witnessed in any city boarding-house or watering-place—the audience dispersed, each and all giving a cordial, heart-response to the sentiment offered in the early part of the evening—"Christmas! the brightest day of all the holidays! garlanded with pleasant memories, and festooned with associations as beautiful and as undying as its ivys and its evergreens; may we never commemorate it less pleasantly than now, and may its musical chimes ring out in memory all through the year and all through our lives!" REPORTER.

VOICES FROM THE PEOPLE.

AN AMATEUR HYGEIO-THERAPEUTIST.—One of our correspondents, whose zeal and philanthropy in the cause of health reform is excelled by few men alive, and who is, withal, altogether too modest (never consenting to have his doings proclaimed on the house-tops nor his name to appear in print), writes:

"I am, in the absence of a Hygienic physician, surrounded with most perplexing responsibilities amid the urgent demands of business. I am called to go away to the country and prescribe to the sick, when to go involves a sacrifice of private interests, and to refuse involves a sacrifice of humanity. Within a few months I have written one hundred prescriptions, visited over fifty patients, and treated successfully many cases of scarlatina, measles, erysipelas, diptheria, acute rheumatism, etc. No case has terminated fatally to which I was called in the early stage. But I have had to deplore the loss of several cases to which I was called too late, and after the doctor's drugs had done their deadly work."

TRANSATLANTIC.—A gentleman (inclosing a check for $25) writes to us from Glasgow, Scotland, under date of December 24th, 1862:

"Happening to see a number of the *Hygienic Teacher*, I observed an article, from your pen, on the Comparative Vital Development of the English and American people, which exhibited so strikingly the evidences of a clear-seeing mind, that I have concluded to submit my case to your judgment and ask for a prescription, and a copy of such of your books as are most applicable to my case."

We are not so insensible as not to be gratified and flattered by such evidences of appreciation. But we take this occasion to assure our friend, and through him the rest of mankind, that it is impossible for any intelligent person to be otherwise than "clear-seeing," when he has the laws of nature themselves as a stand-point of observation. It is precisely because medical men do not build on this foundation that their science is a series of absurd hypotheses, and their language a "barbarous jargon."

DISAPPOINTED.—We have had communications similar to the following, from invalids from other parts of England, and in the British Provinces, West Indies, California, and *one* from a good "wayward sister" (politically) in "Secessia;" and we are happy to be able to assure all such disappointed inquirers, that we shall have a place for them in a few weeks, in a location quite as salubrious as Madison, and much more convenient for us, as we can visit patients at both the city and country establishments on the same day, if necessary. E. A. W. K. writes from London:

TO DR. TRALL—*Sir:* I observe in the September number of your journal (which I have taken in since my visit to the States in 1854), that many patients have written to you of their intention to have gone to the Madison Cure, and expressed their great disappointment that you did not open it, as anticipated.

Allow me to add the expression of my disappointment to theirs. I have long wished to go to the Madison Cure, even from this long distance, and I have equally wished to have the benefit of your advice and treatment, so that when I saw your intention of taking the Cure, I rejoiced that the opportunity was come at last, and was prepared to join you during the summer, but was much grieved at finding your project had failed. I have suffered for seven years from some obscure affection of the digestive organs, from which I have hitherto failed to procure any relief, even at the best Water-Cures in England; but have every confidence that under your skillful treatment I should recover.

FAITH OR NO FAITH IN DRUGS.—W. G. sends us a list of subscribers, and remarks:

"A woman, after having lost a child by drug-treatment, said she had lost *almost* all of her faith in drugs. She was told that, if she had not lost *all* faith in drugs, she had better take the HERALD OF HEALTH. She has wisely concluded to do so. I think her remaining faith will disappear before the end of the year, as she is a woman of good sense, and of the progressive stamp. But what a pity it is that people can not lose their faith in poisonous drugs *before* they lose their children or themselves by taking them! What a sad pity that they can not see that what will make a well person sick, can not be the remedy to make a sick person well. But this they never will be able to understand until they change their stand-point of reasoning. To argue that medicine, or food, acts on the living system, seems to me as absurd as to argue that the wagon draws the horse, or that a dead, senseless thing feels or knows more than a thing of life!"

REJOICING IN TRUTH.—Many of the present inmates of the Hygienic Institute, No. 15 Laight Street, will remember the desperate circumstances (pathologically speaking) under which the writer of the following presented his case for treatment. And now let him speak for himself:

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"FRIENDS OF THE "WATER-CURE: Here I am, among the multitude that are rejoicing in the edict now gone forth to the nation of bondmen, bringing 'life and liberty' to light. And *more*, I am among the number (I hope they are a multitude) who are rejoicing on the high road to health, through the instrumentality of the 'light' received at the Laight Street Hygienic Institute, and the 'liberty' from *bondage to old-school* medical practice. Finding that I could not successfully carry out the plan of cure in my case while I remained in mercantile business, owing to the exciting nature of the business, and the prostration or unbalancing of my nervous system, I have finally left it, and adopted the ancient and more simple occupation of farming; and now, with my mind more free from exciting influences, with *time* to eat at leisure, to eat slowly, *eat regularly*, and eat plain, dry food, work moderately, breathe the pure air of heaven from morning till night, and bathe in pure water whenever I choose, I find myself increasing in strength and energy, and am beginning to feel that I am myself once more. And although I receive intimations frequently (when I overdo a little or violate the rules of diet) of the low state in which I was dragging out a wretched existence a few months ago, yet I am making progress, *real, genuine* progress, to health. I should be happy to receive any of you—say Drs. Trall, Miller, or Jones, at our new home—when you are traveling in the West. Our location is good, on an eminence, to the west of which spreads out a well-cultivated plain, five miles in extent, the farther side of which we can see the spires of the flourishing chartered village of Delevan. On the east is a dense grove, which comes up to the house, also on the north. Please send me the HERALD OF HEALTH, and I will endeavor to procure some new subscribers. Hoping to hear from you soon, I am very truly yours,

CHAS. H. TOPPING.

DELEVAN, WIS., *Jan.* 6, 1863.

HEALING AND PRAYER.

UNDER this heading, Rev. J. Greenleaf communicates to the New York *Observer* several remarkable cases of recovery, seemingly in answer to prayer. One was that of Mrs. Rebecca Wells, of Wells, Me., who had a cancer on the breast, which had been pronounced incurable by a celebrated physician and surgeon, Dr. Jackson, of Portsmouth, N. H.; but having faith that she should be healed, she procured and applied to the diseased part some blue clay, after the example of our Lord, who restored the sight of the blind man, and in a few months she was well.

Another case came under the personal observation of the rev. gentleman. A pious man was brought very low of fever; delirium ensued, and death seemed at hand. But, at this crisis, he started up, declared that he was healed by a miracle, and ordered his clothes to be brought. Having dressed himself, he *threw the medicines into the fire*, and called for food. Restoration speedily followed.

We believe there is healing influence in prayer, and life-giving energy in faith. And we believe, too, all of the facts as above related, and in the *miraculous* restoration of the sick. But miracles do not dispense with means, conditions, laws, normal influences. God does not abrogate nor violate his own laws in bringing about results above the comprehension of the finite mind, but rather illustrates and magnifies them. We have known many cases in which, after the doctor had abandoned the patient to die, *and left off giving medicines*, the patient in a few hours revived, and ultimately recovered. We had a young lady under treatment, a dozen years ago (whose case is reported in "Water-Cure for the Million"), who had been confined to her room, and most of the time to her bed, for a dozen years, and who, while undergoing Hygienic treatment, made but little apparent improvement for several months. At this time, a woman who had been *miraculously* restored, after an inflammatory disease had reached the first stage of mortification, and she had been abandoned as dying by the doctors, called on her, prayed with her, inspired her with faith, and in a few days she was walking all about town, not only without fatigue, but with comfort and pleasure. She is well now.

All of these cases illustrate the good results of both faith and works, and one of the beneficent results of faith is, that it leads to works. The person who trusts unfalteringly in his Creator—who never doubts for an instant that "He doeth all things well," is ever hopeful. And no mental power exercises so enervating and sustaining an influence over the living organism as hope; while nothing so depresses the vital functions and exhausts the recuperative power as despondency. When people are so educated in physiology as to understand the conditions OF HEALTH, they will trust wholly in God and nature, and throw all poisonous drugs "into the fire."

SERMON FEES.—A story which went the round of Oxford "high tables," relates how a poor woman, having lost her husband, requested the 'parson" to preach the usual *éloge*. He kindly expressed his consent, adding that his charge was two guineas. "Oh, your reverence!" was the answer, "I be a poor widow woman, and can not spare so much money." "Well," said the parson, "it is contrary to my usual rule to take less, but I do not mind obliging an old parishioner in trouble, and so will say only one guinea." "Oh, sir, but the good man has left me next to nothing, and there will be his funeral to pay for, and what not; and sure, too, you'll be having the burial fees. Can't you, then, do it for ten shillings?" "Yes, I'll do it," was the angry reply, "but it will be the greatest stuff you ever heard."

IN the world to come, our knowledge will be measured, not by the amount of thought-power we have, but by the amount of heart-power.

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Publisher's Department.

THE WORK GOES BRAVELY ON.—We are receiving most encouraging responses to our appeal for material aid. Subscriptions with "the needful" are coming in at a rate which promises a glorious year of progress, and a new era for our cause. Please keep that ball in motion.

THE OLD RATES.—To those who have remitted us at the club rates prior to Jan. 1, 1863, we will send the HERALD to the amount of their remittance, that is, eight months for fifty cents. Recollect, that we give a much larger amount of matter for the same price than any other health or medical periodical in the world, nearly all of which is original.

BEHIND TIME.—Our readers must bear with us for being a little behind time in issuing the first and second numbers of the HERALD OF HEALTH. The new form, stereotyping, etc., rendered some delay inevitable. We are now, however, in complete working order, and shall "run on time."

SHOWERS OF COMPLIMENTS.—Our first appearance has elicited scores of flattering and complimentary notices. Many who have heretofore declined to solicit subscribers, have assured us that they would soon send us a "long club." The longer the better. One correspondent writes: "The January number is worth its weight in gold." Another says: "Your letter to Delavan is the best temperance document I have ever seen. It *must* make a sensation among the alcoholic-medication doctors." Another remarks: "Your Health Maxims for Soldiers ought to be in the hands of every one of our brave volunteers." Another: "You have brought the HERALD OF HEALTH very nearly up to the standard of my idea of what such a periodical should be." Another: "I am more than pleased with the appearance of the HERALD OF HEALTH under the new arrangement." Another: "Inclosed please find $10, and send me as many HERALDS as you can afford. I intend them for gratuitous distribution, and if they bring you a thousand subscribers, I shall be glad. And the world will be the better for it." Another: "I rejoice in your triumphant vindication of the College against the injurious and unjust aspersions of the *Laws of Life*. If this had not been done, I would not have procured a single one of the subscribers which I now send you," etc., etc.

A SIGN OF THE TIMES.—Dr. E. A. T. writes us from Iowa: "I am rejoiced to learn that you are hereafter, both nominally and really the editor of the JOURNAL. For the welfare of humanity I wish you great success. I start on a lecturing tour to-morrow, and shall do my best to obtain subscribers.

HELP THE SOLDIERS.—Our "Soldier's Department" has done much good already, as we are informed by various letters from "gentlemen officers and fellow-soldiers." The plan of treatment recommended in the January HERALD OF HEALTH, we are assured, has been the means of saving many lives. Can not each regiment be provided with a few copies? Who will save the soldier from dying of drug-medication?

DEMAND AND SUPPLY.—We have already printed three editions of the January HERALD OF HEALTH; and, judging by present indications, we shall print as many more. A movement is progressing to place twenty or thirty thousand copies in the different departments of our army. For this purpose we will supply them at something less than cost.

OUT AND IN.—A young lady who has been a subscriber for twelve years, writes: "I like the HERALD for what is *out* of it as well as for what is *in* it. Hitherto many things have been in which should have been out; and many things have been out which should have been in. I am glad to know that these defects or errors will be corrected. I can hardly express to you how well I am pleased with its entire getting up."

NO "SKEDADDLING"—The Boston papers are diminishing in size, and the New York papers are increasing in price, in consequence of the rise in the price of paper. But the HERALD OF HEALTH intends to "go through the war," as it has commenced the new year, relying on the extra exertions of its friends.

TO ADVERTISERS—Persons who have new or old, but true and useful articles, inventions, or avocations requiring publicity, will find the HERALD OF HEALTH one of the best advertising mediums in the country. It circulates largely in Canada, California, and Oregon, as well as in all of the United States, and has many patrons in England, Scotland, Ireland, the West Indies, and other foreign countries.

TO OLD SUBSCRIBERS.—There are persons all over the country who have discontinued the JOURNAL on account of certain features which were to them objectionable. By having their attention called to its present form and management, they would undoubtedly become active co-workers again. Will our agents and friends show such persons a specimen number?

A CALL FOR AN AGENT.—J. M., writes: "I am very much pleased with the HERALD OF HEALTH in its new form. There ought to be one hundred copies taken in this town. Do send us an agent to procure subscribers." We have no agents to send to any place; but we are very glad to authorize all proper persons who will volunteer to canvass in their respective localities."

CLUBBING.—Subscribers can club with the PHRENOLOGICAL JOURNAL as heretofore. Though under different proprietors, the HERALD OF HEALTH and the PHRENOLOGICAL JOURNAL will still work together for all that purifies and ennobles humanity.

PREMIUMS.—Agents and others may send as many names as they please, and when they call for the premium, all the names they have sent us up to the time will be counted to their credit. Subsequent names will be counted in the same way for other premiums.

Is she not the very sparkle and sunshine of life?—a woman who is happy because she can't help it—whose smiles even the coldest sprinkle of misfortune can not dampen. Men make a terrible mistake when they marry for beauty, for talents, or for style. The sweetest wives are those who possess the magic secret of being contented under any circumstances. Rich or poor, high or low, it makes no difference; the bright little fountain of joy bubbles up just as musically in their hearts. Do they live in a log cabin, the fire that leaps up on its humble hearth becomes brighter than the gilded chandeliers in an Aladdin palace. Where is the stream of life so dark and unpropitious that the sunshine of a happy face falling on the turbid tide will not awaken an answering gleam? Why, these joyously tempered people don't know half the good they do.

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NEW YORK, FEBRUARY, 1863.

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.

First Principles.—Is it not time that all persons who are engaged in teaching, practicing, or, as patients, experiencing, our system, should have a clear and definite recognition of its distinctive principles? It has been the world's great misfortune that very few if any of those who undertook the practice of "Water Cure" in its early days, and who became the proprietors and physicians of establishments for the treatment of the sick, had any just conception of its true philosophy. They assented to the dogmas of the medical profession with regard to the nature of disease, the action of remedies, the law of cure, etc., merely employing water in various ways as a substitute for drug remedies. They were one-ideaists. They had never dreamed that all of the fundamental doctrines of all the drug medical schools were false, and that no correct plan of medication could be predicated on them. No wonder they were often employing the "Cold Water-Cure" unavailingly, frequently resorting to stimulants to assist "reaction," and occasionally administering drugs as auxiliaries. And when we put forward the true doctrines of Hygienic medication, making it a complete and independent system, and offered to demonstrate its truthfulness, and even instituted a school for that express purpose, no persons opposed us so bitterly and misrepresented our teachings so persistently as did those who advertised themselves as "Hydropathic," and "Hydriatic," etc., physicians. Some professed to be the pure and unadulterated disciples of Priessnitz, yet applied to us such pleasant epithets as "ignorant" and "fanatical" because we opposed *all* drug medication. Others declared that they could not cure certain diseases without medicines of some kind, and became offended with us because we professed to have done it. Others lauded "Water-treatment" higher than the skies, and execrated druggery to the regions as far below, yet administered wine and other stimulating viands when their patients presented alarming symptoms of debility. And still others alleged that they could not make their patients *bear* water-treatment, unless they stimulated them on flesh-diet, cayenne pepper, brandy, or beef-tea. All were professing to practice the "Water-Cure," yet denying its first premise. All were pretending to repudiate drug medication, yet conceding its essential premise. No wonder the public mind is in a perplexing state of confusion as to what our system really is. And when we offered to discuss the issues between the "radicals" or "ultraists" of our system, and the compromisers or hydrodrugopathists, none of them, with one or two insignificant exceptions, accepted our proposition.

"Water-Cure" is properly the employment of water in disease, in such manner as will regulate the temperature of the body and purify its fluids. This is important in many diseases, and in some, as the simple fevers, nearly all that is specially required. But there are many cases, as in scrofula, consumption, dyspepsia, etc., in which air, exercise, and diet are of vastly more importance than bathing. Hygienic medication consists in employing, as remedial agents, whatever agencies or materials the living can use under the circumstances, in its processes of purification or reparation. If the system could in any case *use* poisons, we should prescribe them. But as we believe it never can, we never prescribe them. If any can show us that the living system can, under any circumstances, use, for any functional or remedial

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purpose, pepper, vinegar, alcohol, iron, or salt, we will at once place them in our list of "Hygienic agencies." But that has never yet been proved, and in our opinion never will be.

There are but two medical systems in existence, and never were, and never will be. One is the Drug system, which consists in endeavoring to restore health to the sick by administering the poisons which produce disease in well persons; and the other is the Hygienic system, which consists in restoring the sick to health by the means which preserve health in well persons.

These two systems are diametrically opposed to each other, both in theory and in practice. Both can not be true. If one is true, the other must be false. Which is true, and which is false? This is the great question for the people—the greatest and most important ever addressed to suffering humanity. If one system is true, it is wholly true. And if the other is false, it is wholly false. Whenever the people can be induced to study this subject as earnestly as they do the cultivation of their farms, the productions of their workshops, or the fashions of their dress, we have no fears that they will come to the right conclusion. And when physicians, no matter of what school, investigate this subject without prejudice, and with no desire except to know the exact truth, they will all agree that poisoning a person because he is sick has no basis in nature, science, philosophy, nor common sense.

THE PHILADELPHIA DOCTORS. — The Philadelphia County Medical Society has been discussing the subject of "Nature and Art in the Cure of Disease;" and as is the case with all discussions based on false premises, or on "nothing at all to begin with," the disputants perpetrate any quantity of nonsense. The Boston Medical Professors have long been discussing the question whether certain diseases are "self-limited," without any recognition of the meaning of the word *disease*. The New York Professors are discussing among themselves whether *stimulation*, or the opposite plan, *depletion*, is the proper treatment for certain low inflammations and typhoid diseases, as diptheria, child-bed fever, pneumonia, etc., without professing to know anything of the rationale of the one process or the other. And now the Philadelphians are expatiating controversially on the problem, whether Nature or Art, that is, whether the Constitution or Drugs, does the work of curing the disease, while they confess themselves entirely ignorant of the *nature of disease*. It is very like a disputation between an automaton and the north-west wind on the subject of the steam-engine. Neither party can understand the other, nor comprehend itself. To one who has looked beyond the narrow and traditional boundaries of medical theories, to Nature, and who bases the Healing Art on her unerring laws, the huge volumes of medical libraries seem ineffably nonsensical. How much longer will the learned Professors of the schools debate questions, discuss problems, write essays, and publish books, about diseases and remedies, medical systems, laws of cure, etc., etc., without stopping for a single moment to think what they are talking and writing about? Until they settle the question, What is disease? their labors can only be worse than fruitless, and their talk can only amount to the "incoherent expressions of incoherent ideas."

In the discussion of the Philadelphia County Medical Society, one party contended that the living tissues, in virtue of their inherent properties, were able to "correct all abnormal conditions, and restore them to their normal state and functions;" while the other party argued that "the invariable tendency of morbid action is to disorganization and death." Neither party is correct, as a correct definition of the word *disease* will show at a glance, and as a true explanation of its rationale would demonstrate in a moment.

The *Reporter* concludes his notice of the discussion:

"It is very certain that the vital energy of the human constitution always presents a certain

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amount of resistance to the baneful influence of any morbific agent by which it may be assailed, and when its powers have not become to any great extent impaired, that resistance is, in nearly every instance, successful. The success is often obtained, however, only after a very marked perturbation, of longer or shorter duration, a perturbation, too, which may be so violent in character or so prolonged in duration, as to become itself a source of mischief—especially should there be already present a tendency to morbid action in one or other of the organs."

This is mere technical gibberish. Logically analyzed, it means just nothing at all. Perturbation *is* morbid action, and morbid action *is* disease, and disease *is* remedial effort, and remedial effort *is* the *vis medicatrix naturæ*, and disease, *vis medicatrix naturæ*, remedial effort, vital resistance, morbid action, and perturbation, are all the same thing precisely. When the Philadelphia doctors can recognize and understand this great fundamental truth, they will burn their text-books, empty their drug shops into the ocean, and commence medical science and the Healing Art anew.

Eclectic Logic.—The following article appears as editorial in the Philadelphia *Eclectic Medical Journal* for June, published by William Paine, M.D., Professor of the Principles and Practice of Pathology:

"Typhoid Fever.—Dr. Trall, in his *Water-Cure Journal* for December, appears to feel very badly because we stated that there was no well-defined, recognized treatment for typhoid fever; and states that we are mistaken, as all the Hydropathic physicians have a uniform treatment for that disease. We would like to know of the Doctor what their treatment is, as we attribute to him too much sense to countenance the practice adopted by one of his disciples, as it recently came under our observation. The case was that of a young man laboring under typhoid fever, whom the doctor had drenched, packed, bathed, and starved, until the excretions from the bowels were composed entirely of disintegrated mucous membrane and water. This drenching, starving, and soaking practice was persevered in until the young man died.

"Another case was that of a young lady, of a strong phthisical habit, who placed herself under the *uniform* treatment of one of these Hygienic doctors, who plunged her into a cold bath during menstruation. The result was, a suppression of the menses, a rapid development of phthisis, which, together with the drenching and starving process, resulted in death, in about six weeks. Doctor, we can refer you to numerous similar cases; but, before doing so, we would like to know if this is your *uniform* practice."

A few years since, we were called to visit a patient in this city who had been for two weeks under the treatment of a physician who called himself Eclectic. The patient had simple inflammatory fever, a disease which, aside from treatment, is never dangerous, and which, left to itself, usually terminates in recovery in seven, eight, or nine days. The treatment consisted of "composition powders," "No. 6," "third preparation," lobelia, cayenne, etc., with which the poor sufferer had been plied continually from the first. On entering the room, the patient, who was half delirious, exclaimed, "Oh, doctor, I am burning up. I've been murdered. I have been swallowing this infernal hot stuff for two weeks. I have not slept one moment. I can endure this no longer."

The patient did not die. But, in our humble judgment, a little more of the same sort would have finished him. We do not present this case (we can give the name and number if called upon) as a specimen of Eclectic practice, but as an illustration of ignorance and quackery.

If a Physio-Medical doctor should put an invalid into a vapor-bath and should steam him to death, we should never think of condemning Physio-Medicalism on such a case of malpractice. We object to Eclecticism *as it is taught by Prof. Paine*, and to Physio-Medicalism as it is taught by Prof. Curtis, and to Allopathy and Homeopathy as taught by their living teachers and standard text-books, and not because some ignoramus, pretending to be a disciple or graduate of either, has killed somebody. Does Prof. Paine object to Hygienic practice as taught in its only school—the New York Hygeio-Therapeutic College? If so, we are ready for an argument in our respective journals, whenever it will suit his convenience.

And now we must be permitted to say that we do not believe one word of the stories of "drenched, packed, bathed, and starved." They are evidently invented for effect. They are purely fictitious. We ear too familiar with this style of argument on the part of our drug opponents, not to be able to "see through a mill-stone."

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The "disintegrated mucous membrane" part of the statement overdoes the business entirely. "Keep probability in view" is a judicious maxim for those who are going largely into the manufacture and sale of spurious history. But Prof. Paine has not even kept *possibility* in view.

CONSUMPTION AND DIPTHERIA IN RHODE ISLAND.—The Registration Report for 1861 shows that consumption still stands at the head of the list of fatal maladies; and that there has been a steady and considerable increase in diptheria, which did not appear in that State until 1858; but in 1861 it was third on the list of diseases fatal to life. In one county, Washington, one quarter of all the deaths were of diptheria. From what we learn from various parts of the country, East, West, and North, we judge that consumption is not more prevalent in Rhode Island than it is in many other parts of the country; and that at least one hundred counties can tell as sad a story of the ravages of diptheria as can Washington County in Rhode Island. These facts seem surprising when we think of the immense labor and pains the physicians of our school, and the friends of Hygienic medication, have taken to inform the people how to prevent consumption, and how to cure diptheria. But we do not always reflect how hard it is to remove ingrained errors, and how difficult it is to teach people common sense, when the whole medical profession is continually leading them in the way of their prejudices. Nothing can be more absurd and killing than the way in which these diseases are doctored by the Drugopathists; and the fact that *all* of their consumptive patients and one half of their diptheritic cases die, while Hygienic physicians seldom lose a case, does not seem to open their eyes to the folly and fatality of the drugging system. Consumption consists essentially in an obstruction in the lungs causing deficient respiration; and diptheria in gross blood and depraved secretions causing an outpouring of a fibrinous material on the mucous surfaces of the mouth, throat, nasal cavity, and windpipe. How can bleeding, blisters, cod-liver oil, alcohol, caustics, perchloride of iron, calomel, arsenic, niter, antimony, etc., expand the lungs or purify the blood? Common sense would seem to teach that they would have just the opposite effect. And this is also the testimony of the graveyards.

A PILL OF OPIUM.—Under this caption Mrs. H. H. Hoffman, M.D., whose philanthropic but unsuccessful mission to Washington in behalf of our sick and drug-dying soldiers we noticed in our January issue, has communicated to us the following:

"DR. TRALL: I have by my side a pill of huge dimensions, which I obtained of Mrs. Emily A. Butterbough, widow of G. W. Butterbough, deceased, of No. 585 Fourth Street, Navy Yard, Washington, D. C. Mrs. B. has furnished me with the following sad details:

"Mr. B., a ship-carpenter, returned from his daily labor on the evening of August 13th last, in his usual good health. At supper he partook largely of cheese, an article of which he was very fond, but which the vital instincts can only recognize as an enemy. True to herself, nature undertook to rid the system of the indigestible mass through the bowels; or, in other words, "the patient was attacked with diarrhea," attended with cramping. The remedial effort was vigorous and well-directed, and by morning the work of purification was nearly accomplished; and could he have had a chance to rest his over-taxed vital energies awhile, all would have been well. But, alas! what deep and awful ignorance exists, even in the minds of medical men, of the real nature of disease or of its proper treatment! May the College at No. 15 Laight Street never cease its work of educating the public mind, and of sending forth the teachers and practitioners of the True Healing Art, until the world is redeemed of this awful delusion, that deadly poisons are remedial agents!

"The next morning, Dec. 14th, Dr. Roberts, a physician of extensive practice in this city, was called, and prescribed nine very large pills, one of which was to be taken every two hours. Six of them were administered according to directions, and the next day three more, of somewhat smaller size, when the doctor left, assuring the friends that all would be right, and that the patient would have no more cramping. And certainly he did not. The *prognosis* was literally verified. The patient was *cured*, yea, *scientifically* cured. But now the anxious wife became alarmed at his strange appearance. His mouth was agape, and the loud snoring and unconscious stupidity did not seem to her much of an improvement. The opium had done its work. It had cured the diarrhea and produced apopletic *narcosis*. Mrs. B. begged the doctor to waken the patient, little dreaming that the opiate had induced the sleep that knew no waking. To arouse the patient the doctor put a blistering plaster on the back of the neck, resulting in a deep sore; and soon after another on each side of the head, first carefully shaving the hair therefrom. He also ordered the

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patient all he could swallow of coffee as strong as it could be made. The same day he ordered a cartman to take him four or five miles over a rough road; but still the patient would not "come to" to suit them. On returning from the ride the poor man was placed in an arm-chair and importuned to "rouse up" and partake of some tea and toast, but to no purpose. The patient did make an effort, but, involuntarily, his head dropped upon his breast, and the dreaded apoplectic breathing recommenced, when he soon became oblivious to all around, leaving the food to fall from his mouth, or to be drawn inward by his laborious inspirations, thus endangering suffocation. The next day, the whole surface was wrapped in strong mustard poultices, from which time he obviously sunk, and expired at half-past eight on the morning of the 20th—just one week after the medication commenced. He left a wife and six children to be cared for by strangers. Who can say that this man was not *killed* by the medical treatment? Who can tell how many others, now filling premature graves, might have been at this moment in the enjoyment of home and in the society of loved ones, had the medication been Hygienic instead of *Drugopathic*, or even had the patients been trusted entirely to nature."

A Dose of Morphine.—The case above related by Dr. Hoffman is clearly *manslaughter*. The opium was not only given in deadly doses, but the blistering, jostling, and poulticing, added to the barbarity, as well as insured the certainty of the taking off. And now let us over-match it, if possible, with a case reported in the New York *Medical Times* for Dec. 27, 1862. This is a case of neuralgia treated by T. B. Townsend, M.D., of New Haven, Conn. The patient was a strong, robust man, in the prime of life, had enjoyed excellent health from childhood, and only complained of pain in the region of the left shoulder, which the doctor *diagnosticated* neuralgia. The treatment commenced in the month of August, 1861, with one eighth of a grain of morphine injected under the skin. The pain was relieved, but soon returned again, when the dose was repeated. The pain continued to recur, and the quantity of morphine continued to be increased for sixteen months, until *more than fifty grains* of morphine were introduced hypodermically into the system in a period of twenty-four hours. In about a year the patient became dropsical, and was twice tapped, and several gallons of fluid drawn off at each operation. But, notwithstanding the constant downward tendency of the patient, the enormous doses were continued, until, in the language of Dr. Townsend, "death terminated his horrible sufferings," or, as Dr. Nature might have said, "death put a stop to the horrible medication." Dr. Townsend informs us that during the first four months of the patient's treatment, "the sulphate of quinine in large doses, the salts of iron, arsenic, iodide potass, strychnine stramonium, cannabis indica, ammonia muriatis, etc., etc., were employed, but without any perceptible benefit," and that, "in fact, the treatment included illustrations from *all* the different classes of remedial agents found in the Materia Medica."

It is not difficult to understand that this extensive poisoning utterly shattered the poor man's constitution, vigorous though it was, and induced the dropsical cachexia. Dr. Townsend sums up the case "as furnishing many valuable points of interest," as follows:

"1. It illustrates a most formidable and obstinate instance of the disease with which we are obliged to contend. 2. The great tolerance of the system to morphine, and the immense quantity which was given in so brief a time, without perceptibly producing other than a transient effect upon the physical economy. 3. The almost uniform effect of the morphine under all circumstances."

The "valuable points of interest" which the case furnishes to us may be thus stated: 1. It illustrates the obstinate stupidity of the physician who can not see that he is driving a nail into his patient's coffin with every dose. 2. The great toughness of humanity, which enabled it to bear up for sixteen months against doses of drugs, ruinous in quality and murderous in quantity. 3. The uniformly killing effect of the morphine under all circumstances.

Dr. Townsend informs us that "five thousand grains will not exaggerate" the quantity of morphine which the patient has injected into the blood in the space of sixteen months. As one eighth of a grain is a medium dose, the patient took what was equivalent to 40,000 doses, averaging eighty full doses, or a full dose for eighty persons, every day for sixteen months! Need

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anybody wonder that the patient is numbered with the dead?

DRUNKENNESS IN THE MEDICAL PROFESSION.—Under this caption the Philadelphia *Medical and Surgical Reporter*, in allusion to the dismissal of an army surgeon by the President, for drunkenness, makes the humiliating confession that, "It is notorious that drunkards and libertines, frequenters of the fashionable saloons, hotel bar-rooms, —nay, of the lower depths, where a portion of the hours of the night are spent in drinking, brawling, and gambling, and the remainder in houses of another species of ill-repute, not only present themselves for and receive the honors of our medical colleges, but attain the more difficult position of an appointment in the government service."

What else could be expected of a system which recognizes alcoholic poison to be a "supporter of vitality," which prescribes the alcoholic bane on almost every occasion of indisposition, and whose professors, representing the *élite* of the medical profession of the United States, in national convention assembled, sit down to a dinner with *forty kinds of alcoholic liquors* on the table? If the *Reporter* wishes to rid the earth of drunkenness, let it influence the medical profession to cease prescribing alcoholic medicine, and the work will be done. Until this is done, it will be in vain to declaim against intemperance, in or out of the profession.

LECTURERS ABROAD.—Drs. Geo. E. Kimball and U. E. Traer, of Iowa City, are actively employed in lecturing to the people. Mrs. J. W. Stillman, M.D., of De Witt, Iowa, is also engaged in the same work. Mrs. M. A. D. Jones, M.D., while attending our school, is also doing a good work in giving practical lectures in the evenings, on Anatomy, Physiology, and Hygiene, to the ladies of New York and Jersey City. She is a regular graduate, an experienced teacher, and thoroughly understands her subjects. We wish there were a hundred more ladies in the field. Mrs. H. H. Hoffman, M.D., is lecturing to the people of Brooklyn with good success. Miss Zelie G. Mairan, M.D., is instructing classes in the "Parlor Gymnastics," at her rooms, corner of Union and Court streets, Brooklyn. Ellen Beard Harman, M.D., is again lecturing to the people of Illinois. We have engaged to give a course of lectures in Oswego, N. Y., in Toronto, Canada, and in Wilmington, Del., soon, but *how* soon we do not yet precisely know.

SPARE THE DOCTORS.—A clergyman writes us from a New England village where the diptheria prevails: "Inclosed please find one dollar in payment for your work on Diptheria. It came in good season. We have used the treatment you recommended with the happiest results. Our physician fully approves the treatment you prescribe. *Spare the physicians a little!* They are *not all* so bad as you seem to think them. Many of them are honest men, and willing to use whatever they judge best calculated to effect a cure." We beg our clerical friend to "spare them a little" more. His defense of them is much more damaging than an accusation. "*Many* of them" are honest! We admit that *most* of them are honest. It is their system we condemn, not them. Their system is *all* wrong, wholly false, totally erroneous. This we do not intend to spare, but we mean to exterminate it from the earth as fast as God gives us strength and opportunity.

To Correspondents.

PALPITATION.—S. B. R., Canada West. 1. Is there any known cure for palpitation of the heart, and what is it? 2. Can a person live in perfect health without drinking any fluid, and how long?

1. Palpitation may be owing to constipation, an enlarged liver, nervous debility, aneurism, dyspepsia, and many other causes. It can be cured by ascertaining and removing the cause. We have cured many hundreds of cases. We could not indicate the particular cause in your case without a full history of it. 2. Provided one lives physiologically in other respects, and his food is wholly of proper proportions of fruits, grains, and vegetables, he can live to a green old age without drinking a drop of any kind of fluid.

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HEAD-BATHS.—A. C., Amsterdam, N. Y. We seldom employ head-baths in cases of chronic headache. The causes are usually congestion of the brain and disordered stomach. Foot-baths, the wet-girdle, sitz-baths, and a strict diet constitute the remedial plan in your case. Wetting the head occasionally, when there is preternatural heat, will do good.

OPHTHALMIA.—J. M. G., Muscatine, Iowa. I have chronic inflammation of the eyes, which my physician calls *conjunctivitis*, the result of acute inflammation, or of its treatment. I am not satisfied which. Deposition has taken place in the coats of the eye so that vision is nearly lost. Is there any hope in my case?

We have cured many such cases—some after the patient had been totally blind for months. But in such desperate cases we must have the patient with us.

CIDER AND APPLE SAUCE.—A. C. W., Ascutneyville, Vt. Is boiled cider apple juice objectionable as an article of diet? If so, why?

This depends on what you mean by the word cider. If the freshly expressed juice of the apple is boiled down to the existence of sirup, and mixed with good apples, the dietetic admixture is wholesome. But if the apple juice is allowed to ferment in the least, so as to produce alcohol, it is very objectionable. The term cider is usually applied to apple juice in a state of fermentation, when it contains more or less of the alcoholic poison.

NEURALGIA.—T. M. J., Hazlewood, Mo. You are correct in the diagnosis of your wife's case. It is neuralgia caused by nervous debility, and all owing to the drugs she has taken. Apply hot fomentations followed by cold wet bandages, well covered with dry flannel. The whole surface requires the tepid ablution two or three times a week, and the dry rubbing sheet on the alternate days. The tepid sitz-bath daily, conjoined with the hot and cold foot-bath, is also proper.

UNANSWERED LETTERS.—We frequently have letters—some of them containing money—which we can not answer for the reason that the *State* is not mentioned, nor can we make it out from the post-office mark on the envelop. Always be careful and state your post-office, county, *and State*, and write your own name very plainly, or you may lose your money, and we lose a customer.

INFORMATION AND PRESCRIPTIONS.—Let it be distinctly understood, that we will answer all proper questions, and give all the information we can for self-treatment in this department. But we can not write out, as we are daily asked to do, "full directions for bathing, diet, exercise, etc., etc." These must be found in our published books, or must be paid for as prescription fees.

IRRESPIRABLE GAS.—G. S., Walnut Creek, O. How can it be ascertained, before entering an old well, whether carbonic acid gas (choke-damp) is contained in it? How can it be expelled so that the well may be safely entered?

If a lighted candle be let down to the bottom of the well, it will be extinguished if carbonic acid gas is present in dangerous quantity. If the candle continues to burn, the well may be entered with safety. A few pailfuls of water thrown into the well will absorb the gas when present.

DIPTHERIA.—J. C. G., Chicago. Please inform me through the HERALD, or by letter, and send bill, how to prevent diptheria; also, how to treat it.

Send us $1 and we will send you our work on diptheria. We could not afford to write you a long letter for twice the price of the book. Last week three clergymen, residing in different parts of New Hampshire, sent each for a copy. We hope it will be the means of introducing a better practice in their neighborhoods.

Soldiers' Department.

GROG AND DRUGS IN THE ARMY.

FEW persons who talk and write flippantly about "the Union as it was, and the Constitution as it is," and who demand "more vigorous measures for the prosecution of the war," seem to realize that the Federal soldiers have a worse foe to deal with than Davis, Lee, Jackson, Stuart, Hill, Ewell, Longstreet, Magruder, Beauregard, Johnston, Polk, and Breckenridge, or all of them combined. And while they are wondering at our repeated disasters, unexpected surprises, overwhelming repulses, injudicious advances, careless exposures, disastrous losses, etc., etc., and investigating, court-martialing, displacing, superseding, recalling, reappointing, changing, reorganizing, and overhauling Fremont, Hunter, Halleck, Banks, Butler, McClellan, McDowell, Pope, Sherman, Buell, Porter, and Grant, they seem to be entirely unaware that King Alcohol and his imps are inflicting more disaster, disease, disgrace, and death upon our cause than is President Jeff. and all of his rebels.

We have no shadow of doubt that nearly, if not quite all, of our misfortunes in the field are due to the use of alcoholic liquor. The evidence to us is conclusive that the shameful panic at Bull Run was caused by liquor-drinking. Certain officers were proved to have been intoxicated on that occasion; and Surgeon Hamilton confessed that he caused brandy to be liberally distributed among the soldiers. The murderous affray at Ball's Bluff has not yet been explained, and in our opinion never will be except on the theory of drunkenness, treachery, or imbecility. And the late affair at Galveston—how in the nature of things could a vessel so thoroughly manned and armed as the Harriet Lane, with guns enough to blow all the attacking party into indistinguishable fragments, be so quietly boarded and taken possession of, if the officers, guard, or sentinels had not been stupidly and helplessly drunk? We are assured by those who have the opportunity to know, that drunkenness was a custom among our officers there.

But while we attribute the chief losses we have thus far sustained more to the Alcoholic than we do to the Confederate rebels, there is another source of disease, disability, and death which ought not to be overlooked. We have evidence which, if it could be laid before an impartial jury, would insure a verdict that more of our officers and soldiers are killed by drug medicines than by rebels. We have testimony, conclusive to all unprejudiced minds, that thousands of our sick and wounded soldiers have saved their lives by

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throwing away the medicines which the army surgeons prescribed.

It was most unfortunate policy on the part of our government in making medicines contraband. The worst thing it could have done to the rebels would have been to send them all the medicines they wanted. There could not have been a more economical method of carrying on the war. As often as ten thousand men are killed in battle, more than ten million dollars worth of property are destroyed. One hundreth part of this sum, expended and applied in the shape of drug medicines, quinine, whisky, turpentine, morphine, calomel, niter, antimony, etc., would be sufficient to send that number to kingdom come.

We have heard for a whole year or more that the rebel armies are poorly fed, scantily clothed, almost wholly destitute of medicines, and that in many places quinine is held at fabulous prices, while *miserable* whisky is twenty dollars a gallon. And because of these things we are assured, over and over again, that the enemy is terribly demoralized. But who has suspected the real truth? Who has imagined that the wonderful endurance, the strange successes, the almost marvelous efficiency, the long marches, the celerity of movement, the successful raids, the masterly retreats, and the sleepless vigilance which characterize so many portions of the rebel army, are owing to their simple and scanty fare, their destitution of drugs, and their privation of intoxicating drinks? To a higher physiology and a deeper philosophy than prevails in political circles the remarkable events of the war are neither strange nor mysterious. The army of the Potomac, while in the Chickahominy swamps, was fed on double rations of whisky, and "any quantity" of quinine, as *preventives* of disease; and never was a well-appointed army more rapidly destroyed by disease. The sum of money paid for a single drug—quinine—was at the rate of five and a half million dollars a year. If this sum had been appropriated to sending quinine clandestinely to the rebels, McClellan might not have been necessitated to "change his base," and the taking of Richmond would have been, with his army, "only a matter of time."

WATER-DRESSINGS.—Now that we are engaged in a gigantic war in which hundreds of our soldiers are wounded every day in the year, it ought to be known throughout our armies, that many of the most celebrated surgeons of Europe, after a life's experience, have testified that, for treating all forms of wounds, under all circumstances, water-dressings are incomparably better than all others.

A BOMBSHELL FOR THE MEDICAL BUREAU.

A GENTLEMAN well known in this city, but whose name we can not *now* give without compromising his position in the army, writes us, covering an order for a supply of Graham crackers:

"As you have expressed a desire to assist us when opportunity offered, I take advantage of your kindness, and ask you to send me a few pounds of coarsely-ground oatmeal, a quantity of Graham crackers, and some dried fruit. I am very well, and have been most of the time since I have been in camp, considering the fare we have. I have lived on soldier's fare for five months, except the things sent from home. Of late we have had no potatoes, and very little beef, the most of our rations consisting of scrofulous pork and bread, or hard crackers. I have never eaten any pork of any consequence. When I can get nothing else, I eat dry bread.

"If we could have what it costs the government for rations, and buy what we want ourselves, we could live very well. Or if we could have such articles of diet as men ought to eat, instead of the rotten pork and constipating bread, it would be a happy thing for our army. And more, if they would discharge all the God-accursed doctors who are poisoning us to death by the thousands, and employ only surgeons to amputate and dress wounds, our army would not be losing in numbers as it now is.

"I have been obliged to go to the doctor's to get excused from duty two or three times, when I did not feel able to drill, but they have never got any of their infernal drugs down me, and they never will. When I am able to do duty I will do it as a soldier ought to; when I am not, I will bolt and take the consequences, rather than be poisoned to death with drugs. And these ideas are fast gaining ground.

"But I must stop writing and fix up a dish of hard tack and stewed apples for my breakfast. I brought some dried apples from camp with me, which I stew in a tin cup, and I have sugar to sweeten them. So, you see, I have something besides soldier's fare, even on picket. I fix them up with crackers, according to directions given in the WATER-CURE JOURNAL, and they are excellent. You, of course, know the directions. I put a layer of apple sauce and a layer of crackers on top of that, then another layer of sauce, then another hard tack, and so on till the dish is full, and let the crackers soak till morning, when the dish is almost as good as apple-pie, and much more healthful; for the crackers, although made of fine flour, have no saleratus nor shortening in them, and the apples are cooked without spice of any kind.

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"I like hard crackers much better than I do bread, and eat them exclusively when I can get them. I trade my bread with the boys, who like it better than they do crackers. The bread, by the way, is good of its kind, as good as I ever eat at home; but I do not like the fine flour and the fermentation. When I get a quantity of your real good Graham crackers and good dried fruit, I shall feel very independent, and ask little odds of Uncle Sam's bread or bacon.

"I do not feel disposed to find fault at all. I am only sorry that the 'powers that be' do not know better than to be ruled by a false medical system, and a set of old fogies on dietetics. But one thing is certain—if this war lasts long, drug medicines will get a set back such as it never has had since the days of Esculapius; for every regiment, and almost every company, has some who understand your ideas; and as so many thousands are gathered together, and daily see the results of the cursed drugs, they will listen, believe, and spread the ideas; and after awhile we, as soldiers, will strike for our freedom to choose our own medical aid, even though it is at a risk equal to that now run by the poor slave, under Jeff. Davis' proclamation, of being shot. We'd as well be shot and die at once as be poisoned and die as it were by inches, as thousands of loyal sons of America are dying to-day. Yours truly,

"J. J."

A Dose of Medicine.—Army items like the following are as common now-a-days as battles: C. H., writing from Wisconsin, says: "The instruction which my son has derived from your journal has been of invaluable service, and probably been the means of saving his life.

"He had a severe attack of inflammatory rheumatism, which he managed as well as he could under the circumstances, with water-treatment, using cold or warm applications, as he found most agreeable. In the mean time the surgeon ordered the usual routine of medicines, among which were powders to be taken every two hours. In order to see what the effect would be, he took one of the powders, which set his head to whirling, and made him nearly crazy for a whole day. After this experiment, though he was compelled to take the drugs into his mouth, he did not swallow a particle but held them there until the nurse's back was turned, and then spit it out. The result was a rapid and complete recovery. The surgeon thinks that his medicine had worked wonders, and does not yet know that the patient did not take it."

Senator Hale on Druggery.—Senator Hale recently introduced a bill to abolish the grade of medical officers in the United States service, and advocated it with some earnest remarks, in which he asserted that a New Hampshire soldier has been literally *murdered* by one of these officers; and that Lieutenant-Colonel Dwight, while dying after the battle of Antietam, said to the medical officer, "My wounds are your protection."

Another Hygeio-Therapeutic Soldier.—Geo. T. Remington writes from camp near Fredericksburgh, under date of the 1st ult.: "Please send me the Herald of Health and Phrenological Journal. I have been a subscriber for ten years, and find the journals as agreeable and as profitable visitants in the army as they were at home. I have been in service nineteen months, and have not lost a day's duty since, in the whole time."

Oxygenating the Soldiers.—Some of our army surgeons in Kentucky are experimenting with oxygen gas, as a remedy for camp fevers. It is administered in the form of the nitrous oxyd. We have no shadow of doubt that this method of oxygenating the sick soldiers is incomparably better than that of drugging them *secundem artem*. But we are of opinion that God and nature in providing an admixture of oxygen and nitrogen in the form of atmospheric air, knew very well what material it was best for human beings to breathe. And if our army surgeons would attend properly to respiration, ventilation, and other hygienic agencies, and repudiate drugs altogether, they would cure camp fevers with or without oxygen gas, and better without it than with it. And besides, the gas treatment is an "old exploded humbug."

Chronic Army Diarrhea.—One of the acting assistant surgeons in our army, H. N. Fisher, M.D., in an article on this subject, published in the New York *Medical Times*, after informing us that he has tried "almost all of the recommended remedies" for the disease—among which remedies are Epsom salts, Dover's powders, arsenic, sugar of lead, tannin, kino, catechu, galls, ipecac, turpentine, lunar caustic, laudanum, etc.—gives the following testimony in favor of the "better way:"

"The great point I conceive to be not so much the particular drugs given, provided important indications are answered, as the general dietetic and hygienic treatment of the patient."

Does not this admission prove that drugging a sick person is a hap-hazard thing at best? Treat him properly *otherwise* is the import of Dr. Fisher's words, and it will not make much difference what drugs he takes! Suppose he should not take any?

Good Templars in the Army.—R. A. L. writes: "We have general good Templar companions among one of the Illinois regiments of volunteers, now in the advance with General Grant's army. The surgeon prescribed whisky bitters; the boys in one company voted the stuff out, refusing to take *medicine* when well, and preferring to take the roots and herbs without the whisky when sick. Alcoholic stimulation is destroying more of our brave soldiers than the rebels are."

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College Department.

NURSES FOR THE ARMY.—The Surgeon-General has approved, and the Senate Military Committee have before them, a measure designed to promote greater efficiency among, and a more careful selection of, female nurses in the army; also, to encourage ladies to enter on such duty as an honorable profession.

We are glad to record such evidence of progressive views on the part of the "powers that be." And we would most respectfully suggest that the best qualification for female nurses is a course of lectures at the Hygeio-Therapeutic College. If the army could be permitted to decide for itself, it would have no other.

WAR AND THE COLLEGE.—T. M. J. writes from Missouri: "I must offer my mite of testimony that the teachings of your journal are not forgotten amid the storms of war in this war-cursed land. We prove our faith by our work, while we remember with gratitude those who have labored so long and so faithfully to lead us into the better way. When will the next term of the College commence? And will Dr. Trall be at its head? Will the terms be the same as before the war?"

The College can not be suspended because of the war. Indeed, the war has created a necessity for hundreds of physicians of our school. Its terms will be the same as heretofore.

EMPLOYMENT FOR STUDENTS.—Many students have written us that they would like to attend our school, provided they could have suitable employment to pay expenses, wholly or in part. We expect to be able to find partial or full employment for a few ladies and gentlemen during the ensuing summer and winter term. Those desirous of availing themselves of the opportunity will please address us on this subject.

A SPECIMEN OF OUR GRADUATES.—We commend the following extract of a letter, from one of our female graduates, to the earnest and prayerful consideration of all persons who think the College turns out doctors too rapidly:

"I am lecturing, and have met with splendid success. My Sunday evening lecture is Scripture lessons on health; Monday, I talk about the causes of disease; Tuesday evening, drug medication and Hygienic medication contrasted; Wednesday evening, I discourse on dress, on which occasion I appear in the short dress. My audiences increase each evening. All sorts of doctors come out, except Allopathic, and they *send their wives!* People think I am a 'strange body,' and that 'I don't eat nothing.' They seem to regard me as a sort of magician, because I can make such nice, light, sweet bread out of nothing but *meal and water.* Sometimes I set a whole village in commotion."

A CLERGYMAN'S TESTIMONY.—Mrs. M. A. D. Jones, M.D., a graduate of our class of last year, who has been attending our lectures, and at the same time delivering lectures to ladies in Jersey City and Newark, is thus commended to the people of New York city by the Rev. R. Vanhorne, in a letter addressed to the *Christian Advocate:*

"MR. EDITOR: I have just learned that Mrs. Dr. Jones, of Baltimore, has made engagements to deliver a course of lectures to ladies in your city on the subjects of Physiology, the Laws of Health, and particularly on the Diseases of Women and Children. Permit me, therefore, to say to your female readers, by all means go and hear her, and take as many as possible of your lady friends with you. She has lectured to two large classes in this city, and so highly were they gratified that they are urging her for a third course. Her lectures are deeply interesting, and, as the fashions run, most timely and useful. I know of nothing better calculated to stay the tide of sickness and death among children, and to reduce the number of pale and sickly wives and mothers. Her method is, prevention rather than cure, and from facts which have come under my own observation, I can say, reform follows in the wake of her counsels. This is applying the remedy to the root of the evil from which society is suffering so severely in our country. Yours truly,

"R. VANHORNE,
"Pastor of St. Paul's, Jersey City."

Literary Notices.

The HERALD OF PROGRESS, by A. J. Davis & Co. Whatever may be said of its transcendental philosophy or peculiar theology, it is eminently common-sensical and practical on all matters coming within the cognizance of the external senses. While we do not subscribe to some of its teachings, we must concede to it a liberal course and tolerant spirit which we would like to see pervade all the journalism of Christendom. Dr. Nebinger, of Philadelphia, has put forth a small work on the NATURE AND TREATMENT OF SMALL-POX, which carries us back to the dark ages, and smells of death and the grave. He antiphlogisticates until the system is reduced very low, and then, *presto*, stuffs the poor victim on ice cream and Monongahela whisky. He says: "I have frequently had patients to take as many as twelve eggs, three quarts of good new milk, and eight ounces of whisky, daily." Dr. N. intimates that all of his patients do not die, from which premise we deduce the logical conclusion, that *humanity is tough.* THE EMPLOYMENT OF WOMEN, is the title of a valuable little book by Virginia Penny, published by Walker, Wise & Co., Boston. It is a perfect cyclopedia of woman's work, giving a statement of the various and numerous avocations in which women may engage with pleasure and profit. A cotemporary says Miss Penny's book teaches "how much there is for women to do besides house-work, and *loving their husbands.*" Isn't this a dangerous innovation? That magnificent work, THE NEW AMERICAN CYCLOPEDIA, of eighteen volumes, is now complete. We expect to have the pleasure of presenting the work to a few of "our folks," as a premium for clubs of subscribers.

PROFESSOR MAHAN has replied to Bishop Colenso in a work entitled, THE SPIRITUAL POINT OF VIEW, OR THE GLASS REVERSED. It is ably written and keenly critical. The PHRENOLOGICAL JOURNAL for February is an excellent number. Our "old friend" seems to have become suddenly rejuvenated. In *live* matter, varied interest, high tone, and progressive energy, the volume for 1863 promises to excel any preceding volume. Well, the world is fast ripening for great achievements; and we are glad that our cotemporary, rival, competitor, or associate, as the case may be, is performing its part so worthily. "Can ye not read the signs of the times?"

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Dining Department.

THE DINING-ROOM.

BY MRS. MATTIE M. JONES,

(Matron of the Hygienic Institute, No. 15 Laight-st., N. Y.)

THE table! how vast an influence it exerts on human life and character—how much of the weal or woe of humanity clusters around it! In determining our physical, mental, and moral conditions, no other one thing in all the material universe has so vast a power as that which we take daily in the shape of food and drink.

Much, very much, of the sickness, suffering, and premature death in the world, much of its vice, immorality, and crime, can, if traced to its starting-point, be found to originate here. Many a parent presses night after night a sleepless pillow seeking, oh, how anxiously! to devise some means to subdue the peevishness, the fretfulness, the obstinacy, or the immorality of their children, but to find, alas! their admonitions unheeded, their exhortations thrown to the winds, and all their agonizing prayers of no avail; little dreaming that the causes of all this lie within their own control—that these unhappy mental and moral manifestations are caused by a disordered condition of the bodily functions, produced by the improper kinds and quantities of food they have allowed them to eat.

That abnormal conditions of body never exist without more or less influencing the mind, no arguments are needed to prove. Take for instance the drunkard while under the dominion of alcohol, of what avail are his own resolutions, or the prayers, the tears, the agonizing entreaties of friends, to stay the fierce, ungovernable passions which rage within him, or to rouse from the dull, leaden stupor into which the demon of drink oft plunges its victims? What are moral influences then? So many "wisps of straw" to bind the Samson of evil. But, *remove the cause*, then your appeals to his better nature *may* be of some avail; while it remains, never.

We speak but the simple truth when we say that fully one half the evil and misery which exists in the world has its origin in improper dietetic habits. The starting-point of intemperance in ninety-nine cases out of one hundred is in the stimulating or gross food and drink received at a fond mother's table in infancy and boyhood, producing in time a craving for stronger stimulus, found at last in the intoxicating cup.

And to that table, too, may be traced a majority of the countless diseases which people our cemeteries, and make this bright world of ours really a "vale of tears."

All over the land are scattered, by hundreds and thousands, wretched invalids—poor, miserable dyspeptics, to whom life is a burden and existence a bane—consumptives, lingering with one foot in the grave, who to-day might have been doing the work of strong and earnest men and women, had they and their parents but realized the truth of this. And to too many of them, years and years, yea, a lifetime of earnest effort in the "better way," are barely sufficient to undo the wrong which need never have existed.

We do not seek to curtail the gustatory pleasure of the table, but rather to enhance it. No drunkard can enjoy his glass of brandy as the teetotaler does his cup of clear, cold sparkling water. 'Tis true, the former may experience a few moments of more intense gratification, but at what a cost! hours and days of lassitude, languor, and misery.

So those who live upon rich and stimulating food are really losers instead of gainers in the pleasures of the table. They may, like the drunkard, experience a momentary gratification more intensified, but their enjoyment is not to be compared in steady, lasting endurance to that of those who live upon a truly hygienic diet, as all who have tried it thoroughly can testify.

For the benefit of those desirous of learning a more healthful method of living, we propose giving from time to time, in future numbers of the HERALD OF HEALTH, receipts for cooking the various articles of food used upon our table, and such others as may be sent us which experience may prove desirable.

OUR BREAD PREMIUM.—As our premium for the best bread is likely to excite considerable competition, and as we have many times published the recipes by which we make bread, and have written them also in a thousand prescriptions for patients, we republish them here, so that all competitors shall have an equally fair chance for the prize. Please take notice that, with the same receipts, half a dozen persons may make half a dozen *qualities* of bread—good, better, best, etc. There is a tact in manipulation which all may acquire by a little experimentation. And to get the best possible method of managing the process is the object of the premium. The receipts are taken, word for word, from "Water-Cure for the Million."

BREAD ROLLS.—Mix wheat-meal (Graham flour) with boiling water quickly, by stirring rapidly with a stick or strong iron spoon, to make a rather soft dough; as it cools, knead it a little with the hands; make the dough into small thin cakes or rolls; prick them to prevent blistering, and bake about twenty minutes in a hot oven. The baker—an iron one is best—should be well dusted with dry meal to prevent sticking.

BATTER BREAD.—Mix wheat-meal with *cold* water to the consistence of ordinary batter for griddle cakes. Pour the batter into any convenient baking dish—the bottom of which should be covered with meal to prevent sticking—and bake in a quick oven.

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Miscellaneous.

THE BLACK DEATH.

THE following items are extracted from our daily papers of last week, and are specimens of paragraphs which frequently appear in the newspapers in various parts of the country:

"A peculiar disease is prevailing among horses in Monmouth County, New Jersey. It is in nearly every case fatal, defying every effort to arrest it. Eleven horses have died in one stable since Christmas."

"Diptheria is prevalent in New Bedford, Massachusetts. In one family six children are reported sick with it. Scarlet fever also prevails. In Lynn, Massachusetts, several persons have died of a disease called the spotted fever."

"TERRIBLE DISEASE.—A terrible epidemic has broken out at Plymouth, Ind., baffling all the efforts of the physicians. The victims are first attacked with chills, and afterward fall into a stupor, from which they rarely revive. The muscles are rigid; the pupil of the eye is insensible either to light or touch; the surface of the body is extremely tender and sensitive; large black spots appear on the body; the head is drawn back, the jaws are fixed, and the breath is drawn forcibly, with a hissing noise, as if by great effort, through the closed teeth; the patient is blind and deaf. The same plague appeared in New England during the war of 1812, and was known as 'the spotted death.'"

The great plague which ravaged so many cities of the Old World during the middle ages, and destroyed one hundred million of lives, has appeared in a thousand places since, and in a variey of forms; and, although every new phase of the disease "baffles the physicians" and kills the patients, neither the doctors nor the people seem to have profited much by the lessons of experience. Several times a year we read of new and strange diseases or epidemics somewhere, which the physician can not understand nor successfully treat. Plague, typhus, malignant scarlet fever, spotted fever, putrid sore throat, and diptheria are all forms of one and the same essential malady. They are all indicative of a gross state of the blood and a putrescent condition of the whole system, the different diseases being the different ways in which the system attempts to rid itself of its impurities. In other words, they are all various manifestations of low fever.

At the present time diptheria is the most prevalent form of this common malady. Its ravages in many places are fearful. In some places half a dozen or more have died in one family, and thousands of families have been bereaved of all of their children. Those who will carefully read our work on Diptheria, and see the discordant opinions and conflicting practices of medical men all the world over, can hardly wonder at the dreadful mortality of this disease, or of its treatment.

These terrible diseases are really not very dangerous. Very few patients would die if the doctors were out of the way, and their friends would treat them according to the promptings of instinct and common sense. All that is required for their successful management is occasional ablutions, abundance of fresh air, wet dressings to inflamed parts, warm or cold applications to ulcerated or disorganizing organs or surfaces, with just as much pure water as the patient inclines to drink, and very little food, and that of the simplest quality.

The "epidemic among horses," the "hog cholera," the "pleuro-pneumonia" among cattle, etc., are nothing more nor less than different forms of the plague, or the "Black Death," or "Black Mortality," as it was termed in the fourteenth, fifteenth, sixteenth, and seventeenth centuries.

To those who can understand that all of these complaints are processes of purification—a vital struggle of the organism to cleanse itself of foulness—the ordinary practice of bleeding, leeching, blistering, cauterizing, mercury, antimony, chlorate of potassa, iron, bismuth, quinine, brandy, etc., etc., seems sufficiently murderous.

[Since the above was in type, we have received the following from Mrs. Dr. Humphreys, a graduate of the Hygeio-Therapeutic College:]

"A NEW PLAGUE.

"Dr. Trall is a true prophet. He has long predicted, as a consequence of our destructive habits, a pestilence more dreadful than any that America has yet known. That prediction seems about to be realized.

"A disease has appeared in this vicinity which equals in fatality the plagues of the Old World, not a case as yet having recovered. The people are in consternation, and physicians in amazement.

"The symptoms of this terrible malady are a long, severe chill, followed by extreme depression, with vomiting, stiff and sore neck, pain and soreness in the feet, and afterward a low fever, with wild delirium. Red spots appear upon the surface, turn brown, and death relieves the sufferer in from a few hours to as many days.

"It was at first supposed to be the effect of poison; but as the disease has appeared simultaneously in several places, little, if any, doubt remains that it is an epidemic; though not a case has occurred in this city, nor within five miles.

"It is not strange that this locality should be among the first visited; for here, that is, in the country ten or twelve miles from here, where the disease originated and is still confined, is one of greatest pork-raising regions of the West, and the place where hog-cholera has been most destructive. Many thousands of dead hogs have been left unburied, to rot and fill the air with poisonous effluvia. This alone, one would think, enough to produce a pestilence; and when considered in connection with the pork and sausage eating, the rich pastry, cakes and sweetmeats, not to mention the gormandizing and revelry of the holidays, which immediately preceded the dis-

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ease, we can only wonder that pestilence has not appeared before.

"But if pestilence has not appeared, other diseases have become more frequent and harder to control. Allopathic physicians say that disease of all kinds is unusually malignant this season. I have yet to learn that those who live hygienically are sick any more, or any harder to cure than usual. Such have comparatively little to fear from pestilence of any kind.

"The more nearly we observe Hygienic laws, the less liable we shall be to attack, and the more easily cured if attacked, especially if we continue to observe Hygienic laws in treatment. Every case so far has had drug treatment. What part of the terrible symptoms are produced by the treatment is impossible to tell. Could some of them be treated hydropathically, we could easily decide; and though they probably could not all be saved, even by that means, *some* certainly might.

"SARAH R. HUMPHREY, M.D.

"GALESBURG, ILL."

POOR PROPHETS.—It is remarkable how many predictions of men of science, in regard to the practical utility of important discoveries, have signally failed of fulfillment. When Sir Walter Scott heard that it was proposed to light streets with coal-gas, he said: "It can't be done; it's only the dream of a fanatic." Sir Humphrey Davy, the eminent chemist, said, in regard to the same thing: "It's all nonsense. You might as well talk of lighting London with a slice of the moon, as to talk of lighting London with gas." When the subject of ocean steam navigation was first proposed, Dr. Lardner demonstrated, as he supposed, by elaborate calculations, that the matter was practically impossible. When Franklin announced the identity of lightning and electricity he was laughed at. When Morse proposed to send a telegraphic message between Washington and Baltimore, he was regarded as a fit subject for the lunatic asylum. And when, a dozen years ago, we announced to the world that Hygienic would soon supersede drug medication, we were deemed to be incorrigible fanatics. But all these predictions, except the last, have been realized, and this is soon to be a recognized fact in history.

REV. JOHN BUZZELL, an aged Freewill Baptist minister, of Parsonfield, Maine, who was a most popular and excellent preacher sixty years ago, and is now ninety-five, enjoys good health, and preaches occasionally. It is most remarkable that, within a few years, he has had new hair—the hair of his youth—new teeth, and new eyesight! Wonderful illustrations of the Scripture statement: Thy youth is renewed like the eagle's.

AT a wedding recently, when the officiating priest put to the lady the question: "Wilt thou have this man to be thy wedded husband?" she dropped the prettiest courtesy, and with a modesty which lent her beauty an additional grace, replied: "If you please."

THE MINISTER'S HEALTH.

SOME months since, a paragraph passed the rounds of newspapers in regard to the remarkable health, etc., of Rev. James Hobart, residing in Berlin, Vt.; that, though over ninety years of age, he was able to preach three times on the Sabbath, besides walking several miles between service; that he had never encountered sickness, or been laid aside from the ministry on account of ill health. Upon reading this paragraph, the writer directed a letter to Rev. Mr. Hobart, inquiring *how, or by what means*, he had thus preserved his health, to which the following reply was made, dated

"BERLIN, VT., *Aug. 14th*, 1860.

"I was ninety-four years of age the second day of this month. I was bilious when young, and frequently had turns of sickness at the stomach with vomiting. After I was settled in the ministry, I had considerable trouble with my stomach, and had to take physic. I tried different kinds of physic, but soon found my stomach disordered again. I used to be troubled with the jaundice, especially in the spring of the year, and affected with a dull headache and sense of weakness. Without consulting any physician, I began to pay strict attention to my feelings after the different things which I ate. I then began to alter my diet, by leaving off those things after eating which I did not feel so well. In short, I left off all fat meats and all gravies, all sweetened bread, cakes, and pies, all tea and coffee, all ardent spirits and cider. Since I thus reformed in my diet, I have had no headache or foul stomach. A plain, simple diet and exercise in the open air I find necessary to my health, which is far better than it was forty years ago. My change of diet, under a kind Providence, is the chief means of my continued health and advanced age. Good milk and milk-porridge agree with me better than any other kinds of food. Good ripe fruit, particularly apples, I find very wholesome. Since I have been in the ministry I could never go through the exercise easier than now."

INTERMARRIAGES.—The question of the intermarriage of deaf mutes was the subject of a paper recently read before the French Academy of Sciences by Dr. Roudin, who took the ground that the infirmity is not hereditary. The parents of deaf and dumb children, he observed, are generally in perfect health; and, moreover, deaf and dumb parents, not connected with each other by ties of consanguinity, very rarely have deaf and dumb children. He quoted an observation made by Dr. Perron, of Besancon, of two brothers of the name of Vallet, splendidly constituted, and enjoying the most perfect health, who married two sisters, their cousins-german. The elder has had several children, only one of whom, now aged twenty, is deaf and dumb. The younger brother has had six children, the first, third, and fifth of whom could hear and speak, while the second and fourth were deaf and dumb; the sixth, still in its cradle, does not seem sensible of any noise they may happen to make in the room. These cases are utterly in contradiction to the doctrine of inheritance.

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THE GORILLA AND ITS CHARACTER.

OUR readers have all of them heard, and many have probably read, accounts of Du Chaillu's marvelous adventures in the gorilla country, in Central Africa. Many doubts were expressed, it will be remembered, as to the entire correctness of all that this writer saw fit to narrate. Some further light is thrown upon the subject by a letter just published in the London *Atheneum*, from W. Wenwood Reade, dated "Loanda, Sept. 7, 1862," in which the writer says:

"Having spent five active months in the gorilla country, I am in a position to state that M Du Chaillu has shot neither leopards, buffaloes, nor gorillas; that the gorilla does not beat his breast like a drum; that the kulu-kamba does not utter the cry of *kooloo*, or anything like it; that the young gorilla in captivity is not savage; and that while M. Du Chaillu affects to have been 'a poor fever-stricken wretch!' at Camma (June 1st, 1859), he was really residing in robust health at the Gaboon. Mongilomba, who is not a native hunter at all, and who was in my service three months as steward and natural history assistant, duped Mr. R. B. Walker in asserting that M. Du Chaillu had killed two gorillas; nor did he ever accompany that gentleman except in the above capacity.

"The gorilla dwells only in the densest parts of the forests; he feeds exclusively on vegetable matter, and one kind of grass is a sure indication of his proximity. At noon and eve he approaches the village plantations for the sake of the plantains, occasionally uttering a wild kind of cry, but which in rage becomes a quick, sharp bark. With regard to his ferocity, as a rule, when missed or wounded, he will charge. His charge, from which the natives often escape, being themselves nimble as apes, is made on all fours. Two things are at least certain—that the gorilla is less feared than the leopard; and the story of the man killed by a gorilla at Camma is a complete fabrication. Traditional accounts of such an incident exist, but nothing of the kind has happened within the memory of man. This book, so strange a *melange* of truth and fiction, was prepared by a gentleman well known in the New York literary world, from copious notes made by M. Du Chaillu when engaged in these expeditions. And I must do the latter the justice to confess, that from the same sources which afforded me proofs of his impostures, I learn that he is a good marksman; possessed of no common courage and endurance; that he has suffered many privations and misfortunes of which he has said nothing; that his character as a trader has been unjustly blemished; that his labors as a naturalist have been very remarkable; and that during his residence in Africa he won the affection of the natives and the esteem of those who most merit to be esteemed—the missionaries. And a fellow-laborer, though a humble one, may be permitted to regret that, actuated by a foolish vanity or by ill advice, he should have attempted to add artificial flowers to a wreath of laurels which he had fairly and hardly earned."

A FEMALE preacher occupies a pulpit in Pittsburg, preaching statedly to a congregation of character and intelligence.

MAN OVERBOARD.

THE following graphic description of the loss of a man at sea is one of the finest things of the kind we ever read. It is from *Les Miserables:*

A man overboard!

What matters it! the ship does not stop. The wind is blowing—that dark ship must keep on her destined course. She passes away.

The man disappears, then reappears, he plunges and rises again to the surface, he calls, he stretches out his hands, they hear him not; the ship, staggering under the gale, is straining every rope; the sailors and passengers see the drowning man no longer; his miserable head is but a point in the vastness of the billows.

He hurls cries of despair into the depths. What a specter is that disappearing sail! He looks upon it—he looks upon it with frenzy. It moves away; it grows dim; it diminishes. He was there but just now, he was one of the crew, he went and came upon the deck with the rest, he had his share of the air and of sunlight, he was a living man. Now, what has become of him? He slipped, he fell, and it is finished.

He is in the monstrous deep. He has nothing beneath his feet but the yielding, fleeing element. The waves, torn and shattered by the wind, close round him hideously; the rolling of the abyss bears him away; shreds of water are flying about his head; a populace of waves spit upon him; confused openings half swallow him; yawning precipices full of darkness; fearfully unknown vegetations seize upon him, bind his feet, and draw to themselves; he feels that he is becoming the great deep; he makes part of the foam; the billows toss him from one to another; he tastes the bitterness; the cruel ocean is eager to devour him; the monster plays with his agent. It seems as if all were liquid heat.

But yet he struggles.

He tries to defend himself; he tries to sustain himself; he struggles; he swims. He, that poor strength that fails so soon, he combats the unfailing.

Where now is the ship? Far away yonder, hardly visible in the pallid gloom of the horizon.

The wind blows in gusts; the billows overwhelm him. He raises his eyes, but sees only the livid clouds. He, in his dying agony, makes part of this immense insanity of the sea. He is tortured to death by its immeasurable madness. He hears sounds which are strange to man, which seem to come not from earth, but from some frightful realm beyond.

There are birds in the clouds, even as there are angels above human distresses, but what can they do for him? They fly, sing, and float while he is gasping.

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He feels that he is buried at once by those two infinities, the ocean and the sky—the one is a tomb, the other a pall.

Night descends, he has been swimming for hours, his strength is almost exhausted, that ship, that far-off thing, where there were men, is gone; he sinks, he strains, he writhes, he feels beneath him the shadowy monsters of the unseen; he shouts.

Men are no more. Where is God?

He shouts. Help! help! he shouts incessantly.

Nothing in the horizon—nothing in the sky.

He implores the blue vault, the waves, the rocks; all are deaf. He supplicates the tempest; the imperturbable tempest obeys only the Infinite.

Around him are darkness, storm, solitude, wild and unconscious tumult, the ceaseless tumbling of the fierce waters. Within him horror and exhaustion. Beneath him the engulfing abyss. No resting-place. He thinks of the shadowy adventures of his lifeless body in the limitless gloom. The biting cold paralyzes him. His hands clutch spasmodically, and grasp at nothing. Winds, clouds, whirlwinds, blasts, stars, all useless! What shall he do? He yields to despair; worn out, he seeks death; he no longer resists; he gives himself up; he abandons the contest, and he is rolled away into the dismal depths of the abyss forever.

MUNDUNGUSTISMUDGEIMUDIBUS.. — The *Evening Post* is indebted to a printer's devil for the caption of this article—intended as an introduction to the following item in its City Intelligence department:

"STREET SMOKING.—The blackguard practice of smoking in the streets seems rather to be on the increase, notwithstanding the high price of cigars and the quantity of bad tobacco worked up in the little rolls with which smokers fumigate their mouths and nostrils. Probably the reigning taste inclines in favor of bad tobacco, sometimes elegantly called mundungus. Those who are fond of it seem to take a benevolent pleasure in communicating the blessing to their fellow-creatures, and instead of smoking their mundungus quietly in their own rooms, come out into the streets with their cigars in their mouths for the public benefit. On such a morning as that of yesterday, when even the smoke from the chimneys came down into the streets, the air of Broadway was thick with the reek of this sickly narcotic, blown from the mouths of people of different colors, from sooty black and woolly headed to pink-skinned and red-haired, some of whom had even the exterior appearance of gentlemen. The sidewalks, our readers will remember, were covered yesterday with a slimy mud which made the pavement slippery and walking laborious—an excellent thing for those who needed exercise—and this advantage was somewhat heightened by the spitting of the smokers. The ladies—such of them as were out—did their best to absorb the filthy compound in their trailing skirts, but the number of women in the streets was not sufficiently large to have any perceptible effect."

IMMERSION.

BY REV. J. S. DOUTHIT.

DON'T be alarmed, dear reader. You shall not be bored with a theological essay upon baptism. Others whose taste it suits may attend to that. Wasn't it Sidney Smith who said, "Some ministers attempt to take sin out of people, like the rib was taken out of Adam, by putting them to sleep?" By the way, that was the way Delilah took strength out of Samson.

The writer believes in salvation by a wide-awake influence. Don't be alarmed, I repeat. You shall not be treated to a dish of politics, either—excepting, of course, "Our Politics," as set forth in the December number, 1862, of the TEACHER. There are other wide-awakes in the world besides Uncle Abrahams. At least it seemed so the other morning, when, feeling rather dull and sluggish, I immersed myself in cool water—rather *cold*, in fact. But by a vigorous rubbing and a few gymnastics, cold chills gave place to a pleasant, reviving, and rejuvenating warmth. That is wide-awake immersion with a vengeance—not that terrible vengeance which does nobody any good (bear in mind, I am writing concerning *bodies*), but that purifying vengeance that expels stupor and laziness quick as lightning sends the blood tingling and jingling through every vein and artery, and frightens impurities so that they flee, like the swine in the Gospel, into elements that will cleanse and prepare them for a better purpose than breeding in the human system all manner of diseases.

Now you understand what I mean by immersion. But for reasons which I do not take pains to mention, bathing would be a better term. Is it asked, "Which do you believe in, sprinkling or immersion?" I answer, *as a rule, immersion, always in pure water, once or twice every week, and oftener in warm weather.* I speak from ten years' experience. There is a sure rule given by the Good Physician by which we may know whether a thing be right. It is this—"The tree is known by its fruits." One of the fruits of this immersion is cleanliness; and Jeremy Taylor said, "Cleanliness is next to godliness."

Walker, the hygeian humorist, declares that his skin was so healthy, no impurities would stick to it. Do you want such a fortification for this "temple of the Holy Ghost?" Then practice baptism by immersion. A slight sprinkle won't do. In fact, if the external covering of the body, by long neglect, becomes too much impregnated with extraneous matter, it may be well to add soap. Such immersion, *judiciously* administered, is warranted to substitute *good* colds for bad colds.

SHELBYVILLE, ILL., *Jan.*, 1863.

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FRETTING.

I PROPOSE twenty-one reasons why you should never fret, the first of which shall be as good as the one which a certain lawyer announced before the court as the first of forty good and sufficient reasons why the man represented by his client did not sign the deed, which was, the man had long been dead when the deed was written. "Prove that," responded the judge, "and save us the trouble of the other thirty-nine." But men, to learn righteousness, must have "line upon line and precept upon precept."

1. If we fret at the wrong-doing of others we sin against God.

2. Fretting can do no good. It will not restore loss, repair injury, or reform the guilty.

3. If we abstain from fretting at an offense against the truth, we shall promote the good and offset the offense.

4. God has suffered the offense to transpire; he could have prevented it had it been best. We do not mean that it was best that the offense should occur, but it was not best for God to interpose to prevent it. Preventing would be worse than permitting.

5. It is a great gratification to the devil to see men fret; he tries to make them.

6. Fretting destroys our own peace.

7. Out of the present evil God can accomplish a future good. There can no possible evil befall us here, but that in it God designs our highest benefit, according to the ever-blessed assurance that "all things shall work together for good to them that love God."

8. Resisting the temptation to fret glorifies God.

9. Fretting evinces unbelief. It is an expression of dissatisfaction before God with what he suffers; it amounts to saying that we know better than he.

10. It is a manifestation of self-will, it is insubordination, it is rebellion.

11. It is not Godlike, hence it is an expressed disapproval of his likeness; it is casting contempt on his image, hence it is profanity.

12. Fretting fixes and confirms a sinful habit, which grows and strengthens with every indulgence, so that we become *slaves* to a fretful disposition.

13. It grieves the Holy Spirit.

14. It destroys one's influence. Few people have confidence in an habitual fretter; he is regarded as having sold himself to do the bidding of a capricious tyrant, and as having thrown into the bargain his manly dignity and moral integrity.

15. It will make you hated, dreaded, and avoided.

16. God will avenge you and take care of the wrong-doer.

17. Really the causes of fretfulness are seldom worth fretting about.

18. The fretful man is as a foot-ball with which Satan makes sport.

19. Fretting is contagious. Let there be one fretter in a family, and the probability is that all will become fretters.

20. Abstaining from fretting under temptation strengthens every virtue and weakens the power of every sin, according to the law that every moral act strengthens the whole moral man.

21. The redemptive power of Christlike forbearance is seen in strong contrast with its opposite, in the currency which fretting gives to evil surmisings, and the facility with which the maligned character is redeemed by patience and forbearance. Fret, and men will believe the evil spoken; bear it, and they will say it is untrue.

Finally, beloved, let me propose ten specifics for this terrible disease, either of which will be found a curative:

1. Hide in the "Cleft Rock" when adversity comes. Lie low when the wind blows. The truly humble soul whose all is God, and whose self is nothing, has no self-interest over whose abuse to fret.

2. Overlook the immediate instrument of evil or injury and see God in it trying you, as God suffered Job to go to trial under the devil.

3. Cultivate a tender sensibility, be pitiful, commiserate the misfortunes of the guilty. A certain fretful man was advised to repeat the Lord's Prayer when he became angry, before he vented his anger, and he never after could get over the petition, "Forgive us . . . as we forgive . . ." without losing his angry feelings.

4. Think of your own faults—the wrong you have done to others.

5. Think what the Saviour suffered, and how he bore it.

6. Don't complain of the wrong, or talk about it; your words will add fire to your spirit.

7. Don't think about it, for thought is fuel to the fire that burns the soul.

8. Don't pray about the offense; pray for the offender, and think only of his guilt before God and not against yourself.

9. Do a kindness to the offender.

10. Look forward to the judgment.—*Christian Advocate and Journal.*

DR. FRANKLIN says that "every little fragment of the day should be saved." Oh, yes, the moment the day *breaks*, set yourselves at once to saving the pieces.

THE cloudy weather melts at length into beauty, and the brightest smiles of the heart are born of its tears!

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LOOKING OUT FOR SLIGHTS.

THERE are some people always looking out for slights. They can not pay a visit, they can not receive a friend, they can not carry on the daily intercourse of the family, without suspecting some offense is designed. They are as touchy as hair triggers. Their *amour propre*, like a porcupine, is ever ready to erect its quills. If they meet an acquaintance in the street, who happens to be preoccupied with business, they attribute his abstraction to some motive personal to themselves, and take umbrage accordingly. They lay on others the fault of their own irritability. A fit of indignation makes them see impertinence in everybody they come in contact with. Innocent persons, who never dreamed of giving offense, are astonished to find some unfortunate word or some momentary taciturnity has been mistaken for an insult.

To say the least, the habit is unfortunate. It is far wiser to take the more charitable view of our fellow-beings, and not suppose a slight intended, unless the neglect is open and direct. After all, too, life takes its hue, in a great degree, from the color of our own minds. If we are frank and generous, the world treats us kindly. If, on the contrary, we are suspicious, men learn to be cold and cautious to us. Let a person get the reputation for being touchy, and everybody is under more or less restraint in his or her presence; and in this way the chances of an imaginary offense are vastly increased. Your people who fire up easily miss a deal of happiness. Their jaundiced tempers destroy their own comfort as well as that of their friends. They have forever some fancied slight to brood over. The sunny, serene contentment of less selfish dispositions never visits them.

ONCE A SPIDER ALWAYS A SPIDER.—Some famous learned men have thought out another plan of nature. Species, they say, are only resting-points and steps, where Nature rests and collects herself in order to go on further, and always from the lower to the higher and more developed, so that an oyster ends in a crocodile, and a gnat in a serpent, and from the most developed of the lower animals come at last men and angels. This is put forward plausibly enough only that the first and chief argument against it is, it is not true. So little does Nature advance from one species to another, that she never alter the same species or makes it more perfect. The autumn spider spun its web among the Romans in the same wonderful mathematical form, with peripheries, radius, and center, and Ælian remarks that it does its work without Euclid. He relates, moreover, that it sits in ambush in the center of its web, as we see it sit after more than a thousand years.

PRESERVATION OF BOOTS AND SHOES.—A writer in the *Mechanic's Magazine*, says: "I have had three pairs of boots for the last six years—and I think I shall not require any more for the next six years to come. The reason is that I treat them in the following manner: I put a pound each of tallow and rosin in a pot on the fire; when melted and mixed, I warm the boots and apply it hot with a painter's brush until neither the sole nor the upper leather will soak in any more. If it is desired that the boots should immediately take a polish, dissolve an ounce of wax in a teaspoonful of lampblack. A day or two after the boots have been treated with the tallow and rosin, rub over them this wax in turpentine, but not before the fire. Thus the exterior will have a coat of wax alone, and shine like a mirror. Tallow or grease becomes rancid, and rots the stitching and leather; but the rosin gives it an antiseptic quality, which preserves the whole. Boots and shoes should be so large as to admit of wearing cork soles. Cork is so bad a conducter of heat, that with it in the boots the feet are always warm on the coldest stone floor."

WHY CHRIST LEFT NO IMAGE.—Four men who loved Christ with a love stronger than death wrote his life, but left no hint of his height, complexion, features, or any point that could help the mind to a personal image. Others wrote long epistles, of which he was the Alpha and Omega; but his form was as much kept secret as the body of Moses, hidden by the Almighty in an undiscovered grave. The Christian tombs and relics of the first centuries show no attempt to make an image of Christ. Too deep a sense of the divine rested upon the early Church to permit any attempt to paint the human as it appeared in him.—*Rev. William Arthur.*

BEAUTY OF TECHNICALITY.—One of our exchange journals (Allopathic, of course) perpetrates the following: M. Bouchat tells us that he has studied meningitis by the aid of the ophthalmoscope. He discovered congestions and nervous dilatations, varicosity and flexusity of veins, thrombosis of veins and hemorrhages in the retina from rupture of vessels." This is a circumroundabout manner of communicating the information to the professional reader that the various incidents, circumstances, conditions, and complications of an inflamed membrane are, an accumulation of blood and relaxation of the blood-vessels.

ARTEMUS WARD says, at one of the circles recently held at the White House at Washington, the question was asked if the spirit of Andrew Jackson was present? The answer was: "No, not much." It was then asked: "Has the spirit of Jackson been here recently?" to which the reply was given that the spirit of Jackson had not been within a hundred miles of Washington for a good many years.

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TROPICAL VEGETATION ON THE AMAZON.—The magical beauty of tropical vegetation reveals itself in all its glory to the traveler who steers his boat through the solitudes of these aquatic mazes. Here the forest forms a canopy over his head; there it opens, allowing the sunshine to disclose the secrets of the wilderness; while on either side the eye penetrates through beautiful vistas into the depths of the woods. Sometimes, on a higher spot of ground, a clump of trees forms an island worthy of Eden. A chaos of bushropes and creepers flings its garlands of gay flowers over the forest, and fills the air with the sweetest odor. Numerous birds, partly rivaling in beauty of color the passifloras and bignonias of these hanging gardens, animate the banks of the lagune, while gaudy macaws perch on the loftiest trees; and, as if to remind me that death is not banished from this scene of paradise, a dark-robed vulture screeches through the woods, or an alligator rests, like a black log of wood or a somber rock, on the tranquil waters. Well he knows that food will not be wanting; for river tortoises and large fish are fond of retiring to these lagunes. * * * If the Nile—so remarkable for its historical recollections, which carry us far back into the bygone ages—and the Thames, unparalleled by the greatness of a commerce which far eclipses that of ancient Carthage or Tyre—may justly be called *the* rivers of the *past* and the *present*, the Amazon has equal claims to be called the stream of the *future;* for a more splendid field nowhere lies open to the enterprise of man.—*The Tropical World.*

THE TRUE PHYSICIAN.—To the true physician there is an inexpressible sanctity in the sick chamber. At its threshold the mere human passions quit their hold on his heart. Love there would be profanation. Even the grief permitted to others must be put aside. He must enter that room a calm intelligence. He is disabled for his mission if he suffer aught to obscure the keen, quiet glance of his science. Age or youth, beauty or deformity, innocence or guilt, merge their distinction in one common attribute—human suffering appealing to human skill. Wo to the household in which the trusted healer feels not on his conscience the solemn obligations of his glorious art.—*Sir E. Bulwer Lytton.*

ARIZONA IN MINIATURE.—Take a large dry-goods box, fill it half full of sand, and put in a few rough stones, throw in an armful of "Cactus," and a thimbleful of water in one corner, put in a horned rattlesnake, a horned toad, a lizard, a tarantula, a centipede, a scorpion, and a wild thistle, then take a bird's eye view of it, and you have in miniature a fair description of the *beautiful*, fertile Arizona, at least of the greater portion of it.—*San Jose Mercury.*

Scissorings.

A HUNGRY man does right well to eat the egg; for he might starve before it got to be a pullet.

TRUE friendship is very rare in human life, but, like the shadows of the evening, it increases even till the setting of the sun.

NOTHING is ever well done in a small household if the master and mistress are ignorant of the mode in which it should be done.

ONE would think that the musquito means to be a scrupulously honest insect—he always gives a song for his supper.

THE most ignorant empiric can do us the greatest harm, when the most scientific physician may be unable to do us the slightest good.

PRENTICE asks why is General Floyd like one of the loyal Generals upon the Potomac? Because he is a General Hooker.

IF you want to annoy, and puzzle, and baffle a man full of trick and duplicity, you have only to practice a straightforward and simple integrity.

THE highest happiness can have no other foundation than the deepest wisdom; the happiest fool is only as happy as he knows how to be.

WHY is a man embarrassed in circumstances like a fluent falsehood-teller? Because he has large liabilities.

A RAILROAD man says that he thinks most of the silken ties of matrimony are cross-ties. Probably he has tried to get married and found himself switched off the track.

THE Greek philosophy was not far wrong which made water the principle of life, and the popular belief scarcely erred in seeing in every stream and spring and fountain a resident deity.

AN old bachelor, who is very cynical upon the subject of female fashions, says that people could get out of church a great deal better if there were not half so much *bustle* at the door.

A WOMAN offering to sign a deed, the judge asked her whether her husband compelled her to sign? "He compel me!" said the lady; "no, nor twenty like him!"

WHEN we see a man ostentatiously buying books that he never intends to read, and that he could not understand if he did, we are reminded of deaf men buying tickets to the opera, and blind ones to picture galleries.

A MESSENGER having requested a clergyman to announce "If Dr. —— was among his audience, he was urgently wanted," the clergyman added, from sympathy, "and let us pray for mercy on the poor patient!" The doctor, in a rage, demanded, and received, an humble apology.

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It is a most mortifying reflection for any man to consider what he has done, compared with what he might have done.

If you hear a person say that he hasn't a friend in the world, you may be pretty sure that he doesn't deserve one.

Cunning is only the mimic of discretion, and may pass upon weak men, just as pertness is often mistaken for wit and gravity for wisdom.

"How often do you knead bread?" asked one housekeeper of another. "How often? Why, I might say we need it continually," the other replied.

Some men, who, as private citizens, walk erect and free in the pride of conscious manhood, seem able to move only upon all-fours when they are seeking for office.

Total Monthly Pay of Officers and Soldiers in the Artillery and Infantry Service of the United States.—Commissioned officers—colonel, $222; lieutenant colonel, $198; major, $179; captain, $120 50; first lieutenant, $110 50; second lieutenant, $105 50; adjutant, $128 50; quartermaster, $136 50; chaplain, $96; surgeon, $189; assistant surgeon, $138 50. Non-commissioned officers and privates — sergeant-major, $21; quartermaster-sergeant, $17; first sergeant, $20; sergeant, $17; corporal, $13; artificer (artillery) $15; private, $13; principal musician, $21; musician, $12. Non-commissioned officers and privates are also entitled to clothing and one ration daily in addition to their pay.

Profits of Fruit Culture.—It is stated in an exchange paper that E. Lake, of Topsfield, Mass., gathered from one acre of Baldwin russet apples two hundred barrels, at four dollars, besides one and a half tons of marrow-squashes and one hundred heads of cabbages, one of which weighed twenty-seven pounds; also that a lady in Gainstown bought eight acres of worn-out stony land at forty dollars an acre, and set it out in an orchard at an expense of two hundred dollars. She cropped it every year, cleared two hundred dollars a year, and at the end of six years after the purchase refused twenty-five hundred dollars for the field. There are hundreds of thousands of acres of land in our Northern, Eastern, and Middle States, now stony, barren, worn-out, and useless, which would yield a crop worth hundreds of dollars per acre, with a little enterprise and a small outlay on the part of the owners.

Borrowed garments seldom fit well. Haste often trips up its own heels. Men often blush to hear what they are not ashamed to act. Pride is the flower that grows in the devil's garden. More are drowned in the wine-cup than in the ocean. He who buys too many superfluities may be obliged to sell his necessaries.

"Trust" is a good motto for a Christian; "Trust not" is a good one for a tailor.

The duelist's fear is the fear of being thought to fear.

What is the difference between a man boiling beets and a man flogging him? One cooks the beets, and the other beats the cook.

The editor who kissed his sweetheart, saying, "Please exchange," is believed not to have exceeded the proper "liberty of the press."

The man that forgets a great deal that has happened has a better memory than he who remembers a great deal that never happened.

A printer, in setting up "We are but parts of a stupendous whole," by mistake of a letter made it read, "We are but parts of a stupendous whale."

A dandy, smoking a cigar, having entered a menagerie, the proprietor requested him to take the weed from his mouth, "lest he should teach the other monkeys bad habits."

An idle man always thinks he has a right to be affronted if a busy man does not devote to him just as much of his time as he himself has leisure to waste.

Scared individual, dodging infuriated bull behind a tree: "You ungrateful beast, you! You wouldn't toss a consistent vegetarian who never ate beef in his life, would you? Is that the return you make?"

Here is a golden sentence, sparkling like a diamond among Goethe's aphorisms: "A higher standard, even if it be not fully attained, is better than a lower one whose demands are entirely satisfied."

"A person," says the Paris *Sport*, "who looks at the world in somewhat gloomy colors, recently complained in M. Auber's presence how hard it was that people must grow old. 'Hard as it is,' replied the veteran composer, 'it seems to be the only means yet discovered of enjoying long life.'"

Women as Teachers.—Every well-educated girl feels perfectly conscious that, under favorable circumstances, she can conduct, upon an average, nineteen of her twenty little innocent pupils into an honorable existence. Give her a strong arm for discipline and a wise head for advice, and her labors fix a divinity upon the face of society. I believe in the infinite susceptibility of children, and also in the moral omnipotence of women, their natural teachers; and there are no evils in society, however deep seated, that may not be removed by a wise application of their powers. A highly cultivated woman is God's antidote for sin and suffering.—*T. B. Wait.*

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THERE are a great many beams in the eyes of the ladies, but they are all sunbeams.

IT is a religious duty to avoid, if not to hate, a man who does not like birds and flowers.

MOTTO for a flogging schoolmaster — *Semper (h)idem.*

WHEN you advertise your business, make no half-way work of it. Business is like architecture —good *columns* are a good support.

WE must suit the flattery to the mind and taste of the recipient; we do not put essences into hogsheads or porter into phials.

IT rarely belongs to the same man to open and run a career; usually the inventor succumbs under the weight of his own invention.

THE attention of restless and fickle men turns to no account; poverty overtakes them while they are flying so many different ways to escape it.

THE thumb is a useful member; but, because you have got one, you need not necessarily try to get your neighbors under it.

NEVER assail the dead. Who, that has the least regard for himself, wishes an encounter with a ghost?

WE often excuse our own want of philanthropy by giving the name of fanaticism to the more ardent zeal of others.

IT is no wonder that the wind is solemn and mournful—it has swept the fields of mortality for a hundred centuries.

BE not too much out of humor with the world; every man has found in it more comforts than calamities, more civilities than affronts, more instances of kindness than cruelty.

WOMAN has many advantages over man; one of them is that his *will* has no operation till he is dead, whereas hers generally takes effect in her lifetime.

MEN in all ages have been addicted to imitating those above them. In Alexander's reign, every Greek carried his head awry; and in Richard the Third's time, every Englishman "*humped himself.*"

ALL eyes survey upon the coffin the records of name, of sex, of age, and the day of departure from earth—records how useless! and dropped into darkness as if messages addressed to earth-worms.

THE director of the dead-house in Paris has (according to *Figaro*) received the following letter: "*Sir*—Our uncle disappeared some days since, and his absence has given us the greatest anxiety. If some accident has happened to him, and he should be taken to your establishment, be good enough to notify us. You will recognize him without difficulty, for he is deaf and dumb!"

Personal Notices.

MRS. H. F. FIELD, M.D., and Mrs. S. F. H. Farrington, M.D., are practicing successfully in Oswego, N. Y. Mrs. Susan M. Estee, M.D., is having excellent success in Quincy, Pa., in treating typhus fever, pneumonia, and diptheria. Dr. Cameron is having good success in Wilmington, Del. Dr. F. F. Coleman writes us from Columbus, Wis.: "I have been in the army one year, and have seen enough of drug treatment to execrate it utterly, whether in big or little doses." Dr. Coleman intends to lecture on the better way during the winter. Dr. N. E. Traer, of Iowa City, keeps the field as lecturer, and is doing well. Dr. Geo. E. Kimball, of Iowa City, is preparing for a lecturing tour.

Ellen M. Goodell, M.D., of Hill, N. H., is lecturing to the New Englanders on the great subject of health reform, with excellent success. She is an accomplished scholar, a graceful speaker, and thoroughly understands the Hygienic system. Dr. Vail's article on Human Diet was received too late for our present issue.

MARRIED.—At Peoria (Ill.) Water-Cure, Nov. 17, 1862, by the Rev. D. M. Read, Mr. Alexander Lisk, of Richmond, Peoria Co., Ill., to Miss Sarah Kenyon, M.D., graduate of the New York Hygeio-Therapeutic College.

A DULL COMMUNITY.—J. M., in renewing his subscription, writes:

"I would be glad to send you a large club, but most of the people hereabouts are not awake to their best interests. We have your Encyclopedia and other books. My wife has treated a number of almost hopeless cases successfully; one, a bad case of St. Vitus' dance, of six years' standing, who was cured in four or five weeks. She was unable to walk but a short distance when she came to us, but can now walk two or three miles before breakfast. I could say a good deal more, but fear my article will be too long."

Such facts ought to awaken the sleepiest kind of people; and they will, sooner or later.

GO THOU AND DO LIKEWISE.—Dr. N. W. Sargeant writes from Sparta, Wis.:

"The friends of medical reform here are rejoiced that the journal is now wholly under your control and management. To show you that our good wishes for its prosperity are not idle words, we have obtained a club of subscribers, and shall send another soon. I have been lecturing some this winter, and want your anatomical plates. And so Mrs. Dr. S. and myself have put our heads together to get as large a club as possible for the HERALD OF HEALTH, and obtain the plates as a premium. In this way we can benefit you, the people, and ourselves. We are having good success in canvassing, and shall send in our list. Could not all of the graduates of our school benefit the cause and themselves in extending the circulation of the HERALD?"

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Plate No. 1.—HEART AND LUNGS.—1. Parotid Gland. 2. Duct of the Parotid Gland. 3. Masseter Muscle. 4. Buccinator Muscle. 5. Depressor Anguli Oris (muscle). 6. Lower Jaw. 7. Sterno-Cleido Mastoideus (muscle). 8. Common Carotid Artery. 9. Thyro-Hyoid Muscle. 10. Thyroid Cartilage. 11, 12. Muscles of the Larynx. 13. Thyroid Gland. 14. Thyroid Veins. 15. Trachea, or Windpipe. 16. Subclavian Artery. 17. First Rib. 18. Subclavian Vein. 19. Clavicle. 20. Right Vena Innominata. 21. Left Vena Innominata. 22. Right Lung. 23. Left Lung. 24. Tendinous Center of the Diaphragm. 25. Muscular Portion of the Diaphragm. 26. Liver. 27. Gall Bladder. 28. Stomach. 29. Spleen. 30. Lesser Omentum. 31. Round Ligament. 32. Transverse Colon. 33. Peritoneum covering the Colon. 34. Ilium. 35. Cæcum. 36. Vermiform Appendix of the Cæcum. 37. Peritoneum. 38. Greater Omentum. 39. Bladder.

Plate No. 2.—DISSECTIONS.—1. Infundibulum, or Funnel of the Right Ventricle. 2. Right Auricle. 3. Left Auricle. 4. Right Ventricle. 6. Aorta. 7. Asteria Innominata. 8. Right Subclavian Artery. 9. Right Carotid Artery. 10. Hepatic Artery. 11. Gastric Artery. 12. Splenic Artery. 13, 13. Superior Mesenteric Artery. 14. Renal Artery. 15. Abdominal Aorta. 16. Psoas Magnus Muscle. 17. Inferior Mesenteric Artery. 18. Middle Sacral Artery. 19. Right Common Iliac Artery. 20. Pulmonary Veins. 21. Superior Vena Cava. 22. Pulmonary Artery. 23. Hepatic Vein. 24. Inferior Vena Cava. 25. Thyroid Gland. 26. Liver. 27. Pancreas. 28. Left Kidney. 29. Spleen. 30. Ureter. 31. Duodenum. 32. Greater or Splenic end of the Stomach. 33. Gall-Bladder. 34. Ductus Communis Choledochus (common Bile Duct). 35. Rectum. 36. Uterus. 37. Ovaries. 38. Fallop an Tube. 39. Fimbriated Extremity of the Fallopian Tube. 40. Round Ligament of the Uterus. 41. Broad Ligament of the Uterus. 42. Bladder. 43. Trachea. 44. Bronchial Tubes. 46. Pericardium. 47. Thyroid Cartilage. 50. Quadratus Lumborum (muscle). 52. Iliacus Internus (muscle). 53. Sterno-Cleido Mastoid Muscle. 54. Union of the Psoas Magnus and Iliacus Muscles. 55. Crest of the Ilium or Pelvis.

Plate No. 3.—NERVOUS SYSTEM.—RIGHT-HAND FIGURE.—1. First Cranial Nerve. 2. Falx Cerebri. 3, 4, 5, 6, 7, 8, 9, 10, 11, 12. Cranial Nerves. 13. Spongy Bones of the Nose covered with Mucous Membrane. 14. Soft Palate. 15. Tonsil. 16. Sublingual Gland. 17. Larynx. 18. Œsophagus. 19. Aorta. 20. Right Auricle of the Heart. 21. Portion of the Left Lung. 22. Inner Surface of the Diaphragm. 23. Pericardium, or Heart Purse. 24. Section of the Liver. 25. Stomach. 26. Cœlic Axis. 27. Transverse Colon. 28. Mesentery. 29. Inferior Vena Cava. 30. Rectum. 31. Uterus. 32. Ovary. 33. Rectum, Laid Open. 34. Bladder. 35. Symphisis Pubis. 36. Vagina. 37. Meatus Urinarus. 38. Labia Majora. 39. Vertebral Column. 40. Spinal Cord. 41. Pulmonary Artery of Right Lung. 42. Descending Vena Cava. 43, 44. Pulmonary Veins of Right Lung.

LEFT-HAND FIGURE represents the Under or Anterior Surface of the Brain, the Roots of the Cranial Nerves, the Spinal Cord, and some of the Brachial and Spinal Nerves.

Plate No. 4.—THE EYE AND EAR.—FIGURE 1.—A. Iris. B. Cornea. C. Sclerotic. D, D. Upper and Lower Eye-lid.

FIGURE 2.—SECTIONAL VIEW OF THE STRUCTURE OF THE EYE MAGNIFIED.—A. Anterior Chamber of the Eye. G. Crystalline Lens. H. Vitreous Body. M. Central Artery of the Retina. K. Optic Nerve as it Enters the Eye. Y. Optic Nerve. C. Sclerotic. I. Choroid. J. Retina. R, R. Eyelids. R, S, R, S. Tarsal Cartilages of the Eyelids. D, D. Junction of the Cornea with the Sclerotic. B. Ciliary Muscle and Ligament. E. Iris. F. Cornea. L. Circular Sinus. Q. Canal of Petit. S. Superior Oblique Muscle. W. Inferior Oblique Muscle. T. Superior Rectus Muscle. V. Inferior Rectus Muscle. Z. Rostrum of Sphenoid Bone. Y. Optic Nerve.

FIGURE 3.—VIEW OF THE EYE LAID OPEN, SO AS TO EXHIBIT THE DIFFERENT STRUCTURES.—B. Iris. C, C. Sclerotic—a Portion of it Turned Back. E. Crystalline Lens Turned Back. N. Ciliary Ligament. O. Ciliary Artery. P. Ciliary Nerves. I. Space of Removed Retina. J. Choroid Turned Back. Y. Optic Nerve.

FIGURE 4.—THE EYELIDS AND LACHRYMAL DUCT.—1, 2. Meibomian Glands of the Upper Eyelid, with the Apertures of their Ducts in the Edge of the Lid. 3. Lachrymal Gland. 4. Tarsal Cartilage of the Lower Eyelid. 5. Lachrymal Tubercles, with the Openings of the Lachrymal Ducts, called Puncta Lachrymalia. 6. Nasal Duct.

FIGURE 5.—THE EAR.—1. Malleus. 2. Incus. 3. Os Orbiculare. 4. Stapes. 5. Stapedius Muscle. 6. Annular Ligament of the Stapes.

FIGURE 6.—LABYRINTH OF THE EAR.—a. Vestibule. b. Fenestra Rotunda. c. Superior Semicircular Canal. f. Posterior Semicircular Canal. g. External Semicircular Canal.

FIGURE 7.—THE MALLEUS.—a. Head of the Malleus. b. Neck of the Malleus. c. Prominence. d. Manubrium. e. Processus Brevis. f. Processus Gracilis.

FIGURE 8.—MALLEUS, INCUS, AND STAPES, WITH THEIR MUSCLES ATTACHED.—a. Malleus. b. Tensor Tympani (muscle). c. Laxator Tympani Minor. d. Laxator Tympani Major. e. Incus. f. Articulation of the Stapes with the Incus. g. Stapes. h. Stapedius Muscle.

FIGURE 9.—THE INCUS.—a. Body of the Incus. b. Its Articulation with the Malleus. c. The Short Process. d. The Long Process. e. Its Articulation with the Stapes.

Plate No. 5.—DIGESTION.—FIGURE 1.—1, 2. Soft Palate. 3. Epiglottis. 4. Tonsil. 5. Papillæ. 6, 7. Lobes of the Tongue. 8. Gall-Bladder. 9. Pancreatic Duct. 10. Pancreas. 11. Duodenum. 12. Stomach. 13. Cæcum. 15. Ileum—its Termination. 16. Sigmoid Flexure, or the Colon. 17. Levator Ani Muscle. 18. External Sphincter Ani Muscle. 19. Appendix Vermiformis.

FIGURE 2.—1. Arch of the Aorta. 2. Thoracic Aorta. 3. Abdominal Aorta. 4. Right Carotid Artery. 5. Left Carotid Artery. 6. Thoracic Duct, as it Empties into the Subclavian Vein. 7. Descending Vena Cava. 8, 8. Right and Left Subclavian Veins. 9, 9. Right and Left Internal Jugular Veins. 10. Right Vena Azygos Vein. 11. Left Vena Azygos Vein. 12. Receptaculum Chili. 13. Thoracic Duct. 14. Left Lymphatic Duct. 15. Right Lymphatic Duct. 16. Lacteals.

FIGURE 3.—THE KIDNEY.—1. Supra-Renal Capsule. 2. Vascular Portion of the Kidney. 3, 3. Medullary Substance, or Pyramids of Malpighi. 4. Two of the Papillæ Projecting into their Corresponding Calices. 5. The Three Infundibula. 6. Pelvis. 7. Ureter.

Plate No. 6.—CIRCULATION AND SKIN.—TOP FIGURE.—1. Right Auricle of the Heart. 2. Entrance of the Superior Vena Cava into the Right Auricle. 3. Entrance of the Inferior Vena Cava into the Right Auricle. 4. Opening of the Coronary Vein, half closed by its Valve. 5. Eustachian Valve. 6. Fossa Ovalis, surrounded by the Annulis Ovalis. 7. Tuberculum Loweri. 8. Musculi Pectinati. 9. Right Auriculo-Ventricular Opening. 10. Right Ventricle. 11. Tricuspid Valve, attached by the Chordæ Tendinæa Columnæ. 12. 13. Pulmonary Artery, guarded at its commencement by three Semilunar Valves. 14. Right Pulmonary Artery passing beneath the Arch and behind the Ascending Aorta. 15. Left Pulmonary Artery crossing in front of the Descending Aorta. 16. Left Auricle. 17. Openings of the Four Pulmonary Veins. 18. Left Auriculo-Ventricular Opening. 19. Left Ventricle. 20. Mitral Valve attached by its Chordæ Tendinæ to two large Columnæ Carneæ, which project from the walls of the Ventricle behind the Pulmonary Artery. 21. Right Subclavian Vein. 22. Arch of the Aorta. 23. Lower Lobe of the Left Lung. 24. Aorta. 25. Upper Lobe of Right Lung. 26. Lower Lobe of Right Lung. 27. Commencement and Course of the Ascending Aorta.

FIGURE 1.—CUTICLE OF THE PALM OF THE HAND.

FIGURE 2.—PACINIAN CORPUSCLES.

FIGURE 3.—NERVES AND PACINIAN CORPUSCLES.

FIGURE 4.—SECTION OF THE END OF THE FINGER, REPRESENTING NAIL, SKIN, AREOLAR TISSUE, TENDON, AND BONE.

FIGURE 5.—EPIDERMIS AND DERMA SEPARATED.—b. Papillary Eminences. a. Tumors between Eminences. d. Corresponding Ridge in the Epidermis. c. Sudoriferous Duct.

FIGURE 6.—UNDER SURFACE OF THE EPIDERMIS.

FIGURE 7.—ROOT OF HAIR, WITH ITS FOLLICLES.—a. Follicle Turned Back. b. Duct of Sebace us Gland. c. Bulbous Root of the Hair. d. Root of the Hair.

FIGURE 8.—MAGNIFIED SECTION OF SKIN, COMPLETE IN ALL ITS PARTS.—d. Opening of the Sweat Duct. a. Epidermis Cuticle, or Scarf-Skin. b. Union of the Epider-

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mis and Derma, called Rete Mucosum. c. Derma, Cutis, or True Skin. e. Subcutaneous Cellular Tissue. i. Sudoriferous or Sweat Gland. g. Duct, opening from the Sebaceous Gland into the Hair Follicle. h. Hair Follicle containing the Root of the Hair.

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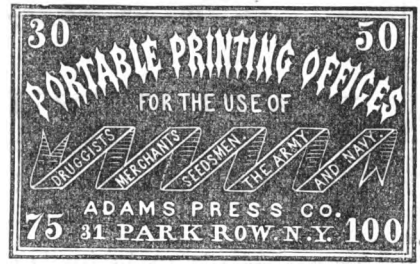
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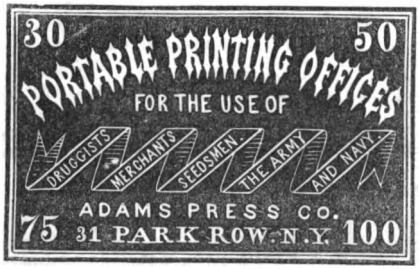
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Plate No. 1.—HEART AND LUNGS.—1. Parotid Gland. 2. Duct of the Parotid Gland. 3. Masseter Muscle. 4. Buccinator Muscle. 5. Depressor Anguli Oris (muscle). 6. Lower Jaw. 7. Sterno-Cleido Mastoideus (muscle). 8. Common Carotid Artery. 9. Thyro-Hyoid Muscle. 10. Thyroid Cartilage. 11, 12. Muscles of the Larynx. 13. Thyroid Gland. 14. Thyroid Veins. 15. Trachea, or Windpipe. 16. Subclavian Artery. 17. First Rib. 18. Subclavian Vein. 19. Clavicle. 20. Right Vena Innominata. 21. Left Vena Innominata. 22. Right Lung. 23. Left Lung. 24. Tendinous Center of the Diaphragm. 25. Muscular Portion of the Diaphragm. 26. Liver. 27. Gall-Bladder. 28. Stomach. 29. Spleen. 30. Lesser Omentum. 31. Round Ligament. 32. Transverse Colon. 33. Peritoneum covering the Colon. 34. Ilium. 35. Cæcum. 36. Vermiform Appendix of the Cæcum. 37. Peritoneum. 38. Greater Omentum. 39. Bladder.

Plate No. 2.—DISSECTIONS.—1. Infundibulum, or Funnel of the Right Ventricle. 2. Right Auricle. 3. Left Auricle. 4. Right Ventricle. 6. Aorta. 7. Asteria Innominata. 8. Right Subclavian Artery. 9. Right Carotid Artery. 10. Hepatic Artery. 11. Gastric Artery. 12. Splenic Artery. 13, 13. Superior Mesenteric Artery. 14. Renal Artery. 15. Abdominal Aorta. 16. Psoas Magnus Muscle. 17. Inferior Mesenteric Artery. 18. Middle Sacral Artery. 19. Right Common Iliac Artery. 20. Pulmonary Veins. 21. Superior Vena Cava. 22. Pulmonary Artery. 23. Hepatic Vein. 24. Inferior Vena Cava. 25. Thyroid Gland. 26. Liver. 27. Pancreas. 28. Left Kidney. 29. Spleen. 30. Ureter. 31. Duodenum. 32. Greateror Splenic end of the Stomach. 33. Gall-Bladder. 34. Ductus Communis Choledochus (common Bile Duct). 35. Rectum. 36. Uterus. 37. Ovaries. 38. Fallopian Tube. 39. Fimbriated Extremity of the Fallopian Tube. 40. Round Ligament of the Uterus. 41. Broad Ligament of the Uterus. 42. Bladder. 43. Trachea. 44. Bronchial Tubes. 46. Pericardium. 47. Thyroid Cartilage. 50. Quadratus Lumborum (muscle). 52. Iliacus Internus (muscle). 53. Sterno-Cleido Mastoid Muscle. 54. Union of the Psoas Magnus and Iliacus Muscles. 55. Crest of the Ilium or Pelvis.

Plate No. 3.—NERVOUS SYSTEM.—RIGHT-HAND FIGURE.—1. First Cranial Nerve. 2. Falx Cerebri. 3, 4, 5, 6, 7, 8, 9, 10, 11, 12. Cranial Nerves. 13. Spongy Bones of the Nose covered with Mucous Membrane. 14. Soft Palate. 15. Tonsil. 16. Sublingual Gland. 17. Larynx. 18. Œsophagus. 19. Aorta. 20. Right Auricle of the Heart. 21. Portion of the Left Lung. 22. Inner Surface of the Diaphragm. 23. Pericardium, or Heart Purse. 24. Section of the Liver. 25. Stomach. 26. Cœlic Axis. 27. Transverse Colon. 28. Mesentery. 29. Inferior Vena Cava. 30. Rectum. 31. Uterus. 32. Ovary. 33. Rectum, Laid Open. 34. Bladder. 35. Symphisis Pubis. 36. Vagina. 37. Meatus Urinarus. 38. Labia Majora. 39. Vertebral Column. 40. Spinal Cord. 41. Pulmonary Artery of Right Lung. 42. Descending Vena Cava. 43, 44. Pulmonary Veins of Right Lung.

LEFT-HAND FIGURE represents the Under or Anterior Surface of the Brain, the Roots of the Cranial Nerves, the Spinal Cord, and some of the Brachial and Spinal Nerves.

Plate No. 4.—THE EYE AND EAR.—FIGURE 1.—A. Iris. B. Cornea. C. Sclerotic. D, D. Upper and Lower Eye-lid.

FIGURE 2.—SECTIONAL VIEW OF THE STRUCTURE OF THE EYE MAGNIFIED.—A. Anterior Chamber of the Eye. G. Crystalline Lens. H. Vitreous Body. M. Central Artery of the Retina. K. Optic Nerve as it Enters the Eye. Y. Optic Nerve. C. Sclerotic. I. Choroid. J. Retina. R, R. Eyelids. R, S, R, S. Tarsal Cartilages of the Eyelids. D, D. Junction of the Cornea with the Sclerotic. B. Ciliary Muscle and Ligament. E. Iris. F. Cornea. L. Circular Sinus. Q. Canal of Petit. S. Superior Oblique Muscle. W. Inferior Oblique Muscle. T. Superior Rectus Muscle. V. Inferior Rectus Muscle. Z. Rostrum of Sphenoid Bone. Y. Optic Nerve.

FIGURE 3.—VIEW OF THE EYE LAID OPEN, SO AS TO EXHIBIT THE DIFFERENT STRUCTURES.—B. Iris. C, C. Sclerotic—a Portion of it Turned Back. E. Crystalline Lens Turned Back. N. Ciliary Ligament. O. Ciliary Artery. P. Ciliary Nerves. I. Space of Removed Retina. J. Choroid Turned Back. Y. Optic Nerve.

FIGURE 4.—THE EYELIDS AND LACHRYMAL DUCT.—1, 2. Meibormian Glands of the Upper Eyelid, with the Apertures of their Ducts in the Edge of the Lid. 3. Lachrymal Gland. 4. Tarsal Cartilage of the Lower Eyelid. 5. Lachrymal Tubercles, with the Openings of the Lachrymal Ducts, called Puncta Lachrymalia. 6. Nasal Duct.

FIGURE 5.—THE EAR.—1. Malleus. 2. Incus. 3. Os Orbiculare. 4. Stapes. 5. Stapedius Muscle. 6. Annular Ligament of the Stapes.

FIGURE 6.—LABYRINTH OF THE EAR.—a. Vestibule. b. Fenestra Rotunda. c. Superior Semicircular Canal. f. Posterior Semicircular Canal. g. External Semicircular Canal.

FIGURE 7.—THE MALLEUS.—a. Head of the Malleus. b. Neck of the Malleus. c. Prominence. d. Manubrium. e. Processus Brevis. f. Processus Gracilis.

FIGURE 8.—MALLEUS, INCUS, AND STAPES, WITH THEIR MUSCLES ATTACHED.—a. Malleus. b. Tensor Tympani (muscle). c. Laxator Tympani Minor. d. Laxator Tympani Major. e. Incus. f. Articulation of the Stapes with the Incus. g. Stapes. h. Stapedius Muscle.

FIGURE 9.—THE INCUS.—a. Body of the Incus. b. Its Articulation with the Malleus. c. The Short Process. d. The Long Process. e. Its Articulation with the Stapes.

Plate No. 5.—DIGESTION.—FIGURE 1.—1, 2. Soft Palate. 3. Epiglottis. 4. Tonsil. 5. Papillæ. 6, 7. Lobes of the Tongue. 8. Gall-Bladder. 9. Pancreatic Duct. 10. Pancreas. 11. Duodenum. 12. Stomach. 13. Cæcum. 15. Ileum—its Termination. 16. Sigmoid Flexure, or the Colon. 17. Levator Ani Muscle. 18. External Sphincter Ani Muscle. 19. Appendix Vermiformis.

FIGURE 2.—1. Arch of the Aorta. 2. Thoracic Aorta. 3. Abdominal Aorta. 4. Right Carotid Artery. 5. Left Carotid Artery. 6. Thoracic Duct, as it Empties into the Subclavian Vein. 7. Descending Vena Cava. 8, 8. Right and Left Subclavian Veins. 9, 9. Right and Left Internal Jugular Veins. 10. Right Vena Azygos Vein. 11. Left Vena Azygos Vein. 12. Receptaculum Chili. 13. Thoracic Duct. 14. Left Lymphatic Duct. 15. Right Lymphatic Duct. 16. Lacteals.

FIGURE 3.—THE KIDNEY.—1. Supra-Renal Capsule. 2. Vascular Portion of the Kidney. 3, 3. Medullary Substance, or Pyramids of Malpighi. 4. Two of the Papillæ Projecting into their Corresponding Calices. 5. The Three Infundibula. 6. Pelvis. 7. Ureter.

Plate No. 6.—CIRCULATION AND SKIN.—TOP FIGURE.—1. Right Auricle of the Heart. 2. Entrance of the Superior Vena Cava into the Right Auricle. 3. Entrance of the Inferior Vena Cava into the Right Auricle. 4. Opening of the Coronary Vein, half closed by its Valve. 5. Eustachian Valve. 6. Fossa Ovalis, surrounded by the Annulis Ovalis. 7. Tuberculum Loweri. 8. Musculi Pectinati. 9. Right Auriculo-Ventricular Opening. 10. Right Ventricle. 11. Tricuspid Valve, attached by the Chordæ Tendinæa Columnæ, 12. 13. Pulmonary Artery, guarded at its commencement by three Semilunar Valves. 14. Right Pulmonary Artery passing beneath the Arch and behind the Ascending Aorta. 15. Left Pulmonary Artery crossing in front of the Descending Aorta. 16. Left Auricle. 17. Openings of the Four Pulmonary Veins. 18. Left Auriculo-Ventricular Opening. 19. Left Ventricle. 20. Mitral Valve attached by its Chordæ Tendinæ to two large Columnæ Carneæ, which project from the walls of the Ventricle behind the Pulmonary Artery. 21. Right Subclavian Vein. 22. Arch of the Aorta. 23. Lower Lobe of the Left Lung. 24. Aorta. 25. Upper Lobe of Right Lung. 26. Lower Lobe of Right Lung. 27. Commencement and Course of the Ascending Aorta.

FIGURE 1.—CUTICLE OF THE PALM OF THE HAND.

FIGURE 2.—PACINIAN CORPUSCLES.

FIGURE 3.—NERVES AND PACINIAN CORPUSCLES.

FIGURE 4.—SECTION OF THE END OF THE FINGER, REPRESENTING NAIL, SKIN, AREOLAR TISSUE, TENDON, AND BONE.

FIGURE 5.—EPIDERMIS AND DERMA SEPARATED.—b. Papillary Eminences. a. Tumors between Eminences. d. Corresponding Ridge in the Epidermis. c. Sudoriferous Duct.

FIGURE 6.—UNDER SURFACE OF THE EPIDERMIS.

FIGURE 7.—ROOT OF HAIR, WITH ITS FOLLICLES.—a. Follicle Turned Back. b. Duct of Sebaceous Gland. c. Bulbous Root of the Hair. d. Root of the Hair.

FIGURE 8.—MAGNIFIED SECTION OF SKIN, COMPLETE IN ALL ITS PARTS.—d. Opening of the Sweat Duct. a. Epidermis Cuticle, or Scarf-Skin. b. Union of the Epider-

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mis and Derma, called Rete Mucosum. c. Derma, Cutis or True Skin. e. Subcutaneous Cellular Tissue. i. Sudoriferous or Sweet Gland. g. Duct, opening from the Sebaceous Gland into the Hair Follicle. h. Hair Follicle containing the Root of the Hair.

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THE HERALD OF HEALTH.

VOL. I.—No. III.] MARCH, 1863. [NEW SERIES,

CONTENTS.

	PAGE.
GENERAL ARTICLES:	
Rambling Reminescences	97
Waymarks of Hydropathy	100
Items from Illinois	101
Human Food	102
Muddle of the Teetotalers	105
Let there be Light	105
Farmers' Wives	107
Reports of Cases	108
Discord and Harmony	110
Brief Notices of Lectures	111
The New Gymnastics	112
PUBLISHER'S DEPARTM'T	116
TOPICS OF THE MONTH:	
The Water-Cure	117
Our Country Establishment	118
An Episode	119
Ten Years More	119
Prof. Eastman's Business College	12
Hard Water and Ague	120
Diptheria	120
A Curious Experiment	121
Endowment of the College	122
DINING-ROOM DEPARTMENT,	
Bread and Bread-Making	123
Unleavened Bread	124
Diamonds	124
Corn Bread	124
Graham Biscuit	124
Wheat-Meal Crisps	124
Rye and Oatmeal Bread	124
Corn Cakes	124
TO CORRESPONDENTS:	125
SOLDIER'S DEPARTMENT	126
LITERARY NOTICES:	128
COLLEGE DEPARTMENT:	129
VOICES OF THE PEOPLE:	132
MISCELLANEOUS:	134
Indignation in Upper Canada	134

General Articles.

RAMBLING REMINISCENCES.—No. 19.

BY THE EDITOR.

THE FOOT-POISON OF NEW ZEALAND.

Among the papers read, and horribly read, before the British Association in Cambridge, was one by W. Lander Lindsay, Esq., M. P., F. R. S., of Edinburg, on the Foot-Poison which has affected the domestic animals of New Zeland. Whether the paper was meritorious or otherwise, we had no means for judging, as the words were so indistinctly enunciated, so miserably mumbled and jumbled, nasally, gutturally, pharyngeally and œsophagically, that we could make neither "flesh, fish, fowl," nor vegetables of what he was trying to utter; while the writing was so bad that he was actually obliged to skip some passages. We *guessed*, from the fragmentary words and broken sentences we were enabled to record, that the author supposed that the poison was derived from some plant which the animal ate or trod upon, and which produced the foot-disease; and from the words "brandy," "gin," "turpentine," etc., which happened to be comprehensibly articulated, we inferred that alcoholic medication, or something similar, was the essential plan of treatment.—We intend no offence when we remind the learned gentleman that the process of reading does not consist in making words in the posterior part of the mouth, and then *swallowing* them, but with the lips, teeth, tongue, etc., and then *expelling* them.

PROF. BEALE ON VITALITY.

The most important of all the papers presented to the British Association was that of Prof. Beale, M. D., F. R. S., entitled: "An attsmpt to show that every living structure consists of the Matter which is the Seat of Vital Actions, and Matter in which Physical and Chemical Changes take place." Those who are familiar with the doctrines taught in the Hygeio-Therapautic College on this subject, will at once see that there is a stultification in this title. Physical and chemical changes, so far from taking place "alone" in living structure, do not take place at all. And the chief burden of the Professor's argument was to prove this. Indeed, he expressly stated, as we see on reference to the notes we took during the reading of the paper, that "chemical action does not take place in living matter." We regret that Prof. Beale was not present (his paper was read by the Secretary,) as we should certainly have sought a personal interview, and ascertained more precisely his views. It was evident, however, that he has taken one step in the right direction. He has the right starting point, and if he prosecutes his investigations for a few years, he can-

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not help arriving at the conclusion which will necessarily overturn all of the existing dogmas in relation to "vital or organic chemistry," the nature of disease, the action of medicines, etc. The paper of Prof. Beale elicited no discussion, nor even remark, its doctrines being evidently regarded by all present (with one exception) as mere speculations or hypotheses. But we saw in them the germ of a great truth; of the true Physiology; of the basis of a true Medical Philosophy.

The philosophy of Hygienic Medication and the fundamental proposition of the Hygeio-Therapeutic School are, that all of the changes in living structures are *vital*, and not chemical; in other words, that in the relations between living and dead matter, all the action is on the part of the living; and that, before chemical and physical changes can occur, the living structure must part with its vitality—become dead. Until this principle is fully recognized by the scientific world, medical science can only "progress backward;" and when it is recognized, drug medication will be among the things that were.

PHYSIOLOGY OF BOOTS AND SHOES.

One of the most valuable papers read before the Association was sent in by a shoemaker—James Dowie—entitled, "Remarks on the Loss of Muscular Power arising from the ordinary Foot-Clothing now worn, and on the means required to obviate this Loss." Mr. Dowie showed in a remarkably clear and philosophical argument, that the shape and construction of the boots and shoes in common use are neither anatomical nor philosophical. By restraining the natural motions of the foot, they cripple the muscles of the lower extremities directly, and indirectly distort and damage those of the lower abdomen, and thus unbalance and weaken the whole muscular system. The remedy consists in having the shoes adapted to the shape of the foot, and constructed with an "elastic waist," that is, a flexible material at the center of the sole, so that the shoe or boot will accommodate itself to the shape of the foot, whatever may be the irregularities of the surface on which we may walk. The improvements of Mr. Dowie were very plainly illustrated with diagrams and specimens of shoes, both for children and for adults, made in the usual manner, and on the plan which he recommends. A long debate followed the reading of the paper, and, strange to say, notwithstanding the lucidity of Mr. Dowie's statements, and the diagrams before their eyes, and the specimens in their hands, nearly all of the speakers misapprehended the subject entirely. One military man, one clergyman and several M. D.'s argued in favor of *thick* shoes and strong material, because *thin* shoes would not prevent soldiers, laborers, and others who have to work or travel in wet places or over rough roads, from wetting and bruising their feet! Only two persons among the speakers seemed to understand precisely what Mr. Dowie was "driving at;" and they happened to be persons who had found comfort and benefit in wearing the *physiological* shoe. We commend the principle advocated by Mr. Dowie to the attention of shoemakers in general, and shoe-wearers in particular. We are of opinion that many awkward gaits and uncomely attitudes, as well as weak abdomens and lame backs, are owing in a great measure to the unphysiological shoes of childhood. The subject of foot-clothing is as worthy the attention of the Dress Reformers, as is that of head-dress or bodily garments.

PEARLS.

R. Garner, F. R. S., read an interesting paper on "Pearls; their Parasitic Origin." He attempted to show that the nucleus or starting point of these highly-valued toys, gems, ornaments, or whatever they may be called, is of an organic nature, consisting of a parasitic animal, around which the earthly or inorganic materials are deposited. He adduced many facts and experiments in corroboration of this idea; but it was warmly controverted in the discussion which followed. As the London papers said of the discussion on the Tobacco question, no satisfactory conclusion was arrived at.

PHYSIOLOGICAL CLASSIFICATION OF ANIMALS.

We were anxious to hear a paper annouced to be read by James Hinton, entitled, "A Suggestion for the Physiological Classification of Animals," but other engagements prevented. We were curious to know what a physiological classification of animals could mean. We had heard papers read on the physiological effects of poisons, and on abnormal physiological positions of the anatomical organs, which expression seemed to us sufficiently absurd; but now came a more puzzlesome technicality still. We feared our learned men were getting things very promiscuously mixed up. We can understand what a *rational* classification of animals means, and we can comprehend a physiological classification of the *functions* of animals (physiology is the doctrine of functions, and not of species or varieties,) but a physiological classification of animals is a thing not dreamable of in our philosophy.

THE AYE-AYE.

We spent an afternoon in visiting the Zoological Gardens in Regents Park, London, which contain one of the largest collections of living animals in the world. Of the creatures which

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we glanced at hurriedly was the newly-discovered Brazilian Aye-Aye. We did not then regard it as of any more importance than the American woodchuck, or the English rabbit, but at Cambridge we ascertained that the uncomely little brute possessed a scientific importance which did not attach to the massive elephant, the huge rhinoceros, the ugly hyppopotamus, the stately giraffe, nor indeed to all the rest of the animals collected in the vast menagerie—beasts, birds, fishes, reptiles, not excepting the orang, or even the gorilla itself.

A paper was read by Richard Owen, D.C.L., F.R.S., "On the Characters of the Aye-Aye, as a test of the Lamarckian and Darwinian hypothesis of the Transmutation and Origin of Species;" and another by A. D. Bartlett, entitled, "Observations of the habits of the Aye-Aye." The chief point of interest was, whether certain peculiarities in structure, were due to original conformation, or the result of circumstances in its dietetic and other habits. The argument and evidence, *pro* and *con*, were pretty equally balanced.

The Aye-Aye was discovered two years ago in the forests of Brazil, to which it seems to be a native, and the specimen then in the Zoological Gardens was the only one ever seen in Europe. The peculiarities of structure alluded to consist of chizel-shaped teeth, like the rodentia, with omnivorous jaws, and long, finger-like claws, one of which is more slender than the rest, and projects a considerable distance beyond. The ears of the animal are noteworthy also, being very large and adapted to the nicest perceptions of sound. In its native wildness it feeds mainly on the worms (grubs) which are found in the trunks of decaying wood or trees. When it discovers their abiding place, probably by listening to their noises, it gnaws or chisels off the wood with its teeth, and then pulls them out with its elongated finger or claw. And now comes the important question: Is this curious and anomalous claw, or finger, an original anatomical arrangement, or has it been acquired by its habit of procuring food, continued through many generations? The bearing of this question on the transmutation or origin of species will be seen at a glance.

SEA-SICKNESS.

J. W. Osborne read a paper: "Observations made at sea on the Motions of Vessels, with reference to their effects in producing Sea-Sickness." It was very well written but most miserably read, the author having the habit too common with Englishmen, of mumbling and swallowing instead of articulating their words. The sum and substance of the paper was an elaborate argument, illustrated by diagrams and models, to prove what is self-evident, viz.: that sea-sickness results from the motion of the vessel. He showed conclusively that if a vessel was so constructed as to allow a passenger to move from some fixed central, immovable, perpendicular point, so as to be entirely independent of and uninfluenced by the motion of the vessel, he would not be liable to sickness. But as he did not propose any new method for constructing vessels, nor any remedy whatever, we could not discover what the paper amounted to.

COAGULATION OF THE BLOOD.

John Davy, M.D., F.R.S., read a paper on the "Coagulation of the Blood in relation to its Cause." The author detailed a series of careful and well-conducted experiments which effectually *disproved* the prevalent doctrine that, the fluidity of the blood was dependent on the presence of ammonia, and that its escape or absence caused the blood to coagulate; but he was unable to suggest any theory to take the place of the one he had refuted. We are, therefore, left where we were thirty years ago, before Richardson introduced the ammoniacal hypothesis. In the discussion which ensued, one of the speakers suggested that the cause of the coagulation of the blood, and the cause of the *rigor mortis* in the act of dying were identical. But as the explanation of either was not attempted, we are left in the dark on the whole subject.

UNINTELLIGIBILITY.

Henry Dunning Macleod, B.A., read a lenghty paper—and he read it very badly—entitled "On the Definition and Nature of the Science of Political Economy." It was exceedingly wordy, and not only adorned, but, literally stuffed with glittering generalities and rhetorical flourishes. When the reader had finished his part of the performance, a blind man—whose facial muscles we noticed to be in a state of comical agitation during the reading of the paper—arose and characterized it as "a mass of unintelligible phrases." And the manner in which the definitions were criticised was instructive to persons who reason loosely and write promiscuously.

CONCLUSION.

We should do great injustice to the British Scientific Association, to conclude our brief notices of its proceedings, at its yearly meeting in Cambridge, without a word of explanation. Most of the papers which we have commented on unfavorably, came before the Physiological Subsection, and within the purview of medical men, who recognized the false dogmas of the medical profession, and the absurd vagaries of the chemico-physiologists to be scientific truths. And so far as any propositions were discussed,

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involving physiological or pathological problems, they could not help uttering what seem to us as ineffable nonsense. We do not therefore, in any manner impeach their scholarship and general intelligence when we accuse them of gravely advocating what we regard, when viewed from another stand-point—that of Nature's laws—as self-evident absurdities.

In all other departments of knowledge, the papers of the Association are entitled to a very different judgment. Many papers were read on Geology, Geography, Ethmology, and on Mechanical, Chemical, Mathematical, Physical and Electrical Science, which contained a great amount of valuable facts and practical and useful knowledge. Indeed, the Association progresses well in all departments except the medical, for the reason that, in all other departments, it has demonstrated fundamental principles to be guided by, instead of false, inconsistent and contradictory hypotheses. In our next issue, our "rambles" will lead us among the medical schools and professors of London.

WAYMARKS OF HYDROPATHY.—No. 6.

BY A NEW CONTRIBUTOR.

Another heart-aching scene. At Utica, Michigan, lived a neighbor of mine, Mr. Jacob N. Merrit, a respectable citizen and an enterprizing man, the head of a young and interesting family, consisting of a wife and four children. Rising in the world, he was so absorbed in the cares of business as to preclude the more important work of studying the laws of health and learning how to cure disease. Still he had seen and learned enough to lose faith in medicines and prefer water-treatment in sickness. In the prime of life, hale and hearty, he thought not of soon becoming a victim of a deadly malady, in circumstances that would compel him to die a medical *death*. But so it was. The bloody flux, that dreaded disease, summoned him to a couch of suffering on the eve of the Presidential election, that elevated James Buchanan to a position that better men have better filled—an election that deeply interested him as an ardent supporter of *Fremont*, and it seemed hard to yield a voter's privilege to vote; but harder still to submit to treatment in which he had no *confidence*. But a dire necessity was upon him. I was absent from home. He dare not trust himself or *wife* in the use of water, and must do something in so imminent danger, so he called a physician who owed him a sum of money, probably thinking to collect a debt, at last, and hoping for benefit in other respects, in which he was sadly disappointed. After suffering some time from disease and medicine, I was sent for; having returned, I found Mr. M. in a critical condition of body and mind. His disease was violent, and had been checked by opiates only to create fever, and this had been medicated only to reproduce the flux, thus alternating from one disease to another and sinking with each change, his nervous system prostrated, his mental faculties tottering. I plead, in vain, to be excused from undertaking his case. My infant child had just passed the crisis of a terrible disease—my wife was exhausted by the entire charge in my absence, and duty demanded my presence at home. It was doubtful if I could help him, as probably his neighbors would interfere, and he would again resort to medicine. But he would not be put off. He was fast failing under medical treatment, and looked to me as his only help. His wife, too, so weary with watching, that sleep would fasten her eyelids while standing, insisted on my assuming the responsibility that she could give to no other. It was enough; I would try. I did try; and the calm composure that assurance gave to that troubled household was cheering to my weariness. My wife relinquished most willingly her claim to attention at home, and resumed the night-long vigils there, while I spent the night in wakeful solicitude with my neighbor, administering to his wants, and doing my utmost to stay the destroyer. All save myself and patient retired, the wife sank exhausted into long needed slumber, and the children to their accustomed seat. Solitary and alone, I stood face to face with my foe, contending for supremacy over my patient, and getting up all my resources to hope against hope, and believe against fearful odds, that I should *conquer*. Hour after hour passed in dreadful contest, and scarcely a perceptable change. It seemed almost hopeless, yet I could not falter, for the quiet confiding gaze of my patient ever encouraged me. He doubted not I could raise him up. Why should I? I did raise him up. I gained the control of the disease, and was gradually subduing it. I led him from the bed-room to the sitting-room, rested him in a chair, and returned him, *refreshed*. He could assist *himself* much in the bath, and was over-anxious to get along *further*. This, alas! was the weak point; and it was assailed. A terrible blow came. The eldest child, nine years of age, who had been complaining, but who had not been under my care at all, suddenly died, emitting blood at the mouth. The shock—the rush of friends—the funeral—the grief;—all these I feared would overcome my patient and cause a *relapse*. If before my heart and hands had been full, what

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were they *now?* There was the dead child and agonized mother. There was the sick man weeping;—and there were the enemies of water-cure, reporting that water had killed the child as it would the father under my treatment; and as if, to cap the climax, there was the ordering of the funeral in the house by a sect utterly repugnant to both parents; ordered, too, by a sister to whom had been intrusted this arrangement.

Could my patient live through all this? Could I control these untoward circumstances? Should I abandon the field? I know not what I might have done, but the pleading of the wife and mother I could not resist. She came to me in her great distress, in spite of adverse influences, regardless of scandal that accused me of killing her child, and with all the confidence of a woman's heart, told me that arrangements, contrary to her wishes, were being made for the *funeral*, but "I want *you* to attend the funeral." Leave that matter to me, said I. I will attend to it. She left it to *me*. I had but little time and less disposition to spend now in a ministerial capacity. All my powers were requisite as a *physician*. So I simply called upon the Congregational clergyman, as I passed his house on my way home, and informed him that the family wished to have me attend the funeral and would like to have him assist. The next thing was to arrange matters so as to seclude my patient from noise and confusion, and carry him through the trying scene unharmed. This required my constant presence. I acted as one having authority; excluded all company; conducted a short funeral service, and dismissed the audience with my Rev. friend to the grave, and took myself to the sole care of the sick. I was surprised and rejoiced to find my patient no worse. Strong hopes were entertained of his recovery—so strong that his former physician, satisfied that I had done well, now came in to advise with me (this fact shows the standing of hydropathy here). He thought now that a little more nourishment ought to be given, and that a little stimulating or bracing medicine might be given advantageously. I was inexorable. I neither could nor would allow any medicine while I had charge. I would not be advised as to the quantity of food. I knew it could not then be increased without causing fever. In short, if anything different was done, I should leave. But the weak point was carried. My patient, over anxious to recover, was made to think, in his weakness, that he might gain faster. The doctor still weaker, thought, or seemed to think, his recovery certain, and was willing to take advantage of circumstances to *interfere*. He took charge, gave bracing medicines and more nourishment to bind up—then physic to open the bowels—then the man died. The verdict of the wife was, "You have killed my husband!" Poor woman! Almost distracted from the time I had to yield to interference, her only reply to my inquiries after her husband: "I don't know anything about it." Thus closes the chapter. The man died a happy death; "The happiest day of his life," he said. The doctor got his bill. Your contributor never presented any.

ITEMS FROM ILLINOIS.

A horrid oath uttered one boy chasing a horse, another a hog, and another a cow; and ditto said another neighbor, speaking of boys who had worried his hogs with their dog. Now this state of things seems so horrid, especially as there is so little necessity for it. All this profanity I overheard in a very brief time. Verily, I must think that more than half the cruelty and profanity in the world is caused by domesticating brutes.

I should delight to cut loose from all these associations and surroundings, and with a hundred more or less of those similar to myself, enclose a domain from which should be excluded all domestic animals; and I know of no more favorable place for such a movement than in this vicinity. * * * * * * * No, I would not have even a cow. They are not necessary to my highest health and happiness. * * Well, if they are to yours, everything seems arranged now for what you think your highest good, but give others the same privilege you ask for yourself.

* * * * * * * * * *

How we do differ in regard to the causes of evil, and how few of us probe down to its causes! and our labor and sympathy is spent in trying to *cure*. The trouble is we are clinging to a fatal dogma—the imperfections of nature, which makes this wonderfully beautiful world a pandemonium, and its Author a botch!

O how we lay our sacrilegious hands upon the fairest of nature's works, and impiously attempt to improve what God has acknowledged His inability to make better. It is even one of the greatest insults we can offer a fellow mortal to find fault with his highest and best efforts in art and science. * * I am sure this is a good, beautiful and convenient world; and if every part of it is as abundantly blessed as this, I see no good reason why mankind should not be happy, but with our dispositions and belief, we could not be happy in heaven. Most persons

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are struggling and toiling, either for the gratification of the five senses, or to maintain a respectable standing with their fellows. * * * I have just been reading an excellent article on the (what I should say proximate) causes of evil, but the most remote, who can tell? This part of the subject seemed almost entirely overlooked, which to my apprehension, is by far of the greater importance, unless there is no remedy for it, and if so, why tantalize us with our deplorable condition? * * * * *

We are sick. You tell us to cease violating the laws of nature. But we do not violate them. It is more natural for us to pursue our present course than the opposite. Rather paradoxical, I admit, to assert that it is more natural for us to do unnatural things than it is to do natural, and I do not see how it betters the matter to say, that this is a morbid nature. Well, well I am no reasoner, and yet I do like to say my say. * * * * * *

On the whole, I should really like to know whether the "better day" is dawning. True, streaks of light lie along the eastern horizon, but is it not the reflection of some *camp-fire*, and not the "glorious orb of day?"

I am inclined to the opinion that the "good time coming" has arrived. I am sure it has so far as God or nature is concerned; but most of humanity seems to be asleep, dumb, or bewitched. * * * Wonder if after all there is no way for us to learn only by experience? must we be always bruising our fingers so as to know how it feels after they get done aching?

I sincerely question whether we rationally wish to do things that would much harm us. We are held back a thousand times in childhood from doing that which we desire to, and which would not harm us at all, just because grown up people have the power, and might, you know, makes right, though there is all sorts of subterfuges resorted to, to sugar over this pill. * *

No, I don't wish to pull down society as it is, and I could not if I did. As sure as God lives, it will have its day. I only wish to "stand from under" and let those *boast* who findit fun or profit. * *

* * We live to eat, out here. It's a proper hard place to starve where you can get four pounds of corn for one cent, and every fellow has his pockets crowded with ten-cent tickets. Some of us burn corn, and we think it about as well as to put it into hogs and whisky. H. B.

Hamilton, Ill.

HUMAN FOOD.—No. 4.

BY W. T. VAIL, M. D.

Food as a Remedial Agent

Is the subject we propose briefly to discuss in our present chapter.

As human aliment lies at the very bottom of human life, constitutes its substratum, furnishes the elements of its physical organization, and the materials for the evolution of all its mental exhibitions and moral emotions, so food may be considered as lying at the foundation of all remedial means and agencies in the treatment of disease, and the restoration of the human body from sickness to health.

Nothing is plainer to every well-educated, thorough-going medical man, who keeps his eyes open to the facts and developments of physiological science, and seeks to make himself thoroughly acquainted with the normal activities of the human organism, when left free to work out its own salvation from disease, than the fact that more than one half of all the diseases to which the human family are subject, might be successfully managed, so far as any *special* treatment is necessary, by a skillful, scientific direction of the patient's dietary alone.

The usual grossness of human diet—the large quantities of animal flesh, and especially if the amount of fats, stimulants and irritating spices, of alkalies and chemicals, which enter into it—is not only the fruitful source of disease, but in hundreds of cases is the most effective obstacle in the way of the patient's recovery.

There are numerous cases of disease, in which no possible treatment may be expected to prove of the least avail, so long as the patient continues his absurd, not to say worse than abominable, habits of eating and drinking. Could any one ever think of curing a case of delirium tremens, while allowing the patient a free use of ardent spirits? of curing gout, by furnishing an abundant supply of animal flesh and alcoholic stimulants? of curing a nervous, dyspeptic, half-crazy woman, while indulging her in excessive libations of the tea plant?

So with a long catalogue of human ills, their very life and potency have derived their origin from certain irregular and perverse dietary arrangements, which have grown into *regular habits* with the invalid. Even the most wholesome food becomes not unfrequently a cause of disease, or a hindrance to the patient's recovery, from excessive indulgence, or the injudicious manner or time of partaking of it.

Physicians of all schools, who have been blest with an ordinary degree of common sense, have found themselves constrained to acknowledge the superior power of remedial treatment in *certain* cases of disease, as the chief, if not indeed the sole source, of the patient's hope. Dr. Watson admits that the treatment of the gouty patient "must be remedial," and observes that "many who are liable to gout are taught by sharp experience that a single debauch, a casual glass or two of champagne even, or an unusual

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indulgence in animal food, may suffice to bring their enemy upon them." Dr. Cullen affirms "that any man who, early in life, will enter upon the constant practice of bodily labor and of abstinence from animal food, will be preserved entirely from gout," and that the cause of rheumatism "requires in the first place an antiphlogistic regimen, and particularly a total abstinence from all fermented and spirituous liquors." I might fill this article with similar quotations from distinguished physicians of the allopathic school, whose better sense, had not a perverse training overcome its dictates, would readily have led them to perceive that in hundreds of other cases, besides gout and rheumatism, the treatment should be chiefly regimenal to be successful, and should consist not only in abstinence from animal food and spirituous liquors, but from all unnatural, injurious, or poisonous agents whatever. Had these physicians closely analyzed their own doctrine with regard to gout and rheumatism, they might have easily discovered that the great and only recuperative resource in all nature lies in the innate potency of the organism itself, and that the proper regulation and adaptation of the patient's dietary is the very foundation principle of all medical treatment.

In considering food as a remedial resource, the following particulars are the chief points which will arrest the attention of the practitioner. First, the kind or quality of food; second, the amouut to be partaken of at one time; third, the time of partaking; and fourth, the interval that should elapse between the periods of eating. In treating the sick patient, especially if it be a case of persistent chronic disease, as a primary measure his dietary should be divested of everything utterly foreign in its character, such as stimulants, spices, and drugs, he being allowed to partake only of such preparations as are made up of the true elements of human food. The next step will be to cut off such articles, even though true elements of food, as obviously cause distress or irritation in the digestive apparatus, or any other part of the organism.

Third, to narrow the number of dishes to those only, which are assimilated with facility, whether they seem to cause any distress or otherwise, which rule will cut off all oily and highly sweetened preparations. There will still be left a large margin of most wholesome and palatable dishes for almost every case of disease, and should the patient deem this process somewhat severe at first, he ought to remember that Nature, and not the physician, has established the laws that require it, and that his best development and highest happiness require that he should put himself in harmony with her.

Whether animal food shall be *wholly* abstained from or not, in the treatment of disease, experience proves that in numerous cases the question is non-essential. Be it so or otherwise, in either case, with judicious management in other respects, the patient recovers his usual health. The most enthusiastic vegetarian cannot question so obvious a fact. Yet that there are many cases of disease in which a strict vegetarian regimen greatly facilitates the cure, and a large class in which it becomes indispensable to success, is equally true. That there is also a class of cases in which a sudden change to entire abstinence from animal food is decidedly prejudicial to the patient's recovery, a due regard to truth compels me again in this place to repeat. It is by no means always best to make this important change in diet when the patient is greatly reduced and enfeebled by chronic disease. Some enthusiastic writers on diet seem to have grossly erred on this point, or accidentally to have left it so completely out of view, that some of their readers in attempting to embody their teachings into practice, have been far more damaged than profited. I could refer to marked cases in point, but it might seem invidious to mention names.

The practitioner, therefore, must be guided by his judgment and experience in the arrangement of the patient's diet. Persons attempting to treat themselves at home, may safely be guided by the general principles alone laid down, always remembering that *simplicity* in diet, whether their food be mixed (both animal and vegetable), or purely vegetable, is the great law. Spices, stimulants, and chemicals, must always be regarded as far more injurious than animal flesh. Animal fats and sweets, if indulged in at all, must be used with much caution by the chronic invalid. To substitute these for the better kinds of animal flesh, is a poor exchange. It is true that both oleaginous and saccharine matters, are among the proximate principles that constitute true human food, and are essential to human life and human health. But it is also true that these are found in the best combinations for human use, in the fruits, grains, and vegetables.

The amount of food to be indulged in at one time will vary greatly according to the patient's condition, ranging all the way from a tea-spoonful of some bland fluid, to a full meal of solid aliment. The interval between

PERIODS OF EATING

is, however, a more important matter in the treatment of the sick, than almost any other.

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We may reduce the patient's diet to the most unobjectionable quantity. We may reduce it in quantity to rations that will usually be considered absolutely on the starvation order, and yet if he be allowed to eat thrice, or even twice daily, his diseased conditions will sometimes be continued, in spite of the best medical treatment. There are obstinate cases in which nothing short of absolute rest of the digestive organs will prove of any avail. There is such morbid sympathy between the digestive organs, and the peculiar manifestations of disease, that the irritation of the smallest quantity of food serves to stimulate and maintain the status of the disorder. Fasting for a whole day, for two, or three, or more days, is often the most appropriate and most powerful, as well as most beautiful remedy that may be employed.

A case in point. A few years since a young lady in my employ came to me with a swelled ankle. It had quite suddenly become lame, and painful to walk upon. The case was one called in the books Erythema Nodosum, which is said to attack more commonly young women than other persons—a disease strongly resembling erysipelas. For one week I treated her with packs, wet bandages to the affected part, and all of the appliances of the hydropath I could think of, as suitable, including a spare diet, but all to no purpose. The disease was only a little worse at the end. She became discouraged and applied allopathic treatment. For the next week she took medicine as faithfully, but with the same result, only coming out a little worse at the end, having lost all use of her foot, and was more discouraged than ever. I then promised her if she would follow my directions faithfully for one week, I would pledge her a cure. She readily consented. She took no food till the seventh day, and with this treatment *alone*, resting most of the time in bed, she was perfectly restored. The great demand of the aystem in this case, was to be let alone, and to have the nutritive functions suspended until the natural balance of the organism could be restored. I have known young girls to be afflicted with this disease and lose the use of a limb for years, their physicians, meantime, dosing them with drug poisons, when a single week of let-aloneativeness of this absolute kind, would no doubt have restored them at least to a convalescent condition. Pa and Ma would have been frightened, undoubtedly, and grandma would have gone straight into hysterics had the doctor hinted at the idea of fasting *absolutely* for even a few days; yet had this grand secret of the case been perceived and made practically available, a long course of suffering and inconvenience might have been easily avoided. On the other hand, it would be proper for me to state in this connection, that I have known persons, in attempting their own treatment, to injure themselves by fasting, especially when they have coupled with this measure all the appliances of the hydropathic art they could think of. Few patients can endure rigid fasting and powerful water-cure processes, at the same time. Doing too much has ever been the great bane of medical treatment, and the hyigenic mode has suffered and is now suffering not a little from this same error.

Few sick people can take food advantageously, oftner than twice a day. That half-active, laboring men and women can eat with impunity thrice a day, has nothing to do with the matter. From 6 to 8 o'clock, A.M., and from 1 to 3, P.M., are the proper seasons for meals for all invalids and sedentary persons, *strictly observing* a particular hour. Many invalids will find it greatly to their advantage to partake of food but a single time in 24 hours. There is too much irritability in the digestive organs, to eat oftner. Nothing can be worse, in many cases, than the repeated irritations which eating produces; better to eat a tolerable meal once a day, than two or three small ones, even though the same quantity of food should be taken at the one meal. The stomach becomes in some cases so irritable under the abuses of repeated eatings, that it refuses to retain food. In such cases all sorts of medicating are frequently resorted to to make the refractory organ give up its foolish freaks, but to no purpose. Not long since a patient of this description came under my care, who vomited regularly after every meal. After absolute fasting for 24 hours, I gave her a single wafer made of unbolted bread and water; no vomiting ensued; 24 hours after I gave her two wafers with a like result. The next day she took two wafers for breakfast, and two more for dinner; no vomiting.

She soon came to full meals of bread and fruit, twice a day, with not only her vomiting, but many other untoward symptoms gone. This young lady had been several months trying to accomplish this desired end in vain. My subject is too fruitful for single brief article for this journal.

A country paper, in recommending early rising, says:

'Morning interviews with nature are delightful. 'Susan,' said a young lady, 'when you kindle the fire to-morrow morning, open the window, so if nature wants an interview, she may come in and have it.'"

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THE MUDDLE OF THE TEETOTALERS.

We doubt if there was ever exhibited on the earth a more perplexing puzzle, or a great scientific muddle, than that of the teetotalers concerning the relations of alcohol to the living organism. Chemists and physiologists utter the most absurd theories; pathologists and therapeutists are continually contradicting each other and themselves in all possible ways; the whole medical profession is in utter confusion, and the experiences of individuals are as inconsistent as imagination can conceive. It is not easy to state a more nonsensical proposition than that which affirms that alcohol is, in the language of the Materia Medicas, "a caustic and irritant poison," and at the same time, a "supporter of vitality." No such reasoning was ever applied to any other thing. Arsenic, antimony, mercury, Spanish flies, the rattlesnake's virus, the venom of the mad dog, the contagion of the small-pox, the infection of the asp, and a multitude of banes and baleful things are classed as "caustic and irritant poisons;" yet, with the single exception of alcohol, no one has ever thought of regarding them as "restoratives" or vitalizing agents. Wherein is the delusion? Has nature made an extraordinary exception? or committed an egregious blunder? or is the scientific world laboring under a grand mistake?

The temperance cause is "progressing backward," and its friends cannot tell why. It is crushed to earth, but its leaders know not how. Its organizations are paralyzed everywhere, yet their officers understand not the rationale. Its proceedings are thwarted on every hand, yet no one can explain the mystery. Behemoth laughs its efforts to scorn, but its well-wishers can only gaze in idle wonder. A Juggernaut rolls over it, yet no one can comprehend the phenomenon. Temperance orators, and Christians, and musicians preach, and pray, and sing, yet alcohol deluges the land. The men, and women, and children, sign the pledge, but some invisible agency erases the second. Legislatures enact laws, but they are neutralized by the officials; statutes are made, and by some strange influence repealed. The Goughs, the Matthews, the Hewitts, the Beechers, the Chapins, the Jewetts, and a host of brilliant and good men, thrill the world with eloquence, move the heart with appeals, and convince the judgment with logic, but there is some strange spell, some adverse influence more potent than all. The groggeries flourish; the prisons are filled; paupers increase; rowdyism is rampant in every city; delirium tremens rages; wife-murders grow more frequent; the army of moderate drinkers is swelling; the depraved images of God are going more rapidly down to drunkards' graves; and, worse than all, the legions of vagrant children are increasing in the land. Who has the mind and opportunity to fathom this thing to its bottom? Who has the heart and soul to meet the issue which a solution of this problem presents?

The great obstacle to temperance reform is the *false doctrines of the medical profession*. Until these are reformed, the temperance cause can never prosper. Nor should it prosper. Unless it is based on truth, it ought not to prosper. If the doctrines taught by the medical profession are true, the rumseller is right. If the temperance doctor finds alcohol necessary to sustain vitality and restore health to feeble invalids, then let the grogshops be as free as the drug shops. The whole world is disordered. No one is perfectly healthy. All are liable to sickness. Every one is feeble, frail, exhausted, fatigued, debilitated, exsanguinated, infirm, depressed, in greater or less degrees at different times; and if alcohol can "impart vitality," or "support vitality," or in any manner aid and assist nature, it is the universal panacea, the veritable "elixir vitæ." Go it, Paracelsus!

We are tired of this war upon the rumseller, when public sentiment demands, sanctions, and justifies his calling. We have no heart for quarreling with public sentiment when it only reflects the teachings of what the world recognizes as medical science. Our issue is with principles, not persons. So soon as we can establish the true doctrine in the minds of men, there will be no rumsellers nor rum-drinkers to quarrel with. As we understand the subject, and have long understood it, the success or failure of the temperance cause depends on the settlement of a single and simple question: "Is alcohol useful as a medicine?" The issue between the friends and foes of the temperance cause is reduced to a plain *yes* or *no*.

But here is the practical difficulty. The unprofessional people *cannot* debate this question, and the medical profession *will not*. Whenever the time arrives that the medical profession is forced to meet this issue on scientific grounds, the temperance cause will triumph. Until then the temperance doctors will be the allies of the rumsellers, and the cause will continue to be a series of victories and defeats.

In our letter to Delavan, in our January issue, we suggested the idea of a Temperance Convention, for the sole purpose of settling, or at least discussing, the question of alcoholic medication. One such convention, under the auspices of influential men, who could compel the medical profession to bring forward its best champions

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would do more for the cause, than all of the temperance people of all the earth can accomplish for it in a century, so long as this discussion is ignored.

The *Principia*, in republishing our article remarks:

The writer of the above, perhaps, is not aware, or did not remember, that there were, at one time, some hundreds of flourishing Temperance Societies, in this country, on the pledge of total abstinence from the medical as well as the common use of alcohol. The "teetotal" pledge, as distinguished from the original pledge of the American Temperance Society, excluded not merely fermented liquors, but alcoholic medicine, also. So great was the public interest in the subject, that prizes of $300 each were awarded to Dr. Muzzey and Dr. Lindsley, for their two Essays against alcoholic medicines. Among the adjudicators were Dr. Sewall, of Washington, Dr. J. C. Warren, of Boston, Prof. Silliman, sen., of Yale College, and others. After several years, Mr. Delavan procured the republication of one or both of the Essays, and expended a large sum (we think, $10,000) in the gratuitous circulation of them. In an evil hour, however, the leading Temperance men, of both schools, the Conservatists and the Radicals, effected a compromise, in which, for the sake of uniting their forces against the wine, beer, and cider, the pledge against alcoholic medicine was thrown overboard. From that fatal day, the Temperance cars have been running off the track, and dragging heavily, till they have now almost come to a full stop.

Dr. Trall's argument, we think, goes more thoroughly to the root of the evil, than those who have preceded him. He is not content with maintaining that alcoholic medicines may be dispensed with by the use of substitutes. He denies that they are useful, or otherwise than injurious. We incline to think him correct in this, also.

Precisely so, Mr. Grodell. We wish to apply the axe of reform *exactly* to the root of the evil. *Why* was this "compromise" effected. If the doctrines taught in the standard works on Chemistry, Physiology, Pathology and Therapeutics, and *admitted* by Warren, Sewall, Carpenter, Murrey, Lindsley, and other authors of "Prize Essays on Temperance," are true, the compromise was right. If untrue, the compromise was wrong. And so we come again to the primary question, *are these doctrines true or false?* This is the sole issue, and this is the question we will discuss with any medical journal in the country, if we can have the opportunity. Can we have it?

"LET THERE BE LIGHT."

DEAR HERALD: In obedience to the injunction, "Let there be light," you will be glad to learn that I am spreading the light in the capacity of a traveling "Herald of Health." The people are everywhere perishing for want of that light which will make them wise unto physical "salvation." They are sick of being *drugged*, and are glad to learn there is a better way.

They listen with great attention while I tell them what their drug doctors have done and are doing for them. They weep when I tell them how their darling children are slain upon the altar of "*Medical Science!*" The young and the middle-aged pause and reflect, when I tell them that their infirmities were caused by their own physical transgressions, aggravated by the worse transgression of dosing and drugging, instead of seeking the cause of their sufferings, and avoiding it in the future. The drug doctors listen and say, "She understands her subject well, but we can't endorse it all, and would be glad to have her make some things a little *clearer*." But they do not ask me to do it, and if I did argue the matter with them, I should have a majority of the people on my side. I believe they think I am a dangerous person to "be around."

Our cause is a glorious one, and will not have a chance to rust out, so long as there remains on the earth a man or woman who is suffering from a false physical education.

'Tis a great work for us *to unteach* the people, and then teach them that it is their duty to obey and live, not disobey and die. Slowly, but surely, the clouds of error are breaking, and the sun of righteousness is sending his healing beams into the homes of thousands of suffering mortals.

Have faith, then, O ye weary and faint-hearted. Remember that faith with *works* will accomplish mighty things. This is not merely *our* cause; it is God's cause; and He through us "shall turn many from darkness unto light," from "serving Satan unto serving God." "The rough places shall be made smooth," and the desert in many a home "shall blossom as the rose."

But the great need is public teachers. I wish that all our graduates who have any "talent" for public speaking, would enter the field at once. You need not wait to have a special call to lecture in a certain town, but take your documents and start out among *strangers*, and your fame will be heralded, and your "calls" will neither be *few*, nor *far* between. So far as I know, *ladies* succeed better in this field than gentlemen.

If a woman is announced to lecture, people will attend from mere curiosity; if they are interested, they will come out again in large numbers. I testify what I have seen. People who have never before heard of our mode of practice, call for physicians of our school. In every

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town where I have lectured I might have had a good practice to commence with, and have been invited in many places, to "put out my shingle." But I cant stop to do that—my mission now is, to get the people awake, and then find some one to "start up" from this region and "go to Dr. Trall's," and have him "make a Doctor" of them as soon as possible. Let the good work go on, and may scores of teachers emerge from our *Alma Mater* every year.

Now dear Herald, permit me to congratulate you. I think you are in *every respect* much improved by age, and my prayer is that you may continue to be in word and deed a Herald of Health to the people.

Oh, cease not your teachings until the end of time; cease not to "comfort the believer," and warn the sinners, that if he turn not from his physical sins, the justice of God will be upon him—yea, that it is already upon him.

It has been about eight years since I first made your acquaintances; you have been "weighed in the balance," and found "not wanting." You found me the companion of dyspepsia, liver complaint, a severe throat difficulty, and a cough that friends declared was fast leading me into consumption. But, thanks to your teachings, and a kind Providence which led me to the healing waters, and there taught me that if I would be healthy, I must obey the Divine laws which nature had implanted in my constitutions, I chose to obey, and live; and now, accidents excepted, I don't see why I may not live to a "good old age."

God bless you kind Teacher, and may you continue to scatter the seeds of truth, until it shall be known to "earth's remotest bounds" that "The year of jubilee has come."

The next time I write I will tell you where I have been, and some incidents of travel.

ELLEN H. GOODELL, M.D.
GRANITE STATE HEALTH INSTITUTE, Hill, N. H.

FARMERS' WIVES.

A dull, dreary road of drudgery, year in and year out; a monotonous life of cooking, washing, scrubbing, patching, darning, mending, sweeping, dusting, alterring, fussing; an interminable routine of Springs, Summers, Falls, Winters, with incessant and non-intermittent, and weary toil at all times; a mazy, interblended whirl of moments, hours, days, nights, weeks, months, years, hens, geese, ducks, pigs, cows, cats, dogs, servants, help, babies, doctors, nurses, losses, crosses, vexations, fretfulness, early decline and premature death—such is the destiny of farmers' wives. Exceptions there are, but we have indicated the general rule. And yet this vocation, on the whole, is not more oppressive and crushing to woman, more wearing to body and tearing to soul, than are most other positions and avocations which are allotted to or enjoined upon woman in civilized society. But this history and destiny are unnecessary. They bring no good to either or man woman. They are runious to human nature; and all results from a false and vicious system of agriculture.

Usually the farmers' wife has little time for recreation. Rarely has she sufficient time for rest. When the farmer is fatigued, he can lie down. If he is unable to accomplish his task to-day, he can postpone it till to-morrow. If he has extra work he can employ extra help. Not so with his wife. The meals must be provided, the beds made, the clothing repaired and cleaned, the children dressed and cared for, all things kept in order with the precision and regularity of the rising and the setting sun. Her *work* must go on with the clock, let what will become of her. *Her* duty must be performed as though she were a machine, driven by a mechanical force, instead of a sensitive and perishing mortal, whose tissues require constant repair and renovation, for which rest is indispensable. And when sickness prostrates some member of the family, who but she is expected to do the extra duty of watching, nursing, etc? Who can so well soothe the suffering child, understand its complainings, and supply its needs as the mother? And, added to all this are the cares, pains, the responsibilities, the struggles, and not unfrequently the agonies of maternity. If she becomes feeble and sickly, from overwork, she cannot stop to rest, to recruit. Come weal or woe, come life or death, she must toil on. Through the periods of gestation, and lactation, while nurturing another; while imparting her life-elements, her very body and soul, to the sustenance and development of an immortal being, she has precious little respite from hard, exhausting, drudging toil. How can she, under such circumstances produce such offspring as human beings ought to be? If she is weak, sick, sore, inflamed, feverish, depressed, troubled in spirit, anxious about many things, deprived of normal sleep, the offspring must partake of her conditions. This is the law and the orders of nature, and no recklessness or thoughtlessness, no depravity or ignorance, on the part of parents or others, will avert the evil consequences of disregarding them. What farmer would allow his domestic animals to bring forth after their kind, under the same unphysiological conditions? He would revolt at the thought. He would conceive it an insult

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to his common sense to be told that, the breeders of his domestic animals ought not to be fretted, worried, worn down in body or in spirit. But how little he thinks of this principle—which pervades all the universe of life and being—when applied to the bearers of the human race The mother of his children may be sick or well, comfortable or miserable, overtasked or rusting from inertia, plethoric of diseases and humors, or worked down to a ghastly skeleton, and the children may take their chance to be well or ill-formed, comely or depraved, human or inhuman, miniature Christs or incipient Neros, as it may happen. If our farmers would apply as much science to the conception and development of their children, as they do to the production of horses and cattle and the cultivation of turnips and cabbage, we should have a different sort of a rising generation.

"And the world would be the better for it."

To prepare or superintend the preparation of three meals a day, with the customary combinations of meats, gravies, vegetables, pastry, puddings, sauces, toasts, fries, stews, poaches, soups, broths, cakes, sweetmeats, &c., &c.; to be ready at all times for calls and company; to fix for the semi-occassional tea-parties; to get up something extra-nice for the minister, the doctor, the judge, the cousins, the husband's company, or the children's companions, and to be always on hand for the chance customer—are not these enough to keep her trembling limbs and distracted brain in a condition both unwholesome and unamiable, and sink her down to the grave, at the period which beneficent nature has assigned for her full bloom of health and beauty; which nature has ordained as the season for her greatest usefulness and highest happiness?

Full three-quarters of all the domestic labor that woman performs is useless—worse than useless. It is pernicious, destructive. Hundreds of thousands of women and girls are condemned to stitch their lives away in some dark cellar or dingy garret, in order that others may flaunt in flounces and laces, and become carications on what God intended woman should be. And so, too, the toil of the farmer's wife, which aims to make her household happy and comfortable, only serves to damage all. One-quarter of her present amount of work, judiciously directed, and rendered subservient to real needs, instead of the artificial wants, would provide a more wholesome dietary. A right system of agriculture would have grains and fruits to take the place of pigs and poultry; and the choicest vegetables to be substituted for butter and cheese. The saving of labor, and of the most depraying and repugnant kinds of labor, would be immense. Indeed, the whole system of "domestic economy" would become as playful, as sportive, as healthful, as enjoyable, as the "new gymnastics;" and then both farmers and farmers' wives would find themselves among the most favored persons in the world, and their occupation more conductive to vigorous health, long life, high development, "elegant leisure," and mental improvement, than any other that can be named. The present system only ravages the earth and destroys the producers. The true system would but cultivate the earth and develop the laborers. Nature never intended that the wives of the cultivators of the soil should be the drudges, but the *ladies* of society. Their lot should be cast among "roses and posies." Fruits and flowers should be the special objects of woman's care, and the associates of her children, instead of domesticated brutes and the scavenger swine. When the principles of Hygiene, as taught in the New York Hygeio-Therapeutic College, are applied to the cultivation of the soil, as they are beginning to be applied to the development of the human being, the fortune of the farmer's wife will be enviable instead of pitiable. Labor will then be truly ennobled, and the laborer will reap the reward of his toil, for toil itself will be pleasure.

REPORTS OF CASES.

By E. P. MILLER, M. D., No. 15 Laight street, New York.

CASE NO. I.—INCIPIENT CONSUMPTION.

Mr. E. J., from a wholesale dry goods establishment in Franklin street, New York, came to the Institute for treatment Sept. 15th, 1862. He is a single man, about 27 years of age, had always been well. About four months previous, he was out "on a spree," as he called it, went home about 1 o'clock at night; the weather being warm, he put up the windows of his room, undressed, and threw himself upon the bed without clothing over him, and fell asleep, the consequence of which was, he awoke towards morning with a severe cold and chill. Being in a perspiration at the time he went to his room, and lying down without the protection of the bed clothes, the body being in a passive condition, all activity being suspended by sleep, the external perspiration and depuration were suddenly checked and thrown upon the internal organs, which were thus overburdened with labor.

A constant cough ensued, with soreness of the chest, and great difficulty of breathing; breath short and hurried; a sense of oppression about the upper portion of the lungs, and loss of

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strength followed. These symptoms, with the addition of a slight expectoration, continued to increase till he entered the Institution On examining him, we found all of the above symptoms with a pulse of 110, a loss of more than 20 pounds in flesh, inability to take much exercise, inability to go up stairs without great fatigue and difficulty of breathing, appetite poor, bowels irregular. A physical examination showed dullness on percussion at the upper portion of both lungs, being more marked upon the right side, well marked bronchial and vesicular respiration, the expiration being longer and more marked than the inspiratory, the sounds of the voice heard when placing the ear as a stethescope to the chest, were quite distinct and near the ear. These physical signs, together with the symptoms before mentioned gave pretty conclusive evidence that there was considerable infiltration of effete matter into the air cells of the lungs, which was fast forming into tubercles.

Previous to coming here, he had been under the treatment of the best Allopathic Physicians in the City; but "was no better, but rather grew worse."

Through the persuasion of one of his customers who had previously been a patient of ours, he was induced to try the "Water-Cure," having but little or no faith that it would be of any benefit to him. He was under treatment only five weeks, and at the end of that time he said he "felt as well as he ever did in his life." He gained several pounds in flesh in that time. His cough and pain in the chest were entirely removed. His pulse was reduced to eighty-five per minute, his appetite increased, his bowels became regular, and he had gained so much strength that he could walk, or run, or go up and down stairs without difficulty.

We gave him for treatment the wet sheet pack every other day at 6 o'clock in the morning, for forty minutes, followed by the half bath at 85° the alternate mornings; the spray at 85° in the afternoon; at 5 o'clock, the sitz bath at 80° for twenty minutes, followed by manipulation to the chest and abdomen five or ten minutes. He took several vapor baths during his stay each at 10 o'clock. Being a business man he went to his store every day, and as a general thing he did not come to his forenoon baths. As it was more convenient for his business we allowed him to take three meals a day, eating a very light supper. After he had taken treatment as long as he felt any necessity for it, he remained for several weeks as a boarder. He is now well and in active business. Had he kept on taking drugs and stimulants and living as he was when he came here, he would long before this, I have no doubt, been a hopeless case of consumption.

Very many cases of Tuberculosis might be as successfully treated, if they would put themselves under the proper treatment while they are in the incipient stages of this disease.

Persons who are often troubled with a dry racking cough, with or without a slight expectorate following it, a slight pain in the chest, a sense of fullness and oppression about the lungs; a difficulty in taking a long breath which generally increases the pain or agrevates the cough; all or even a part of these are premonitory symptoms which must be heeded if the persons having them wish to stay long upon this planet.

CASE NO. V.—ACUTE RHEUMATISM.

Mr. J. B., from Syracuse, a man about fifty-five years of age, a tailor by trade, had severe attacks of acute rheumatism and came to our cure for treatment, Dec. 13th, 1862. He was in feeble health at the time the rheumatism commenced; this, with his being somewhat advanced in life made his case a very difficult one to treat. At the time of the first examination he was not only suffering intense pain in his knees and shoulders, but was under great depression of spirits, and had many doubts in his own mind about his recovery. I presume he asked me more than a dozen times if I thought we could save him, and it was too or three days before I could fully satisfy him that there was no danger of his dying, although he had the fullest confidence in our treatment and was fully convinced that we could cure him if any body could; yet he was so depressed in spirits that the idea seemed to haunt him that he was in great danger of dying. He had a good deal of fever; pulse 105. Skin hot, tongue covered with a dark yellow coat, breath fetid, the excretions from the kidneys were scant, bowels constipated. No appetite for food, but he was quite thirsty. As is our custom in such cases, we did not give him any food, for the first four or five days, after which we gave him Graham gruel, rice, hominy, baked apples, &c., in small quantities, till he was able to go to the table.

The treatment of course we changed as symptoms and the circumstances required. We gave him a few vapor baths, several half and sitz-baths, (all tepid,) and several sponge and head-baths. Wet compresses were kept wet upon the inflamed joints; as the pains were of the shifting character, these were changed from one part of the body to another as the seat of the same changed. These were only palliative and were applied tepid or cold, just which were most agreeable to the patient. After he had been under treatment about ten days there appeared upon the outer aspect of the shoulder

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just over the coracoid process what we supposed at first a large boil, but which developed afterwards into a very large carbuncle, so large, indeed, that it would take a common-sized pint bowl to cover it; it was very painful, and I presume discharged more than two quarts of matter before it healed. To this we applied cold wet compresses with several douches, till it came to a head; after this we used tepid water entirely. His rheumatism gradually disappeared as the carbuncle developed; in spite of all this, he was able to sit up and be about his room before the end of the second week, and the third week he was able to go to the dining-room for his meals. He left the establishment at the end of the fourth week; he was entirely relieved of his rheumatism; his carbuncle more than half healed over, and with his flesh and strength gaining rapidly.

I shall endeavor, in these reports of cases, to give the readers of the HERALD OF HEALTH as concise and correct statements of the way we treat our patients here as I am capable of doing, and if they can get any ideas that will be of any use to them in treating similar cases, I shall be thankful. I would say to those who are not familiar with this method of curing disease, that in no case do we ever give medicines. If any doubt the correctness of our statement, we will give the name and address of the patients, and they can correspond with them and ascertain the facts in regard to the case from the patient's own statements.

Capt. G——, the case of diarrhea and yellow jaundice, reported in the January number, called on us last week; he is looking finely and has remained well of the difficulties for which he was here under treatment ever since he left. He came here a non-believer in our system, but is now, as he says, a "thorough convert."

[For the Herald of Health].

DISCORD AND HARMONY.

Say, ye wise ones, why is it that "man never is, but always to be blest?" No matter how pleasant the weather, and how abundant the crops, "it isn't as it used to be when I was a boy,"—too hot or too cold, too wet or too dry—why, bless your grumbling soul, beauty and abundance are falling on and around you like summer showers.

I am thinking that man is a sort of amphibious animal. Take a healthy, active child, and it seems to run to the water as naturally as a young duck. But, dear me, little one, what a spanking you'll get if you soil your nice clothes.

* * Children's rights are no more regarded than the rights of any other weak, sensitive creature; for, moralize as we may, might makes right in our boasted land of freedom. 'Tis as the sparrow said to the worm, and the kawk to the sparrow, and the hunter to the hawk, "Wretch! hold thy tongue, for thou art weak and I am strong." How often a parent or teacher chastises a child for their good (?) when it would not be thought of, were the child equally as large, strong, and tyrranical. * *

"Spontaneous perfections of nature." Harping on the old string. Well, I don't see as progress, improvement, or what not, will ever amount to anything until we do admit that "the image of God, in infancy, has naturally as much sense (or instinct) as a young calf.

"John, take the old mare and go down to Cinder's shop, and get her shod all round. Bring home the wagon, if he has got it ironed, and the big barn door hinges, and that long, slim butcher knife to stick hogs with. "Steeboy, there!" Confound Slack's unruly stags, they have torn down three panels of fence, and have let all the cattle in the settlement into the corn."

"Eliza, what are you doing out there?"—"Feeding the hogs." Where's your mother?"—"Milking." "Where's Mary?"—"Helping Moses rub some liniment on the lame mule's leg."

"Verily, man enslaves, and is yet a slave to brutes." * *

"But don't you use animals, and eat their flesh and products?" Certainly. Circumstances beyond our control make us mostly what we are. A perverted nature leads to many abominations; but *being* in a mud-hole don't prevent me from *seeing* dry land. * * *

Profess to be very tolerant; am quite willing all should live as they think to be for their highest good. I only demand the same indulgence; have but little hope of the world or humanity, while so much is done to *cure*, and so little to *prevent* its ills and evils. * * *

Can I blow back "old boreas" with my breath? or dip the Mississippi dry with a tin cup? No; but ten thousand of us could raise quite a breeze, and make a powerful splashing.

FAITH! FAITH! FAITH! in nature, and faith in nature's God are weak. We tremble at the inevitable. We wish, Oh! how we wish to counteract necessity. We go to others for light and strength, when they have nothing but sympathy or deception to impart. But we must not expect sympathy, or even toleration, perhaps, from those who are not like us; but we might reasonably hope for a "wide berth," I should think, and to be left alone in our glory or shame.

* * * * * * * *

I *know* that harmony, happiness, joy, and glad-

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ness, must and will beam upon all that follow the highway revealed to me.—Don't you, fellow traveler? But our backs are together; the blue mountains, and the misty roles are before us, reposing in peace, plenty, purity and justice—for justice is greater than all—and still we are gazing in opposite directions. Then, why should we wrangle and quarrel? We cannot face about and behold the same scenes. My narrow way to heaven and happiness may be your broad road to hell and misery. Here, then, let us part in peace; though our paths may lead directly from each other, we may still have the consolation that "extremes meet."

* * You may expect to reach the promised land through sorrow, penance, and the atonement of another; and I may expect to reach it on a thornless path, answering personally for every crime committed. You may *beg* for mercy, while I only *demand* justice. * * *

Why try to love that which we naturally dislike? Why *try* to make harmony where nature *will have* discord? Why try to conform to other's views and feelings, when to do so we must sacrifice all that we feel to be pure and holy? There is no necessity for it; we certainly must be more than duplicated. Harmony prevails among all animals that are alike; and combinanation gives strength, symmetry, and happiness.

From this point, simple though it may be, humanity must start, or in sin and wretchedness it will continue to wander as it ever has done.

Hamilton, Ill. H. B.

BRIEF NOTICES OF LECTURES.

Since our last issue, we have been favored with several excellent popular lectures on the free lecture course in the College Hall.

The ninth lecture was by Professor Redfield, the noted physiognomist, who has done so much to place his favorite theories in their present position as a science. His lecture was listened to, throughout, with marked attention. His illustrations of the imprints nature has given to the features and habits of human and animal life, were very interesting, and evinced much thought and study on the part of the speaker.

The tenth lecture was delivered by R. R. Roberts, who has earned, by his efforts in behalf of the cause of Health Reform, the title of the Hygienic Soldier. His lecture was on the war, as seen by a soldier—a review of its causes, effects and probable results. At the close he paid amerited compliment to the American "Florence Nightingales" who have done so much to smooth the pillow of the sick and wounded soldier and to suggest, and secure so many improvements and necessary comforts, which none but a woman can accomplish in the sick chamber. This sentiment received the universal applause of the audience.

The eleventh, and one of the best of the course, was by B. B. Childs, Quartermaster of the Regular army, on Governor's Island. He is an eloquent, interesting and practical speaker; and every person who is so fortunate as to hear his lecture on "Cares and Comicalities of Camp Life," will be both interested and instructed, and be stimulated to do more to lighten the burdens of our soldier brothers. We give a few extracts from his lecture, in the Soldier's Department.

The twelfth was a very interesting essay, by Mr. Dunn, of the *Commercial Advertiser*, on "The True Political Ethics," followed by a rythmical and laughable description of "General Tom Thumb and his bride," a *little* subject, but one which has created a great noise for some weeks. The closing was an ingenious burlesque on the "Constitution as it is, and the Union as it was."

The thirteenth was an excellent descriptive lecture on "Naples," by Capt. Codman. All were pleased. The word-pictures presented of the city—its ruins, the scenery, Vesuvius, &c., were excellent, and worthy a larger audience than our Hall will accommodate; but, as he delivered it expressly for the benefit of our own family, and requested reporters to make no notes for the press, we must forbear, at the risk of the Captain's disapprobation.

The last, by Geo. W. Bungay, "Rhyme Pictures of Great Men," was, as all of his lectures are, intensely interesting, practical and instructive, and clothed in such language that the more refined were delighted, and the less cultured edified.

WOMAN.—Do you love her? Has she left home, her parents, her sisters, brothers, her friends, all, all for you? Do you love her? has familiarity induced you to carelessness? have you forgotten the vows you made her before heaven's tribunal? have time and the troubles incident on all life made her physically less favorable in your eyes? have you forgotten that her youth, her hopes, her aspirations for that sphere that all honorable women covet, were pledged to you? and have you cherished her, and are you still to her all in all? If you are, then she is happy, and you have acted a part to be applauded by your fellow men, and you will receive one day your recompense of reward.

But, on the other hand, have you become satiated? have you forgotten the being you swore to cherish? have you left her to her own resources, and by your continual absence caused her to pine in solitude, like a meek, yet gentle sufferer? If you have, remember, oh, man! you will one day pay the penalty of your neglect.

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THE NEW GYMNASTICS.

THE PANGYMNASTIKON.

Dr. D. G. M. Schreber, Director of the Medical Gymnastic Institution at Leipsic, has published a work entitled THE PANGYMNASTIKON, which has been translated from the German by Dr. Lewis, M. D., proprietor of the Essex Street Gymnasium, Boston, and republished as a part of an excellent work by Dr. Lewis, called The New Gymnastics; and we take pleasure in stating that we are indebted to the politeness and liberality of Dr. Lewis for the use of the cuts with which this and the succeeding articles will be illustrated. We may remark, also, by way of preface, that Dr. Lewis, by a number of ingenious inventions, and a systematic and beautiful combination of the various methods of gymnastic and calisthenic exercises extant, has given a new and vigorous impetus to physiological education. This system is being rapidly introduced into our public schools, and even into private families, while a number of graduates from his school are teaching classes in various cities and villages. The "New Gymnastics," or "Light Gymnastics," or "Parlor Gymnastics," as the system has been variously termed, are now taught in our Hygienic College, and a very healthful and entertaining, as well as profitable feature in our educational programme.

As Dr. Lewis said, in a lecture before our medical class, we do not like this hard technicality, "*Pangymnastikon.*" But it means, as defined by Dr. Schreber, "All gymnastic exercises brought within the compass of a single piece of apparatus, as the simplest means for the complete development of muscular strength and endurance." It is explained in the following paragraphs which we copy from Dr. Lewis' work:—

ADVANTAGES OF GYMNASTICS.

What the primary school has accomplished for the intellectual life of the nation, the gymnasium is achieving for its physical life. The primitive and aimless field-sports no longer suffice. The intellectual life of the nation having reached a higher plane, system and science are demanded for its physical development. Besides, the demands made by a higher mental culture are so manifold and absorbing, as not to allow sufficient time for the primitive exercises which belong to field-sports.

THE PANGYMNASTIKON.

In this work, it is my purpose to present the claims and elaborate the uses of the *Pangymnastikon*, so called, because it possesses the advantages of all other apparatus and modes of exercise. Holding the position of president of one of the oldest and most advanced gymnastic clubs in Germany, and deeply impressed with the importance of constant variety and change in apparatus and exercises, I offer the Pangymnastikon, not as a full response to the public demand, but as the most complete "multum in parvo" in the gymnastic field, and as most admirably adapted to the wants of those who cannot avail themselves of the advantages of a gymnastic institution. To all such it is a God-send.

SPECIAL CLAIMS OF THE PANGYMNASTIKON.

It is comparatively easy to devise gymnatic exercises which shall interest a social class, enlivened by music. But what shall those do, who, finding it inconvenient or disagreeable to visit the gymnasium, would cultivate muscle and vigor at home? In the absence of social stimulus and music, the exercises themselves must possess peculiar fascination. If, in addition, they bring every part of the body into varied action, giving the left arm, shoulder—the entire left half of the body as much and as varied exercise as the right, we should have the model home gymnastics.

The Pangymnastikon meets these indications more successfully than any other apparatus yet devised. While the first exercises of the first series are simple enough for children, the last exercises of the last series are beyond the reach of all except those who have a favorable composition, ladies and many others, who would carry on the whole work at home, this invention is the most complete means imaginable.

DESCRIPTION OF THE PANGYMNASTIKON.

Two large hand rings suspended from the ceiling by ropes, which, running through padded hooks, are carried to the walls. Two other ropes extend from the walls directly to the hand rings. A strap, with a stirrup, is placed in either hand ring. By a simple arrangement on the wall, the hand-rings are drawn as high as the performer can reach, or let down within a foot of the floor; or at any altitude they can be drawn apart to any distance. The distance between the stirrups and rings can be likewise varied. The usefulness of the Pangymnastikon depends upon the facility with which these changes can be made. The rings must be raised, let down, drawn apart, the stirrup straps changed, or removed altogether from the rings, each and all with a single motion of the hand, and in a moment. There are various simple mechanical contrivances by which these multifarious changes

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can be made. An ingenious mechanic can scarcely be at fault. I will suggest that in splicing the ropes into the rings, the splice should be long and drawn close; else giving way, an unpleasant surprise may occur. The ropes should run through strong, padded hooks at the ceiling, which are fastened on the upper side of the timber with thick nuts. The fastenings on the wall must be made secure. The rope with which the rings are separated, should be armed with wrought-iron rings, which have been firmly lashed into the suspension rope, at the point where it connects with the hand ring. The stirrup straps must be of very strong white leather, with edges so rounded that the pants will not be worn. In shortening the straps, a buckle should not be used, for, in removing the straps from the hand rings, much time would thereby be lost; nor should a simple hook be employed, as the leather is liable to give way, and the hook to slip out. A brass H, with one side sewed into the end of the strap, doubled, and the other slipped through slits in the body of the strap, is a perfect thing, with this simple contrivance, the strap can be altered or taken out altogether in a second, and can never give way. The stirrups should be very strong, with serrated bottoms, and fastened into the ends of the straps with strong sewing and copper rivets.

The Pangymnastikon cannot be put up in an ordinary gymnasium; the ceiling is too high. The best height for the ceiling hooks is twelve feet; a ceiling as low as eight feet will do. The apparatus can be used, however, in a gymnasium, or in an open yard, by the erection of a simple frame work. If suspended in an ordinary gymnasium, from a ceiling eighteen or twenty feet high, a large number of the most valuable exercises cannot be performed advantageously.

Upon a close examination of the Pangymnastic exercises, the conviction will be forced upon all, that by no other means can such a variety of exercises be reached.

A vain boasting over muscular strength is vulgar. I regard with disfavor the cultivation of mere strength, without a noble carriage, freedom, security, agility and grace. Still less do I approve of a mere display of feats. But what thoughtful person can reflect upon the objects of human life, without seeing that not only is the highest development of the muscular system a great advantage to those who follow mechanical occupations, but of vital importance likewise to those who fill the ranks of intellectual life, and who require as a condition of success, good health and strong vitality. Only a *whole* man is capacitated to perform in the best manner the tasks of life. Is it not an aim worthy our highest efforts to develop our whole being to its fullest capacity? to carry forward to full fruition those germs, which, like the slumbering buds of a plant, exist within us, awaiting the period of their development and ripening. That which man is in himself, that which he possesses in his own person—his intellectual and physical capabilities, constitute his only permanent, reliable capital! If, then, a method is opened for the development of his physical strength, not at the cost, but to the advantage of his intellectual powers, would he not prove himself a simpleton if he refused to follow such a path?

[In the case of individuals who have long been dyspeptic, and whose abdominal and dorsal muscles are so weak and relaxed as to be unable to support the spinal column properly, there is always an inclination to one side, constituting spinal curvature in greater or less degree; and, in treating them, we have often had occasion to extemporise some form of calisthenic exercises, or devise some machinery which would be applicable to self-treatment. For such persons, the Pangymnastikon is an admirable institution, and vastly superior to any apparatus hitherto contrived.—EDITOR.]

The anatomist, in examining the exercises here introduced, will not fail to discover that each and every set of muscles has recieved studied attention, while at the same time the general development of the MAN has been kept in view.

This universal development is especially provided for in the Pangymnastikon by the union of the stirrups with the rings, from which results an infinite combination and variety of exercises. The main value of the Pangymnastikon rests upon this union of the stirrups with the rings. I believe the gymnasium receives in this apparatus a larger circumference than is offered by all other gymnastic utensils combined.

The muscles of the lower part of the body, and the nape of the neck, are more thoroughly trained than by any other means. The extensor muscles of the fingers, hands, arms and legs, which are never brought into vigorous play with other gymnastic apparatus, enjoy, in the use of this apparatus, full play. The rotary and diagonal movements of the muscles, which are particularly effective in the production of symmetry, figure prominently.

Pangymnastic exercises derive great advantage from the fact that the points of support as well as the points of grasp are moveable, whilst

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ordinarily these points are fixed. The advantage of the Pangymnastikon is, that these points are fixed through a varied action of the muscles. This compels an almost infinite multiplication of the direction and manner of muscular exertion.

The Pangymnastikon, as I am convinced by a wide experience, possesses strong attractions to lovers of gymnastic exercises, on account of this great variety, and the graduated difficulties to be overcome. It will everywhere prove a source of unlimited interest in private houses.

Nothing could be more admirably adapted to ships, where invigorating exercises are greatly needed to preserve health and to prevent sea sickness.

The Pangymnastikon is, therefore, to become the means of an unlimited generalization of the gymnasium.

The pupil must observe the gradual method of advancing, beginning with the most simple, and at last reaching the most difficult. He must proceed from exercise to exercise, from degree to degree, from series to series.

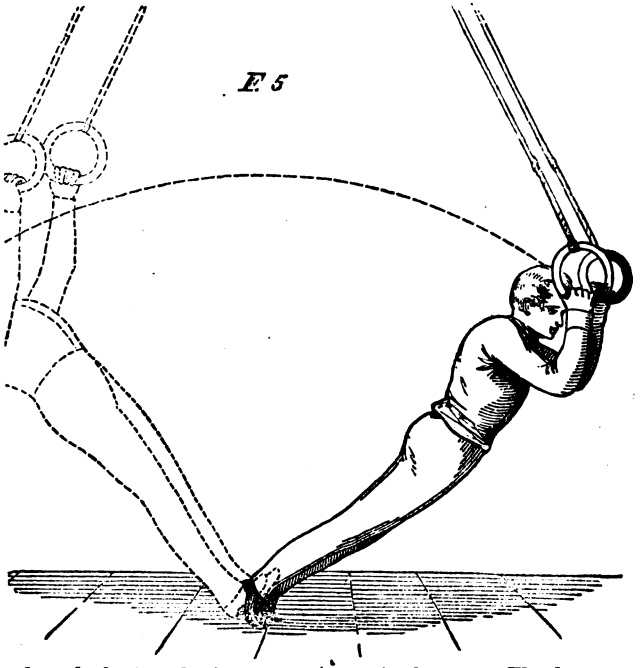
SHOULDER SWING, FORWARD AND BACKWARD.

Rings at the height of the head. The swing-motion is obtained by springing from the floor, and a continued effort of the legs.



STANDING INCLINATION, FORWARD AND BACKWARD.

Rings as high as the chest. Seize the rings as shown in the cut. The feet remain at one place, simply turning on the toes as the person



falls forward, and on the heels as he falls backward. In falling forward it is well, for beginners especially, to keep the arms in the altitude seen in the cut. The legs must not be bent.

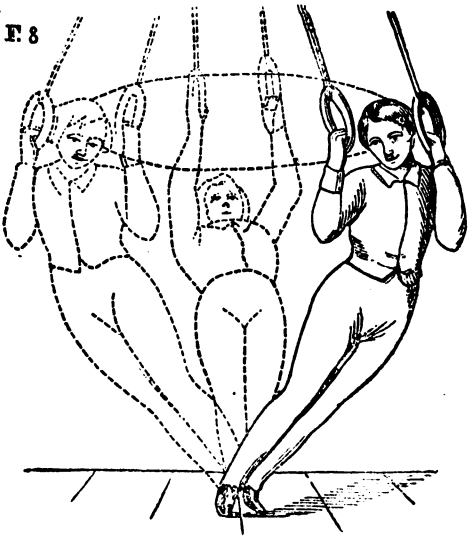
TUNNEL CIRCLING WITH HAND GRASP.

Rings at the height of the shoulder. The

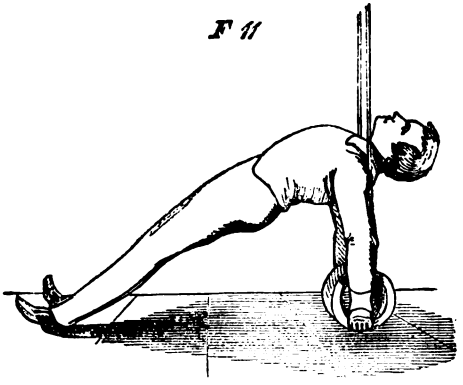
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rings being taken in the hands, the circle is larger and the muscular exertion greater. The lower the rings are placed, the greater will be the muscular exertion. The body must not be allowed to turn upon its axis. The arms must be kept bent, just as seen in the cut, and with the extreme backward inclination, where each may be allowed to stretch out at their full length for a moment. As in all other similar exercises, the circling must be the same number of times each way.

F 8



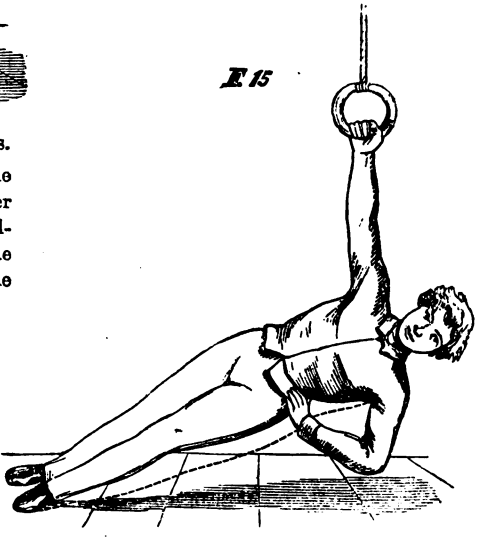
F 11



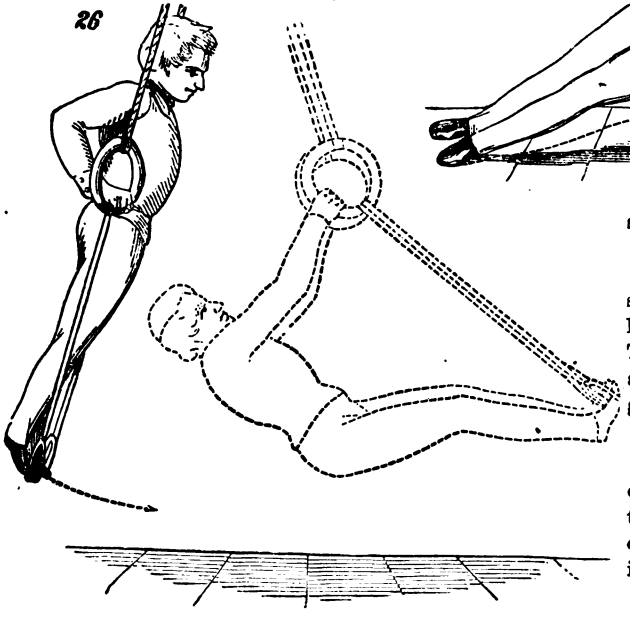
BACK STRETCHED POSITION, DURING INHALATIONS.

Rings same as in the last. Grasp with the spoke grasp from the outside, in such a manner that the rope is brought close behind the shoulder joint, and the shoulders braced against the rope. The ropes are perpendicular while the body is kept rigid.

F 15



26



SIDE HANGING, WITH BENDING OF THE HIPS.

Height of the ring and position of the arms, feet and hips, are seen in the cut.—The hips are drawn upward and allowed to fall, as suggested in the dotted line.

SWINGING IN STIRRUPS.

Rings as high as the waist or chest. Support grasp from the inside. Swing as upon any ordinary swing, when standing..

[To be continued.]

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Publisher's Department.

OUR BUSINESS ADDRESS.—All subscriptions and communications concerning this Journal, and all orders for our Books or other publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all times by our business associate.—EDITOR.

OUR NEW DRESS.—Don't be alarmed, dear reader, we do not mean "short dress," nor long dress, but "copper-faced." In order to be prepared for the promised large circulation of the HERALD, we have established a printing office, and supplied it with new and beautiful type from the foundry of Wm. Hagar, of Gold street, New York. Our personal appearance may be a sufficient advertisement of the kind of material Mr. Hagar can furnish; but we cannot omit this opportunity to say to all persons who are in want of anything necessary, useful, ornamental, or luxurious in the printing line, that Mr. Hagar has one of the most complete establishments in the world, and is, moreover, an honest and liberal dealer.

PLEASE NOTICE.—We exchange with several hundred newspapers which are of no value to us only as a medium through which we can communicate with the people. We ask, therefore, in simple justice that those who desire an exchange with the HERALD OF HEALTH will give us a passing notice. We do not ask them to recommend it, nor to endorse anything it contains, but to let their readers know that it exists. Many of our exchanges have done the handsome thing with us, while others have not even announced our new name and face. Therefore, we shall limit our exchange list to those papers which will do as much for us at least as to name our leading articles each month.

THE TRUE TEMPERANCE PLATFORM.—This work, for which we have received many orders, was delayed in order to publish our discussion with Rev. Dr. Hurd, of Fredericton, N. B. The discussion, which grew out of Dr. Hurd's attempt to show that the positions we took in relation to Alcoholic Medication, at the International Temperance Convention, London, in Sept. last, were "untenable," is nearly finished, and will add much to the value of the work without costing the purchaser any more.

Since writing the above we have received from Portland, N. B., a draft for $40, ordering 20 copies of Herald of Health and our books for the rest. The writer says, "I have tried repeatedly for three years, to get subscribers for your Journal, but could not succeed until your controversy with our Dr. Hurd, convinced the people of the superiority of the Hygienic system."

He thinks now he may make a good business in circulating our works.

NO NAME.—Somebody has sent us, from Roseville, Ill., $1.75 for the HERALD, one year, and for three copies of Water-Cure for the Million, to send to three cousins who are in the army. But as he or she has forgotten to sign his or her name, we cannot send the books, until we hear from him or her again.

N. R. S.—The books and syringes you ordered have been forwarded. The plates and charts are awaiting your directions when you send them. Certified remittances may be made at our risk.

S. B. C., Chambersburgh, Pa.—S. E. C. is not on our list of subscribers for 1863. We have not the back numbers you call for.

OUR NEW CHARTS.—We have received several orders for our new Physiological and Pathological Charts, which we will answer in a few days. We are having them lithographed on zinc, which we did not contemplate when we first advertised them. This will enable us to supply a much more beautiful article, and not occasion a delay of more than two or three weeks.

SEND ALONG THE NAMES.—E. Y. "I wish to know whether the two hundred subscribers, for which you advertise a free scholarship in the Hygienic College, including graduation fee, must all be sent in at the same time? I have long had it in view to attend a course of lectures, but could not see where the money was to come from; but if I can have more time, I think I can now overcome that obstacle by procuring subscribers for the HERALD OF HEALTH."

Send us the names as fast as you receive them, and call for the premiums whenever you please. If it is less than a scholarship you may pay the difference; if more, the balance will be allowed you in any other premiums on our list.

ADVERTISEMENTS.—In order to oblige our advertising friends, we have added eight pages to this department. We shall continue to give the same amount of reading matter—eighty columns, or *nine hundred and sixty columns a year*. Is not this a good dollar's worth?

ARE COMPARISONS ODIOUS?—We have stated that we give a much greater quantity of reading matter, for the money, than any other medical or health journal in the world. If the reader will compare the HERALD with *Hall's Journal of Health* for example, he will see that we give more than *seven* times as much, and this exclusive of commissions and premiums, which would make the difference nearly as ten to one.

CARELESSNESS.—We have letters on hand containing each $5 for a prescription for self-treatment, which we cannot answer, because the State in which the patient resides is not mentioned. We have also several cash orders for books, which we cannot send for the same reasons. Those who deem themselves neglected will, therfore, please excuse us and blame themselves. Be particular in writing names plainly, and in stating the post office, county, and State.

BOOKS VS. PHYSICIANS.—Shakespeare says there are "books in running brooks," but our friend, E. W., of Wilmington, Del., has found physicians in books. He writes: "The HERALD OF HEALTH is just the thing we want. Your works have been almost our only physician for several years. Please send me specimen number, and I will procure you a club of subscribers."

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NEW YORK, MARCH, 1863.

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 THE EDITOR.

THE WATER-CURE.—Names are things. Nearly all the controversies among men are due to a want of precision in the use of language. Creeds, dogmas, tenets, schools and systems, sects and denominations, parties and factions, arise more from want of a correct and precise definition of technical phrases, than from all other sources combined. This is peculiarly the case with medical sects and systems. Medical books and journals are full of learned jargon, and technical gibberish, and wordy discussion, about "stimulation," "irritation," "inflammation," "fever," "reaction," "sympathy," "vital properties," &c., &c., without stopping for a moment to inquire what these words mean. And the controversies among medical men, on all of the leading problems of the Healing Art, will be interminable, so long as these phrases are employed in the usual loose, indefinite, promiscuous, and nonsensical manner. But with a correct definition of terms, there would be very little to dispute about.

The term "Water-Cure" has been understood by the masses of the people to mean "water-treatment" alone; that is, the treatment of diseases by means of water-bathing and water-drinking. And this has led to numerous errors in practice, and to the discredit of our whole system. It is time, therefore, to call things by their right names. Our system is Hygienic, not Hydropathic. We have, therefore, repudiated the "Water-Cure" even as a sub-title to our journal. And now we present it to the world with a name which exactly and precisely indicates its nature and character. It is the Herald of Health, and it is the organ of the only medical school in the world, which teaches a Healing Art predicated on the Laws of Health. It is, therefore, *the* Health Journal, and why should it not be so entitled?

But we have loved the name of "Water-Cure." We cannot divest ourselves of a long, lingering affection for a name so expressive of the remedial influences of the purifying element. Water! no word ever uttered comprehends so much "medicinal virtue;" no term in our language so nearly represents the idea of an *elixir vitæ*—a panacea. In the whole range of febrile and inflammatory diseases, the judicious employment of water, externally and internally, of a temperature adapted to the case—and this may vary in all degrees from ice to steam—water is the leading remedial measure. It is the only solvent in the universe for organic, nutritive, or effete matters. It is the only fluid which can circulate through every part of the vital domain, and permeate every living tissue, without injury or irritation. It constitutes more than three fourths of the human body, and is the only vehicle by means of which the elements of growth, development, and renovation, can be conveyed to the various organs and structures, and the *debris* or waste matters can be removed.

Nevertheless, water is but one of the remedial resources of our system. Others are equally important in many cases, and in some cases much more so. The food which supplies the tissues is quite as important in the treatment of all forms of chronic disease, as is the water which purifies. And in numerous forms of anemic, scrofulous, and cachectic affections, light, air, sunshine, exercise, temperature, &c., are prime considerations in the remedial plan. When the people recognize the simple truth and the broad principle, that all of Nature's curative resources are to be applied to the treatment of disease, as each may be best adapted to the circumstances of particular cases, they will regard the system of Hygienic Medication as worthy of serious and earnest study, and then they will understand its practical application; and then we shall be relieved of the continued misrepresentations of the medical profession; and then we shall hear no more of the "one-ideaism" of "Water-Cure," or what is worse, the *Cold* Water-Cure.

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OUR COUNTRY ESTABLISHMENT.—At length this problem is solved. For two or three years, as thousands of our readers know, we have been looking and advertising for the *best* location for a Hygienic Institute; and we think we have discovered it. After an extensive correspondence with friends in all parts of the country, and after visiting all the prominent places we could hear of, we have selected and secured "Living Springs," Penn., as combining more advantages for a Hygeian Home than any other place we are acquainted with. On or before the first of May, we shall have it prepared for the reception of one hundred patients—more or less. Should invalids from any part of the country wish to go there sooner, we can insure them kind attention and skilful treatment by Dr. Smith and his lady, the present proprietors, both of whom are graduates of our School.

The circumstances which determined us in the selection of this place were: 1. The abundance and purity of the water. None of the large institutions in this country nor in England can compare with it in this respect. Many of them have comparatively good water; but large streams of water gushing from the mountain's side, as soft as our Croton and of *absolute purity*, are rarely to be found on the earth. The waters of the "Living Springs" will "wash" or "suds" equal to rain water. We deem this of very great importance in all affections of the liver, kidneys, and mucous membranes, in glandular obstructions, and in all dyspeptic, rheumatic, and gouty conditions. The solvent property of water is in the exact ratio of its purity, and the purer the water, the more efficient it must be in removing all foreign substances from the system, and especially in eliminating earthy and mineral particles, which are the chief causes of so many chronic ailments. 2. The atmosphere of the place, and of the region round about is entirely free from all miasmatic taint. There are no swamps, manufactories, or nuisances of any kind in the vicinity to infect the air with the elements of disease. 3. The walks are dry and clean, extending for miles, and are all that can be desired for pedestreianating purposes, while the groves and woods blend sun and shade in the manner most exhilarating and invigorating to invalid ramblers. 4. The scenery is magnificent. The view from the ample piazzas of the main building—which are three hundred and seventy-five feet in length—commands a panorama of which the eye never tires. Situated on the eastern slope of "Cushion Mountain," and overlooking the numerous villages and highly-cultivated agricultural region, known as the "Cupboard of Pennsylvania," we have a full view of the great Lebanon Valley, extending from the famous Delaware Water Gap to west of Harrisburg—a distance of more than one hundred miles. We overlook also the beautiful city of Reading, which is four miles distant in a direct line, and eight miles by railroad. The Hon. I. Pringle Jones, of Reading, says: "The scenery from these grounds is the finest of any within one thousand miles." Dr. Joseph A. Weder, formerly of the Orange Mountain Water-Cure, and late of Philadelphia, said: "This is the finest scenery I ever saw, either in Europe or America. The air is pure and pleasant, and entirely free from all damp, chilly fogs and miasmatic vapors arising from low, marshy grounds, ponds, swamps, lakes, and rivers." 5. The buildings are entirely new, and are constructed in the best manner for the purposes of a Health Institution, without regard to expense. 6. The climate is mild at all seasons, and the temperature remarkably uniform. For persons predisposed to consumption, and for those suffering of diseases of the throat and lungs, the justly celebrated Lake Superior country cannot proffer greater advantages. 7. The location is near enough to the village for church and school purposes, yet sufficiently distant to insure all the rest which the most irritable and sleepless invalid may require. Care-worn, over-excited, and half drugged to death females, who are suffering of a complication of unmentionable maladies, and who need abundant sleep and absolute quiet, can here find these essential conditions. 8. Last, though not least, as we intend this to be a model "cure," if not *the* model, Dr. Smith, who has abundant means, and whose heart is in the cause, will make all the improvements we desire, and enlarge the buildings to any extent as we may need more room.

The Institution is one mile from the depot at Wernersville, Berks county, Penn., and easy of access by railroad from New York, Philadelphia, Pittsburgh, Baltimore, and

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Washington. The route is from all points to Reading or Harrisburg, thence on the Lebanon Valley Railroad to Wernersville. Our Western friends who visit New York will find the route by the Pennsylvania Central Railroad not only the most expeditious, but running through a section of country whose grandeur of scenery is unequalled by any road in the United States. This road is also stone-ballasted, so as to keep down the dust, which is so annoying to railroad travellers.

Our regular days at the "Hygeian Home" will be Saturdays, Sundays, and Mondays.

An Episode.—A few weeks since we were standing on the piazza of the House mentioned in the preceding article—the only time we ever saw the place—and enjoying the splendid panorama of Lebanon Valley. Toward Reading some half a mile distant, on the hillside and nearly on a level with the "Cure," we noticed a beautiful cottage among the trees. Dr. Smith remarked: "There is where Mrs. Graham lives." "And who is Mrs. Graham?" we inquired. "Why, your old patient. She that was Mrs. Marsh." Another problem was solved. Two years ago Mrs. Marsh, of South Orange, N. J., came to our city establishment for treatment. She was in a most miserable and deplorable condition. The prospect of recovery did not seem promising. Yet she possessed hope, resolution, and an unalterable determination to get well. She remained with us a few months with some improvement. Still she was very weak, could walk but a very little, and left with the necessity before her of a long course of treatment, if health was ever again to be enjoyed. We advised her to go to "Living Springs," believing that in no other place could she be so well provided with all the conditions the peculiar circumstances of her case required. Soon after she went to Dr. Smith's, we learned that she was recovering health slowly, and that was the last we had heard of her until we visited the place. We were of course not a little gratified to learn that she was in the possession of good health, and that she was so delighted with the country, and the charming scenery, that she had built a cottage on the hillside, where she is now enjoying one of the happiest of happy homes. We had not time to call on the "happy pair," but shall certainly tender them our congratulations on our next visit to the place.

Ten Years More.—It is now a little more than ten years since the school of Hygienic Medication was organized, and the standard works of our system began to circulate among the people. From that time to this the people of the United or *dis*united States have been examining and studying our system. All who have fully investigated its principles have fully adopted it. Those who have partially investigated them have adopted it in part. There is no exception to be found to the rule that all who have studied it, have formed a good opinion of it. In some places, it has many advocates, in some few, and in some none at all. In a few places it has already become the prevailing or more popular system; that is to say, a majority of the more intelligent and influential have adopted it. But the seed we have sown is springing up all over the land. The people almost everywhere are disaffected with the drug system, and in hundreds of places absolutely disgusted with it. The murderous results of drug-poisons in our armies are doing much to turn the public mind in horror and loathing from the false and fatal system. Our lecturers are better received than ever before. There was never before half so great a demand for physicians of our school. Every week we read several letters, saying, "do send us a Hygeinic physician, or at least somebody to give us a course of lectures." The ferment is working; the waters are moving; infernal poisons are not always to be poured down the throat of suffering humanity because it is sick; the human stomach is not much longer to be the common reservoir for all the banes and baleful things of earth. And judging from all that comes to us from all parts of the country, and from what we see and hear around us, the drug system may as well send for the undertaker. It can hardly live ten years longer; it will die the death that knows no resurrection till another age of barbarism, in a few years, at most, if all the friends of our system do their duty. It is possible to achieve this reform—the greatest the world has ever known—within ten years. Who would not be willing to labor, and labor hard, for ten years, or even twenty, for the privilege of attending

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the funeral of Allopathy? We would work a hundred years if the cause required it. But if our friends are faithful and active, ten years will rid the earth of this, its greatest curse.

PROFESSOR EASTMAN'S BUSINESS COLLEGE, —The city of Poughkeepsie is one of the most beautiful and salubrious places on the Hudson. Among the many good things for which it is noted, are its numerous and excellent schools. And among the very best of these is Eastman's Business College, with ample "room and verge enough" for four or five hundred students. There young men are fitted for the practical duties, and made acquainted with all the details of the various trades—insurance, banking, bookkeeping—in all of their applications, &c. It is emphatically a "Model Commercial School." There is also a large and flourishing Female Academy in the place, and Mr. Vassar, the Poughkeepsie millionaire, has made the munificent donation of four hundred thousand dollars to found and endow a female college on a still larger scale. One among many interesting features of Mr. Eastman's college, is the lectures which are frequently given before the class, by the most eminent, practical, and progressive working men of the country. We shall give a "talk" there on Hygeio-Therapy as soon as convenient.

HARD WATER AND AGUE.—While so much is said and written of marsh miasms as the cause of bilious and intermittent fevers, ague cakes, enlargements of the spleen, &c., very little is thought of hard water, which is really a much more efficient cause. Many patients have come to us from the hard water districts of the Western States, who had suffered for months of ague and fever despite the liberal doses of quinine, arsenical solution, "No. 6," &c., but who were soon relieved under the regime of the *soft* water-treatment of our admirable Croton. The following, from Dr. Z. P. Glass, of Indianapolis, Indiana, which we published in our late Quarterly, is in print, and worth republishing here:

"Notwithstanding the unfavorable time and circumstances of your visit to the Hoosier capital, I am sure that the good seed sown by your lectures will not be lost. Having been a sufferer of ague and fever, and having had occasion to study somewhat closely the causes of this disease in other persons, I send you the following facts and suggestions. Make what disposition of them you please. In consequence of the prevalence of this disease in marshy countries, it is generally attributed to marsh effluvia or 'malaria;' but what the character of this malaria is, has not yet been determined, though there are many speculations in medical books with regard to it. But I am of the opinion that the use of the very hard and impure water, in drinking and cooking, all over the West, is a much more efficient cause than malaria. I have conversed with many persons who had suffered long and severely of intermittent in some of its forms, but who have been entirely free of it since abandoning the use of hard water. This, with the bad living of the people, plays a much more important part in the production of the disease than this dreaded miasm.

"A few words as to its treatment: Hitherto there has been no difficulty in radically curing the disease with hygienic agencies in a week or two, the paroxysms becoming less and less violent from day to day, until they disappear entirely. But how to arrest them at once has puzzled the wits of some of our practitioners. It is much easier to accomplish this in the young, whose digestive organs have not been much impaired by bad living and drug medicines. In most cases it may be very promptly arrested by the following course. The wet-sheet pack in the hot stage of the fever, followed by a pail douche at 85°, a hot sitz and foot bath for ten minutes in the sweating stage, followed by the pail douche at 85°, and thorough friction with the flesh brush or the bare hand. The diet should consist of fruits and plain bread, very abstemiously used for several days. This plan of treatment, modified to suit the more or less debilitated conditions of the various patients, will generally cure in two or three days. Rest is to be strictly enjoined. Mr. James Comstock, a farmer of Hancock County, in this State, informs me that he never fails to arrest the chills at once by friction over the region of the stomach, liver, and spleen, with a flesh-brush, night and morning."

DIPTHERIA.—For three years communications have been coming in upon us like a flood, from hundreds of places, where diptheria prevails, or where it is feared, asking for information and advice respecting it. If we should formally answer all the letters, and reply in detail to all the questions, we receive concerning it, we could do very little else. We have frequently indicated our ideas of its nature, causes, and proper treatment. And to give the public a complete exposition of the whole subject, and an *exposé* of the various and conflicting theories and practices of the drug school, we have published a book on the subject. To this work we must refer our readers who desire minute and precise information in relation to its history and management.

No disease, perhaps, presents a greater variety of symptoms; none is more difficult of

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diagnosis in its incipient stages; none presents more distinct grades of mildness or malignancy; and none has elicited greater discrepancy among medical men, either in theory or practice. Some authors of reputation recommend swabbing or "mopping" the throat with lunar caustic. Others of equal celebrity declare that cauterization only extends the inflammation further and deeper into the vitals. Some advocate quinine, brandy, and beef-tea through the whole course of the disease; while others bleed, leech, and deplete generally; and still others there are who drug, and dose, and poison with calomel, antimony, opium, chlorate of potassa, preparations of iron, and other abominations too numerous to mention.

The London *Lancet* for January, 1863, gives the history and treatment of a case of diphtheria, which shows that the *modus operandi* of "morbid poisons" in London is not essentially different from that which we are accustomed to in New York. The case was treated in St. George's Hospital, by Dr. Fuller, and is thus reported:

"Fred. T——, aged fifteen months, was admitted, January 10th, 1862. One week before this child was admitted it had a fit, followed by insensibility. Two days afterward, when apparently recovering from this attack, its throat became sore, and its breathing stridulous. For this it was given steel wine, and the throat mopped with a solution of nitrate of silver; but the breathing remaining unrelieved, it was brought to the hospital at two P. M. It had then a hot skin; pulse 144, intermitting; and its respiration 48 in the minute. The breathing was stridulous, but most noisy with expiration, and upon the hard palate and tonsils a yellow, tenacious-looking membrane could be seen. The child had been given brandy and beef-tea for two or three days previously. It was now ordered one grain of calomel and two of chalk, and a mixture of eight minims of tincture of the sesquichloride of iron and one grain of quinine in two drachms of water, one-third every hour, with four ounces of red wine, and strong beef-tea; a poultice to the throat. It was with great difficulty the child could be made to swallow a little wine. No relief took place in the symptoms. Toward evening slight convulsions ensued, and death a few minutes after midnight of January 11th."

Diphtheria is bad enough, but such druggery is worse. It may be scientific in a certain sense, but is not the less murderous. There was no malice in the practitioner, but the good motive did not prevent the bad poisons from doing their deadly work. And besides, the drugs were enough to have killed the patient, if there had been no diphtheria to assist. A little child, an *infant*, a baby, has an inflammation of the throat, with foul blood, morbid secretions, and probably constipated bowels—the cause, doubtless, of the fit. It needs soothing, rest, purification. But it gets half a dozen potent poisons. Cooling drinks, tepid or warm bathing, cold or very cold applications to the throat, enemas to free the bowels, and abstinence from all food, would have been the treatment according to the Hygienic system. But instead thereof, it had, *secundum artem*, hot poultices, calomel, two or three preparations of iron, wine and brandy, beef-tea, quinine, while the inflamed mucous membrane was seared and burned with the infernal caustic. Is it any wonder that the child was speedily finished? Should any one, not blinded with the horrid delusion that poisons are remedies for diseases, and that alcohol imparts vitality, marvel that, "toward evening slight convulsions ensued, and death" soon followed? The infant survived the medication a whole day. A strong man might have held out a whole week, as did the late and lamented Prince Albert.

From one of our city dailies we clip the following paragraph:

"A disease has shown itself in Vermont which is pronounced by physicians to be an *epidemic diphtheria*, and which is unusually fatal. Its first symptom is a numbness in the lower extremities, and it makes rapid strides, proving fatal in two or three days, without any sign of sore throat being visible."

Nitrate of silver caustics, alcoholic gargles, and alcoholic drinks, quinine, calomel, poultices, liniments, &c., are the general plan or general jumble of medication, in many places in New England. And the fatality corresponds with the practice. The Hygienic treatment has been resorted to in many parts of the United States, and in all cases with the best results. In no case has the mortality been one fourth as great as it has been under drug treatment. And in several epidemics the physicians of our school have treated many patients without losing one, while cases were dying all around under the auspices of druggery.

A Curious Experiment.—A curious and interesting experiment was lately made at Strasburg to effect the union of two animals, so that they might, to a certain degree, have a life in common. It was, indeed, producing artificially what nature produced spontane-

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ously in those extraordinary phenomena, the Siamese twins. Two white rats, of the Albino species, were selected for the experiment, probably as being more manageable than their darker brethren. An incision was made on the right side of the one, and on the left side of the other, embracing the skin and the cellular tissue under it. The surfaces of the two wounds were kept closely together by sutures and bandages until the sixth day, when union by the first intention was found to have taken place. They then walked side by side, being united by a fleshy band. An attempt to poison both by the mouth of one did not succeed, but an injection thrown into the jugular vein of one animal was found to have entered the superficial femoral veins of the other, showing clearly that an intimate vascular union had already taken place between them. This interesting experiment may have a most important bearing on restorative surgery.

ENDOWMENT OF THE COLLEGE.—Our friends in the legislature are making an effort to procure a donation of twenty-five thousand dollars to endow our college, and with a good prospect of success. We have heard from a number of the friends and patrons of our system, who happen to be members of the legislature, who will use their influence and vote to secure the appropriation. Petitions are coming in to us from all parts of the State, well filled with the names of substantial citizens, and in most cases having a list of the most wealthy, intelligent, and influential persons of the place. In some small towns and villages we have received within one week after sending on the petition, fifty to one hundred signatures. And in this city we are getting names by the hundred, representing the *élite* of all professions and avocations—always excepting the drug-medical.

There is, however, one remarkable exception to this story of uniform progress and unexampled success. And that exception can be told in no better way than in the language of our correspondent:

CANASTOTA, Feb. 20th, 1863.

DR. TRALL,

Dear Sir:—A few days since you forwarded to my hand a petition addressed to the New York Legislature in regard to the Hygeio-Therapeutic College. My effort, you will perceive, has proved a failure. Excepting myself I know not the man in this town who has any sympathy whatever with your medical system. A few obscure persons were willing to give their names, but the number being so small, I felt ashamed to send them. As far as I am acquainted I am compelled to say that there are not two voters in this town free from the influence of rum, tobacco, or opium. When I have more time and leisure I will say something about diphtheria, its treatment, the number of deaths, &c. I have lived in this village eighteen years. The Fall and Winter thus far, I think, will number nearly as many deaths as the whole time above mentioned.

I enclose one dollar, for which please send me your photograph, and you will oblige one who much admires the position which you occupy in the great Health Reform. CYRUS CHAPMAN.

Notwithstanding the disastrous results of our petition in Canastota, the world will probably go on in the regular way yet a little longer. In an atmosphere of rum and tobacco the goddess Hygeia cannot be expected to have many worshippers, if, indeed, her existence can be recognized at all.

But whatever may become of Canastota, we shall soon roll up to the legislative door one of the most formidable and imposing petitions which ever astonished the "Native Americans." And we shall be curious to see and careful to record the sayings and doings of the "Committee of Medical Colleges"—all Allopathic physicians, of course—and to know what they can say *versus* the one Hygienic Medical School being the recipient of legislative favor, while public favor and legislative munificence have been liberally showered upon half a dozen Drug Medical Colleges in this State.

The spirit of the following, from a very influential clergyman of New York city, is an index of the feelings of thousands who have not thoroughly investigated our ideas. They see the justness of our claims, and are willing to aid us in our endeavors, while every one who has investigated has signed the petition when it has been presented.

MY DEAR DOCTOR:—Some three weeks' absence from town must be my excuse for delaying the acknowledgment of yours of the 13th instant.

I have had little or no opportunity to examine the claims of your system of medical practice; but I am deeply interested in all rational endeavors to obtain and diffuse a knowledge of the laws of health and disease, and am favorably impressed by what friends have told me of your views upon these matters.

I think that your college should have a *fair trial*, and have therefore gladly attached my name to the petition for its endowment.

Many thanks for the *Herald of Health* sent me.

Sincerely, yours,

MOSES BALLOU.

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Dining-Room Department.

BREAD AND BREAD-MAKING.

BY MRS. MATTIE M. JONES,
Matron of the Hygienic Institute, 15 Laight street, N. Y.

As by common consent Bread is the "Staff of Life," the question naturally arises, "what are the best materials of which it can be made, and the best methods of making it?" The common white flour, fermented bread, which is so universally used, is very far from being the best as an article of diet. The use of fine or bolted flour, has opened upon community a perfect "Pandora's Box" of evils in the shape of Constipation and the ten thousand ailments to which it gives rise. By the separation of the bran from the flour, not only a portion of the grain necessary to the proper distension of the stomach and bowels is removed, but it has been repeatedly proved by chemical analysis that the bran is as rich, or richer, in nutritious substances than the flour.

These are not merely the "notions" of "hair-brained," "bran-bread," "crazy fanatics!" but *facts* which recommend themselves to the common sense of all who will investigate, which have been proved by the experience of thousands, and which have been demonstrated by the highest scientific authorities, a few of which we quote:

Dr. Johnston, M.A., F.R.S., F.G.S., &c., in his *Chemistry of Common Life*, says: "The bran or husk of wheat, which is separated from the fine flour in the mill, and is often condemned to humbler uses, is somewhat more nutritious than either the grain as a whole, or the whiter part of the flour. The nutritive quality of any variety of grain depends very much upon the proportion of gluten it contains; and the proportions of this in the whole grain, the bran and the fine flour respectively, of the same sample of wheat, are very nearly as follows:

Whole grain	12 pr. ct.
Whole bran (outer and inner skins)	14 to 18 "
Fine flour	10 "

If the grain, as a whole, contain more than twelve per cent of gluten, the bran and the flour will also contain more than is above represented, and in a like proportion. The whole meal obtained by simply grinding the grain is equally nutritious with the grain itself. By sifting out the bran we render the meal less nutritious, weight for weight; and when we consider that the bran is rarely less, and is sometimes considerably more, than one-fourth of the whole weight of the grain, we must see that the total separation of the covering of the grain causes much waste of wholesome human food. Bread made from the whole meal is, therefore, more nutritious; and as many persons find it a more salutary food than white bread, it ought to be more generally preferred and used."

Prof. Youmans, author of the standard works on "*Chemistry, Household Science, Chemical Chart, &c.*, says:

"The grain of which bread is made consists mostly of starch, gluten, and sugar. The ligneous husk of grain produces the bran, while the flour is formed by the interior white portions. The gluten is tougher and more difficult to grind than the starch, hence the finest and whitest flour, obtained by repeated siftings, contains a larger proportion of starch, the darker colored flour being richer in gluten; and as the nutritive properties of flour are in proportion to the nitrogenized element (gluten), the latter kind will make the most nutritious bread."

The *Eclectic Review*, in an article entitled "Frauds in Food," says:

"Many of the most important elements of our blood, brain and bone, are found in the greatest abundance in the colored, outer part of the wheat, which we deem fittest for pigs; so we fatten them and suffer ourselves. The difference in nourishing properties between whole meal flour and very finely dressed flour, amounts in many cases, to fully one-third."

Dr. Bennett says:

"Now, if there is a well established fact emanating from chemical analysis, it is this: that superfine or very finely bolted wheat flour will not alone sustain animal life. This fact has been repeatedly demonstrated by Magendi, the greatest physiologist that ever lived. Having ascertained that the muscular and nervous tissues, including the whole brain or cerebral mass, was composed of nitrogenous matter, he readily concluded that starch, or the fecula of wheat, would not alone sustain animal life, for the reason that it contains not a particle of nitrogenous matter. Consequently, he found by experiment, that animals, fed exclusively on very finely dressed flour, died in a few weeks, whereas those fed on the unbolted thrived."

Dr. John Ellis, *Professor of the Principles and Practice of Medicine*, says:

"The worst case of scurvy I ever had to treat, occurred in a little girl five or six years years old who lived entirely on toast made of superfine flour."

We might quote many more, but these must suffice.

The second objection to the common method of bread making is the fermenting process to which it is subjected. Fermentation as all persons at all conversant with chemistry know, is, as described by Professor Johnson:

"The consequence of a peculiar action, which yeast exercises upon moist flour. It first changes a portion of the starch of the flour into sugar, and then converts this sugar into alcohol and carbonic acid, in the same way as it does when it is added to the worts of the brewer or the distiller. As the gas cannot escape from the glutinous dough, it collects within it in large bubbles, and makes it swell, till the heat of the oven kills the yeast plant, and causes the fermentation to cease."

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Professor Youmans says:

"If the fermentation proceeds too far, the dough becomes sour; that is, the vinous passes into the acetous fermentation, the alcohol changes to vinegar."

Who would think of taking a half decayed apple or potatoe and subjecting it to the action of heat to stay the process of putrefaction, and then placing it before human beings as food? And yet this is precisely what is done by fermentation. Take a common bread "sponge," as it is called. Let it remain thirty-six hours longer than usual, and what is the result?—a sour, almost putrid mass. This process of putrefaction commences the moment the yeast is added to moist flour, and is only checked by the action of heat.

Baker's bread is often still more objectionable, from the fact that an inferior article of flour is used which is disguised by the introduction of alum and other chemicals.

Soda and saleratus, in all their forms, are decidedly injurious and when introduced into bread, biscuit and other articles of food, are a prolific source of disease.

Having demonstrated the effects of bad material and bad management of it, the will consider what are the best materials and the best methods of preparing and cooking them.

Bread, to be the most wholesome and palatable, should contain but two ingredients,—unbolted flour made from the best quality of wheat or other grain, and pure water. The following, so far as we know, are the preferable methods of making it, arranged in the order of their respective merits:

UNLEAVENED BREAD.

NO. 1.—GEMS.

Stir together Graham flour and cold water to about the consistency of ordinary cup-cake batter. Bake in a hot oven in small tin patty pans, two inches square and three-fourths of an inch deep.

NOTE.—This makes delicious bread. It may be improved by beating the batter in the same manner as eggs are beaten, for five, ten or fifteen minutes; the longer the better. No definite rule as to the proportions of flour and water can be given, owing to the difference in the absorbing power of various brands of flour.

Many persons have failed of success in making this bread from neglecting one very essential requisite—the size of the pans in which it is baked. If they are larger than the dimensions given, the bread will be heavy. If smaller, it will be dry and hard.

But made this size, and filled evenly full, if the batter is of the right consistency, and the oven hot, they will rise one half, and be almost as light and porous as sponge cake.

NO. 2.—DIAMONDS.

Pour *boiling* water on Graham flour—stirring rapidly till all the flour is wet. Too much stirring makes it tough. It should be about as thick as can be stirred easily with a strong iron spoon. Place the dough with plenty of flour upon the moulding board and knead it for two or three minutes. Roll out one half an inch thick, and cut in small cakes or rolls. If a large quantity is required, roll about-three-fourths of an inch thick, and cut with a knife in diamond shape. Bake in a very hot oven forty-five minutes.

NOTE.—The names by which these two kinds of bread are known in our Institution are merely arbitrary. Years ago the guests of the house christened No. 2 "Diamonds," from their shape. No. 1 being of quite recent introduction. and, as many think, much superior, some facetious patient, on their first appearance, suggested "gems" as an appropriate name, and, accordingly, "gems" went the round of the tables till the soubriquet became firmly attached to them.

NO. 3.—GRAHAM BISCUIT.

Make Graham mush as for the table. When cool, mix with it Graham flour sufficient to roll well. Knead for a few minutes, roll three-fourths of an inch thick, cut with a common biscuit cutter, and bake in a hot oven from thirty to forty-five minutes.

NO. 4.—GRAHAM BISCUIT.—(*another form*).

Stir into cold water, Graham flour enough for a rather soft dough; knead it for five or ten minutes, and bake the same as No. 3.

NOTE.—When these have become a little dry or hard, cut in small pieces, cover with cold water, soak till thoroughly soft, when the water should be all absorbed. Strain through a collander, mix Graham flour sufficient to roll and bake in the same form as at first. This is even superior to the original bread.

NO. 5.—WHEAT MEAL CRISPS.

Make a very stiff dough of Graham flour and cold water; knead thoroughly, roll as thin as possible and bake for twenty minutes in a hot oven.

NO. 6.—GRAHAM CRACKERS

Are made by mixing cold water and Graham flour together, and kneading very thoroughly. They can only be well made by the machinery used in cracker bakeries.

RYE AND OATMEAL BREAD.

Unbolted rye or oatmeal, prepared after receipe No. 4, makes excellent and wholesome bread for those who like the peculiar flavor of these grains.

CORN CAKES.

Pour 1 quart *boiling* water on 1 quart corn meal, and stir quickly. Wet the hands and form into small round cakes one-half inch thick. The addition of a few raspberries, huckleberries, or any subacid fruit, is a decided improvement. Sweet apples, chopped fine, are also excellent.

CORN BREAD.

Stir thoroughly together 1 quart sweet milk, and 1 quart corn meal. This is also improved by beating. Bake in a deep platter, in a hot oven, about forty-five minutes. These proportions will not hold good in all cases owing to the difference in meal. A few trials, however, will enable any one to judge as to how much of each is required.

In the use of unbolted flour persons need not

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be restricted to the modes of preparing it, given above; they may use yeast, soda, salt, saleratus or other compounds, and have bread proportionately better than fine flour bread mixed with the same ingredients. However, we are satisfied that, those who will give the pure unleavened bread a *fair trial* will have little inclination to return to the use of the former, as they will find the other more palatable, nutritious, wholesome, and economical.

To Correspondents.

CHILDREN.—A. Bocker, James Creek, Pa., 1. What is the proper food for a child from six months to two years old? 2. What precautions are decessary to secure it from sickness? 3. How may a child be cured of the cold, at about eight to twelve months of age? 4. Is croup dangerous? and how may it be prevented?

Bread, apples, potatoes, &c., 2. Keep away the causes of disease. 3. Give it a warm bath twice a day, and let it sleep all it inclines to. 4. Yes. 5. By keeping the child healthy, in other words, away from the causes.

POSITION DURING SLEEP—WHAT AND WHEN TO EAT.—D. W. R. Granville, N. Y. 1. What is the most natural position to lie in while sleeping? 2. Is it not true in theory that we should eat and drink what we want, and when we want it?

1. On the back, slightly inclining to one side. 2. That depends on whether the "want" is normal or abnormal. Normal appetite is an infallible guide both as to times for eating and drinking, and the kind and quality of food. But, unfortunately, not one in a thousand is in possession of undepraved instincts; and for this reason, science and reason have to determine.

HYDROTHORAX.—B. J. T., Albany, N. Y. When the lower extremities are badly swollen, livid, and edematous, with short breath and weak, frequent pulse, the disease is almost certainly dropsy of the chest, in an advanced, and generally, incurable stage. The disease is seldom curable except in the earlier stages.

NERVOUS DYSPEPSIA.—N. T. Take a morning ablution, a hip-bath at 80°, for ten minutes daily, a hot and cold foot-bath at bed-time, and wear a wet girdle a part of each day. The diet should be mostly dry, solid, and abstemious in quantity. Do not drink at meals. Flatulence and colic may be temporarily relieved with fomentations.

HÆMOPTYSIS.—C. R. S., Pawtucket, R. I. "Spitting of blood" is often caused by an enlargement of the liver; and sometimes by a disorganized condition of the pulmonary tissues, constituting the quick or "galloping consumption." It is always a dangerous affection, and requires prompt attention. Of course, the plan of treatment must have reference to the cause.

TUBERCULAR CONSUMPTION. — A. D. Y.— Cough. pain or heaviness in the chest, short or difficult breathing, prevalent expectoration, and general emaciation, are conlcusive that the malady is confirmed consumption. If to these symptoms are added hectic fever and night-sweats, the chances are ten to one that the case is hopeless. We would not prescribe for such a case without a personal examination.

TAPE WORM. — H. B., Pittsburgh., Ind. There are poisons which will cure or rather *kill* the tape worm, without killing the person who has it. Turpentine, male fern and other drugs have had a reputation for destroying it. Pumpkin seeds are offensive, if not poisonous to it, and will sometimes occasion its removal. All of these remedies are, however, uncertain. We have succeeded in destroying it with Hygienic treatment alone.

BLOOD-FOOD.— J. M. S. There was never a more egregious delusion, or a more arrant humbug, than the idea that iron, hypophosphites, cod-liver oil, &c., are "blood-food," or in any sense remedial in bloodless and debilitated states of the system. But so long as the people can be made to believe in this nonsense, the quacks, "regular, irregular and defective," will be able to drive a profitable trade.

SALT.—C. L. We have many times explained that salt is an indigestible mineral substance, and in no sense nutritious or dietetic. If your physician will give any reason why salt is a "necessary aliment" we will reply to it.

RICKETS.—R. B. B. This disease is not owing to excess or deficiency of bone material, but to mal-assimilation of the nutrient matter of the blood. The immediate cause of this is a depraved condition of the secretions and excretions, and the remote cause. unphysiological habits on the part of the child or its parents. Mercurial medicines are the most common predisposing causes of both scrofula and rickets. Pure air, plenty of sunshine, abundant exercise, a daily ablution, and a strictly fruit and farinaceous diet, are the essentials of the remedial plan.

PROLAPSUS.—H. M. J. The case you described is complicated with chronic inflammation of the mucous membrane of the uteras. In such cases intra-uterine applications are sometimes necessary; but this requires the attendance of an experienced physician. Sitz-baths and warm and cold local baths are useful in such cases. The special treatment required cannot be explained by letter.

BLACK MEASLES. — Mrs. A. C. S. 1. Is there such a disease as black measles? 2. Is there any necessity for a woman who is enciente to miscarry because she has the measles?

1. The term "black" or "malignant" is applied to that form of measles which is attended with a very putrid or gross state of the system, and a low typhoid fever, in contra-distinction to the "mild," or "common," which is attended with inflammatory fever. The "black" form is very dangerous, especially if the patient is bled, or reduced in any way with antiphlogistic drugs The latter is not at all dangerous, although patients are sometimes killed with drug-treatment. 2. No.

CANCER OF THE BREAST.—S. Y. We are now treating an interesting case of cancer. We expect to destroy its vitality completely by the refrigerating process. It will be under treatment two or three months, and if you come soon you can witness the success of the operation. Our surgical fee is from $50 to $200.

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Soldier's Department.

THE MONITORS, of the 127th reg. N. Y. vols., six months in the field, has but sixteen out of a full Regiment on the sick list. Over one half of the Regiment was recruited at the office and through the influence of Fowler & Wells, 308 Broadway. But what has that to do with their health? Simply this: many of them are readers of our works and have followed their teachings. Their Surgeon gives no drugs to those opposed to taking them; further remarks are useless.

HORRIBLE.—The special correspondent of the *Tribune*, "Junius," writing from Memphis, Tenn., Jan. 23, 1863, tells a story we should hardly have believed if we had not corroborating testimony from various other sources. He says:

"The post hospitals have been horribly mismanaged at Helena; and yet the surgeons say they cannot help the terrible condition of affairs that has prevailed there. Since the war began I have not been anywhere in the field that the medical department was not grossly neglected. While many of the surgeons are energetic, humane, conscientious gentlemen, more of them are heartless and besotted brutes."

We would respectfully remind whom it may concern that every Hygienic physician in our army and elsewhere is a total abstainer from intoxicating drinks, cleanly in personal habits, and decent in manners and deportment. What can be the rationale?

PARCHED CORN MEAL.—Any one who has traveled over the western prairies is undoubtedly familiar with the article of food named at the head of this article. The mode of preparing it is to parch the corn, generally in an ash bath, reduce it to meal, and add a due proportion of sugar. Provided with this simple article of diet the Indians, hunters and trappers of the West will travel hundreds of miles, a very small quantity in bulk sufficing for many days. It is, withal, exceedingly palatable, and is usually mixed with water when eaten.

This would be an excellent addition to the rations of our soldiers, taking the place of both flour and coffee. A small quantity of it will go a great way, and its use would economize money, time, bulk, and weight, all considerations of importance, the three latter, especially so in rapid army movements.

TEMPERANCE IN BUSINESS.—Hon. Frank Fuller, Secretary of State for Utah, in an article on the overland route to California, says:

All along this route you will discover evidences of a leading spirit at the head of affairs. You will notice that men and means have been employed—not to effect certain ends in a slovenly way, but in the best possible way. You will observe that the human, and animal, and material parts of the machine seem to act in harmony. Not a cog broken, not a screw loose, not a jar or a rattle anywhere. The brains of the engineer lubricate the whole machinery.

But long before you leave for Carson you will have been made acquainted with the thinking portion of this vast concern. The entire management of the line is in the hands of Mr. Frederick Cook, of New York, Assistant Treasurer of the Company, and formerly its Treasurer, who for the past year and a half has had his office in this city. You would tire of my letter, were I to tell you of all the improvements which he has introduced during that period. It has been a laborious task. It has required activity alike of brain and body. It has called for the ability to read the good and bad points of horses, and more important still, and more difficult, the good and bad points of men, "Eternal vigilance" is not less the price of an efficient stage-line of this magnitude, than of liberty.

Mr. Cook is a total-abstinent, and seeks to employ such. He knows that a drunken hostler will abuse or neglect his stock; a drunken driver will endanger the lives of passengers, a drunken agent, station-keeper, or employee of of any kind, will bring disgrace upon the line. The first drunk, therefore, is the signal for discharge. The men know it, and the knowledge doubtless strengthens them to resist temptation.

We respectfully suggest to whom it may concern, the propriety of employing Mr. Cook to manage our armies and navies, and—well, these will do to begin with. We believe that the addition of one general, if his name was General Total Abstinence, would be a better reinforcement than an additional quarter of a million of men.

J. J., whose letter we quoted in our last as a "Bombshell for the Medical Bureau," in another business letter says: "Oh! this horrid drugging!" I never thought so much about the matter before I entered the army and had a fair sight of the matter. One case in point: I am to-night sitting up with a young man of our company named ——, who lives near.

He was taken with pain in the stomach and bowels, for which the doctors gave him physic and emeties for two days; he was all the time getting worse, until about two hours ago, when the pain became so severe that nothing would do; he must have the doctor; so I got Dr. ——, who after a "long" and "careful examination," concluded he had been physicked about enough, gave him some morphine and opium powders (you know better than I do their composition) as an experiment (?) to see if he would not be better in the morning. He gave him one and left seven more for me to give him; but I think

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I shall not be guilty of poisoning him to death; he is too good a fellow. It is two hours since he left; and since then, till within 20 minutes, I have been applying hot cloths to the part affected. He is now asleep and appears much easier; whether it is due to the powder or the water is more than I can tell. I suppose the tendency of the powder was to make him sleep, at the same time every dose runs away with a certain portion of vitality, leaving him so much nearer a dead man.

This idea that, because this man has been obliged to eat pork and drink coffee made in iron kettles, and ignorantly disobeyed many other laws of health till he is almost dead; that he must add quantities of deadly poisons to those already accumulated in his system is abominable, but such as the doctors of this regiment and that of most others promulgate, and I am sorry to say, make many field, line, and staff officers and chaplains as well as many soldiers believe. But not so with all, and the number of the latter is fast gaining, and would gain much faster if they only had a chance to learn the better way.

To me it seems perfectly ridiculous to see these doctors pretending, that after the thousands of years of study which their school has given, they have learned all that is necessary on the subject, and that their conclusions and directions must not be questioned; and if you will march with me to the slow tap of the drum and by the pale moon's light to the burial place of our dead, and there see buried beneath Virginia's soil, men who months ago bid as fair for long life as one in a thousand, you would not wonder at my feeling thus exasperated upon the subject, which, as I said before, until I entered the army, I never saw in its true light. I knew it was bad, but I thought your Hygienic doctors made too much ado about the matter, but I have here learned that the half has not been told. The case I spoke of above is but one of a thousand, and by no means a desperate one. I wrote it because, as he lay here before me, he excited my sympathy.

Yours truly, J. J.

Lieut. B. B. Childs, in his excellent lecture in our Hall on "the Cares and Comicalities of Camp Life," after describing the variety of which our army is composed, and many of the hardships to which our brave soldiers are subjected, said that the "shoddy Army Contractors" had been the greatest curse by adding innumerable hardships to the soldier, and being one of the greatest supporters of the Cataline Davis, and, said he:

"Were I given the authority to punish the villain as he deserves, on his legs I'd put a pair of his own shoddy breeches, on his back his own shoddy coat, on his feet a pair of his own rotten and paper-soled shoes, in his hands one of his own guns, warranted to fire with equal effect at both ends, (if it did not burst) his haversack should be filled with his own damaged crackers, and then he should take his place in the front rank, *and keep it too*, till hardship, and exposure, and shoddy had driven the shriveled soul out of his beggarly carcas, and then wrapped in his own shoddy blanket, he should be laid to rest in a grave over which a slab should bear the inscription—"no resurrection."

Then after a half-hour spent in describing camp life, picket duty, the battle field, the soldiers' fare,—and how it is very frequently increased at times by a fat pig, sheep, or chicken, which was not furnished by "Uncle Sam," &c., —the hospital, the death and burial, and calling our attention to the various ways we could add much to their comfort physically, he closed with the following, which deserves universal attention:

I have already remarked that each regiment of the 850 odd, now enrolled in the service of the General Government, comprises within its numbers every variety of society known to civilized life—so that each in itself is a little community—a type in minature of the great world about us, with this exception: in civil society there are two great moral and christenizing influences, ladies and literature, one of which is altogether, and the other almost known to life in camp.

Do you wonder, then, that with all the evil influences of life; unbalanced by the good, there is in camp life a lamentable aud unfortunate tendency to immorality and vice? This is a painful subject to a soldier. I exhibit to you this blot upon our army life, as I would exhibit the wounds upon my body to a surgeon—to the end that they might be healed—and here is a work not unworthy angel hands, and yet one that you, and each of you laboring with such means as God has given you, may do.

I have seen, not unfrequently in camp, half a regiment engaged at once in gambling and whisky drinking; and this, too, among men who at home were patterns of morality and virtue. This is a sad picture, I know, and all the more sad because it is true; and I tell you, ladies and gentlemen, that you must find and apply the balm that shall heal this ulcer upon the morals of our army, or when it returns it will scatter wide-cast over the land seeds of immorality and crime, that your children and children's children shall harvest. You need not charge the growing immorality of our army to any neglect of its officers, or to the results or lack of army discipline. It is the direct result of your own neglect, and with you lies the remedy.

Have you a son, a brother, or a friend in the army? There is not probably one in all those I see before me that has not one or the other, and I know you desire that son, or brother, or friend return to you the same noble and honest friend or brother that left you.

Let me tell you, then, one of the ways in

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which you may secure this desirable end: First of all I would have you *write good, long, frequent, and cheering letters* to your friends in the army, and I assure you that so long as you do this, you are exercising an influence for good upon them which, though it be unknown to yourself, they feel and angels witness; and next I would have every Southern mail bear them some book or paper to beguile an idle hour; and while these gentler messengers from you are before them, cards and bad whisky will have stout rivals in the field.

And here, ladies, is a work that you may do for your country in her hour of peril. You may not, to be sure, gird on the armor of the warrior to battle on the field of carnage and blood, but you may do quite as much with the armor with which God equips you. It was not for David to meet his giant adversary with helmet, and plume, and spear, but armed with a simple sling, for so had his God appointed. So you, in your proper sphere, may send from the inexhaustible quiver of woman's love, gentle arrows that shall smite down far away on the battle field, the agents of evil that would betray your friends, and whose attacks are far more to be dreaded than the whistling minnie or the screeching shell.

Then remember, as you love your friends, when you can spare an hour, to write them of home and the things they love; and of those circumstances, in which they would be interested, were they with you; and when your morning paper is read, or your magazine completed, will you send it to your friend in the army? It will do him good, for he will read it. It will do you good, for a generous act is ever remembered.

I have thus, my friends, briefly touched upon some of the leading features of a subject in itself inexhaustible. If I have sueceeded in awakening any deeper interest in the welfare of our brave army, I am more than repaid. If I have succeeded in fanning to a brighter glow the fires of patriotism upon the altar of a single heart, I am more than gratified.

CORRECTION.—Soon after the above extract had passed through the electrotype, the author requested us to make the following correction: In the last line of the first paragraph on the second column of page 127, please read "unknown" for "known."—TYPO.

SWEET OIL VS. SPIDERS.—A gentleman of this city called in the office of a friend last week, and complained very much of deafness in one ear and of a sensation that some heavy object was lodged in it, which he thought occasionally moved or turned itself about. Upon the suggestion of a friend a small quantity of sweet oil was introduced into the ear, when instantly a large spider came out.—*Brunswicker.*

Here is a queer statement—but if true, a very important fact for housekeepers:—

TO PRESERVE EGGS.—Place a half dozen at a time into boiling water, or as many as you can lift out at once with a skimmer, and leave them in the water from five to six seconds, and they will keep fresh for any length of time. This process coagulates a thin film of the white next the shell, and renders it impervious to the air, which is the cause of the putrefactive stage,—the shell being porous, and by laying a short time in one position, the yolk displaces the white and comes in contact with it and spoils.

Literary Notices.

THE MYSTERIES OF MAN is the title of a work of a little more than 400 pages, published by Davies & Kent, New York. It is written with remarkable clearness, and contains much useful information in a small compass. It is mainly devoted to the *esoteric* or interior nature and functions of human beings; the sexual relations are treated with perfect candor and frankness, and the doctrines of the book, so far as they apply to diseases and remedies, are in the main in harmony with the philosophy of the Hygienic medical school. We can supply the book at the publisher's price, $1.25.

A VINDICATION OF OBJECT TEACHING, by "Scotia," is the title of a little pamphlet just published in Philadelphia. The fair authoress undertakes to prove the superiority of object over book teaching, and if we were allowed to sit in judgment, we should decide that she had made out her case.

G. W. Childs, Philadelphia, has issued a volume of 700 pages, under the title of the THE NATIONAL ALMANAC AND ANNUAL RECORD. As a statistical and historical record, it is the most complete ever published in this country.

Mr. Shea, of No. 83 Centre street, N. Y., has announced two new works which will prove interesting to linguists, ethnologists and historians. The GRAMMAR OF THE PIMA, and RUDO ENSAGO. The Pima is the language of Sonora, which, in its different dialects, is spoken widely in Mexico. Rudo Ensago is a report of a Jesuit missionary to his ecclesiastical superiors.

The PICTORIALS are all out, profuse of pictures in illustration of the great wedding of the little folks. "Mother," said a little girl of six years, "if Mr. and Mrs. Tom Thumb should have children, would they be dwarfs?"

He who betrays another's secrets, because he has quarreled with him, was never worthy the sacred name of *friend;* a breach of kindness on one side will not justify a breach of trust on the other.

He who refuses forgiveness breaks the bridge over which he must pass; for all need forgiveness.

It is want of judgment not to see danger; but it is stupidity or rashness not to fear it.

Nothing elevates us so much as the presence of a spirit similar, yet superior to our own.

Those who live to the future must always appear selfish to those who live to the present.

Many actions, like the Rhone, has two sources, one pure, the other impure.

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College Department.

THE HEALTH ASSOCIATION MOVEMENT.—DEAR DR. TRALL.—I rejoice at the formation of a National Health Association upon Hygienic principles, as indeed I do at every prospect of the universal diffusion of the little understood, but most salutary doctrines of Health Reform. Would that the friends of our cause sufficiently realized the necessity of forming, wherever practicable, auxiliary associations, as means of giving efficiency and encouragement to the general society. Few such organizations could meet with more impediments than does the one which has been formed by the few but determined friends of the cause in this city. Yet even here we feel that great good will be done. If such arguments and demonstrations as those contained in the address delivered by you amid so much opposition, in the Smithsonian Institute at Washington, D. C., one year ago, could be diffused and read in this latitude, so little explored by advocates of the Reform, I am induced to believe that in the cases of many not wholly "given to their idols," the truth would be too powerful for the influence of wrong education and erroneous prejudices to resist.

It may be somewhat encouraging to know that the lecture at the Institute resulted in the decided conversion of at least one well known person of much influence, both in the community, the church, and the army. In this connection it may not be improper for me to give something of my own experience. My faith in Hygienic Reform is not so much the result of theoretic statement as of invaluable experience. Born of parents who had been for years the hapless victims of the "deadly virtues of the healing art," I inherited a feeble constitution, which was further impaired by passing through an ordeal of which the following is a partial statement: Scarlet fever, leaving me with *very weak* back and eyes, I had hooping cough, measles, frequent attacks of fever and ague, intermittent, remittent, bilious and lung fever; also, congestive and typhoid fevers, all before the age of seventeen, during which time I experienced some of the benefits of root and herb medication, fortunately not of minerals, my parents having drank sufficiently of that bitter cup.

By this time my feeble vitality was nearly exhausted. My liver being inactive I suffered of headache, a heavy aching in my breast just above my stomach, and extending through between my shoulders, often preventing sleep, cold extremities, shortness of breath upon slight exertion, melancholy, loving solitude and weeping over many an imaginary trouble.

For three successive years I suffered much with cough and soreness of my lungs, seeming to be in danger of consumption—my father's disease.

A short life of uselessness and suffering stared me in the face, and I was willing to grasp at any new thing for relief. In this condition I employed an eclectic physician, who being somewhat acquainted with the better way, gave me very little medicine, depending mostly upon hygienic agencies, such as Graham bread, bathing, exercise, rest of mind and body, enjoining an almost entire abstinance from meat and milk. Health began to dawn upon my frail body. I now became a reader of the Water-Cure Journal. From this great instructor I received much important information upon the subject of Hygiene and Hydropathy, and through it I became a reader of your Encyclopædia and other works which have been of immense value to me and my family. As a consequence of all this I have not been confined to my bed, of disease, one day for ten years, and I have three children who have not taken a particle of medicine, and who, when sick, recovered so speedily that they "got no credit for having been sick." Believing as I do that your Journal, under providence, has been the means of saving my life and giving me all the sweets of domestic bliss, with four dear little children, who, I trust, will be happy through all eternity, I consider it my duty as well as pleasure to circulate it as much as my various duties and limited means will permit. I may, therefore, naturally and cordially wish you in your connexion with the Herald of Health, as editor and proprietor, unbounded success. Having subscribed for the Herald before the first number was published, I suppose I am, by paying $1, entitled to another copy, which you will please send to A. R. S.

"BEST, SUREST AND QUICKEST."—J. W. M. writes from Newark, Ohio.

R. T. TRALL, M. D.:—MY DEAR SIR: I too want to know the "best, surest and quickest way to become a Hygienic Physician." I would like your advice as to the course of study I ought to pursue. And in order that you may be the better able to give an opinion, permit me to tell you a little about myself. I received but little better than what is called a common school education. I know but little about anatomy, physiology and drugs, &c., &c., (except an experimental knowledge of the injurious effects of the latter upon my own system). From my boyhood I have had a strong desire to be a physician. I believe it is a business nature designed me for. Also, I believe that I have decided

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talent and ability as a lecturer. Circumstances have always seemed against my turning my attention in this direction, notwithstanding my inclination. But now the way seems clear for me to commence life where I should have ten years ago, (having recently lost what little property I had.)

I am now thirty years of age. Several years of my life has been spent in the dyspeptic's lowest hell—and I am not altogether out of the horrible pit yet. But hygienic principles, which I have been, however imperfectly, endeavoring to practice for some months, are gradually restoring me to health.

I want to devote as much time as possible to the preparatory studies that you may please to recommend, from now till the commencement of the fall term of the Hygienic Institute for the present year, which I hope to be able to attend, and be ready to commence practice in the spring of 1864. Can I do it? or will this be making me a physician in too much haste?

My means are exceedingly limited, and, if possible, I mean to get a scholarship by getting subscribers for the HERALD OF HEALTH, the January number of which is received. I am greatly pleased with it. Hoping to hear from you soon, I am, yours truly,"

J. W. MOORE.

Many of the physicians of our school have learned the better way through tribulation; and our friend's misfortune may have been after all a blessing in disguise. We have no doubt he can easily accomplish the full measure of his aspiration. We reply to him through the HERALD instead of by letter, for the reason that we have similar enquiries almost daily. The best text-books for him to read at present are Gray's Anatomy, Youman's Chemistry, Dalton's Physiology, and the Hydropathic Encyclopædia.

M. A. D. JONES, M.D.—The New York *Methodist* thus notices one of the most "rapidly made" doctors that ever graduated from the New York Hygeio-Therapeutic College:

MRS. DR. JONES' LECTURES ON PHYSIOLOGY.—Mrs. Jones is well known to our church in Baltimore, where she was, for some time, a teacher in our Female Academy. We have noticed high recommendations of her from the late Dr. Bond, Rev. Dr. J. T. Cooper, Rev. Mr. Dashiel, Rev. Dr. Nadal, Rev. B. R. Waugh, and other good authorities. Her courses of lectures in Jersey City and Newark have been remarkably successful. We commend her to the regard of the Methodist ladies of New York, as scientifically competent for the discussions she proposes to hold before them. Few subjects are more important than the health of American wives and mothers: it involves even the national welfare to no inconsiderable extent. Our women need not the counsels of charlatans, but of scientific and Christian instructors. Mrs. Jones is one of the most competent of the latter. She is making arrangements for courses of lectures in several of our city vestries. We believe her mission is a good one, and will be found interesting to our Christian training of the people.

RAPIDITY.—Our rapidly made doctors seem to be going ahead. Perhaps the rapid manner in which they were educated has given them an impetus which is perfectly irresistible. Well, the "more faster" they go over the ground, the sooner will the work be done. The Lamoille (Vt.) *Newsdealer* thus notices one of them:

Miss Ellen H. Goodell, of Hill, N. H., delivered a course of four lectures—Sunday, Monday, Tuesday and Thursday evenings—at Stowe, on last week, on the laws of health. They were well attended. She has also been lecturing in Morrisville this week, and is well received, as she ought to be, as she understands her subject, and judging from the character of the school where she graduated, Dr. Trall's, in N. Y., the information gained by attending a single course of her lectures will be worth a great deal to any one, while to others it would be worth everything. We wish she could find encouragement enough to justify her in coming to Hyde Park.

TURN OUT THE DOCTORS.—J. B. H. writes from Camanche, Io.: "As the people are suffering and dying all over the land, of drug medication, and there is a demand for Hygienic physicians in thousands of places, and as, moreover, there is no place in the world where they can be educated except at the New York Hygeio-Therapeutic College, I hope Dr. Trall will turn out doctors with all possible speed—"in the double quick," as the soldiers say.—Myself and wife have not had any medicine in our family for twelve years. We cannot, for want of pecuniary means, qualify ourselves for physicians; but my wife has many calls to visit the sick, and goes when she cannot get rid of it. She has always had the best of success. I repeat, make doctors with lightning speed, if you can, and when any one gets time to tell us how to make better doctors, there will be plenty of room for them."

THE NEEDFUL COMING.—J. H. B., in sending us a good and welcome list of subscribers, says: "My purse is very light, and I can now earn but very little, but I can give one dollar toward endowing your College. I can also do something in inducing others to subscribe."

Are there not five thousand more very poor and very noble spirits in the country?

HULDAH ALLEN, M.D.—Mrs. Allen, Professor of Physiology, Hygiene, and Obstetrics in our College, has recently given a course of lectures

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to ladies in Dr. Chapin's Church, Broadway, with excellent success. Her subjects were illustrated with paintings, anatomical preparations, physiological plates, and the manikin, and her teachings were fully appreciated by a highly intelligent audience. Mrs. Allen is one of the most competent and instructive teachers in physiology in this country or any other.

HEALTH EDUCATION FOR CLERGYMEN.—A clergyman writes us from Iowa: "I am anxious to attend your summer term, and shall do so if I can obtain sufficient means. I am by profession a minister of the gospel, and have a family to support; and I write to ask if you could not give me a year's credit for tuition and diploma fees, by my giving land as security."

We will, with great pleasure, accept as many such propositions as we can get. We would gladly have a hundred clergymen in our School on such terms. And if the School was not an expense to us, we would never think of charging clergymen, who do not contemplate making the practice of medicine a professional business, anything.

REPORTED FOR DUTY.—Dr. N. W. Sargeant, of Sparta, Wis., has ordered a set of our Anatomical and Physiological Plates, and other "fixings" for a lecturing term. All of the lecturers we have in the field are meeting with excellent success, so far as we can learn. Dr. Kimball, of Iowa City, was lecturing in Oskaloosa and vicinity recently. He had crowded houses. We advise Dr. R., who discussed the "spleen" problem with us last summer, to let Dr. K. alone.

THE HARVEST IS RIPE.—M. Augusta Fairchild, M. D., writes us from "Sunny Side Water-Cure," Cambridge City, Ind.:

"*Dear Dr. Trall:* May I encroach upon your time and patience a little? I think I need a few more plates or drawings for illustrating my lectures to ladies. I want especially some on uterine anatomy and pathology. I find it is much easier to make people *think* when they have something to *look* at. Isn't it glorious, Dr. Trall, to see how our cause is advancing? Now is the time for work. One cannot fail to get hearers now, for the people are heartily tired of the abominations of the drug system. If our school of physicians will work earnestly now, there is no *possibillity* of failure. If *we* do not work, *others will*. If we do not keep this health agitation before the people, some one else will do so, for there is now manufactured "ready for use," a web of popular sentiment which calls loudly for just such a class of physicians and lecturers as only our college can send forth. It is useless, it is disgraceful for us to talk about "up-hill business," "people not ready," "don't pay," &c. This is not true. Those who talk thus are too indolent, too heartless, or too selfish to serve humanity in its present earnest reachings after light. Such persons had better take themselves out of the way. Even their shadow darkens.

"Hard Work," I know; but large rewards. Will not the grand future reward us? Does not the glorious present? Forgive my enthusiasm. I wish I could have a long talk with you on the various methods of conducting our great reform. Will you never visit the West again? Dr. Glass and I are doing very well. Indeed, we cannot help it. We are having as many patients as we can well accommodate. I lecture to the people, usually in the churches, whenever I can get time. Dr. Glass has just been telegraphed to visit a patient in Cincinnati. I regard him as the best exponent and practitioner of our system, next to Dr. Trall. I wish I had time to tell you of some of our *grand* cures. They would be commonplace to you, but might benefit your readers, and encourage your students. I have two students certainly engaged for your next school term, and others who are considering the question.

DOWN FOR $50.—Captain Knowles, of Danbury, Conn., called on us a few days since, on his way to rejoin Siegel's army. On noticing our petition to the Legislature for a donation of $25,000 to endow the College, he promptly exclaimed, "You may put me down for fifty dollars." The Captain has been where the doctors kill more soldiers than the rebels do.

PREVENTION OF DAMP IN GROUND FLOORS.—Until recently no provision was made to guard against the absorption of moisture in the foundation walls of a house; latterly, every working bricklayer knows that by the use of a single layer of slate (fixed in cement,) ever so little above the ground range of a foundation, the rise of damp in walls is repressed. What a catalogue of evils is avoided by this simple provision! The servants of an establishment are saved from all the penalties which damp walls are sure to entail upon the occupant of a basement story; all the aches to which the human constitution is subject are at once obviated; and apartments which, built on the surface, were formerly damp some two or three feet upwards, or if sunken only four feet below the level, were damp to the ceiling, are now perfectly dry and fit for sleeping-rooms.

A witness in a Hoosier court being asked how he knew that the defendants were man and wife, replied, "Why, dog on it, I've heard 'em scoldin' each other mor'n fifty times!" This evidence was held as decidedly conclusive.

"What is the most dangerous of all animals?" said some one to Diogenes. "Among wild animals, the slanderer, and among the tame, the flatterer," he replied.

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Voices of the People.

PROMPT RESPONSE.—R. S. writes from Coal Valley, Ill.: "Your HERALD OF HEALTH has aroused me to a sense of my situation and duty, in regard to reform. Please send me one copy of the HERALD, one copy of Hydopathic Encyclopædia, and one of Mattson's new Syringes. I only received the HERALD yesterday. To-day I forward you an order, and to-morrow I will look around among my neighbors for a club of subscribers. I shall do my best for a good list. I I like the new appearance of the HERALD well, and its reading matter still better."

A PRAIRIE BREEZE.—Dr. N. Nevins writes from his new Hygienic home on the praries, at Secor, Ill.: "I feel greatly gratified that you have full control of our HERALD OF HEALTH. I am sure that the whole host of friends to our glorious reform will be inspired with new zeal and double diligence in indicating an organ, and thereby promoting the cause. That the good spirits may still uphold and prosper your efforts, is my earnest prayer."

ORTHODOX.—M. W. writes from Fairfax, Ill.: "I am pleased with the change in the Journal, and shall now rely on it as *all* orthodox."

HORRIDPHOBIA.—J. W. writes from Fremont, Ohio.: "I have concluded that I could do some good by procuring subscribers for the HERALD, and engaging in the sale of some of your valuable publications. I shall begin on a small scale, as we live among Allopaths and Eclectics. They have a great horror of "Water-Cure," and of your books, for they seem to know that their system cannot live where your publications are circulated and studied."

VOLUNTEERS.—R. R. writes from Chambersburgh, Pa.: "In the January HERALD you call for volunteers in the great war between truth and error in the medical world. I was duly mustered General years ago, and have been in active service ever since, battling, not "manfully," but *womanfully*. My husband has volunteered in the service of his country, and I am left alone among strangers. He was a commissioned officer in the Health Reform army, and on leaving for the *other* army, handed over to me his commission, and I immediately set about raising a company. Already a few have been induced to enlist; and, I hope, ere the year closes, to send you the names of a whole regiment or battalion, who will be active co-workers in the great war for the constitution and the laws of human nature."

GOOD LOOKS.—Dr. Gully writes from Lake View, Ill.: "I feel like complimenting you very highly on the changed and beautiful appearance of the HERALD OF HEALTH. Its very looks are sufficient to ensure the purity and truthfulness of its contents. May its teachings and influence pervade the whole earth!"

COULDN'T DO WITHOUT IT.—D. W. R. writes from Gainesville, N. Y.: "The times were so hard that I had concluded to do without the HERALD the present year; but in receiving its new form and improved spirit, my resolution failed me, and I send you a dollar. I am thoroughly convinced of the truth of the principles it advocates, and am deeply interested in the new and attractive features you have introduced."

OUR UNION.—Mrs. M. E. J. writes from Fairbury, Ill.: "I am very glad to hear of the "Union for life" of the HERALD OF HEALTH and HYGIENIC TEACHER. I think the present form a great improvement. The cause is slowly but surely progressing in this place. You have many friends here who bid you God speed in this good work.

ONE OF OUR FIGHTING GENERALS.—J. J. writes from Cherry Valley, N. Y.: "Enclosed, please find a check on Metropolitan Bank for $10, for which send two copies of HERALD OF HEALTH for 1863, and as many copies of your Diptheria as you think proper for the balance. I do not know as there are any copies of that work in this community. I do know, however, that there should be, and if I cannot sell them I can give them away." A thousand such persons in the United States would end the system of drug medication by the time the war is ended —according to present appearances.

NOT TIRED YET.—E. F. sends us a club of subscribers from Ford, Ohio, and says: "I have taken your Journal for fifteen years, and am not yet willing to do without it. As soon as the roads are passable, I shall send you more subscribers. I shall do all in my power to advance the cause of Health Reform."

A DOLLAR WHICH IS WORTH MANY DOLLARS.—T. F. writes us from White's Corners, Erie county, N. Y.: "*Dr. Trall:—Dear Sir:* My wife and I thank you for the January HERALD OF HEALTH. We congratulate you as one of the Saviours spoken of in one of the prophets, when it says that "Saviours shall come up on Mount Zion, and shall judge the Mount of Esau." Light makes manifest, and judges whatever comes in its way of different coin. We congratulate you that you should be made so efficient an instrument in exposing sin and showing up the true light. We have been readers of the journal for several years, and are endeavoring to carry out its principles in every day life. We wish you abundant success in all your endeavors to advance truth. We think we can get a number of subscribers. Enclosed, please find one dollar, and send me the January number to the amount, for the purpose of distribution."

AN ASTONISHED MINISTER.—Dr. Henry McCall, of Oskaloosa, Iowa, in sending us a club of subscribers, writes: "I am truly glad that you are so well adapting the HERALD OF HEALTH to the wants of the people. We have had a warm, open winter, and with it a good deal of sickness. My friend, Amos Kimball, the baker, has had the typhoid fever. I was called to see him on Saturday morning, and gave a wet-sheet pack. In the evening his minister called and told him he was down for at least two or three weeks. I then gave him a warm sitz-bath, beginning at 100°, and increasing to 110°, which was repeated next day with copious enemas and the wet girdle. On Monday he was in his shop attending to business. His pastor was astonished at this result of the cold, "*hot* water-cure."

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THE DRESS PREMIUMS.—Dr. H. F. Brown writes from Lansing, Mich.: "I received the first number of your HERALD OF HEALTH, and after giving it a careful perusal, became interested in it, and shall, from time to time, send you all the subscribers I can procure. I enclose you a remittance, for which please send me such works as your list of premiums entitles me to. Enter my name on your list of competitors for the fifty dollar premium for the best Reform Dress. I am the inventor of the best skirt supporter now in use, and will send you one that you may test its utility."

A DOUCHE FROM OHIO.—Dr. Frease, of the Granville Cure, sends us a list of subscribers, and says: "I congratulate you on the neat appearance, improved form, and excellent contents of the HERALD OF HEALTH."

MURDER OF THE INNOCENTS.—A clergyman writes from Huron county, Ohio: "I like the HERALD OF HEALTH, and can do *something* for it. I wish I was able to send for fifty copies. If you will send me an agency I can sow some seed here which will bring forth good fruit. Many people in this vicinity are ripe for a change of medical systems. Scores of innocents are perishing of diptheria, and folks are losing confidence in drugging."

DO DRUGS OR DISEASES KILL?—The deceased person alluded to in the following communication was with us as a patient during the winter of 1861–2, and was the mother of Thos. M. Park, M.D., a graduate of our School. She came to us in a state of utter prostration of chronic disease. Indeed, she was exhausted, worn out with disease, drugs, hard work, and bad living. She improved very much while with us, and survived until the season following. Of course, every body concerned, is accused by the interested and bigoted drug doctors, and the deceived and ignorant rabble, of killing her, because we succeeded in keeping her on the earth a year longer.

"*Dr. Trall.—Dear Sir:* Since the death of my wife, in August last, a gallows as high as Haman's has been considered as too good for myself and Thomas. But, despite the opposition and reproach, I am disposed to hold fast to the principles of Hygienic Medication. I lost two children, of consumption, caused, as I am now well satisfied, by improper habits of living. I can review the past ten years, and see where I have failed. I have now six children with me, all enjoying good health. Diptheria has been all around us, and in a number of instances swept off whole families of children. In one family seven have died. We have escaped, and the people are beginning to enquire why this is so? I tell them that the pork and grease which they feed to their children causes impure blood, and a few are beginning to see it. If you can cull anything from my testimony, which you deem serviceable to others, you are at liberty to publish it." ALBERT PARK.

Lovelton, Pa., Jan. 26, 1863.

THE OLD STORY.—We have read some thousands of testimonials similar to the following, which we extract from a letter by Mrs. A. C. S., of Mankato, Min.: "Can't you send us a good Hygienic physician? I think we could now support one. Ten years ago I was what the doctors termed a confirmed invalid, with two children, that I feared to let the air of Heaven blow upon, lest a week's sickness should be the penalty. At this time I saw an advertisement of the *Water-Cure Journal*, and my husband, willing to humor me, sent for it. At first I was very timid, regarding the experiences in the Journal as little less than miraculous. Finally, I gathered assurance enough to throw away drugs, and for nearly ten years have not used them at all. Our friends, and especially the physicians, declared that, although "Water-Cure" might answer in my case, it would not do for the children. I should, certainly, said they, have to give them quinine for the ague. Well, it was an uphill business—no one to help me; everybody against me. All the encouragement and assistance I had was your little health messenger, and that did not always come down to my capacity. I had everything to learn. My friends would come in and shake their heads. But truth has triumphed. My husband's family, and my own, want no other physician than your HERALD OF HEALTH; and not a few of our neighbors ask me to prescribe for them. But I am not educated for the work, and have to decline. The measles have been prevalent here, and many have died under drug treatment.

HOME-TREATMENT OF DIPTHERIA.—J. M. H. writes from La Porte, Ind.: "I send you one subscriber, and will send you more soon. The person whose name I send happened to see the January No., and asked me to order it for him. The people hereabouts are getting tired of being drugged and poisoned to death. For my own part, I long since abjured the drug system, and, although there is no Hygienic physician within one hundred miles of this place, I prefer to trust to what little knowledge I have derived from your publications, than to trust to Doctor 'Pillocrat.' A few days ago I was taken with diptheria. I did not know at the time what the disease was, never having seen a case. My neighbors assured me it was a bad case of diptheria, and urged me to send for the doctor. But I recollected how some of the writers for the HERALD had treated some cases, and so I determined to do the best I could. The fever being severe, I took a wet sheet pack, which soon reduced it. Wet cloths were applied to the throat constantly, and pieces of ice were kept in the mouth. The next day I took sitz-baths, and a sponge-bath. The bowels were moved with enemas. I ate nothing for forty-eight hours. I was quite restored in a few days. Was not the treatmenta bout right?"

A gentleman, claiming to be a "friend to the human race," and who keeps the run of facts, figures and babies, has just laid before "an inquiring world," the following statistics:

"The whole number of languages spoken in the world amounts to 3064; 587 in Europe; 936 in Asia; 276 in Africa; and 1264 in America. The inhabitants of our globe profess more than 1000 different religions. The number of men is about equal to the number of women. The average of human life is about 33 years. One quarter part die previous to the age of 7 years, and one-half before reaching 17 years of age; and those who pass this enjoy an immunity refused to one-half the human species. To every 1000 persons only one reaches 100 years in life; to every 100 only 7 reach the age of 66, and not more than one in 500 live to 80 years of age.

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Miscellaneous.

DOWN IN THE GRAVE.

BY E. ELLIOTT.

Drop, drop into the grave, old leaf;
Drop, drop into the grave;
Thy acorn's grown, thy acorn's sown—
Drop, drop into the grave.
December's tempest rave, old leaf!
Above thy forest-grave old leaf!
Drop, drop into the grave!

The birds in spring will sweetly sing,
That death alone is sad;
The grass will grow, the primrose show
That death alone is sad.
Lament over thy grave, old leaf!
For what has life to do with grief!
'Tis death alone that's sad.

What, then! We two have both lived through
The sunshine and the rain;
And bless'd be he, to me and thee,
Who sent his sun and rain!
We've had our sun and rain, old leaf,
And God will send again, old leaf,
The sunshine and the rain.

Race after race of leaves and men
Bloom, wither and are gone;
As winds and waters rise and fall,
So life and death roll on;
And long as ocean heaves, old leaf,
Will life and death roll on.

How like am I to thee, old leaf!
We'll drop together down;
How like art thou to me, old leaf!
We'll drop together down.
I'm grey and thou art brown, old leaf!
We'll drop together down, old leaf!
We'll drop together down.

Drop, drop into the grave, old leaf,
Drop, drop into the grave.
Thy acorn's grown, thy acorn's sown—
Drop, drop into the grave.
December's tempests rave, old leaf,
Above thy forest-grave, old leaf;
Drop, drop into the grave.

TOBACCO A FOE TO MATRIMONY.—One of our exchanges enquires, with much alarm, "how is it that there are so many nice young girls in our cities unmarried, and likely to remain so?" Our answer is comprised in one word—Tobacco. In old times, when you could approach a young man, within whispering distance, without being nauseated by his breath, he used—when his day's work was over—to spend his evenings with some good girl or girls, either around the family hearth, or in pleasant walks, or at some innocent place of amusement. The young man of the present day takes his solitary pipe, and puffs away all his vitality, till he is as stupid as an oyster, and then goes to some saloon to quench the thirst, created by smoke; and sheds crocodile tears every time his stockings are out at the toes, that "girls now-a-days are so extravagant, a fellow can't afford to get married." Nine young men out of ten deliberately give up respectable female society to indulge the solitary, enervating habit of smoking, until their broken down constitutions clamor for careful nursing; then they coolly ask some nice young girl to exchange her health, strength, beauty, and unimpaired intellect for their sallow face, tainted blood and breath, irritable temper, and mental imbecility. Women may well hate smoking and smokers.

INDIGNATION IN UPPER CANADA.

NAPANEE, Canada West, Feb. 13th, 1863.

Dr. Trall, N. Y.:

SIR—A copy of your HEALTH JOURNAL has come under my notice, which contains allegations against the prevailing popular medical system and profession of this country, and assumptions at which I am exceedingly astonished and indignant. You say that the whole system of drug medication is "absurd in science, false in philosophy, contrary to common sense, and fatal in practice." In a word, that it is erroneous from root to branch; and that the medical profession are sending the human family to premature graves in hundreds, and doing vastly more damage than good in the world. Strange hallucination, this! Who are you, down there in New York, to bring such serious and false charges against us? Now, I would let such presumption and slander pass unnoticed, considering them but the chimerical effusions of an obscure, hare-brained quack, only that I am assured that they have emanated from "high places"—even from the President of a Medical College, who is wielding, I am informed, a considerable influence. The dimensions of human credulity are, indeed, imposing. What blind fanaticism it must have been that elevated an individual possessing ideas so false and erratic, to the position of President of a medical college, and that patronizes such a college! The college and its patrons both, must, of course, partake of the nature of their distinguished leader. Does the law tolerate you in such a career? But, even if it does, that will not make the drug medical system false; much less the empirical pretensions and assertions of a New York blatant quack. I would ask, is it probable or reasonable that a system accepted and propagated these two or three thousand years, by the whole medical profession, should turn out to be false? Preposterous in the extreme!

What presumption for you to array yourself in antagonism to the accumulated principles and learning of three thousand years, and attempt to controvert and ignore long-established, fundamental doctrines, which are at this day entertained and supported by the most learned, scientific and influential body of men in the world! To my mind, it seems very curious that some of your medical brethren down there (if, indeed, the medical profession recognize and own you as a brother, and if they do they should not) who have been cognizant of your fanatical career, have not, before this, cured your of your phantasms, by showing up the absurdity of your position; or have they done so,

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but found you past recovery, and joined to your idols? If you will just statey our positions clearly, and explain yourself in your next journal, I will endeavor to procure a copy, and then see what I can do for you. I think I can set you right about these matters. if you are open to truth, and if there are not too many cobwebs of superstition, and prejudice, and error obstructing your brain.

Yours, for humanity and truth,

WILLIAM MCNEIL.

P. S.—You need not construe this into a personal attack. It is your false doctrines, your false system, that I attack.

The principal object of this communication is, if possible, to initiate a discussion which will probably disabuse your mind of its absurdities, and lead to the demolition of your system. W. McN.

REMARKS BY THE EDITOR.

We have no knowledge of the writer of the above missile, but presume he feels himself prepared to make his statements good, and we shall give him the opportunity. Now, that we have allowed him to express his astonishment, and unbudget his indignation, we hope he will apply himself to the argument. And to enable him to understand precisely the issues between us, we state our positions distinctly. They are as follows:—The medical profession, in all of its authorised schools, approved text-books, and standard authorities, teaches:—

1. A False Doctrine of the Nature of Disease.
2. A False Doctrine of the Action of Remedies.
3. A False Theory of Vitality.
4. A False Theory of the Vis Medicatrix Naturæ.
5. A False Doctrine of the Relations of the Disease and the Vis Medicatrix Naturæ.
6. A False Doctrine of the Relations of Remedies to Diseases.
7. A False Doctrine of the Relation of Disease to the Vital Functions.
8. A False Doctrine of the Relations of Remedies to the Healthy Structures.
9. A False Theory of the Relations of Organic and Inorganic Matter.
10. A False Doctrine of Diseases in Relation to their Causes and Effects.
11. A False Doctrine of the Law of Cure.
12. A False Doctrine of the Nature and Source of Remedies.

Each of these propositions are fundamental. It follows, therefore, as a logical sequence, that, being based on false premises, "the whole system of drug medication is absurd in science, false in philosophy, contrary to common sense, and fatal in practice," to which we will add, the greatest stumbling block to all of the reforms among men, and the greatest curse in existence to the whole civilised world Hoping that we have succeeded in making ourselves understood, we await with pleasure the promised communication which is to "set us right." We hope to receive it in time for our next issue.

P. S.—Some of the graduates of our School are now disseminating our sentiments and practicing our system in Canada West; and we have two students now who are preparing to do the same in Canada East. So hurry up the documents, or "all creation and a part of Canada" may be prepared to secede from druggery before W. McN. is aware of what we are about.

BODILY CARRIAGE.—Instead of giving all sorts of rules about turning out the toes, and straightening up the body, and holding the shoulders back, all of which are impracticable to many because soon forgotten, or productive of a feeling of awkwardness and discomfort which procures a willing omission, all that is necessary to secure the object is to hold up the head and move on, letting the toes and shoulders take care of themselves. Walk with the chin but slightly above a horizontal line, or with your eye directed to things a little higher than your own head. In this way you walk properly, pleasurably, and without any feeling of restraint or awkwardness. If any of you wish to be aided in securing this habitual carriage of body, accustom yourselves to carry your hands behind you, one hand grasping the opposite wrist. Englishmen are admired the world over for their full chests, broad shoulders, sturdy frames, and manly bearing. This position of body is a favorite with them—in the simple promenade in the garden or gallery, in attending ladies along a crowded street, in standing on the street, or in public worship. Many persons spend a large part of their walking existence in the sitting position. A single rule, well attended to in this connection, would be of incalculable value to multitudes—use chairs with the old-fashioned straight backs, a little inclining backwards, and sit with the lower portion of the body close against the back of the chair at the seat. Any one who tries it will observe in a moment a grateful support to the whole spine; and we see no reason why children should not be taught from the beginning to write, and sew, and knit in a position requiring the lower portion of the body and the shoulders to touch the back of the chair at the time. A very common position in sitting, especially among men, is with the shoulders against the chair back, with a space of several inches between the chair back and the lower portion of the spine, giving the body the shape of a half hoop; it is the instantaneous, instinctive, and almost universal position assumed by any consumptive on sitting down, unless counteracted by an effort of the will; hence parents should regard such a position in their children with apprehension, and should rectify it at once.

"JULIUS, what's a latitudinarian?"

"A laty-tudy, what?"

"A latitudinarian."

"A latyterdemarian, Mr. Snow, am a man dat ascertains de cirdumfrence of de hemusfear, and bring de axletree ob de arf oppersite to de hub ob de uniwerse."

Education does not create mind, but will elicit and bring it out. It will do more—it will refine, correct, enlarge and improve.

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TELEGRAMIC WEDDING.—The first marriage by telegraph occurred a few days ago between a couple, one-half of whom was a soldier on duty near Washington, and the other moiety a young lady in a village on the Oswego railroad. Is not this a dangerous precedent? If the "old folks" object, the telegraph can unite the parties at any distance. The "constitutionality" of this proceeding ought to be tested.

CLEANLINESS.—How few persons are there who appreciate the great truth that "cleanliness is next to godliness." Cleanliness implies purity, and purity implies integrity of function, and this is health, and health is happiness. We do not mean cleanliness merely of the external surface; but cleanliness within; cleanliness of the blood and secretions; cleanliness of the vessels, and membranes, and cavities, and pores; cleanliness of the muscles, and nerves, and brain, and bones. Disease implies impurity. It is itself an effort at purification, and yet no sooner does the living system undertake the process of purification, than physicians commence administering other impurities. To cure disease they prescribe the causes of disease. They try to cast out devils through Beelzebub, the prince of devils, which is neither scriptural, nor philosophical, nor successful. Contagious and infectious diseases all originate in impure blood and unclean surroundings. Barn-yards, stables, hog-pens, henneries, and privies, both in cities and in country places, are frequently the sources of the typhus and malignant fevers and gangrenous inflamations which so mysteriously carry off the inhabitants. If people understood the lesson of cleanliness and the dangers of accumulated miasms, would they allow the whole atmosphere to be poisoned with tobacco smoke? and the close, ill-ventilated yards and streets of our densely populated cities to become rank, stifling, and pestiferous with accumulated animal excrement and decaying organic matters? Florence Nightingale went to the Crimea to teach the British surgeons that cleanliness is essential to the successful treatment of invalid soldiers; and we need some one to teach the American physicians and people, that cleanlinets is as essential to the prevention as to the cure of disease.

DON'T TATTLE.—Children, don't talk about each other.—Don't call one of your school-mates ugly, another stingy, another cross, behind their backs. It is mean. Even if they are ugly, stingy, or cross, it does you no good to repeat it. It makes you love to tell of faults—it makes you uncharitable—your soul grows smaller—your heart loses its generous blood, when you tattle about your friends. Tell all the good you know about them, and carry the sins in your own heart, or else tell them to God, and ask him to pardon them. That will be Christlike. If anybody says to you, "O, that Mary Willis did such a naughty thing!" call to mind some virtue that Mary possesses, and hold it up to her praise. For your own sake, learn to make this a habit.

THE ILLS OF LIFE.—In India the greatest plagues of our earthly existence are said to be mosquitoes. In this country they are servants.

BRIDGE ACROSS THE NILE.—The editor of the Boston *Medical and Surgical Journal* gives the following account of a bridge in progress of construction near Cairo:

"A French engineer is constructing a strong, beautiful bridge across the river, where the water is both deep and swift. The arches are of large brick. Another appears to be building over the Damietta branch, as seen in the distance. Mud machines, all iron, worked by steam; pile drivers, and machinery of all kinds, suitable for carrying on a heavy business; besides immense piles of stone, brick, timber and other materials, independently of laborers, soldiers, carts, horses, boats and mules, give the spot, for six miles around, an active and bustling appearance. Six years, we are informed, have elapsed since the piers were commenced. This is the first bridge, it is believed, ever built over the Nile. It was commenced by Mahommed Ali, some years since, and it is feared that it will never be finished. The diving-bell is an extraordinary machine, with which sixty men are at once sunk to the river bed to drive piles, lay the foundation stones, etc. The water, at the lowest point, is thirty feet deep, and the mud thirty more below that, down through which the foundation of the pillar is sunk, in iron boxes, till its weight lodges on the firm bottom. The whole length of the piers, ready for receiving the arches, is 90 feet —30 feet above high water. Last season 25,000 men were employed, at present only 2,000, the Pacha having used up his funds in building costly palaces in all directions. Every three months the governor of a district is called upon for a certain number of villagers for this public work.

RESPIRATION.—The relation of respiration to digestion, to circulation, to nutrition, and to elimination is very little understood, even by physiologists and physicians. No one would ever have consumption if the lungs were kept duly expanded by proper breathing. Many cases of severe colds are cured at once by respiratory movements. The worst attacks of diarrhea have been promptly arrested, and even the cholera itself has been speedily cured, by deep, full, and active respirations. In all putrid and eruptive fevers nothing is more important than abundance of pure air. The frequent exposure of the whole surface to the air, and even to the sunshine, is a very invigorating practice. Sedentary and studious persons require a much more careful attention to the functions of the skin, other circumstances being equal, than do those who have more active exercise in the open air. The food taken into the stomach should also bear a due proportion to the amount of oxygen received in the lungs, or obstructions and tubercles result, ending too often in consumption.

PROGRESSION.—A bill has been introduced in the New Jersey legislature which provides that married women shall be empowered to make wills and dispose of whatever property it may be their good fortnne to possess, in like manner with the stronger sex.

If a man could have his wishes, he would double his troubles.

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THE SKIN A BREATHING ORGAN.—Some animals breathe more through the skin than they do through the lungs; and in some animals the whole process of aeration of the blood is performed through the skin. In the human being the skin is, to a large extent, a breathing organ. Fatal disease of the lungs is often caused by an obstructed skin. In one of the ceremonial processions at Rome, attendant on the installation of a new Pope, a child, having the whole surface of the body gilt, was paraded. The consequence was the death of the child. This melancholy fact may serve better than a long lecture, to convince people of the the importance of "keeping the pores open," of which there are more than three thousand on every square inch of surface.

HOW HE TOOK IT.—An old fellow, up in New Hampshire, named Ransom, who always had "conscientious scruples" in regard to attending church, was prevailed upon, one Sunday, to enter the sanctuary, for the first time. It happened that the minister gave out a certain hymn of some half dozen stanzas. each ending thus:

"Return, ye ransom'd sinner, home!"

Poor old Ransom, thinking the parson was reading the hymn for his special benefit, got up and took his hat at the close of the last verse, and started for the door. You may believe he was never seen in church a second time.—*Yankee Blade.*

QUICK WIT.—Curran was a rare wit, but even he sometimes met with his match. He was once examining a cross-grained, ugly-faced witness, from whom in vain he sought to obtain a direct answer. At length he exclaimed—

"It is no use trying to get the truth out of you, for I see the villain in your face!"

"Do you, sir!" retorted the man, with a grin, "why then it must be so—faix, I never knew my face was a looking glass before!"

Gentlemen walking the streets with canes or umbrellas, should carry them on their shoulders, for then they may get an opportunity of putting out the eyes of persons behind them.

If men would follow the advice they so gratuitously bestow upon others, what a reformation would be effected in the world.

A false friend is like a puddle that only looks bright when the sun shines on it.

Industry and economy will get rich while sagacity and intrigue are laying their plans.

HORRIBLE.—A daily paper advertises "*Bookbinders Skins*" for sale.

There is a man in Abingdon so lazy and slow, that his friends say that if death only wars with the quick, that he will live forever. He is first cousin to the man who invented laudanum.

A writer in the New York *Express*, speaking of the Bloomer costume, says that it is next to no dress at all. Prentice says the same may be said of every costume—it is next to stark-nakedness.

EXTENT OF THE UNIVERSE.—It may give some idea of the extent of the Universe to know the length of time required for light, which travels 192,000 miles a second, to come to this earth. From the moon it comes in one and a quarter seconds; from the sun in eight minutes; from Jupiter, in fifty-two minutes; Uranus, in two hours; from a star of the first magnitude, three to twelve years; from a star of the fifth magnitude, sixty years; from a star of twelfth magnitude, four thousand years. Light which left a star of the twelfth magnitude when the Israelites left Egypt has not reached the earth. Our entire solar system itself travels at the rate of thirty-five thousand miles an hour among the fixed stars.—[*Home and Foreign Record.*

Forty years ago, Europe sat in astonishment and terror under the shadow of Napoleon's gigantic empire. At that time, in a debate in the British Parliament, something was said of the Americon navy, when a member remarked that "the American navy consisted of *six vessels*,"—"whereupon," says the newspaper account, "the House burst into a fit of laughter." It would be interesting to know how many of those laughing legislators are now living. The gigantic empire of Napoleon has crumbled to dust, and the despised nation of six vessels has now within her grasp the empire of the seas and the dominion of the civilized world!

INTEMPERANCE AND YELLOW FFVER.—A physician of New Orleans writes to the Boston *Medical Journal* as follows:

"The epidemic came down like a storm upon this devoted city, with eleven hundred and twenty-seven dram shops in one of the four divisions into which it has been divided. It is not the citizens proper, but the foreigners, with mistaken notions about the climate and country, who are the chief supporters of these haunts of intemperance. About five thousand of them died before the epidemic touched a single citizen or sober man, as far as I can get the facts."

Hannington, the celebrated artist in stained glass, was recently preparing pictures of three or four of the Apostles for an oreal window of a church in a flourishing western city. He had just taken them from his furnace, and was showing them to some of the vestry. "Don't say anything about it," said he, "for it would not be noticed by one person out of a hundred, but I don't mind telling you in confidence: Saint Peter is a little cracked in the head; he was too soft in the upper end; but I've got a first-rate bake on Paul. Saint John, though, isn't more than half baked, I'll have to bake another John. But did ever you see a better baked Paul." His remarks were entirely professional; nor had he the most remote idea of there being a double meaning in anything he was saying.

CAN IT BE SO?—It is estimated that the city of New York pays $10,000 a day for cigars, and only $5,500 a day for bread. It is also computed that 20,000 persons, every year, in America, go into the grave from the use of tobacco.

There is no crime more infamous than the violation of truth.

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PRINCIPLES OF HYGIENIC MEDICATION.

BY R. T. TRALL, M. D.

ALL healing power is inherent in the living system.

There is no curative "virtue" in medicines, nor in anything outside the vital organism.

Nature has not provided remedies for diseases.

There is no "law of cure" in the universe; and the only condition of cure is, obedience to physiological law.

Remedial agents do not act on the living system, as is taught in medical books and schools, but are ACTED ON by the vital powers.

Disease is not, as is commonly supposed, an enemy at war with the vital powers, but a remedial effort—a process of purification and reparation. It is not a THING to be destroyed, subdued, or suppressed, but an ACTION to be REGULATED and DIRECTED.

Truly remedial agents are materials and influences which have NORMAL relations to the vital organs, and not drugs, or poisons, whose relations are ABNORMAL and ANTI-VITAL.

Nature's *materia medica* consists of *Air, Light, Temperature, Electricity, Magnetism, Exercise, Rest, Food, Drink, Bathing, Sleep, Clothing, Passional Influences,* and *Mechanical or Surgical Appliances.*

The true Healing Art consists in supplying the living system with whatever of the above it can USE under the circumstances, and not in the administration of poisons which it must RESIST and EXPEL.

Drug remedies are themselves CAUSES of disease. If they cure one disease, it is only by producing a drug disease. Every dose diminishes the vitality of the patient.

DRUGOPATHY endeavors to restore health by administering the poisons which produce disease.

HYGEIO-THERAPY, (erroneously called "Hydropathy," or "Water-Cure,") on the contrary, restores the sick to health by the means which preserve health in well persons.

Diseases are caused by obstructions, the obstructing materials being poisons or impurities of some kind.

The Hygienic system removes these obstructions, and leaves the body sound.

Drug medicines add to the causes of obstructions, and change acute into chronic diseases.

To attempt to cure diseases by adding to the causes of disease, is irrational and absurd.

Hygienic medication (Hygeio-Therapy) is not a "one-idealism" which professes to cure all diseases with "water alone." Nor is it a "COLD Water-Cure," as is erroneously believed by many. It adopts all the remedial appliances in existence, with the single exception of POISONS.

OUR REMOVAL.

We had expected, in this number, to announce our removal, but have not as yet closed negotiations. We will, however, say that we shall undoubtedly move the first of May to a large and commodious establishment up town, capable of accommodating three or four times as many as we can at Laight street, and in the best style. We shall also have a good printing establishment for the HERALD OF HEALTH; a Hygienic book store, large hall, and commodious college departments &c. Thus, being able to place our business, the college &c., in a position we have so long desired. But must wait till next month to give particulars.

GYMNASTIC APPARATUS.—WE can furnish the apparatus for the New or Parlor Gymnastics at manufacturer's prices; that is, a set of two rings, two dumb-bells, two clubs, and one wand, for one dollar. Address, R. T. TRALL & CO.

HELP WANTED.—I WANT TO employ two or three bath attendants; one or two assistant cooks; and two or three chambermaids, for the Hygeian Home, at Wernersville, Pa. Active, healthy, willing hands can have steady employment and good wages. No others need apply. Address,
R. T. TRALL,
15 Laight Street, New York.

GARDENER WANTED.—AN EXperienced gardener who is accustomed to the cultivation of fruit and vegetables, especially asparagus, strawberries, tomatoes, &c., can have a permanent situation and fair wages at Wernersville, Pa. Address,
R. T. TRALL, M.D.,
15 Laight Street, New York.

HAND MILLS—GRAHAM CRACKERS. The best Hand-Mill for grinding Graham Flour, Cracked Wheat, Rusk, Hominy, etc., can be had for $2. Pure Graham Crackers sent to any part of the world for ten cents per pound, or $6 50 per barrel. Address
E. P. MILLER, No. 15 Laight Street, New York.

PREMIUMS FOR 1863.

We are determined, cost what it will, to have a circulation of *One Hundred Thousand Copies.* How can this be accomplished? We can do the work for nothing, and find ourselves. Our professional emoluments enable us to live as *fast* as we care about, and we can postpone "making a fortune" to the "good time coming." We can therefore devote all of the income of the HERALD OF HEALTH, and a little more if need be, to this purpose. We want agents and co-workers every where. All of them cannot afford to labor for the cause without a small compensation. We there-

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fore offer the following inducements. Let all who engage in this work, and who are desirous of exterminating the curse of drug-medication from the face of the earth, remember that precisely to the extent that our circulation increases, drug-medication decreases. To any person who will forward us subscribers, with one dollar for each, we will give for—

One Subscription: "Water-Cure for the Million," 25 cents; or "The True Healing Art," 25 cents; or three copies of "Principles of Hygeio-Therapy," 30 cents; or "Health and Diseases of Woman, and Dress Reform," 20 cents.

Five Subscriptions: Our list of small works, ten in number, $1 75; or "Diptheria," $1 00; or Phrenological Bust, $1 25.

Ten Subscriptions: Our works, "Family Gymnasium and Sexual Physiology," $2 75; or 25 copies assorted of any of our small works, $3 50; or the ten tracts above and "Dr. Lewis' New Gymnastics," $2 75.

Fifteen Subscriptions: "Hydropathic Encyclopædia" and "Cook Book," $3 75; or a fine Turkey Morocco Photographic Album, $3 50; or the Phrenological Inkstand, a new, useful, and beautiful invention, $3 50; or Craig's Microscope, with objects—magnifies 10,000 times, $3 50.

Twenty Subscriptions: Madame Demorest's Fairy Sewing Machine, $5; or a Patent Clothes Wringer, $6.

Twenty-five Subscriptions: "Webster's Unabridged Pictorial Dictionary," $6 50; or our large work in 3 volumes, 2,250 pages (soon as published), "Principles of Hygienic Medication," $9 00.

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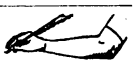
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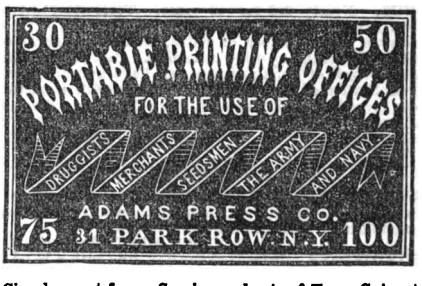
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HERALD OF HEALTH.

VOL. I.—No. IV.] APRIL, 1863. [NEW SERIES.

CONTENTS.

GENERAL ARTICLES: PAGE.
Rambling Reminescences 137
Reports of Cases 141
Diptheria and Swine 142
Items from Illinois 143
The New Gymnastics 144
Thoughts Past and Present 145
A Voice from Across the Waters 147
Bulwer's Letter on Water-Cure 149
Baltimore Health Association 155
LITERARY NOTICES 156
PUBLISHER'S DEPARTM'T. 156
TOPICS OF THE MONTH:
Curses Loud and Deep 157
The Health Convention 158
Alcoholic Medication 158
Our Removal 160
Woman's Medical College 160
Transatlantic Medical Students 161
Consumption in Connecticut 162
Was it Death or Was it Doctors? 162
Quinine and Irishmen 162
DINING-ROOM DEPARTM'T; Mushes and Porridges 163
TO CORRESPONDENTS: ... 164
SOLDIER'S DEPARTMENT 165
COLLEGE DEPARTMENT:
College Clinics 169
Progress on the Prairies 169
Honorary Degrees 169
Health Education for Clergymen 170
Close of the Term 170
VOICES OF THE PEOPLE: 171
MISCELLANEOUS:
Dietetic Reform 173
Advice to Ladies 174
Cold Water Discovery. 174
Brief Notices of Lectures 175
Pork and Pie 176
Decay of Teeth 176

General Articles.

RAMBLING REMINISCENCES.—No. 20.

BY THE EDITOR.

THE MEDICAL SCHOOLS OF LONDON.

There are twelve medical schools in the British Metropolis, most of which are amply endowed pecuniarily; and among their professors are men of world-wide reputation for scientific attainments. In popularity, position and influence, however, there are about as many degrees as there are among the six medical schools of New York. They are, too, like the schools in New York, bigoted and intolerant in proportion to their character and standing—in other words, according to their opportunity and ability to be so. On the first day of October, each school was opened with an inaugural address from some of its professors.

MIDDLESEX HOSPITAL AND COLLEGE.

Dr. Priestly delivered the opening address. He eulogized the profession, and assured the students that it deserved all their reverence, and was worthy of their utmost efforts to cultivate. He drew a parallel between the clerical and the medical profession, and a contrast between the medical and the legal profession. In respect to the latter he said, and well said, (we hope no offence to the lawyers): "The legal profession is inferior, in some respects, as regards its effects on the man who practices it. It cultivates only parts of a man, inasmuch as, however well it might cultivate the intellect, it cultivates the senses [by senses he means affections] little, and evoked not those higher moral qualities, which must be constantly exercised in the rightful discharge of duty by the medical practitioner. For often, indeed, the pleader at the bar, in the exercise of his vocation, must be painfully aware that, in proportion to the success which attends his efforts for his clients, is the distress and ruin which is inflicted on some one else." In regard to the conservation of the public health, the professor said: "It is but recently that public hygiene and preventive medicine had begun to assert their proper claims on the attention of the legislator and the philanthropist." After adverting to the privileges of the medical profession, the learned professor "thoroughly exposed," in the language of the London *Morning Star*, "in very felicitous terms, the various current quackeries and *pathies* by which people now-a-days are led astray." He warned the students, very judiciously, we think, against the temptation which existed of over-rating to the patient the magni-

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tude of his disorder for the purpose of rendering their own services the more important." The doctor's discourse, on the whole, was able and pertinent to the place and the occasion, but presented few points of special interest to outsiders.

ST. MARY'S, PADDINGTON.

The introductory was delivered by Dr. Sievering. His discourse was mainly devoted to an outline of the scope of medical science, the dangers which beset the path of the student, and the prospect before him, quoting the familiar couplet of Homer—

A wise physician, skilled our wounds to heal,
Was more than armies to the common weal.

He spoke of the medical profession as allowing greater independence of thought (just as though *all* thought should not be independent), and as affording the best opportunities for constant intellectual growth and development. But he cautioned the students against exercising any independence of thought on religious matters—for what reason we could not see. He said: "avoid as much as possible the introduction of the crumbs of natural science that you may pick up in your student's career, into the domain of your religious thought." Is the professor afraid that religious thought can be in any way damaged by an association with science?

GUY'S HOSPITAL.

This famous hospital and college makes an imposing appearance on the Surrey side of the Thames, near London Bridge. It was founded by Thomas Guy, a bookseller, of Cornhill, who at his death in 1724, endowed the charity with the munificent gift of more than a million of dollars, since which it has been enlarged by a donation of another million of dollars by the late W. Hunt, Esq. The mortal remains of Sir Astley Cooper, the great surgeon, lie interred in the chapel. The inaugural was delivered by Mr. J. Cooper Forster, one of the surgeons of the hospital. After the usual eulogium on the profession, advice to students, importance of thorough qualification, fling at quackery, &c., Prof. Forster alluded to a recent proposal to admit ladies into the ranks of the profession, and he disposed of the medical aspect of the "Woman Question" by warning the students that no prejudices would stand in the way of their admission if the sterner sex failed to qualify themselves for their duties. This was placing the issue on a queer foundation—the incapacity of the males rather than the capacity of the females; but it is at least one step in the right direction. We hope and trust the time is not far distant when competency, not sex, will be the test of the physician. In this respect the Americans are far in advance of the English.

ST. GEORGE'S HOSPITAL.

This hospital was built by Wilkins, the architect of the National Gallery, situate on the site of the Earl of Lanesborough's house, and has an annual income of fifty thousand dollars. The introductory was given by Mr. Prescott Hewitt, and contains much wholesome advice, and many useful suggestions to the medical class.

THE UNIVERSITY HOSPITAL.

This was founded in 1833 in connection with University College, and has an income of forty thousand dollars. Professor Wilson Fox, M.D., delivered the introductory. He endeavored to show that the deductive method of reasoning could not be applied to medicine, and that we must ever pursue our investigations in accordance with the Baconian philosophy of induction. If we are to reason from the recognized and established stand-points of what is called medical science, Professor Fox is right; but if we are to reason from nature, he is entirely wrong. The philosophy of the New York Hygienic School is deductive, and its premises are the laws of nature, instead of the dogmas of the dark ages. In eulogizing the profession for the many wonderful things it had accomplished for medical science and for the cause of suffering humanity, the professor said, "the method of Bacon applied to the causation of disease, had sufficed for the elucidation of the law of fever by a distinguished professor of medicine, and for the discovery not only of the nature but of the appropriate treatment of important blood diseases by our own Professor of Materia Medica." These expressions will do for "rhetorical flourishes" and "glittering generalities," but until medical books and journals can tell us what is the *essential nature* of fever, and what a blood disease is; and until they can settle among themselves the disputed point whether typhus or typhoid fever is a "blood disease," or a "nervous affection," —that is, *seated* in the blood or in the nervous system—we must regard such language as merely suggestive.

ST. THOMAS' HOSPITAL.

This hospital and school has just been removed from near Guy's, to Surrey Gardens. Names familiar to medical men the world over have labored and taught here—Cheselden, Akenside, Fordyce, Clive, Travers, Tyrrell, and others. It was founded by the City of London in 1552, entirely rebuilt about 1706. Last year the Charing Cross Railway Company purchased the site and buildings for nearly one-half million of dollars. The introductory was delivered by Dr. Bristowe, the Dean. It presented no feature which we feel called upon to criticise.

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LONDON HOSPITAL.

This is mainly devoted to the reception of cases which arise among the sailors, watermen, and laborers of "Dock London." It has thirty-six wards, and accommodates 330 patients; the annual number of cases is 29,000; income, sixty thousand dollars. The address was delivered by Mr. Jonathan Hutchinson. He dwelt particularly on the curriculum of the medical student, as being favorable to mental and moral development. The following remark, however, seems to us rather foggy: "To obtain a clear mental conception of any one of the processes of diseases requires a very sustained exercise of a trained imagination." We think the professor has applied more imagination than thought to this subject. The processes of disease are pain, heat, discoloration, swelling, spasms, vomiting, purging, sweating, expectoration, ulceration, etc., than which nothing is more limited to the regions of untrained reality; nothing more removed from the domain of ideality.

GROSVENOR-PLACE MEDICAL SCHOOL.

The address was delivered by Dr. William Cholmeley. It was well written, but contained nothing deserving of especial remark or criticism.

WESTMINSTER HOSPITAL.

This was established in 1719. The present building was erected in 1832. The introductory was delivered by Dr. Ainstie. He illustrated the uncertainties of the experimental practice of the day in the following style: "The practiced physician is like the man who fights in the gloom of twilight, with foes who seem innumerable from the impossibility of defining their shapes or their exact position." The idea that diseases have "shapes" and "exact positions," though in accordance with the universally-received dogmas of the medical profession, is both amusing and absurd to a student of the Hygeio-Therapeutic School, who has been taught to regard disease as an action, not a thing, as a remedial process, not a localized entity. Allusion was made approvingly to the theory recently propounded by Dr. Chambers, that all disease consisted in a deficiency of vital power; and that all true remedies must be such as, directly or indirectly aid the work of nutrition. So far as this theory is concerned, Drs. Chambers and Ainstie are behind the intelligence of the age. The Thomsonians, Eclectics, Physio-Medicals, Electropaths, etc., in this country have been harping on this theme for twenty years. The language of these irregular schools is, "disease consists in the inability of a part or organ to perform its normal function," a much better phrase than that of Dr. Chambers, but equally absurd in science or in philosophy. Disease, let us say to Drs. Chambers and Ainstie, is a process of purification and reparation. It is not a condition, but an action. If Drs. Chambers or Ainstie, or both of them together, will agree to discuss this question with us at the next meeting of the British Association for the Advancement of Science, which is appointed to take place in Newcastle, England, in October next, we will agree to be there. We should like, also, while stopping in London, to discuss another question with the learned professors: "How can drug-poisons either, directly or indirectly, aid in the work of nutrition?"

Dr. Ainstie also alluded to the labors and researches of Dr. Radcliffe, "who had demonstrated the superiority of the nutritive treatment of convulsive diseases over every other plan." Here is certainly something to be thankful for. If we can get rid of the bleeding, and the blistering, and the mercurials, and the arsenic, and the strychnine, and the hundred other murderous drugs which have been so long and so lavishly administered for convulsive diseases, we can almost bless *progopathy*, alias "nutritive treatment," though the patient be stuffed with all the products of the market, and made to swallow ten times as much as he can digest. But let us softly whisper here to our learned transatlantic brothers, that Hygienic treatment is the best treatment in the world for convulsive diseases, *and for all other diseases*. And this comprehends not only a due regulation of the victuals, but attention also to drinking, breathing, temperature, exercise, rest, and indeed all the influences and circumstances which constitute the conditions of health. We need hardly add that such treatment enjoins a rigid abstinence from all drug-medicines.

CHARING CROSS HOSPITAL.

Dr. Headland delivered the introductory. He informed the audience that "there was yet much to be done in the investigation of the *chemistry* of disease. When we understand that better, we shall be better able to supply our remedies." Is disease a thing to be analysed? Is it an acid, an alkali, a salt, a simple, a compound, a proximate or ultimate element, a solid body, a fluid, a gas, a substance whose ingredients are too decomposed and recomposed in the living system, as inorganic materials are changed in the laboratory of the chemist? When Dr. Headland can answer the question, What is disease? he will talk no more about the chemistry of disease! With regard to certain articles of the materia medica of American origin, Dr. Headland "regretted that he could not anticipate much from

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the plan of concerted observation professed at a late meeting of the medical association, and deprecated the incumbrance of our national pharmacopœia with a host of American herbs of doubtful credentials. As to veratrum, said to resemble digitalis, I would discard from practice all remedies whatsoever that restrained the action of the heart." Dr. Headland is right so far as he goes. After he has discarded veratrum, digitalis, antimony, nitre, henbane, dogsbane, ratsbane, and a hundred other banes and baleful things, and a score or two of potent narcotics and antiphlogistics, in common use in that country and in this, for the very purpose of restraining, depressing, or reducing the action of the heart, we hope he will go just one step further and discard the whole pharmacopœia.

And the world will be better for it.

ST. BARTHOLEMEW'S.

This was founded in 1102, and is situate on the site of the ancient priory of St. Bartholemew, between Christ's Hospital and Smithfield. It was enlarged by Whittington, and incorporated in the reign of Henry VIII., in 1546. It is a capacious edifice of stone, and its interior arrangements are ample and convenient. This institution is regarded as affording one of the best schools in the world for practical medicine and surgery for young men who "walk the hospitals." There is also a "theatre" where lectures are delivered to the students by eminent practitioners. The grand staircase was painted gratuitously by Hogarth, and the subjects were very appropriate—The Good Samaritan; the Pool of Bethesda; Rahere (the founder) laying the First Stone; and a sich man carried on a bier, attended by monks. In the great hall is a portrait of Henry VIII., and another of Dr. Radcliffe, who left $3,000 per annum towards improving the diet and linen of the patients. Abernethey, "the good," and the great Harvey, who was calumniated and persecuted for discovering the circulation of the blood, or rather for propounding a theory in opposition to preconceived opinions, have been among the physicians and surgeons who have labored at St. Bartholemew's.

The introductory was delivered by Dr. Martin. It presented no point of interest to the general reader.

KING'S COLLEGE.

This is situated in Lincoln's Inn Fields. The new buildings have cost upwards of half a million of dollars. The inaugural address was made by Professor Ferguson. The principal theme of his discourse was, the necessity for thorough anatomical studies.

THE MORNING POST ON THE INAUGURALS.

The London *Morning Star* of October 2, published a lenghty report of all the inaugural addresses, and in its issue of the next day, October 3, delivered the following free and out-spoken commentary. We do not believe there is a single daily newspaper in the city of New York, which would thus run the risk of losing patronage by incurring the displeasure of the *regular* profession:—

There is an established church in medicine as well as in theology. A certain small amount of freedom of opinion is allowed within its pale, but the barriers of orthodoxy are firmly fixed and stoutly guarded. No one must venture to overleap them, upon pain of immediate excommunication. The members of the medical profession have thus placed themselves in a very anomalous position. They are perpetually insisting upon the pursuit of discovery as the only means of arriving at the truth, and yet they assign a limit beyond which discovery must not go. They urge their pupils to persevering research, but they unhesitatingly reject such fruits of investigation as clash with the dogmas of their scientific creed. We do not for a moment question their honesty; they are no doubt as sincere in their bigotry as were the founders of the Inquisition. But the fact that their prejudices are not mere affectations, but stern realities, does not cause them to be less prejudicial to the interests of the public. Every one has a personal stake in the fullest possible development of agencies for the cure of disease. Medical science has been blessed by no inspired guidance—it has been built up by human laborers, subject to human fallibility. Over and over again the recognized truths of one century have become acknowledged errors in the next. One man makes a mistake which another is held to have detected, until it is found out that the correction has been nothing more than the substitution of one blunder for another. Half-truths are discovered, and erroneous deductions drawn from them in consequence of the want of knowledge of their other aspects. No doubt medical science has made considerable progress. But it is not to be denied that much of this has been effected in spite of the medical profession. They are active and persevering in their search after knowledge, but they pursue it all within fixed boundary lines. When a bold spirit proclaims a newly discovered law or a novel system of treatment inconsistent with their profession of scientific faith, he is at once denounced as a heretic. His facts may be abundant, and his reasoning cogent, but that is nothing; his doctrine is heterodox, and, therefore, must be false. This scientific bigotry is not a mere pretext, serving as a cloak for selfish designs; it is an honest sentiment, often existing in conjunction with keen thirst for knowledge and sincere desire for the promotion of the general welfare. We need scarcely point out the fatal influence which such a blind attachment to certain established theories must exercise upon the progress of any science. In such matters man has no guide but his observation and his reason. The inquirers of past ages have all been liable to error; and those who labor in the same field at the present day

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are subject to a similar disadvantage. Clearly the utmost freedom of research should be not only permitted but encouraged. The elucidation of the nature of disease, and of the laws which govern the action of remedies, is a matter of vital moment to every living being. Does the State facilitate such investigations? On the contrary, it throws serious obstacles in their way. We have just witnessed the opening of the metropolitan medical schools for the winter season. In the addresses delivered on that occasion by many eminent members of the profession there was much that was worthy of cordial praise. Dr. Priestly, of the Middlesex Hospital, was the only one of the number who indulged in open sneers at "quackeries and pathies," some of which are regarded by thousands of persons of common sense and experience as embodying more truth than the "pathy" of which he is himself a disciple. Most of them admitted that our medical knowledge is as yet most imperfect, and all were earnest in inculcating upon the students the necessity of patient and laborious research. But it must all be conducted within a fixed circle, and its results must be tested by their accordance with certain theories, the truth of which is assumed to be altogether indefeasible. The case assumes a very serious aspect when we consider that the State has conferred upon the body whose members cling to these anti-progressive principles an absolute monopoly of granting the right to treat disease. No one may lawfully practice medicine unless he has passed through these schools and obtained their diploma. A student may feel a firm conviction that the fundamental principles of the allopathic school are entirely erroneous; nevertheless he must waste some years in having them preached to him day after day; he must pay money to professors whose teaching he holds to be misleading, and he must pass an examination in which he is forced to give answers which he believes to be entirely untrue, or the law tells him that he must not practice medicine. This is at once a monstrous absurdity and a gross injustice. What should we think of a statute which compelled every Catholic priest to go through a long course of study in a Protestant college, and pass an examination in Protestant theology before he was allowed to minister to a Catholic congregation? Every one would scout such a proposal, yet this is precisely the course which we pursue towards those unbelievers in allopathy who wish to enter the medical profession. In such matters the State has no right to hold an opinion, still less to assume the functions of a partisan. We have had a striking instance lately of the oppressive action of the existing system. Some ladies have avowed their wish to devote themselves to the practice of medicine. Whether it is advisable that they should do so depends entirely upon whether they could secure an adequate number of patients. If they choose so to employ their abilities no one has a right to prevent them. But they cannot carry their intention into effect without the consent of these medical schools, and this is arbitrarily refused.

It is wholly unnecessary that we should discuss the respective merits of various "pathies," or the desirability of admitting women to practice medicine. The question at issue involves entirely different and far higher considerations. What we have a right to demand is a clear stage and fair play for all. Every citizen has a right to be treated after such system and by such persons as he sees fit when he is laboring under disease, and his freedom and that of the practitioner are alike unjustly curtailed by the system which forces the student to spend time and money in learning that which he does not believe to be true.

REPOT OF CASES.

BY J. H. STILLMAN, M.D.

Case 1.—Diptheria.—I was called in great haste to visit a lady who had diptheria. She had been ailing for two weeks with cough, sore throat, and cankered mouth, accompanied with feverishness and headache. The day I was called she had been sleeping, and waked with a sense of suffocation. I found her respiring with the greatest difficulty; lips and face purple; eyes protruding with a frightful appearence. I placed her feet and limbs in hot water, enveloped her in a comfortable, with hot water to the head, and alternately hot and ice-cold to the throat, with frequent draughts of water. The breathing became less difficult in a few minutes; in half an hour she was in a profuse perspiration, and in one hour could lie down and breathe with ease. I kept cold compresses on her throat and lungs through the night, changing them often; allayed the fever with cool sitz and sponge baths, with cold water to the head, and hot foot-baths Ere two days she sat up most of the time. I have treated many cases of this disease without ever losing one.

Case 2.—Typhus Fever.—A soldier was brought home to this place from the Milwaukie Hospital, sick of typhus fever. He had taken five heavy doses of calomel which had not operated. His pulse was 120, and very weak and tremulous; brain badly congested; tongue white; eyes bright red; lips covered with a dark crust; skin inactive and shriveled; severe pain in the stomach and bowels; his nervous system greatly disordered, and his muscles in a constant tremor. He was muttering constantly and picking the bed-clothes. He seemed, indeed, a desperate case. My first effort was to evacuate the bowels, and rid the system as quickly as possible of the deadly drugs. I then ordered a warm sponge bath, with much rubbing; applied iced-water to the head, bottles of hot water to the feet; cool compresses externally over the stomach and abdomen, to be changed every two hours; at ten in the morning a sitz-bath at 80 °, with hot foot-baths every ten minutes; at three in the afternoon a

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half pack for half an hour, followed by tepid sponging; at nine in the evening a sponge bath and wet girdle; and at midnight a sponge bath, if restless. I quieted his nerves somewhat with magnetism. The first night he slept none; coughed and raised large quantities of very offensive matter, streaked with blood. I ordered cool compresses to the chest, changing them every hour. Suffice it to say I only attended him two weeks, and in three weeks he could walk a mile with ease.

CASE 3.—THE NEW EPIDEMIC.—I was called to see a man whose symptoms corresponded, I think, with those of the disease described in the last HERALD, as reported by Dr. Humphreys as raging in Illinois as an epidemic. His pulse was very low and frequent; his hands, arms, and lower limbs cold, and covered with large drops of cold sweat; brain congested; throat sore; neck stiff; bowels inactive. He had taken several large doses of cathartic medicine before I arrived without apparent effect. I prescribed a warm sitz and a hot foot bath; ice to the head; warm enemas till the bowels moved freely; much friction to the limbs; cold bandage to the neck, and warm water to drink; kept the room cool and quiet. In a few hours he was quite easy, and his fever only lasted forty-eight hours. In acute diseases I never give any nutriment until the fever subsides. I find my patients recover much more rapidly when I do not allow them gruels or the simplest form of food. I give them plenty of soft water, either tepid or cold, as the case requires. I never allow company to visit my patients so long as it is necessary for them to keep their own rooms. Few things have a worse effect upon weak and nervous invalids than the kindly-intended visits of their friends, when they should have perfect quiet.

DIPTHERIA AND SWINE.

[A friend in Canada, and an amateur practitioner of our system, sends us the following:]

I was called to visit a woman who had been three weeks under drug treatment for what was at first a slight attack of diptheria. After a ride of ten miles in the night, over bad roads, I succeeded, by frequent inquiry, in arriving at my destination.

The house was a low building, located in a hollow, for convenience of water. The patient I found in a room about 14 by 16 feet, three beds in the room. The only window was one of six panes of the smallest size, two of which slid by the others. This was the only communication with the open air, and it was closed, the shutter fast, a blind of thick paper tacked over the frame, and a thick quilt fastened over it effectually to exclude both light and air. In the doorway stood a large stove which heated the two rooms to the temperature of a Turkish bath house. The patient was much emaciated, her life-power was almost gone. I made some applications, and suggested such hygienic changes as were imperatively demanded for her comfort, but feared they were too radical to be followed up after my departure.

In the morning we were aroused before the "streaking of the morning light" to prayers and breakfast. The mother and the husband of the afflicted woman prayed fervently for the relief of the sufferer and for a continuation of the blessings they had hitherto enjoyed; and while they petitioned, I quietly plead at the same fountain of mercy that their minds might be enlightened with a more correct knowledge of the laws that govern their being. We gathered around the board. Before us lay, quictly coiled, in a lake of grease, two huge sausages, and on either side of them were dishes of meat-pudding swimming in grease. These delectable dishes, together with a brace of crisp looking pies, chiefly composed the bill of fare. The children and grown people attacked vigorously the snaky coils, and washed them down with the pudding-porridge, and to keep them company there went down in full pursuit a quadrant of mince pie. How can children or adults, thus saturated with hog's lard, ever evolve nobleness of thought or brightness of intellect? Their very being is merged in pork. They eat swine, think swine, and live for none of the noble purposes of man's creation. There may be and often is found among those who thus live much honesty and true piety; but alas! how do they, in gross ignorance, outrage their vital forces and entail upon their offspring disease and imbecility! We can all learn to act wiser and do better if we will; and if we will not see our errors and shun them, we should not murmur at the decrees of Providence, when our own improvidence is chiefly at fault.

Lord Abington, who was remarkable for the stateliness of his manners, one day riding through a village, met a lad dragging a calf along the road, who, when his lordship came up to him, made a stop, and stared him full in the face. His lordship asked the boy if he knew him. He replied, "Yes." "What is my name?" "Why, Lord Abington," answered the lad. "Then why don't you take off your hat?" "I will, sir," said the boy, if ye'll hold the calf."

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ITEMS FROM ILLINOIS.

BY H. B.

Just see the extravagance and wretchedness of isolation: The fuel that warms my room and cooks my food, and the lamp-light that illumines the paper on which I am writing, is sufficient for three times as many as it serves, and what is considered but a comfortable home in civilization for a common-sized family, costs far more than what it should for the number of persons usually occupying it, and then it is generally very far from what a human habitation should be.

* How unsocial, unsympathetic, selfish, and dwarfed we become in all that makes us noble and just! There is no variety; it is the same old rehash over and over. * *

I love the soft zephyr, the calm sunshine, and the gentle shower; but old Boreas. the solemn midnight, and the sweeping tempest, too, have their attractions.

* * Home? The world is my home, and all human kind my brothers and sisters. I love the amiable and the beautiful and I certainly do not hate the unamiable and homely, because I see that Almighty necessity has blazed their path as well as mine. * *

Yes, I know it's all right, and though somewhat paradoxical, all wrong, too. I am not wise enough to criticise or condemn the power that controls events, and yet I would dare *suggest* some slight alterations in the motive force. I would not swear that this is only gospel,

> "Just as the twig is bent
> The tree's inclined,"

for 'taint so, unless you hold it there, for bend the twig lateral, or any other way you will, and the tree is naturally inclined upwards, and would take that direction if left to itself with a vigorous root. * *

I wish somebody would write a tract upon the evils of tight shoes and boots, for I am well satisfied that they are causes of an immense amount of sickness. They check the full and free return of the blood, thereby diminishing its quantity and the life-power. There is a great deal of twaddle about thick, tight, and warm shoes, and especially about keeping the feet very dry. In the name of common sense, were not our feet made to tread the soft, damp earth as well as the dry and dusty? Now, what are the facts?—for I find that facts often play the deuce with theory. As a class, those who are engaged in active, out-door pursuits often have damp and wet feet, while those mostly indoors are almost always dry. Who are the healthiest? Here again nature is abjured. I wonder some folks don't vote the sun a nuisance, and try to raise potatoes by gas light!

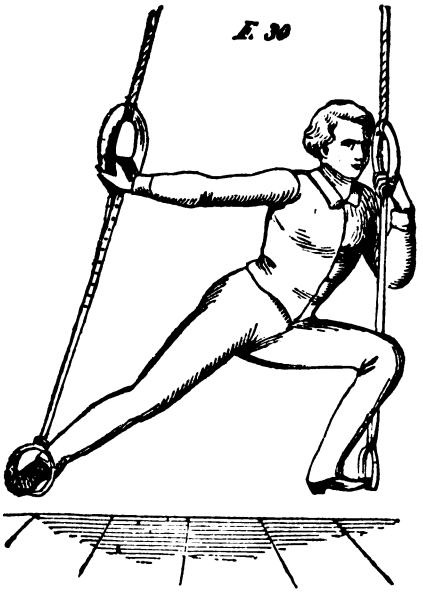
Dark-colored, close-textured, and close-fitting garments, too, are no doubt productive of sickness. Atmospheric air and solar light should have as free access to our whole bodies and limbs as Mrs. Grundy will allow.

Ought a Preacher to be a Physician?—This enquiry is answered in the affirmative by Dr. Cornell, a Massachusetts medical writer, and his opinion is sanctioned by the New York *Christian Advocate*, the very sensible organ of the Methodist church. "To heal the sick" was one of the duties imposed by the Saviour of men to his disciples, and the possession of medical as well as religious accomplishments has been found in all ages greatly to enhance the influence of the clergyman. What it has accomplished for the missionary may be seen in the case of the Jesuit propagandists, and of Dr. Peter Parker, the Commissioner to China, when in the employ of the American Board for Foreign Missions. The presence, at the bed of death, of an attendant who at that critical hour, when heart and flesh fail, can minister to the patient's bodily as well as spiritual wants, must give the church a power far beyond what it has, in recent years, gained over the human mind.

A review of this subject will show that down to a comparatively late period medical studies were common to the clerical profession. Bartholomew Wesley, the grandfather of John Wesley, was one of the latest examples of those times. Dr. Cornell says: "John Wesley, the founder of Methodism, (and no man ever preached more than he did,) like his Master, took peculiar interest in restoring health to the sick, and has left us among his various works, one entitled, "Primitive Physic, or an Easy and Natural Method of Curing most Diseases." I have now in my possession a copy of the "twenty-third edition" of this work, "Revised and Corrected," and republished at Philadelphia, 1793. In the preface, which was written by Mr. Wesley, dated London, June 11th, 1747, there are many valuable remarks, bearing the image and superscription of that wonderful man, and which are well worthy of the perusal of clergymen of our day. The republication in this country is directed to the members of the Methodist Episcopal Church, by the authority of Thomas Coke and Francis Asbury, bishops of that church. They say, "Friends and brethren, the grand interest of your souls will ever lie near our hearts, but we cannot be unmindful of your bodies; we present to you now the *Primitive Physic*, published by our much honored friend, John Wesley. We lay the publication before you, and earnestly recommend it to you." The clergy in those days did not feel that they were stepping out of their legitimate profession in prescribing for diseases of the body. More than once Mr. Wesley used this language: "When you are sick, call a physician that fears God." At the early settlement of Massachusetts a great share of the medical knowledge was among the clergy, who were thoroughly educated both in the sciences and theology, and they followed, and rightfully, too, the first command of Christ to "go forth and heal the sick."

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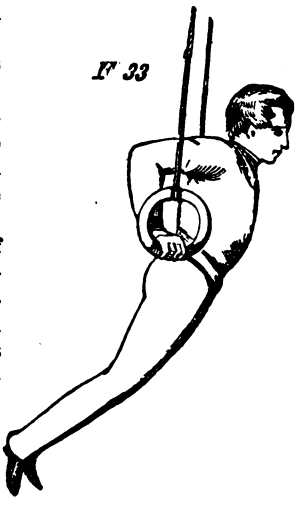
THE NEW GYMNASTICS.



KNEE CHANGING IN STIRRUPS.

Standing in the stirrups, the rings are placed as high as the chest. Charge out just as represented in the cut. Make the stride as great as possible.

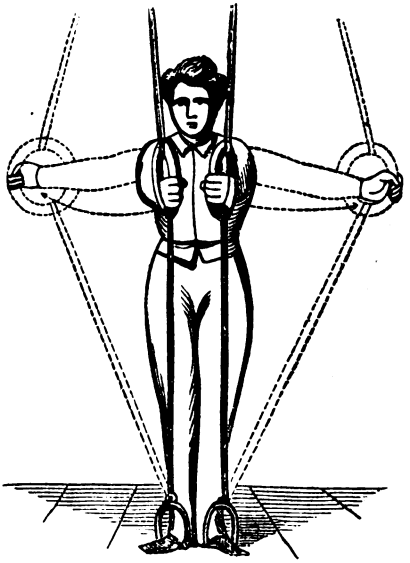
ANGULAR SUPPORT HANGING DURING REPEATED INHALATIONS.



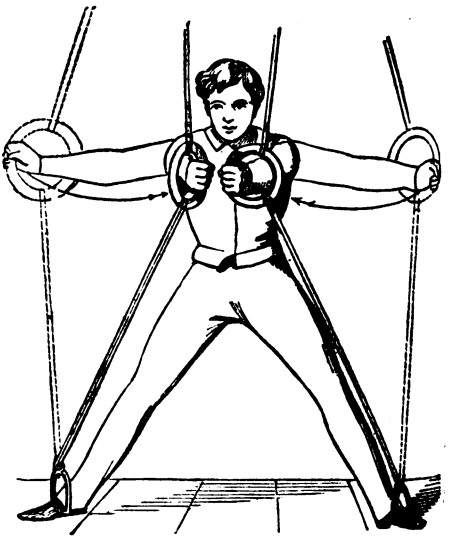
Rings as high as the shoulders. Seize the rings from the inside with the support grasp, and raise the body upward till the arms are straight; then, let yourself down very slowly to the first position. Head erect, chest thrown well forward, back straight, legs close together.

CHEST EXPANDING.

Rings as high as the chest. Adjust the stirrup straps so that when the rings are held out at arm's length from the body the stirrups will touch the floor. Put the feet into the stirrups as far as the heels; take hold of the rings with the support grasp from the inside. Stretch out the arms in front of the body, and then keeping the arms straight, carry them



backward as free as possible. As soon as the straps are drawn tightly, the feet begin to offer a point of resistance, which may be increased to any desired degree. The body remains firm, with heels upon the floor.



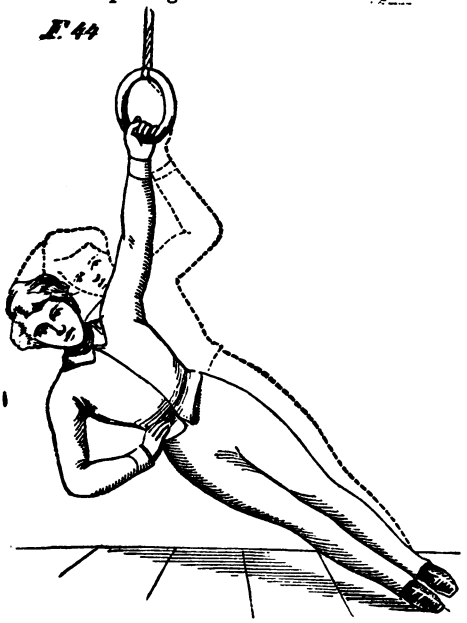
BACK STRETCHING.

Rings and stirrups same as in the preceding, with the legs stretched apart. Hands seize the inside (support grasp), and the arms are spread wide apart. They are kept straight, and brought together in front until they meet, overcoming as completely as possible the resistance offered by

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the feet. If the feet move, re-establish them before repeating the exercise.

F. 44

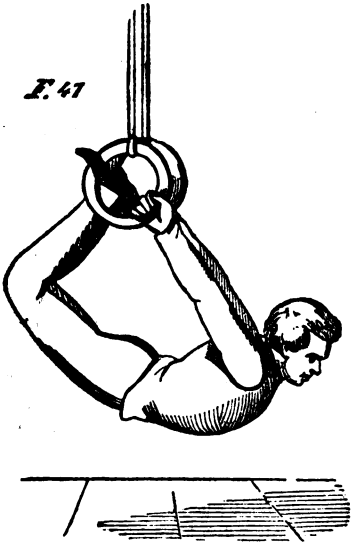


DRAWING UP BY ONE ARM IN THE SIDE-STRETCHING POSITION.

Position of the rings, arm, and body as shown in the cut, the outside of the lower foot resting on the floor. Holding the body straight, raise it without twisting, to the ring, and let it down slowly.

HAND AND FOOT HANGING DURING SEVERAL INHALATIONS.

F. 47



Rings as high as the head. Seize from the outside with the hand-grasp. Spring from the floor and turn a half summerset, and when the body reaches the turning point, put the toes in the rings; bend the knees and body as seen in the cut.

THOUGHTS PAST AND PRESENT.

An Essay read before the Medical Class of the Hygeio-Therapeutic College, 15 Laight street, New York, March 3, 1863, by MATTIE M. JONES.

LEAVES FROM MY DIARY.

MIDNIGHT, *July* 17, 1858.—And still the rain keeps coming; will it never, never cease? Would that these clouds might break away and the morning dawn, bright and beautiful; that the thick, black curtain which now darkens the sky and sweeps the earth with its dripping fringe, might be parted and swept back in waving folds, and looped with glittering sunbeams!

I would, too, that the flowers might breathe a richer fragrance, and the wild birds carol a sweeter melody than e'er before, as they lay sweet Mary down to rest; for surely 'tis not meet that one so sunny, bright, and beautiful should be shrouded in gloom and woe. Deck not her bier with sable; rather robe it o'er with spotless white—fit emblem of her pure young spirit.

Ah, me! my thoughts are flitting backward into the dim by-gone: and again a merry band of school girls we gather through the summer hours around the altar of the old home school-room. And as we sit through the noon-time, and dream of the future, before us "airy castles" rise; and sometimes in our sadder moments, the words are on our lips that we may be severed far by distance in a few brief, fleeting years, or that "Sleep's twin sister, Death," may lay its pallid hand upon some girlish brow—but, oh! in our saddest moments or our wildest fancies, did we ever dream that Mary, the youngest and the fairest of the group,—she of the deep blue eye that spoke the loving heart within—would so soon, so very soon, bid farewell to all of earth!

Yet so it is; and silently and sadly at the midnight hour we are sitting here beside the table where she so often sat, watching with the dead; counting the hours as they wearily pass, ever and anon with hushed footfall passing into the next room, where, all alone, she is sleeping; and almost reverently we uncover her face, and moisten the cloth upon it.

Can *that* be *Mary?* that still white form, that marble brow, that pallid cheek, that sunken eye—beautiful yet, even in death; but how unlike the radiant beauty we so fondly loved of yore.

Yet standing here beside this lifeless form, with quivering lip and brimming eye, my sad heart vainly asks—need it have been thus? Need that young life so full of hope and prom-

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ise have gone out so soon, bearing with it so much that made life beautiful to many hearts?

O, if those pale lips could speak once more, methinks they would implore us, in tones of thrilling eloquence, to tread not the path she trod. They'd tell us now, what in the bright May morning of life *she* thought not—dreamed not of; that those tight dresses imprisoning so closely that slender form, the bare arms and uncovered neck which so many chilling winds had rudely visited, the wafer-like shoes in which those tiny feet had danced so many a winter's night, the late hours, the rich and stimulating food to which she had ever been accustomed, had, all too surely, sown the seeds of disease, which needed but a fostering cold to ripen into quick consumption.

They'd tell us it was no "mysterious Providence" that, ere scarce sixteen sunny summers had kissed her fair young brow with brightness, the chilling snow of death's cold winter fell!

Those beautiful blue eyes in which the love-light once so gaily danced—could they unclose and look once more into our own, with what glances of melting tenderness would they entreat us, by all our hopes of life, by all that we hold dear, by all who love us and whose hearts would be so wrung were *we* to die, to heed the sad lesson her early death hath taught.

O, Mary, darling Mary! can we, CAN we give thee up? And yet it *must* be, for the night, the *last* night at home wears on. The morning breaks.—O, would that with it *she* might waken!

Well bear her gently forth! twine lillies 'round her brow, and strew her bier with flowers, and gently lay the empty casket in the cold and silent grave!

TWILIGHT, *July 17th*, 1862.—The years! the years! how fast they are fleeting by! This is the fourth anniversary of Mary's death, and yet it seems but yesterday. And while sitting here in the twilight, with my head upon my hand, and my hand upon the window-sill, looking up into the blue sky and watching the stars as they come out one by one, busy memory has gone back over the intervening years, and scenes half forgotten have returned again with a vividness almost startling.

In those years what life-lessons have been learned! Hopes bright and beautiful have had a realization, and hopes brighter and more beautiful are gleaming in the distance.

The ideal of the past which glimmered so far, far above me then, has become the actual of the present. And now the ideal of the present is as high, yes, higher above—*so* high that I sometimes fear it never *can* be reached. It must be ever this. As we approach an ideal, that ideal, too, must advance, else growth cannot continue.

The light of a great truth was just beginning to shine in upon me then—the light of Health Reform. Feeble and glimmering at first—brighter and brighter with each succeeding year. Daily I thank heaven for it; for had that star never risen upon my horizon, *I, too*, would have numbered with the dead.

These extracts from diary of the past and preceding years I have taken to bring the more forcibly to the minds of the class before me, the great, the terrible necessity of the momentous work, which, as hygienic physicians, lies before you.

You are gathered here from various parts of the world, differing widely in your tastes, habits, thoughts, and feelings, yet actuated by one common motive, one common aim—all earnest seekers after truth, striving to develop yourselves physically, mentally, and morally; all earnestly endeavoring to become fitted to go forth into the world as missionaries of the new Gospel of Health.

Talk of anti-slavery, temperance, or any and all other reforms as we may, yet Health Reform underlies them all. Rear as beautiful superstructures of other reforms as we choose, yet if the foundation-stone of all be false and unstable, the whole edifice must sooner or later fall in ruins.

All national reform must commence with the reformation of the individual. Men never have and never can be saved in masses or by systems. Mrs. Browning has said and truly,

> "It takes a soul to move a body. It takes
> A high-souled man to move the masses.
> It takes the ideal to blow a hair's breadth
> Off the dust of the actual.
> And your Fouriers failed
> Because not poets enough to understand
> That life develops from within."

There is need enough, heaven knows, of every honest, earnest, manly blow that can be struck, to do away with the evils that exist in the world. But, in order to make those blows effectual, we must first come down to the plain, unpoetical, common things of every day life—to the food we eat, the water we drink, the air we breathe, the dress we wear, the occupations we pursue, the social relations we hold.

So long as men and women continue to partake of food and drink which tends to inflame, corrupt, and vitiate their blood, just so long we may build churches, and penitentiaries, and asylums; our ministers may preach, and pray and weep; our government may hang, imprison

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and punish; and in spite of all their efforts, vice, immorality, and crime, will still stalk rampant through the world.

Go into any of our penitentiaries, jails, or lunatic asylums, and find me, if you can, one man or woman in five hundred imprisoned there, the cause of whose depravity, if traced right down to its foundation source, will not be found to have had its origin in disordered physical conditions, either of themselves or their ancestors.

Twenty-five years ago, ardent spirits were considered a daily necessity. The idea broached by the early temperance reformers that alcohol is a poison, was the height of absurdity and fanaticism. *Now* there are few so ignorant as not to know that any person under the influence of ardent spirits is in abnormal conditions, and that just in proportion as one is under its dominion, just in that proportion is he depraved.

To-day the idea that sickness is the penalty of violated law—that drugs, animal food, stimulants, alkalies, and concentrated food of all kinds, are injurious, yes, poisonous, is equally absurd. Twenty-five years hence if we, and those who think as we do, are true to our belief there will be few so skeptical as to doubt it.

The winter is past, and many of you will soon go forth from your alma mater, the representatives of new ideas, new principles, and new practices. Have you counted the cost? Are you prepared to meet with opposition on every hand? to combat the science, the prejudices, the customs of ages? If so, God speed you! You will find in your chosen pathway, sharp, bare thorns to pierce your bleeding feet; you will find, too, beautiful flowers springing up by the way-side and down in the dells, whispering of the beautiful "Hereafter." A thousand siren voices will strive to lure you from the path of duty. You teach that people should not be sick. If *you* stray in the least the world will say, "Physician, healt hyself." "I am as well as you are, and I wear what I please, take what I please, eat what I please, and drink what I please! If *your* theory is true, why does it not prove itself in your case? 'Tis all humbug!" The world takes no cognizance of the morbid conditions you may have had to overcome, the false tastes, habits, and appetites you may have to struggle against; and there will come hours of discouragement and despondency, when temptation will whisper—"give over the struggle, do as the world does—live as the world lives, glide along with the current, no matter though it drift you one foot into the grave! *anything* rather than this continual struggle with a cold and heartless world!"

Then there is a reputation to be established; not only your personal reputations as physicians, but the reputation, in a great measure, in your own immediate neighborhoods, through you, of the system you represent. Patients may come slowly, and if your livelihood depends entirely upon your profession, the tempter may whisper again—"give a little medicine, just enough to quiet the fears of your patients; it will do no harm!" Friends—well-meaning advisers will entreat you to be less radical—not to go to extremes, but—heed them not! Stand fast to the truth, and the truth shall make you free. The seed you sow may seem to be cast upon the barren highways, but look up in trusting faith; go onward and—

> "Scatter the germs of the beautiful
> In the depths of the human soul,
> They will bud, and blossom, and bear the fruit,
> While endless ages roll."

And in the future, many, many Marys, as dear to other hearts as was that young friend to mine, through your efforts may be saved to bless the world and gladden loving hearts and homes. As physicians—

> "You have a noble work to do—a holy work of love—to soothe, to cheer
> The comfortless—to lead the erring back, to make the truth more dear;
> Go live! for love, humanity, and God, work on with all your might,
> The good will see your light, the great be near—go battle for the right!"

A VOICE FROM ACROSS THE WATERS.

R. T. Trall, M.D.: Dear Sir:

Though personally a stranger to you, I feel intimately acquainted with you through the admirable works upon Hydropathy which you have published to benefit and enlighten mankind, by discovering to their notice the pure principles of the "natural treatment and cure of disease," and I am induced to believe that you will be pleased to hear something from this remote part of the world upon the subject of "the profession," now that, at last, the banner of Hydropathy has been unfurled to the breeze and floats proudly and in bold defiance of allopathy and mineral poisoning, with all their infernal adjuncts of bleeding, cupping, blistering, sinapicons, setons, and all the "etcetera" of tortures invented to pick the pockets of patients at the same time expediting their passage to the grave.

It is now a couple of years since Dr. W. H. Hobbs, a graduate of the Hygeio-Therapeutic College of New York, first commenced practice on the Hydropathic principle in this colony; and though his progress was at the commencement but slow, he eventually established no small reputation by effecting a number of cures

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in cases where the "regular practitioners,"—the "legally qualified" (as they are adjectived here,) had been at fault and had "given over" their victims as "*gone coons.*" Amongst the number I may count myself, though a practitioner of some quarter of a century upon the "old system," yet when suffering under a severe attack of general indisposition, resulting from the presence of cysted tumors of the abdomen, I found that the old saying, "Physician, heal thyself," could not be acted upon successfully, neither could the best colonial physician afford me any hopes of cure, and I was induced, as a last resource, to seek aid from hydropathy; the result was that I was in a few months a new man, and, of course, a perfect convert to the efficiency of the "Water-Cure," abandoning Allopathy and all its concomitant host of abominations, and enlisting with all the spirit of a volunteer under the Hygienic flag.

Hydropathy is, I am fully convinced, destined to advance with giant strides in these colonies, though the allopathic practitioners may shrug up their shoulders and pretend to sneer—they cannot blind the eyes of the community to the fact that people are being cured who were hopeless of cure, that the poor victims of "drugopathy" are receiving new life through the happy instrumentality of nature's great restorative, and they are compelled to be silent; they do not dare openly to attack the system, for they know, in their heart of hearts, that they would encounter an overwhelming defeat. We have endeavored, through the medium of the press, to elicit from them some expression of dissent to enable us to "go in" at them "in earnest." But they wisely abstain from such demonstrations, and are compelled to witness the triumphs of nature by natural means. The only barrier to the advancement of Hydropathy is the want of opposition. One or two good attacks upon it from some of the allopathic "celebrities" would be a great stimulant to progress.

The "profession," in these colonies, are remarkable for a spirit of illiberality. They have established a "Medical Board," and every obstacle is thrown in the way of a practitioner who does not hold a diploma from any recognized college in the British dominions, and unless one can pass the board, he is not entitled to the designation of a legally qualified medical practitioner. If a French, American, German, or other doctor presents himself to their notice and exhibits his diploma, he is informed with the utmost suavity by the "Hon. Secretary" that it will be essential for him to produce witnesses to his identity as being the person mentioned in the document before he can be admitted to the honor of the fraternity with the members of the medical board. Whereas, any person who exhibits a diploma from a British College, may pass the ordeal without enquiry, although he may be a rank impostor and furnished (such things have happened) with a "dead man's diploma!" Even during last session a bill was introduced into the Legislature, which would have disqualified any but a British physician who has not been five years practising in the colony. The good sense of the house scouted this monstrous proposition, and the bantling of allopathy was strangled in its birth. So much for the liberality of the profession in the colony; but I believe that "there's a good time coming" when the cause of nature and nature's adjuncts will triumph o'er the humbug of the old school, and the poison practice will be only remembered as a thing that has had existence in unenlightened times.

Your works have been much enquired for in Sydney, and great complaints have been made as to the inability of procuring them. I think you would find it to your advantage to establish an agency for these colonies here. I am convinced they would sell well; as also would "Life Illustrated" and the HERALD OF HEALTH. Dr. Hobbs desires me to say he would be glad if you would forward him these two Journals. He encloses half a sovereign; he would have forwarded 20 shillings (sterling), but he does not know how to remit the money, as our bank notes would not pass in the States. Dr. Hobbs also says he will be happy to undertake, for the present, the agency for your works.

The qualification upon which I have hitherto practiced is that of France, and I have no need to be ashamed of having studied under Dupuytren, Larrey, Bayer, Leroux, etc., but as I have abandoned the old school, I should wish to be furnished with a document acknowledging me as a fellow laborer in the Hydropathic field. I cannot go to America to present myself for examination; but if the College grants honorary diplomas, perhaps you would favor me with the information as to what steps I should take to procure one. The idea has been suggested to me by Dr. Hobbs, who informs me that such honorary degrees are sometimes granted, and I should feel much gratified if I could receive such an honor.

I must now close my letter, as the mail is about to start, with every good wish for the success of the good cause of nature here and everywhere. I remain, Sir, yours most truly,

EDWARD GEOGHEGAN.

Kingston, New South Wales, Nov. 21, 1862.

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BULWER'S LETTER ON WATER-CURE.

[We commence with the present number the re-publication of Bulwer's celebrated "Confessions and Observations of a Water-Patient," which appeared in the New Monthly Magazine nearly twenty years ago, and which made such a sensation at the time among the doctors. It is rich in humor and replete with useful suggestions. We had added a few comments which seem called for by the present state of hygienic medication.]

DEAR MR. EDITOR: I am truly glad to see so worthily filled the presidency in one of the many chairs which our republic permits to criticism and letters—a dignity in which I had the honor to precede you, *sub consule Planco*, in the good days of William IV. I feel as if there were something ghostlike in my momentary return to my ancient haunts, no longer in the editorial robe and purple, but addressing a new chief, and in great part, a new assembly; for the reading public is a creature of rapid growth—every five years a generation pours forth from our institutes, our colleges, our schools, demanding and filled with fresh ideas, fresh principles and hopes. And the seas wash the place where Canute parleyed with the waves. All that interested the world, when to me (then Mr. Editor, now your humble servant,) contributors addressed their articles, hot and seasoned for the month, and like all good articles to a periodical. "warranted *not* to keep," have passed away into the lumber room, where those old maids, History and Criticism, hoard their scraps and relics, and where, amidst dust and silence, things old-fashioned risen into things antique. The roar of the Reform Bill is still, Fanny Kemble acts no more, the "Hunchback" awaits upon our shelves the resuscitation of a new *Julia*, poets of promise have become mute, Rabini sings no more, Macready is in the provinces, "Punch" frisks it on the jocund throne of Sydney Smith, and over a domain once parcelled amongst many, reigns "Boz." Scattered and voiceless the old contributors—a new hum betrays the changing Babel of a new multitude. Gliding thus, I say ghostlike, amidst the present race, busy and sanguine as the past, I feel that it best suits with a ghost's dignity to appear but for an admonitory purpose; not with the light and careless step of an ordinary visitor, but with meaning stride, and finger upon lip. Ghosts, we know, have appeared to predict death—more gentle I, my apparation would only promise healing, and beckon not to graves and charnels, but to the Hygeian spring.

And now that I am fairly on the ground, let us call to mind, Mr. Editor, the illustrious names which still overshadow it at once with melancholy and fame. Your post has been filled with men whose fate precludes the envy which their genius might excite. By Campbell, the high-souled and silver-toned, and by Hook, from whom jest, and whim, and humor flowed in so free and so riotous a wave, that books confined and narrowed away the stream; to read Hook is to wrong him. Nor can we think of your predecessors without thinking of your rival, Hood, who, as the tree puts forth its most exuberant blossoms the year before its decay, showed the bloom and promise of his genius most when the worm was at the trunk. To us behind the scenes, to us who know the men, how melancholy the contrast between the fresh and youthful intellect and the worn out and broken frame; for, despite what I have seen written, Campbell, when taken at the right moment, was Campbell ever. Not capable, indeed, towards the last, of the same exertion, if manifested by those poor evidences of what is in us, that books parade, but still as powerful in his great and noble thoughts, in the oral poetry revealed by flashes and winged words, though unrounded into form. And Hook jested on the bed of death as none but he could jest. And Hood! who remembers not the tender pathos, the exquisite humanity which spoke forth from his darkened room? Alas! what prolonged pangs, what heavy lassitude, what death in life, did these men endure?

Here we are, Mr. Editor, in these days of cant and jargon, preaching up the education of the mind, forcing our children under melon-frames, and babbling to the laborer and mechanic, "Read, and read, and read," as if God had not given us muscles, and nerves and bodies, subjected to exquisite pains and pleasures—as if the body were not to be cared for and cultivated as well as the mind: as if health were no blessing, instead of that capital good without which all other blessings—save the hope of health eternal—grow flat and joyless; as if the enjoyment of the world in which we are, was not more closely linked with our physical than our mental selves; as if we were better than mained and imperfect men so long as our nerves are jaded and prostrate, our senses dim and heavy, our relationship with nature abridged and thwarted by the jaundiced eye, and failing limb, and trembling hand—the apothecary's shop between us and the sun! For the mind, we admit that to render it strong and clear, habit and discipline are required; how deal we, (especially we, Mr. Editor, of the London world—we of the literary craft—we of the restless, striving brotherhood)—how deal we with the body? We carry it on with us, as a post-horse from stage to stage—does it flag? no rest!

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give it ale or the spur. We begin to feel the frame break under us; we administer a drug, gain a temporary relief, shift the disorder from one part to another—forget our ailments in our excitements, and when we pause at last, thoroughly shattered, with complaints grown chronic, diseases fastening to the organs, send for the doctors in good earnest, and die as your predecessors and your rival died, under combinations of long neglected maladies, which could never have been known had we done for the body what we do for the mind—made it strong by discipline, and maintained it firm by habit.

Not alone calling to recollection our departed friends, but looking over the vast field of suffering which those acquainted with the lives of men who think and labor cannot fail to behold around them, I confess, though I have something of Canning's disdain of professed philanthropists, and do not love every knife-grinder as much as if he were my brother—I confess, nevertheless, that I am filled with an earnest pity; and an anxious desire seizes me to communicate to others that simple process of healing and well-being which has passed under my own experience, and to which I gratefully owe days no longer weary of the sun, and nights which no longer yearn for and yet dread the morrow.

And now, Mr. Editor, I may be pardoned, I trust, if I illustrate by my own case the system I commend to others.

I have been a workman in my day. I began to write and to toil, and to win some kind of a name, which I had the ambition to improve, while yet little more than a boy. With strong love for study in books—with yet greater desire to accomplish myself in the knowledge of men, for sixteen years I can conceive no life to have been more filled by occupation than mine. What time was not given to action was given to study; what time not given to study, to action—labor in both! To a constitution naturally far from strong, I allowed no pause or respite. The wear and tear went on without intermission—the whirl of the wheel never ceased. Sometimes, indeed, thoroughly overpowered and exhausted, I sought for escape. The physicians said "travel," and I traveled; "go into the country," and I went. But in such attempts at repose all my ailments gathered round me—made themselves far more palpable and felt. I had no resource but to fly from myself—to fly into the other world of books, or thought, or reverie—to live in some state of being less painful than my own. As long as I was always at work, it seemed that I had no leisure to be ill. Quiet was my hell.

At length the frame thus long neglected—patched up for a while by drugs and doctors—put off and trifled with as an intrusive dun—like a dun who is in his rights—brought in its arrears—crushing and terrible, accumulated through long years. Worn out and wasted, the constitution seemed wholly inadequate to meet the demand. The exhaustion of toil and study had been completed by great anxiety and grief. I had watched with alternate hope and fear the lingering and mournful death-bed of my nearest relation and dearest friend—of the person around whom was entwined the strongest affection my life had known—and when all was over I seemed scarcely to live myself.

At this time, about the January of 1844, I was thoroughly shattered. The least attempt at exercise exhausted me. The nerves gave way at the most ordinary excitement—a chronic irritation of that vast surface we call the mucous membrane, which had defied for years all medical skill, rendered me continually liable to acute attacks, which from their repetition and the increased feebleness of my frame, might at any time be fatal. Though free from any organic disease of the heart, its action was morbidly restless and painful. My sleep was without refreshment. At morning I rose more weary than I lay down to rest.

Without fatiguing you and your readers further with the *longa cohors* of my complaints, I pass on to record my struggle to resist them. I have always had a great belief in the power of WILL. What a man determines to do—that in ninety-nine cases out of the hundred I hold that he succeeds in doing. I determined to have some insight into a knowledge I had never attained since manhood—the knowledge of health.

I resolutely put away books and study, sought the airs which the physician esteemed the most healthful, and adopted the strict regimen on which all the children of Æsculapius so wisely insisted. In short, I maintained the same general habits as to hours. diet (with the exception of wine, which in moderate quantities seemed to me indispensable,) and, so far as my strength would allow, of exercise, as I found afterwards instituted at hydropathic establishments. I dwell on this to forestall in some measure the common remark of persons not well acquainted with the medical agencies of water—that it is to the regular life which water-patients lead, and not to the element itself, that they owe their recovery. Nevertheless I found that these changes, however salutary in theory, produced little, if any practical amelioration in my health. All invalids know, perhaps, how difficult under ordinary circumstances, is the al-

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teration of habits from bad to good. The early rising, the walk before breakfast, so delicious in the feelings of freshness and vigor which they bestow upon the strong, often become punishments to the valetudinarian. Headache, langor, a sense of weariness over the eyes, a sinking of the whole system towards noon, which seemed imperiously to demand the dangerous aid of stimulants, was all that I obtained by the morning breeze and the languid stroll by the sea-shore. The suspension from study only afflicted with intolerable *ennui*, and added to the profound dejection of the spirits. The brain, so long accustomed to morbid activity, was but withdrawn from its usual occupations to invent horrors and chimeras. Over the pillow, vainly sought two hours before midnight, hovered no golden sleep. The absence of excitement, however unhealthy, only aggravated the symptoms of ill health.

It was at this time that I met by chance, in the library of St. Leonard's, with Captain Claridge's work on the "Water-Cure," as practiced by Priessnitz at Graefenberg. Making allowance for certain exaggerations therein, which appeared evident to my common sense, enough still remained not only to captivate the imagination and flatter the hopes of an invalid, but to appeal with favor to his sober judgment. Till then, perfectly ignorant of the subject and the system, except by some such vague stories and good jests as had reached my ears in Germany, I resolved at last to read what more could be said in favor of the ἄριστον ὕδωρ, and examine dispassionately into its merits as a medicament. I was then under the advice of one of the first physicians of our age. I had consulted half the faculty. I had every reason to be grateful for the attention, and to be confident in the skill of those whose prescriptions had, from time to time, flattered my hopes and enriched the chemist.

But the truth must be spoken; far from being better, I was sinking fast. Little remained to me to try in the great volume of the herbal. Seek what I would next, even if a quackery, it certainly might expedite my grave, but it could scarcely render life—at least the external life—more unjoyous. Accordingly I examined with such grave thought as a sick man brings to bear upon his case, all the grounds upon which to justify to myself—an excursion to the snows of Silesia.

But I own that in proportion as I found my faith in the system strengthen, I shrunk from the terrors of this long journey to the rugged region in which the probable lodging would be a laborer's cottage,* and in which the Babel of a hundred languages, (so agreeable to the healthful delight in novelty—so appalling to the sickly despondency of a hypochondriac)—would murmur and growl over a public table spread with no tempting condiments. Could I hope to find healing in my own land, and not too far from my own doctors in case of failure, I might indeed solicit the watery gods; but the journey! I could scarcely have lived through a day without leech or potion, the long, gelid journey to Graefenberg, I should be sure to fall ill by the way; to be clutched and mismanaged by some German doctor; to deposit my bones in some dismal churchyard on the banks of the Father Rhine.

While thus perplexed, I fell in with one of the pamphlets written by Dr. Wilson, of Malvern, and my doubts were solved. Here was an English doctor, who had himself known more than my own sufferings, who, like myself, had found the pharmacopœia in vain—who had spent ten months at Graefenberg, and left all his complaints behind him; who, fraught with the experience he had acquired, not only in his own person, but from scientific examination of cases under his eye, had transported the system to our native shores, and who proffered the proverbial salubrity of Malvern air and its holy springs, to those who, like me, had ranged in vain, from simple to mineral, and who had become bold by despair, bold enough to try if health, like truth, lay at the bottom of a well.

I was not then aware that other institutions had been established in England of more or less fame. I saw in Dr. Wilson the first transporter, at least as a physician, of the Silesian system, and did not pause to look out for other and later pupils of this innovating German school.

I resolved then to betake myself to Malvern. On my way through town I paused, in the innocence of my heart, to inquire of the faculty if they thought the water-cure would suit my case. With one exception, they were unanimous in the vehemence of their denunciations. Granting even that in some cases, especially of rheumatism, hydropathy had produced a cure, to my complaints it was worse than inapplicable, it was highly dangerous, it would probably be fatal. I had not stamina for the treatment, it would fix chronic ailments into organic dis-

* Let me not disparage the fountain-head of the water-cure, the parent institution of the great Priessnitz. I believe many of the earlier hardships complained of at Graefenberg have been removed or amended; and such as remain are no doubt well compensated by the vast experience and extraordinary tact of a man who will rank hereafter among the most illustrious discoverers who have ever benefited the human race.

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ease, surely it would be much better to try what I had not yet tried. What had I not yet tried? A course of prussic acid! Nothing was better for gastric irritation, which was no doubt the main cause of my suffering! If, however, I were obstinately bent upon so mad an experiment, Dr. Wilson was the last person I should go to. I was not deterred by all these intimidations, nor seduced by the salubrious allurements of the prussic acid under its scientific appellation of hydrocyannic. A little reflection taught me that the members of a learned profession are naturally the very persons least disposed to favor innovation upon the practices which custom and prescription have rendered sacred in their eyes. A lawyer is not the person to consult upon bold reforms in jurisprudence. A physician can scarcely be expected to own that a Silesian peasant will cure with water the diseases which resist an armament of phials. And with regard to the peculiar objections to Dr. Wilson, I had read in his own pamphlet attacks upon the orthodox practice sufficient to account for, perhaps to justify, the disposition to depreciate him in return.

[What Bulwer charges upon the selfishness, obstinacy, illiberality, or conservatism of the medical profession is as true to-day in America as it was twenty years ago in Europe. Of all the patients who have come to the New York Hygienic Institute during the last year, more than three-quarters of them were assured by "the faculty" that "water-cure would surely be the death of them;" they "would never come away from that place alive." "Hydropathy, though good in some cases, was particularly bad in theirs;" and "if water treatment was the best, *that* was just the worst place of the kind to go to which could be found on the earth," &c., &c. We can hardly give the profession credit for being strictly candid or rigidly honest in its opposition, in view of the fact that we are curing their incurable cases continually, right before their eyes, while they keep up the same old song of alarm to frighten our patients away. Why do not the doctors meet the scientific issue we present before the people, and prove, if they can, that their system is the best? When they do this, Water-Cure will cease to trouble them.—EDITOR.]

Still my friends were anxious and fearful; to please them I continued to inquire, though not of physicians, but of patients. I sought out some of those who had gone through the process. I sifted some of the cases of cure cited by Dr. Wilson. I found the account of the patients so encouraging, the cases quoted so authentic, that I grew impatient of delay. I threw physic to the dogs, and went to Malvern.

It is not my intention, Mr. Editor, to detail the course I underwent. The different resources of water as a medicament are to be found in many works easily to be obtained, and well worth the study. In this letter I suppose myself to be addressing those as thoroughly unacquainted with the system as myself was at the first, and I deal, therefore, only in generals.

The first point which impressed me was the extreme and utter innocence of the water-cure in skillful hands—in any hands, indeed, not thoroughly new to the system. Certainly when I went, I believed it to be a kill or cure system. I fancied it must be a very violent remedy—that it doubtless might effect great and magical cures—but that if it failed it might be fatal. Now, I speak not alone of my own case, but of the immense number of cases I have seen, patients of all ages, all species and genera of disease, all kinds and conditions of constitution, when I declare upon my honor, that I never witnessed one dangerous symptom produced by the water-cure, whether at Dr. Wilson's or the other hydropathic institutions which I afterwards visited. And although unquestionably fatal consequences might occur from gross mismanagement, and as unquestionably have so occurred at various establishments, I am yet convinced that water in itself is so friendly to the human body, that it requires a very extraordinary degree of bungling, of ignorance and presumption to produce results really dangerous; that a regular practitioner does more frequent mischief from the misapplication of even the simplest drugs, than a water-doctor of a very moderate experience does, or can do, by the misapplication of his baths and friction. And here I must observe, that those portions of the treatment which appear to the uninitiated as the most perilous, are really the safest, such as the wet-sheet packing, and can be applied with the most impunity to the weakest constitutions; whereas, those which appear, from our greater familiarity with them, the least startling and most innocuous—the plunge-bath, the douche—are those which require the greatest knowledge of general pathology and the individual constitution. I shall revert to this part of my subject before I conclude.

The next thing that struck me was the extraordinary ease with which, under this system, good habits are acquired and bad habits relinquished. The difficulty with which, under orthodox medical treatment, stimulants are abandoned, is here not witnessed. Patients accus-

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tomed for half a century to live hard and high, wine-drinkers, spirit-bibbers, whom the regular physician has sought in vain to reduce to a daily pint of sherry, here voluntarily resign all strong potations, after a day or two cease to feel the want of them, and reconcile themselves to water as if they had drank nothing else all their lives. Others who have had recourse for years and years to medicine — their potion in the morning, their cordial at noon, their pill before dinner, their narcotic at bed-time, cease to require these aids to life, as if by a charm. Nor this alone. Men to whom mental labor has been a necessary, who have existed on the excitement of the passions and the stir of the intellect, who have felt, these withdrawn, the prostration of the whole system, the lock to the wheel of the entire machine, return at once to the careless spirits of the boy in his first holiday.

Here lies a great secret; water thus skillfully administered is in itself a wonderful excitement; it supplies the place of all others, it operates powerfully and rapidly upon the nerves, sometimes to calm them, sometimes to irritate, but always to occupy. Hence follows a consequnce which all patients have remarked—the complete response of the passions during the early stages of the cure; they seem laid asleep as if by enchantment. The intellect shares the same rest; after a short time mental exertion becomes impossible; even the memory grows far less tenacious of its painful impressions; cares and griefs are forgotten; the sense of the present absorb the past and future; there is a certain freshness and youth which pervade the spirits, and live upon the enjoyment of the actual hour. Thus the great agents of our mortal wear and tear—the passions and the mind—calmed into strange rest—Nature seems to leave the body to its instinctive tendency, which is always towards recovery. All that interests and amuses is of a healthful character; exercise, instead of being an unwilling drudgery, becomes an inevitable impulse of the frame braced and invigorated by the element. A series of reactions is always going on; the willing exercise produces refreshing rest, and refreshing rest willing exercise. The extraordinary effect which water taken early in the morning produces on the appetite is well known amongst those who have tried it, even before the water-cure was thougkt of; an appetite that should be the care of the skillful doctor to check in moderate gratification; the powers of nutrition become singularly strenthened, the blood grows rich and pure; the constitution is not only amended; it undergoes a change.

The safety of the system then struck me first; its power of replacing by healthful stimulants the morbid ones it withdrew, whether physical or moral, surprised me next; that which thirdly impressed me was no less contrary to all my preconceived notions. I had fancied that, whether good or bad, the system must be one of great hardship, extremely repugnant and disagreeable. I wondered at myself to find how soon it became so associated with pleasurable and grateful feelings as to dwell upon the mind amongst the happiest passages of existence. For my own part, despite all the ailments, or whatever may have been my cares, I have ever found exquisite pleasure in that sense of *being* which is, as it were, the conscience, the mirror of the soul. I have known hours of as much and as vivid happiness as perhaps can fall to the lot of man; but amongst all my most brilliant recollections I can recall no periods of enjoyment at once more hilarious and serene than the hours spent on the lonely hills of Malvern—none in which nature was so thoroughly possessed and appreciated. The rise from a sleep sound as childhood's—the impatient rush into the open air, while the sun was fresh, and the birds first sang; the sense of an unwonted strength in every limb and nerve, which made so light of the steep ascent to the holy spring—the delicious sparkle of that morning draught—the green terrace on the brow of the mountain, with the rich landscape wide and far below—the breeze that once would have been so keen and biting, now but exhilarating the blood, and lifting the spirits into religious joy; and this keen sentiment of present pleasure rounded by a hope sanctioned by all I felt in myself, and nearly all that I had witnessed in others—that that very present was but the step, the threshhold into an unknown and delightful region of health and vigor—a disease and a cure dropping from the frame and the heart at every stride.

But here I must pause to own that if on the one hand the danger and discomforts of the cure are greatly exaggerated (exaggerated is too weak a word) so on the other hand, as far as my experience, which is perhaps not inconsiderable, extends, the enthusiastic advocates of the system have greatly misrepresented the duration of the curative process. I have read and heard of chronic diseases of long standing cured, permanently cured in a very few weeks. I candidly confess that I have seen none such. I have, it is true, witnessed many chronic diseases perfectly cured, diseases which had been pronounced incurable by the first physicians, but the cure has been long and fluctuating. Persons so afflict-

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ed, who try this system, must arm themselves with patience. The first effects of the system are indeed usually bracing, and inspire such feelings of well-being, that those think they have only to return home, and carry ont the cure partially, to recover. A great mistake—the alterative effects being long after the bracing—a disturbance in the constitution takes place prolonged more or less, and not till that ceases does the cure really begin. Not that the peculiar "crisis" sought for so vehemently by the German water-doctors, and usually under their hands manifested by boils and eruptions, is at all a necessary part of the cure—it is, indeed, as far as I have seen, a rare occurrence, but a critical action, not single, not confined to one period, or one series of phenomena, is at work, often undetected by the patient himself, during a considerable (and that the latter) portion of the cure in most patients where the malady has been grave, and where the recovery becomes permanent. During this time the patient should be under the eye of his water-doctor.

To conclude my own case: I stayed some nine or ten months at Malvern, and business, from which I could not escape, obliging me then to be in the neighborhood of town, I continued the system seven weeks longer under Dr. Weiss, at Petersham; during this latter period the agreeable phenomena which had characterized the former, the cheerfulness, the *bien aise*, the consciousness of returning health vanished; and were succeeded by great irritation of the nerves, extreme fretfulness, and the usual characteristics of the constitutional disturbance to which I have referred. I had every reason, however, to be satisfied with the care and skill of Dr. Weiss, who fully deserves the reputation he has acquired, and the attachment entertained for him by his patients; nor did my judgment ever despond or doubt of the ultimate benefits of the process. I emerged at last from these operations in no very portly condition. I was blanched and emaciated, washed out like a thrifty housewife's gown, but neither the bleaching nor the loss of weight had in the least impaired my strength; on the contrary, all the muscles had grown as hard as iron, and I was become capable of great exercise without fatigue, my cure was not effected, but I was compelled to go into Germany. On my return homewards I was seized with a severe cold which rapidly passed into high fever. Fortunately I was within reach of Dr. Schmidt's magnificent hydropathic establishment at Boppart; thither I caused myself to be conveyed; and now I had occasion to experience the wonderful effect of any malady which the faculty could pronounce disease, its beneficial operation in acute is immediate. In twenty-four hours all fever had subsided, and on the third day I resumed my journey, relieved from every symptom that had before prognosticated a tedious and perhaps alarming illness.

And now came gradually, yet perceptibly, the good effects of the system I had undergone; flesh and weight returned; the sense of health became conscious and steady; I had every reason to bless the hour when I first sought the springs of Malvern. And here I must observe that it often happens that the patient makes but slight apparent improvement, when under the cure, compared with that which occurs subsequently. A water-doctor of repute at Brussels, indeed, said frankly to a grumbling patient: "I do not expect you to be well while here; it is only on leaving me that you will know if I have cured you."

It is as the frame recovers from the agitation it undergoes that it gathers round it power utterly unknown to it before—as the plant watered by the rains of one season betrays in the next the effect of the grateful dews.

I had always suffered so severely in winter, that the severity of onr last one gave me apprehensions, and I resolved to seek shelter from my fears at my beloved Malvern. I have passed the most inclement period of the winter, not only perfectly free from the colds, rheums, and catarrhs which had hitherto visited me with the snows, but in the enjoyment of excellent health; and I am persuaded that for those who are delicate, and who suffer much during the winter, there is no place where the cold is so little felt as at a water-cure establishment. I am persuaded also, and in this I am borne out by the experience of most water-doctors, that the cure is most rapid and effectual during the cold season, from autumn through the winter. I am thoroughly convinced that consumption in its earlier stages can be more easily cured, and the predisposition more permanently eradicated by a winter spent at Malvern, under the care of Dr. Wilson, than by the timerous flight to Pisa or Maderia. It is by hardening rather than defending the tissues that we best secure them from disease.

And now, to sum up, and to dismiss my egotistical revelations, I desire in no way to overcolor my own case; I do not say that when I first went to the Water-Cure I was affected with any disease immediately menacing to life—I say only that I was in that prolonged and chronic state of ill-health, which made life at the best extremly precarious. (*To be continued.*)

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BALTIMORE HEALTH ASSOCIATION.

Dr. Trall: Perhaps you are not aware that we claim to be the first *Branch Association* that was formed under the World's Health Association. Few in number, yet we are actively interested in the beautiful truths of health reform.

A young lady who came on here from Massachusetts to engage in school teaching, came within the sphere of our association, and so actively were the flames burning that she changed her plans and ideas, gave up teaching, and intends to be a physician and lecturer. She says that she will go to the College this fall; and this summer she is going to return to her home in Worcester, Mass., and canvass that whole region of country for subscribers to the HERALD.

Our President, Mrs. Swartz, is really a "home missionary;"—she realizes the importance of these subjects—how that the Hygienic System is a blessing to suffering humanity, and says that to it she owes her health, life, and domestic happiness. Her household arrangements present a beautiful model of a consistent vegetarian, and a sensible hygeio-therapeutist, and that means almost everything that is good and lovely. Her little children that would otherwise be frail and delicate, grow up healthy, pleasant, and sweet-tempered. She is the wife of an eminent and estimable Lutheran minister of this city, and while she is devoted to the Sabbath school missionary cause and other benevolent institutions, she feels that she is doing no less good in talking to the people on the important subject of health reform. Many who are now suffering will one day thank her for telling them of a better way, and realize that to them it is truly the *gospel* of health. As an eminent minister and D.D. of New York remarked to me, "I feel like preaching physiology; the poor people get religion and don't know how to live after it." Baltimore is peculiarly Mrs. Swartz's field for getting subscribers to the HERALD. She never goes out shopping or walking but she takes one along. "Bread cast upon the waters will appear after many days."

Perhaps our association excels most others in the *frequency* of our meetings. During the last two weeks we have had no less than *three!* We love to meet together and talk over these things. The names of new members are constantly coming in. I noticed lately added to the list the names of several ministers, one of whom is the Rev. Mr. Hubert, traveling agent from Ohio, to see after the welfare of sick soldiers. He is a man of influence, and circulates considerably, so he will scatter truth. I sent him some of your "Hygeian Home" circulars, thinking, perhaps, he might direct some sick soldiers or worn out veteran to that lovely retreat of health. Rev. Mr. Butler, of Washington, is also a member. He attended your lectures in Washington last winter, and said that if he had heard them one month sooner, he might have saved his wife. Yesterday I added to the list of membership the name of a lady who remarked to me that her children had had the scarlet fever, and the Encyclopædia saved them, while more healthy and more vigorous children were dying all around from the same disease.

Our association has also a goodly representation from the army among its members. Not least among the names is that of Brigadier-General Rosencranz. And, by the way, we are again agitating the subject of *our Hygienic Hospital*, and we intend to have it in *Baltimore*. You know that "when a woman wills, she wills, you may depend on it. And when she won't, she won't, and there is an end on it." We contend that even though we may be wrong, yet we have *a right* to have it; the voice of the people must be heard. Mind you, we are not calling ourselves *citizens*; most of us are only women; but we are bound to have our way in this matter; we have set plans agoing that will result in *something*. Our next mission to Washington, we hope, will do something more than "frightening a little mouse under the chair."

Our association has written and adopted a constitution after the *strictest sect*; nor have we failed to express a *cordial* and *active interest* in the welfare of the *College*, and in the circulation of the HERALD.

At our last meeting the following resolutions were passed:

"That it is the expressed wish of this association that our Secretary, Mrs. Jones, will give a course of lectures before the association during the month of April.

That the Baltimore Health Asseciation begs to present to the World's Health Association its kindly sympathies and warmest regards, accompanied with a most earnest invitation and request that it will hold its next meeting or session in the city of Baltimore."

I am sure the friends of the cause will be glad to welcome the association, and render their stay in the Monumental City both agreeable and pleasant.

M. A. D. J., Sec'y.

BALTIMORE, March 7, 1863.

A new electric light is exhibiting in London at the Polytechnic. A strip of silver foil pasted on the ceiling, gives a light equal to two thousand candles.

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Literary Notices.

MOUNT CARROLL SEMINARY.—We are indebted to the politeness of Frances A. Wood Shimer, and Cindarella M. Gregory, Principals, for a copy of the THIRD TRIENNIAL CATALOGUE AND CIRCULAR of this flourishing institution. Mt. Carroll is situated on the line of the Northern Illinois Railroad, ten miles from the Mississippi River, in one of the finest agricultural regions of the West. The Seminary has an ample corps of teachers, and very liberal arrangements for credit are made with those who are desirous of qualifying themselves for teachers. The list of students numbers 356—192 males, and 164 females.

The PHRENOLOGICAL JOURNAL for March has a splendid portrait and biographical notices of Victor Hugo, one of nature's noblemen. Among its leading articles are "Variety of Races in England and Wales," with illustrations, and with interesting articles on Clairvoyance, Physiognomy, Education, &c. The article on *Changes of Countenance*, with an engraving representing the celebrated actress, Miss Emma Stanley, in twelve different farces, is worth a year's subscription.

Fowler and Wells have published a new edition of their valuable work, SAVING AND WASTING; or Domestic Economy Illustrated. Men, women and children can read this book and profit by its lessons.

THE ASTRONOMY OF THE BIBLE, by O. M. Mitchell, L.L.D., formerly Director of the Cincinnati and Dudley Observatories, late Major-General of the U. S. V., has been published by Blakeman & Mason. The magnificent lectures which the author delivered in this and other cities on the Astronomy of the Bible, have bespoken a large sale for the work. Price $1.50.

THE STUDENTS' BOOK HOLDER, by Dr. Dio Lewis, though not a new publication, is a new invention which deserves a notice in this place. It is a beautiful black walnut frame in the shape of a ladder, with supports for the book, and guards to keep the leaves open. The supports are so arranged as to accommodate a book of the largest or smallest size at any desired angle of elevation, and the use of the holder will prove an efficient preventive or cure of round shoulders and contracted chests.

THOUGHTS IN MY GARDEN, by Mary G. Ware, published by Crosby & Nichols, N. Y., is the title of a small work, based on the theological proposition that all good and useful forms are the direct outbirth and expression of the Divine Love and Wisdom, while all evil and noxious forms are the result and expression of the evil and falsehood that is in man. In the application of the fundamental doctrine the authoress presents some beautiful pictures of rural life.

MOORE'S RURAL NEW YORKER is a publication worthy of popular support, devoted as it is to agriculture, horticulture, rural life, literature, science, arts, the news, &c., it is not dependent upon a local circulation, but is acceptable in the East as in the West, in Canada as the South, or in either as in Western New York, where its editor and publisher has succeeded in making it almost a household necessity. He is a practical man, knows what the people want, and regardless of expense, furnishes it for them. When papers of that class take the place of much of the flash literature of the day we shall find more practical men and women in the world, and higher, purer tastes prevalent. It is published weekly by D. D. T. Moore, Rochester, N. Y., at $2 a year, with liberal discount to clubs.

The medical students of Harvard University are earnestly debating the question whether of not they shall censure the faculty for admitting colored persons and ladies to attend medical lectures.

THE HERALD OF HEALTH contains a great amount of truly valuable information, at $1 per year. R. T. TRALL, M. D., is now editor and proprietor. He has given it a new dress, and essentially added to its intrinsic value. The article on Bread-making, in the March number, is worth a year's subscription. — *Amsterdam Recorder.*

Publisher's Department.

OUR BUSINESS ADDRESS.—All subscriptions and communications concerning this Journal, and all orders for our Books or other publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all times by our business associate.—EDITOR.

BACK NUMBERS.—We are electrotyping each number of the HERALD OF HEALTH, and can supply back numbers at any time to any extent.

THE NEW CYCLOPÆDIA.—Several of our canvassers inform us they will soon have a list of subscribers large enough to entitle them to this splendid premium. We will get the work bound in any style desired, and the difference may be paid in money or in additional subscribers at the same rate.

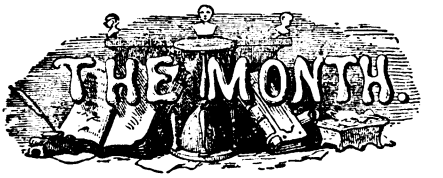
OUR WORKS IN CANADA.—J. B. Bowman, of Blair, Waterloo county, C. W., will supply any of our publications, Maps, Charts, &c., and receive subscriptions for the HERALD OF HEALTH. Dr. Brents, of the Toronto Hygienic Institute, will supply our friends in Toronto and vicinity. They will probably appoint sub-agents throughout the Provinces, so that we have reason to expect that the medical revolution will go on in the Canadas as gloriously as it is now working in the United States.

HOW TO DO IT.—We want one hundred thousand subscribers. We MUST have them, and we WILL have them. "How will we get them?" do you ask? Nothing is easier. Here is the recipe: Let each one of our present subscribers get one more; then let each old and new subscriber get another, and the deed is done. What a world of good can be accomplished by a little extra effort at this time.

G. W. Ross, Limerick, (no county or state,) has sent us $1 for our work on Diptheria, but we know not whether to send it to Ireland or one of half a dozen places in the United States. If people would only be more careful, it would save us and themselves much annoyance. We have many others of a like nature, but if we published all it would fill pages which would cost us considerable, and be filling the HERALD with matter of no possible interest to any but the careless writer

WE have not added the extra pages of advertisements, therefore, our Journal does not appear so large as last month, but it contains the full complement of forty pages reading matter, which we shall give every month, whether we give one or twenty of advertisements.

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NEW YORK, APRIL, 1863.

WATER.

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

TOPICS OF THE MONTH.

BY THE EDITOR.

CURSES LOUD AND DEEP.—The war in which we are engaged has already cost the parties to the controversy not less than three or four thousand million of dollars, and half a million of lives. And it may cost as much more before the Angel of Peace is re-enthroned in our land. War is at best a terrible calamity; yet it may prove remedial—the least of two evils. It may be the means for the speedy solution of problems which would otherwise have remained unsolved for centuries, and for dissipating delusions which have misled the human mind for ages. And if the present bloody strife—which is certainly one of the most bitter, relentless, determined and energetic, which the world has ever known—should result in opening the eyes of the masses of our people, and of the medical profession, to the error of drug medication, we should be among those who would regard the war as a "blessing in disguise." Should this result occur, whatever else may happen, this war will mark an era in human improvement, such as has never been heard of on the earth since that rebellion which resulted in the expulsion of the whole human race from the Garden of Eden. It would accelerate the millenium at least a thousand years.

And we have faith that this consummation so devoutly to be wished, is actually to be realized. How soon it will compensate us for all the blood and treasure we have lost! If our people could learn better than to poison themselves because they are sick, they would save in health and long life more than we can calculate, and more than one hundred million of dollars now paid annually to regular physicians and apothecaries, besides about ten millions paid to the irregular trade—the empirics. This would pay the interest on our enormous national debt, and soon redeem the principal, without increasing our expenses a single dollar. And it would save in five years, more lives than the war has yet cost us. We believe that more than half of the people of this country who die, are killed by drug medicines.

We have reasons on which to predicate the faith and the hope we have expressed. We are in correspondence with persons in all the departments of our wide-spread armies. Our system has thousands of friends among the soldiers who keep us well posted. Thousands of soldiers fully believe in the Hygienic System, and utterly disbelieve in the drug system. Some of these are compelled, when sick, to take the poisons they abhor, or report for duty. But they swallow the stuff with a protest. They feel that they are the victims of a false and fatal medical system. They regard their lives as absolutely endangered by the ministrations of those whom Government has authorized to drug and dose them. They see their comrades borne to the grave, killed as they verily believe, by the treatment to which they have been subjected. They fear the rebels some, diseases more, and doctors most. Many of them refuse to take the prescription; others, on the sly, give the medicine to the gutter or the stove. In some cases the physicians and nurses (who happen to belong to our school) collude with the patient; and the drugs go anywhere except down the oesophagus. When we visited the hospitals in the vicinity of Washington last winter, we saw patients in some of the wards, all of whom were taking medicine, SECUNDEM ARTEM, while in other wards none of the patients took a dose—the fire-places and slop-pails being the places drugged. And it required but half an eye to perceive that those who took no medicine were the favored. In one ward where no medicine at all was given, there was many cases of measles, typhoid pneumonia, and fever, but not a case was lost. We heard the expression, "the doctors are killing us faster than diseases and rebels both," more than once, from the indignant yet helpless volunteer. In all parts of our army there have been those who have taken little or no medicine; and the soldier's quick, practiced eye, has not

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been slow to discover that the result has been everywhere, THE LESS MEDICINE, THE LESS DEATH.

Hardly a death, perhaps not one, has yet occurred of measles, pneumonia, typhoid fever, diarrhœa, or dysentery, where the patient did not take one particle of drug medicine, and hundreds, yes, thousands, have been treated Hygienically.

The soldiers are eminently a common-sensical people. They see these things; they feel them; they know them; they have an interest in being close reasoners and impartial observers, as dear as life itself. And they begin to understand this mystery of diseases, doctors, drugs, death. And curses and execrations on drugs and drug doctors, though not very loud as yet, are as plentiful as pills—more abundant than blessings. These soldiers whose tongues are now tied by authority and measurably silenced, will soon become loosened, free. And they are not going to be still nor to speak softly. No; "free speech" will make the whole land ring with imprecations more forcible than polite, of the murderous practice of drug medication.

Hardly a town or a school district in the country, but has its representatives in the tented field. Some of them have fallen in battle; more have been destroyed by medicines. In almost every company there is some one among the survivors who has learned the rationale of our subject; who has become acquainted with the senseless routinism, the inconsistencies, and contradictions, and absurdities of the prevalent medical practice.

And we now put the prophecy on record for future reference that, very soon after the existing war is ended, whether it terminate in "recognition," "reconstruction," "compromise," "subjugation," "reconciliation," or "restoration," a medical revolution will be inaugurated which will fill the land—North, South, Federal or Confederate—with as much commotion and excitement as did the bombardment of Sumter.

And the world will be the better for it.

THE HEALTH ASSOCIATION CONVENTION.—The month of June will soon be among the things that are, and then will be the time for the annual meeting of the World's Health Association, which was organized in Chicago, in June last. Where shall it be held? Having met last year in the West, the meeting this year is due to some other section of the country; and the signs of the times seem to limit our choice to the Eastern or Middle States. Richmond, Va., has been suggested; but, fortunately or unfortunately as the case may be, the military "question of time," and, "under what King?" are rather perplexing puzzles in relation to that locality.

Our own mind is just now in favor of Washington City. We can there have a good hall on Pennsylvania Avenue. We have many friends there who would make needful preparations. Within the distance of ten miles are thirty or forty thousand invalid soldiers. And more than all, possibly we might secure the attention of some of the "powers that be." But let us hear from our friends everywhere, and have as many places to select from as possible. The place of meeting ought to be announced in our next issue.

ALCOHOLIC MEDICATION.—Our discussion with Dr. Hurd has been closed. But the end is not yet. And as this subject has a vital relation to the temperance cause, a brief history of it may not be uninteresting to our readers. A brief statement of our addresses at the International Temperance Convention, in London, in September last, was published in the American Temperance Union of this city. The article was copied into the PHILANTHROPIST, a temperance paper, and the organ of the Sons of Temperance, published at Fredericton, New Brunswick. The positions we advocated were substantially these: 1. Alcohol is never useful as a medicine, but always injurious. 2. It does not act on the living system, as is commonly supposed, but, on the contrary, is acted upon by the living system. Dr. J. C. Hurd, of Fredericton, who writes Rev. before his name, and has the honorable suffix of G. W. P.—the highest officer of the Order of the Sons of Temperance in that Province, came forward as the champion of alcoholic medication, and offered to prove that our positions were "untenable." The editor of the PHILANTHROPIST expressed his surprise at the course pursued by Dr. Hurd, and signified his curiosity to see how Dr. Hurd would sustain his argument. Meanwhile, a worthy and distinguished friend of temperance in St. John, N. B., sent us a copy of the paper containing Dr. Hurd's articles requesting us to reply. We did so, and expressed our willingness to argue the question to the end. The discussion went on in the columns of the PHIL-

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ANTHROPIST for several weeks. And as the discussion always did, always will, and always must, it soon involved the various theories of the medical profession, especially as regards the MODUS OPERANDI of medicines and the essential nature of disease. This was precisely the opportunity we had been seeking for a dozen years. We had a capable opponent, and one whose character and position would assure the public that his side of the argument had not failed for want of an able advocate. But, no sooner had we got the learned gentleman out and pinned on his positions, than he dodged, quibbled, prevaricated, and skedadled in all possible ways, and seemed to endeavor to evade and suppress the scientific argument by raising a personal controversy.

We suspected that the medical faculty would not be slow to discover that the discussion was bearing hard on their whole system of drug medication; and that some influence would be brought to bear to suppress it. And in this we were not disappointed. In the PHILANTHROPIST for January 15, 1863, the editor virtually ruled it out by declaring that, thereafter no article on the subject could be admitted of more than half a column in length. But on our earnest solicitation, aided by the intercession of some good friends of Health, as well as Temperance Reform, the editor kindly consented to re-open the discussion. The following editorial which appeared in the PHILANTHROPIST of February 5, 1863, shows that we were not wrong in the suspicions above expressed:

ALCOHOLIC MEDICATION.

"This controversy, the publication of which has been the theme of much comment, and of a diversity of opinion, has been, as our readers will perceive, re-opened by the publication of another letter from Dr. Trall. We have been induced to consent to this by the representations and requests of some of our subscribers. We know not whether good or evil is to arise out of it; but having yielded so far we have no objection to its proceeding on both sides. Dr. Trall, although only attaining equality with his antagonist in the number of communications, by the publication of this letter, is certainly very far in advance in quantity of matter. We need hardly say that Dr. Hurd will have the privilege of our columns co-extensively, if he chooses to avail himself of it.

It has been hinted to us that we are to be made the subject of a prosecution or persecution, for some offence, not clearly specified, growing out of this matter, before the approaching session of the Grand Division. We can only say, in reference to this, that if there is in human minds a capability of utter indifference on any subject of a personal nature, that climax of unconcern is ours. We have not given any cause of offence. We claim no more than man's inalienable right to think for himself, and to speak and write as we think, and so long as we think, speak or write at all, so long will we do it independently and unequivocally."

Brave words! We began to hope, nay, we almost believed, that we had at length found one temperance paper in the world free enough, and one temperance editor bold enough, to let alcoholic medication be freely discussed, even if it did displease the doctors by damaging their business. Yet we had our misgivings. Human nature is frail; the medical profession is powerful; and it is not pleasant to be martyred. We doubt not the profession has the ability to silence any paper that allows their favorite "remedy" to be brought under the ordeal of scientific examination. We do not judge Mr. Lugrin. We do not say he is in any sense blameworthy in showing the white feather so soon. It may have been best. We cannot ask another to follow truth wherever it may lead, because we see fit to do so. God and his conscience are his judges, not us.

But in the two succeeding numbers of his paper, he allowed Dr. Hurd to indulge in three or four columns of personal insinuations and quotations from medical authors, which have nothing whatever to do with any question between—us and which can have been only intended to confuse the reader so that he would not see so well the real merits of the controversy—and then announces the final closing of his columns to any further discussion in the following words:

ALCOHOLIC MEDICATION.

"Our readers are aware that at the request of a few of our friends, and at the solicitation of Dr. Trall, we were induced to permit a renewal of the 'Alcoholic Medication' controversy in our columns. Since then we have published something near four columns on the subject from the pen of Dr. Trall, and nearly as much from Dr. Hurd. We now state, for the information of our readers, that the balance of Dr. Hurd's article, which appears in this week's issue, is the last we can insert, and we respectfully inform the learned doctors that we decline publishing any further remarks on this apparently interminable discussion."

We see, in the notice of the proceedings of the Grand Division of the Sons of Temperance, of New Brunswick, that the editor has not been "prosecuted nor persecuted." Was it because he agreed to stop the discussion? Dr. Hurd had the first two articles and the last two articles. By all decent courtesy and established usage we were entitled to the last word. One article more would have enabled us to have

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extinguished utterly all that Dr. Hurd has advanced. But this work shall not be lost. The public shall have this whole discussion with our reply to Dr. Hurd's last article, in book form. We have held back the publication of our addresses in London, in order to finish this discussion and then publish the whole together. It will now be put to press immediately in New York and also in London. It will be a complete exposition of all the medical philosophy extant on the subject, and, we trust, its perusal will settle forever with all candid minds, the fact that the medical profession has been and is strangely deluded with regard to the "action" or effects of alcohol. If it should do this it will place the Temperance Reformation on the "True Platform," the only basis on which it can ever be prosecuted to a successful result. We shall add to it also our letter to Delavan, and some other articles as "permanent temperance documents." As the work will be much more than twice the size originally intended, the price will be advanced to fifty cents.

Cork Shavings for Beds.—We are introducing into our city and country establishments a new material for beds—cork shavings. It is equal to hair in comfort, without costing one-third as much, and is more durable than any other material in use. It supercedes all necessity for "spring bottoms," thereby saving in another way more than its entire cost, and so far as cleanliness and health are concerned, its superiority over all other materials in use, will be appreciated at once. We have a lady patient who has slept on a "cork bed" for the last five years, and it is still as good as new. See advertisement in the appropriate column.

Dr. Bland's Lectures.—Dr. T. H. Bland is lecturing to the people of Indiana on physiology, phrenology, health, and other reformatory and useful subjects. He is an accomplished scholar, well-posted in the doctrines and philosophy of the Hygienic School, and is said to be one of the best delineators of character who ever examined heads before a popular audience. The Indiana papers speak in the highest terms of his performances. Our friends who find it convenient to attend his lectures—and we hope their are thousands of such—may hand their subscriptions to the Herald of Health to Dr. Bland.

Our Removal.—This project is postponed again, but only for a little season. We had nearly completed arrangements to remove, on the first of May next, to a block of buildings in Bleeker street, near Washington Square: but a prospect presented of getting a still larger place in a better location a few months hence, or a new building at Central Park, and at the solicitation of friends and capitalists who have taken an interest in this matter, we have concluded to remain in statu quo until further notice. We do not wish to have but one move if we can help it. No. 15 Laight street has been the recognized headquarters of Hygeio-Therapy for sixteen years, and when our new location is finally determined, we desire it to be complete in all of its appointments, and a fixed fact for the next century, so far as New York is concerned.

At this writing we are advised that our application for an appropriation of $25,000 to endow the College, is being favorably entertained by the "powers that be" at Albany. On the 25th ult. we had the pleasure and privilege of speaking before the Finance Committee of the Legislature, in behalf of the claims of our school, and in exposition of the Principles of Hygeio-Therapy, and their bearing on the health, reformation, improvement, and welfare of the community.

The world is surely alive to the great work we are engaged in, and if our friends, one and all, will help each in his own way to spread the knowledge of the system, a few years will be sufficient to secure the realization of our most sanguine desires.

The Woman's Medical College.—We are glad to learn that the Senate has reported in favor of incorporating a Medical College for women in this city; not that we are in favor of woman's colleges or men's colleges; but because we are in favor of equal and exact justice to all persons, be they women or men. Medical schools should be as accessible to one sex as the other, or rather to both sexes together, and to neither exclusively. We have established the first Medical School where both sexes can acquire a medical education together, and on a precise equality of terms and conditions; and, although men's medical colleges may exist all around us, we do not intend that any woman's college shall exist long in the city of New York. We hope our fair competitors will secure their charter, organize, and then—we will take them to ourselves. The twain shall become one school.

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Transatlantic Medical Students.—Since our return from Europe in October last, we have had several communications from persons in Great Britain who desire to qualify themselves to practice the Hygienic system. The last steamer brought us a notice from a worthy friend, whose acquaintance we made in London, that a number of persons contemplate attending one or two lecture terms of the Hygeio-Therapeutic College, with a desire for information as to expenses, requirements, &c.; and particularly whether the diploma of our school authorizes the graduate to practice medicine in England, or in any other foreign country. This last question we cannot answer very precisely. The laws of the State of New York authorize our college to confer the degree of M. D. But whether this will be recognized in any other country depends on the laws and the pleasure of the people of that country. No college and no nation has any recognized or legal right to license persons to practice medicine, or do anything else, in any other nation. Its jurisdiction is bounded by its geography. Our friends over the water must search their own statutes to ascertain what constitutes the legal license of the practitioner of the Healing Art.

But we do not regard this question of legality as of much importance. Prohibitory and permissive laws regarding medical practice have always been very nearly dead letters. The people will employ those who they think will do the best for them in preserving health or saving life, legality or no legality. The medical profession in the United States has been for half a century trying to have laws enacted in the various State Legislatures to suppress all medical schools and systems, except the old, regular, orthodox Allopathic, and the result has been just the reverse—the repeal of all prohibitory statutes and penalties. The world is now too far advanced for the prevalent medical sect to silence all who refuse to adopt its absurd dogmas and murderous practice. In all civilized countries, this matter is and will be controlled by public opinion, let the statutes be what they may. Particularly is this the case in Great Britain and Canada. Several of our graduates are practicing with distinguished success in Canada, and others are preparing to do so. But our diploma is not there recognized as a legal license by the doctors, although it answers all the purposes required by the people. And it is the people, not the doctors, we are after. We are willing to let the M. D.'s of the drug school alone "entirely," if they will relinquish the people to our "better way."

But it will be said that, if any one of our graduates loses a patient, as he must in the order of nature sooner or later, the doctors may institute a coroner's investigation, and a prosecution for malpractice. So they may. And so much the worse for them if they do. We could desire no better opportunity to magnify our system and damage theirs, than a public exhibition of that kind. We are of opinion that medical men, excepting the "small fry"—the *very* small—know better than to undertake so suicidal a proceeding. We would willingly take a trip across the Atlantic to see a game at this play of persecution. In this country it has been tried against the Botanic practitioners, the Eclectics, and the Homœopathists, and the result has always been very seriously damaging to the persecuting parties. No prosecution has ever been undertaken against any person having the diploma of our college. And as we do not use "medicines" at all in the technical, legal, or professional sense, it would be one of the most awkward things in the world to maintain, or even fabricate an action for malpractice. Our diploma is a certificate to the people that the graduate has been properly educated for his profession, and that is all the interest the people have in the matter. Physicians who have graduated, or attended a course of lectures at any other medical school, and students who have had sufficient prior study, who are familiar with anatomy and chemistry, or who have had some years of practical experience in Hygienic medication, can receive our diploma at the end of a single lecture term. Others require two terms. The expenses are: lecture fees, $75; graduation, $25; text books cost about $20. Board in the Hygienic Institute can be had by students at $4 per week. Each lecture term is twenty weeks. There will be a vacation in the summer term from the middle of July to the middle of August, during which we may visit Europe again.

Galesburg Hygienic Retreat.—We learn with much pleasure that Drs. A. G. Hum-

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phrey and Mrs. Sarah R. Humphrey are permanently established in Galesburg, Ill., and are already doing a good work in curing the sick. They are well educated in the philosophy of Hygeio-Therapy; their hearts are in the right place, and, having a good location, with half-drugged-to-death invalids swarming all around them, we can confidently predict for them abundant success. In our trips to the West we have seen but few more pleasant and thriving places than Galesburg.

Was it Death, or was it Doctors?—We copy the following from one of our city papers of a late date:

"Rare Instance of Domestic Bereavement.—Within six days Alderman Walsh (President of the Board) has lost three members of his family—Miss Hannah Martin, his wife's sister, was buried on Sunday last; on Thursday last Mrs. Martin died, and on Friday morning the youngest daughter, Margaret, was taken away by fever. The funeral of Mrs. Martin and Margaret took place from Alderman Walsh's residence, in Madison street, yesterday, followed to Calvary Cemetery by a large concourse of friends. Death's doings are hourly recorded, but it is seldom he makes such a fell swoop in one family within six days."

Consumption in Connecticut.—A friend has sent us the Norwich *Aurora*, containing the Town Registrar's Report for 1862, from which we learn that the whole number of deaths was 292. The principal diseases were cholera infantum, 18; typhoid fever, 10; scarlet fever, 10; hydrocephalus, 12; stillborn, 15; pneumonia, 15; phthisis, 28. In relation to this report, the editor remarks:

"In looking over this list, it will be seen that there is no such thing now a days as 'consumption.' That cause of death seems to be entirely driven out of the world by a tribe of Greek and Hebrew complaints which our fathers never heard of. A list of diseases reads now something like a physician's prescription; and it looks as if the doctors had attempted to confuse things, so that people will not know what disease to die of, and therefore will not die at all. It is a consoling circumstance that marriages and births go on in the old-fashioned way."

Don't be alarmed, brother of the quill, consumption still leads the van! "Phthisis, 28." Our friend above alluded to, whom, we take it, is no better read in the dead languages than is the aforesaid editor, writes:

"This place has heretofore had an *unhealthy* reputation, from the fact that so many die of 'consumption.' Drug doctors, to the number of a score or more, rule the people with absolute authority. If ever there was a place more cursed with doctors of the drug school, I pity it and its inhabitants. They will not acknowledge that their treatment will not *cure* 'consumption'—so they have concluded to vote it out of existence. You can see what a beautiful array of names they have substituted. Norwich is a place 'beautiful for situation.' Nature has done much to make it healthy; but the people will trust to drugs, and die. A teacher of the true healing art would find an ample field for labor, and a few faithful friends to welcome him. We hope that some one will be induced to locate in this place."

Quinine and Irishmen.—The following merits attention, and is from the New Orleans *Delta:*

"No race of people on the face of the earth is so little liable to insanity as the Irish. Their tendency is to mirthfulness; and though the dews of misfortune may descend on them, they readily roll off, like quicksilver from the polished surface of a mirror. They are generally possessed of an indifference—perhaps we should say wild recklessness—which makes them take but little 'thought for the morrow.' And to this is attributed their ordinary exemption from one of the greatest 'ills to which flesh is heir'—the curse of 'a mind diseased.' Of late, however, matters have changed in this city, with regard to the Irish mind, and scarcely a day passes that the Recorders are not called upon to send some unfortunate Celt to the Insane Asylum. Physicians, who are opposed to the use of quinine in yellow-fever cases, give it as their opinion that this new development of a tendency to insanity is the result of a too general use of that subtle and deadly medicine. Public opinion attributes not a few of the many yellow-fever deaths, which have of late so terribly swelled our mortuary annals, to the unwise use of quinine; and if, to the supposed death-dealing qualities of quinine, be added the production of deafness, and blindness, and swollen limbs, and insanity! how great must be the responsibility of those who have so freely, in fifty-grain doses, administered it!

"This matter was referred to some days ago, in the *Orleanian*, the editor of which paper could only account for so new and remarkable a development of insanity among the Irish, by attributing it to the potency of the 'great yellow-fever medicine.'

"But the new outburst of insanity is not wholly confined to any one class of our population. Every nationality contributes its victims, upon whose brains the 'written troubles' of quinine have been traced; for all of those who have recently become insane, have but a short time since had their names recorded in physicians' books as among the lucky ones who were cured by yellow fever!"

"Is there anything really the matter with you?" said a physician to a person who had sent for him. "I don't know how it is," was the reply. "I eat well, sleep well, and have a good appetite." "Very well," said the doctor, "I will give you something to take away all that."

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Dining-Room Department.

MUSHES AND PORRIDGES.

BY MRS. MATTIE M. JONES,
Matron of the Hygienic Institute, 15 Laight street, N. Y.

Dr. Trall in his excellent HYDROPATHIC COOK BOOK, says:

"For making unleavened bread, mushes, &c., the grain should be carefully cleaned—washed, if necessary—and care should be taken to select that which is full and plump. When ground at an ordinary flouring-mill, the stones should be sharp, so as to cut the grain into very fine particles. If ground by dull stones, the bran will be mashed off in flakes or scales. The meal or flour should be fresh ground, and never kept a long time, as it deterioates surely, though slowly, every day after being ground."

Under the head of Mushes and Porridges, he has given a variety of very excellent recipes. We cannot do better than copy the chapter entire.

"The reador will observe that salt is not mentioned as an ingredient of any recipe in this book. But as almost all persons are accustomed to the use of this seasoning, I can only say to them, if they cannot bring their appetite at once into subjection to unsalted aliment, they had better use a moderate quantity, and gradually diminish it.

In all the cook books I am acquainted with, salt is put down as a fixture of every dish; and mushes, especially Indian and rice, are usually considered as unendurably flat and insipid, unless abundantly salted. A little experience with unsalted food, and a little self-denial, will, however, enable all persons to relish not only mushes, but all other farinaceous preparations, with no other seasonings than sugar or milk."

"*Cracked Wheat Mush.*—As the grit swells very much in boiling, they should be stirred gradually in boiling water until a thin mush is formed. The boiling should then be continued very moderately for one or two hours.

If the grits are ground very coarse, they will require boiling five or six hours. A large coffee mill will serve the purpose very well of grinding for a family.

An ordinary iron pot will answer to boil the grits in, if they are constantly stirred, or if the vessel stand on legs, so that the blaze of the fire is not in immediate contact with it. The double boiler, however (found at most hardware stores), is the most convenient to prevent burning or scorching. It is a tin or iron vessel surrounded by hot water, and contained within another vessel which comes in contact with the fire.

Hominy.—This is generally, in this market, prepared from the Southern or white corn, which is cut into coarser or finer particles of nearly uniform size. It is cooked like the wheaten grits, and usually requires to be boiled one hour. The fine-grained hominy can be well cooked in half an hour, by boiling a few minutes and then steaming it, without stirring, over as hot a fire as can be borne without scorching. All hominy requires soaking before cooking. Two quarts of water are required for one of hominy.

Samp.—This is merely a very coarse hominy—the grains of corn being cut or broken into very coarse particles. It should be washed several times, and the water poured through a sieve to separate the hulls; and it requires boiling five or six hours.

Rye-meal Mush.—This is made precisely like the mush of cracked wheat, or wheaten grits. It is particularly adapted to those who have long suffered from habitual constipation. To persons unaccustomed to the grain, the effect on the bowels is decidedly laxative. The meal must be fresh ground, and made of well-cleaned and plump grain.

Indian-meal Mush.—White and yellow corn meal are made into the well-known mush called *hasty pudding*. Either kind is equally agreeable to most persons. It should be stirred very gradually into boiling water, so as to prevent *lumping;* it will cook very well in fifteen minutes; but half an hour's gentle boiling improves its flavor.

Oatmeal Mush.—This, in Scotland, is called *stirabout*. It is a favorite with many persons, and makes a pleasant change of dishes. It is cooked precisely like Indian mush.

Wheat-meal Mush.—This is an excellent article for infants and young children—much better than the *farina*, which is so extensively employed. It will do for a change in the cases of adults; but is not equal to the coarser preparations of the grain. It is cooked like Indian mush.

Farina Mush.—This is too nutritive, or, rather, concentrated an aliment for an every-day dish, but will do occasionally for variety's sake. It is made into mush in the same way as Graham flour or Indian meal.

Rice Mush.—Put one pint of plump *head rice*, previously picked over and washed, into three quarts of boiling water; continue the boiling fifteen to twenty minutes, but avoid stirring it so as to break up or mash the kernels; turn off the water; set it uncovered over a moderate fire, and steam fifteen minutes. Rice is "poor stuff" without salt, say the cooks, and cook-books. If you find it so, reader, try a little syrup or sugar.

Rice and Milk Mush.—Boil a pint of clean head rice fifteen or twenty minutes; pour off the water; add a little milk—mixing it gently so as not to break the kernels—and boil a few minutes longer.

Corn Starch Blanc-mange.—Dissolve half a pound of corn starch in a pint of *cold* milk; then put it into three pints of boiling milk; and boil very moderately five or six minutes.

Molded Farinacea.—Nearly all the boiled farinaceous foods may be molded to please the fancy, in teacups, glasses, or earthen molds. Wheaten grits, rice, farina, corn starch, etc., may be put into the molds, or dishes, previously wet in cold water, as soon as cooked, and when cooled, turn out on china or glass plates. The addition of a

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little whortleberry, raspberry, blackberry, or strawberry juice, will afford an innocent coloring material for those who have time and inclination to indulge in such amusements.

Milk Porridge.—Place a pint and a half of new milk and half a pint of water over the fire; when just ready to boil, stir in a tablespoonful of flour, wheat-meal, oatmeal, or corn-meal, previously mixed with a little water; after boiling a minute, pour it on bread cut into small pieces.

Wheat-meal Porridge.—Stir gradually into a quart of boiling water half a pound of wheat-meal, and boil ten or fifteen minutes. It may be flavored with a little milk, molasses, or sugar.

Oatmeal Porridge.—Rub three-quarters of a pound of oatmeal into a little cold water, till the mixture is smooth and even; add it to three pints of boiling water; allow the whole to boil gently about twenty minutes. Serve with milk, syrup, or sugar.

Hominy Porridge.—Steep one pound of hominy in water ten hours, and then dried in a stove or oven; pour off the fluid which has not been absorbed; add three pints of milk, and set the whole in a moderate oven two hours, till all the milk is absorbed; pour into saucers, and serve with milk and sugar.

Sago Porridge.—Soak four tablespoonfuls of sago a few minutes in one quart of *cold* water; then boil it gently one hour, and pour it into soup plates.

Rice and Sago Porridge.—Take equal quantities of rice flour or ground rice and sago, and proceed as for hominy porridge.

Bean Porridge.—Mix three tablespoonfuls of bean or lentil flour with one pint of water; boil ten minutes, stirring continually."

To those who use milk and desire a great variety, we may add that the rye, oatmeal, farina, and hominy mushes, are by many considered far preferable if made of half milk. The cracked wheat mush is also improved by the addition of a few raisins, cherries, or dates, added at the commencement of the cooking process. A very palatable dish may be made very quickly, by stirring Graham flour into boiling milk, after the manner of hasty pudding, letting it cook for five or ten minutes.

TEACH CHILDREN TO HELP THEMSELVES.—The thoughtless mother who hourly yields to the requests—"Mamma, tie my pinafore." Mamma, button my shoe, and the like, cannot be persuaded that each of these concessions is detrimental; but the wiser spectator sees that if this policy be long pursued, and be extended to other things, it will end in hopeless dependence. The teacher of the old school who showed his pupil the way out of every difficulty, did not perceive that he was generating an attitude of mind greatly militating against success in life. Taught by Pestalozzi, however, the modern instructor induces his pupils to solve the difficulties himself.—*Herbert Spencer.*

To Correspondents.

EXPECTORATION AFTER MEALS.—J. N. C., Auburn, N. Y. "What is the cause of one's raising profusely after each meal? The lady for whom I ask this question, is rather feeble in health; cannot endure a great deal; has no cough except when she has a "cold;" but she invariably has to rise from the table, as soon as she gets through eating, and expectorate a mouthful of phlegm—sometimes almost to suffocation. She expectorates also through the day at times, but not so much as immediately after eating. She has been in this way, more or less, for several months—but I think more latterly. What should she do?"

A very torpid or congested state of the liver will induce the affection. With this there may be slight tuberculation of the lungs. At all events, the patient should be promptly treated, or confirmed consumption may be the result. We have had several such cases during the last winter. The patient had better consult Mrs. E. S. Choade, M.D., of your place, a graduate of our school.

DIPTHERITIC INFLAMMATION.—J. B. "Will Dr. Trall please account for the following symptoms. We can find nothing in medical works satisfactory on the subject. For several months there has been a substance resembling mucous membrane mixed with the discharges from the bowels, accompanied with much pain. For several days nothing has passed the bowels but small pieces of this membranous matter. Sometimes it passes in stringy masses, and in large quantity."

The disease is known in some medical books as *tubular diarrhœa.* It is not the mucous membrane of the bowels which is discharged, but an excretion resembling that of croup and diptheria, and, indeed, identical with it in pathological character. We have had many such cases to treat.

PIMPLES AND WORMS.—L. S., East Winthrop, Me. 1. What are the causes of pimples and worms, as they are called, on the face? 2. What will make the hair grow? 3. Which is the best of the advertised remedies for the purpose?

1. Effete or dead matter clogging up the pores; and biliary humors in the blood. 2. Victuals, drink, air, exercise, &c. That which is best to make the whole body healthy is best to make the hair grow. Cutting the hair short, shampooing, and wetting with cold water occasionally, are remedial processes when the head is feverish. 3. They are all humbugs.

PILES.—L. D. J., Leicester, Mass. "Will you be so kind as to inform me through the medium of the HERALD, whether in the case of a person subject to piles, the continued use of injections is injurious or not? I find a great difficulty in effecting a complete defecation without."

They should be employed so long as the necessity for them exists. But the dietary and general treatment should be so managed as to obviate all tendency to constipation as soon as possible. Hip-baths and abdominal manipulations are useful, often indispensable.

FOOD AND CLOTHING.—Our Bread and Dress Premiums are likely to elicit a spirited competition. We have already heard of several persons who propose to contend for the prizes. Among the competitors for the Dress premium will be Dr. Brown, of Lansing Mich., the inventor of the celebrated "Hygienic Suspension Waist." Ladies, look to your laurels!

SUGAR AND THROAT OIL.—M. L. W. Sugar and molasses are not good articles of diet for persons who are inclined to throat diseases, or who are in any way dispeptic.

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CANKER AND DIPTHERIA.—S. T., Markesau, Wis. "How do you remove the canker in the throat in bad cases of diptheria?"

The "canker" is an inflammatory condition of the mucous membrane, dependant on impurity of the blood. The blood must be purified by such baths as are adapted to the degree of fever and temperature of the patient, and the local inflammation treated with wet cloths to the throat, covered with dry, and strict diet.

PASSIONAL INFLUENCES.—M. J. R., Circleville, O. "DR. TRALL: Please explain through the HERALD OF HEALTH, what you mean by the words, "passional influences," which you place among your Hygienic or remedial appliances."

We mean what are usually termed "mental impressions," and all other circumstances and conditions by means of which the living is affected by mental actions or recognitions. Magnetic influences, social relations, mental emotions, and propensities, &c., come under this head.

A GLASS DOCTOR.—A. C. C., Cazenovia, N. Y. What sort of a "looking Glass is the Doctor you have advertised for your Hygeian Home on Cushion Mountain? I know Miss Fairchild, having seen her at the College, and I like her much."

We assure our fair correspondent that she has nothing to fear from the looks of our Doctor Glass. Though not intended exactly for a "looking glass," we will warrant him to *reflect beautifully* whenever *she* looks at him.

DRUGS.—ANTIDOTES.—C. B., Boxley, Ind. 1. "Is it true that a dose of medicine that would kill a well man would not kill a sick one? 2. Can an antidote be given for a poison after it has entered the circulation?"

1. Yes; in certain states and conditions of the system. 2. It can be given, but it will damage the patient much worse than it will the poison. The principle of antidoting poisons or impurities in the blood, is simply absurd.

PROLAPSED BOWEL.—M. L. Falling of the bowel with bleeding, accompanied with pain and inflammation, indicates the presence of pile tumors with great relaxation, or semi-paralysis of the lower portion of the bowel. We cannot give directions for self-treatment in such cases; but we have cured the most desperate cases at our Hygienic Institute.

HIP DISEASE.—E. D. A. We are of opinion that the boy is curable. The fact that he has improved much since he was with us is encouraging. He ought to be under strict Hygienic management for at least one year. Soft water is very important in all cases of humors and inflammations of the joints.

PARALYSIS.—B. S. T. There can be no question that the huge doses of quinine which were administered to cure the ague and fever, are the causes of the paralysis of the arm and leg, in the case of the girl you are prescribing for. The Hydro-Electrical baths would be useful.

FISTULAS.—C. B. E., Watertown, N. Y. We have cured many cases with no other operation than mild caustics with general Hygienic treatment. The applications are but slightly painful. The surgical fee is $25 to $100.

SHORTS.—A. McC., Kenton, O. "Are not "shorts" or "middlings" as nutritions and valuable, as an article of diet, as fine flour?"

We regard them as more nutritious and more valuable.

HEART DISEASE.—B. C. N., Woodstock, Vt. "Fluttering of the heart," attacks of violent palpitation, and intermittent pulse, are more indicative of constipated bowels and disordered liver, than of organic diseases of the heart. Restore the stomach, and the heart will cease to trouble you.

VENTILATION.—J. S. R. Always have plenty of fresh air in the room, let the temperature be what it may. A person will take cold much sooner in foul than in pure air, the temperature being the same. The windows of sleeping rooms should never be entirely closed.

HYDROCEPHALUS.—E. A. W. O., Canada West. The case of the child you describe was originally congestion and enlargement of the liver. Now there is dropsy of the head, and the child is probably incurable.

LEAD IN CISTERNS.—E. D. A., Cedar Falls, Iowa. Lead pipe is objectionable in cisterns, as it will injure the water for drinking or ordinary purposes.

Soldier's Department.

A SOLDIER ON PHARMACY.—Capt. D. Watson Knowles, of Danbury, Conn., attached to Siegel's army, gives us a look at Pharmacological Science from the Soldier's stand-point. He writes:

Dear Dr. Trall, and Friends of Health Reform:

Do you never tire of hearing of the practical confirmation of the principles which you uphold, or rather which uphold and sustain you? Be this as it may, let me entreat you, for the sake of our glorious cause and God's blessing, to persevere to the end. I am one of those who owe all I am and hope to be, in bodily health and success in life, to a saving acquaintance with your progressive views. More than a year's experience in arduous soldier life, convinces me fully that our dangers, by the hearthstone and on the bloody field, are more than doubled, by inattention to such Hygienic observances as you practice and teach.

I knew two young men in the army who were content with "hard-tack" and dried apples, who, on this humble fare, had borne the summer's heat and winter's storms with unflinching step and unquailing eye; who have faced the rebel's balls and shells no less than thirteen times, and who have pursued in victory and endured the fatigue and despondency of retreat, without a day's sickness, while the army is cumbered with loads of drugs, with the blind notion of curing the unfortunate victims of miserable coffee and still more poisonous bacon or pork. Comrades drop off by the wayside; fevers and dysenteries decimate the occupants of our camps, while filth and foul rations are the principal hygienic (?) associations.

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In October last, I was called to relinquish my arms and give up the "pet" black charger that I had rode through so many perils, in order to superintend the disposition of confiscated liquors, and to take charge of the medical director's stores, making "pills," &c. Noble vocation for a soldier! I little thought when I took the hand of some of these genial fellows a few years ago, that I should ever put these poisonous drugs to a neighbor's lips. But, as we are expected to do a great deal of killing in the army, I obeyed orders, whether in shooting our foes or physicing our friends. A little search through the official formulary put me in possession of some of the mysteries of pharmacy, as did a list of some of the most approved recipes for compounding remedies to suit various complaints, amounting in some instances to over seventy specifics for a single disease. And in order to impress me still more with the infallibility of such "science," the sages of the medical profession not only abandon the "official" preparations, but widely differ among themselves (very strange isn't it)? It is doubtful if any two of them would heal any case alike; but they have such a variety of "remedies"(?) that they can afford to differ, "just to see what the effect will be," as one said to me. At that time the articles of medicine in use numbered nearly two hundred.

Although we had many sick, the fact that the number was not larger still, increased my faith in vital energy, and in human endurance. Three drugopaths and a four-horse load of drugs to a regiment, rarely numbering six hundred men! Admirable field for practice!! Let us pity the readers of such technical and wordy trash, called medical science, as fill the columns of the New York *Medical Times*, and the Philadelphia *Medical Reporter*, when we see all around us the salutary influences of the truthful and common-sensical teachings of the HERALD OF HEALTH. In perusing the medical journals of the drug system for several months, I have noticed but two articles against the two greatest curses and scourges of the human race—"rum and tobacco;" and these were so mild as to be useless; while the great majority of the "Regulars" are grossly addicted to liquor-drinking and tobacco-using, as well as to the grossest habits of living in a general sense."

A surgeon of the N. H. 12th says: "Sickness and death are caused among the soldiers by eating the luxuries that are injudiciously sent from home. This should be thought of by the people who send pies and cakes to those who are inured to hard tack and soldiers' fare. Send them stockings and shirts instead of confections.

CAMP FUN.—A private in one of our regiments has amused himself with putting some of the experiences of a camp into the style of a distant and simpler age, and a copy of his production has been sent us for publication:

CHRONICLES OF THE ONE HUNDRED AND TWENTY-THIRD OHIO VOLUNTEER INFANTRY.

1st. Man that is born of woman, and enlisteth as a soldier in the One Hundred and Twenty-third Ohio, is of few days, and short of "rations."

2d. He cometh forth at "reveille," is present also at "retreat," yea, even at "tattoo," and retireth apparently at "taps."

3d. He draweth his rations from the commissary, and devoureth the same. He striketh his teeth against much "hard tack," and is satisfied. He filleth his canteen with "applejack," and clappeth the mouth thereof upon the bung of a whisky barrel, and after a little while goeth away rejoicing in his strategy.

4th. Much soldiering has made him sharp; yea, even the seat of his breeches is in danger of being cut through.

5th. He covenanteth with the credulous farmer for many turkeys and chickens; also, at the same time, for much milk and honey, to be paid for promptly at the end of each ten days, and lo! his regiment moveth on the ninth day to another post.

6th. His tent is filled with potatoes, cabbage, turnips, krout and other delicate morsels of a delicious taste, which abound not in the commissary department.

7th. And many other things not in the "returns," and which never will return; yet, of a truth, it must be said of the soldier of the One Hundred and Twenty-third that he taketh nothing that he cannot reach.

8th. He fireth his Austrian rifle at midnight, and the whole camp is aroused and formed in line of battle, when lo! his mess come bearing in a nice porker, which he solemnly declares so resembled a secesh that he was compelled to pull trigger.

9th. He giveth the Provost-Marshal much trouble, often capturing his guard, and possesseth himself of the city.

10th. At such times "lager" and "pretzels" flow like milk and honey from his generous hand. He giveth without stint to his own comrade; yea, and withholdeth not from the One Hundred and Sixteenth Ohio Volunteer Infantry, or from the lean, lank, expectant Hoosier of the "Eighty-seventh Pennsylvania."

11th. He stretcheth forth his hand to deliver his fellow soldiers of the One Hundred and Sixteenth from the power of the enemy; yea, he starteth at early dawn from Petersburg, even on a "double quick" doth he go, and toileth on through much heat, suffering, privation and much "vexation of spirit," until they are delivered. Verily I say unto you, after that he suffereth for want of tents and camp-kettles. Yea, on the heights of Moorfield his voice may be heard proclaiming loudly for "hard tack and coffee," yet he murmureth not.

12th. But the grunt of a pig or the crowing of a cock awakeneth him from the soundest sleep, and he goeth forth until halted by the

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guard, when he instantly clappeth his hands upon his "bread-basket," and the guard, in commiseration, alloweth him to pass to the rear.

13th. No sooner hath he passed the sentry's beat, than he striketh a "bee-line" for the nearest henroost, and seizing a pair of plump pulletts, returneth soliloquizing: "The noise of a goose saved Rome," how much more the flesh of chickens preserveth the soldier.

14th. He even playeth at euchre with the parson, to see whether or not there shall be preaching in camp on the following Sabbath; and by dexterously drawing from the bottom a Jack, goeth away rejoicing that the service is postponed.

15th. And many other things doeth he; and lo! are they not recorded in the "morning reports" of Company B? Yea, verily.

Medical Matters in our Armies.—John Mason Good, M.D., F.R.S., author of a number of medical works, in speaking of the effects of medicines on the human system, says: "They have destroyed more lives than war, pestilence, and famine combined." A verification of the above assertion seems to be indicated by the following facts in the workings of the present war. Is it possible that more men are killed by drugs than by the implements of war when so many hundreds are often killed in one engagement? Let the following figures and experience tell:

The *Independent*, in an article headed "Health of our Armies," says: "A remarkably interesting 'Preliminary report' on the mortality and sickness of the Volunteer Army down to May, 1862, has been made to the Sanitary Commission by its actuary, E. B. Elliot." And "the deaths in our volunteer army (down to the date of the report) have averaged fifty-three a year to each thousand men. *Forty-four* of each fifty-three were from disease (?) and accident; only *nine* (*i. e.*, about eighteen per cent.) from wounds in action.

Allowing the considerable margin of four out of the "forty-four," who did not die from wounds in action, to have died by "accident" leaves forty to each thousand to have died from so-called disease. The question is, is it necessary for so many of our officers and soldiers to die from "disease?" Hear the testimony of one (there are many who can give similar,) physician who has practiced the healing art nearly thirty years; ten years he gave drugs, and for nearly twenty years he has given none; he has treated hundreds of cases of fevers, typhus, typhoid, bilious, etc.; rheumatisms, diarrhœas, dysenteries, that are so fatal in the army; and in treating these diseases without "medicines" of any kind, he has hardly lost a case. He says: "'Medicines' kill ten of our officers and soldiers, while disease kills one."

This calculation is made on a sufficient allowance for the inconvenience and exposures of, and lack of home comforts necessarily attendant on camp life; for it is found that under hygienic treatment at home, these camp diseases, typhoid fever, diarrhœa, dysentery, measles and others of the *acute* form *very* seldom prove fatal. And suppose the money that is spent for medicines to poison the soldiers were spent to improve their condition in a sanitary point of view. Sixteen thousand dollars a day was spent for quinine alone for McClellan's army while on the Peninsula. Would not much life have been saved had this money been used to obtain better conveniences? This quinine was given to prevent diarrhœa and fevers, and in one regiment of McClellan's army, after their return from the Chickahominy to Washington, forty out of forty-six officers were unable to do duty, and most of them were sick with diarrhœa! Such is the state of medical science in the nineteenth century. The *Independent* further says: "That while our means for killing the enemy are complete up to the extreme practical limit of scientific perfection, our means for preserving and restoring the life and health of our own men are shamefully behind the present state of knowledge." The drug medical men have the means at their disposal; why do they not have better success if their system is right?—*Wyoming Republican.*

T. M. P., M.D.

East Weare, N. H., Feb. 19, 1863.

How to Preserve the Health of the Soldier.—The officers of the Union Army may profit by perusing the following allusion to the manner in which the French officers look after the health of the men under their command when on a march. It is from the pen of a writer in *Dicken's All the Year Round:*

The precautions taken to prevent our catching cold, and to insure our comfort and health, I thought then, and think now, excessive. In the first place, if the weather was chilly, we were obliged to march in close order—for warmth. As the day grew warmer, the ranks were opened, so that we should not be incommoded by dust and perspiration. As soon as we began to perspire, delirious sergeants, captains and lieutenants trotted about our columns shouting to the men to button up their coats, if they opened them, and diminishing the quickness of our step as we approached the halt; and when we did arrive at the halt, woe to the parched soldier who dare touch water until he received orders to do so. "Eat bread! Eat a few mouthfuls of bread before you drink! Rinse your mouth well out before you swallow a mouthful of water! Sit on your packs, and not on the ground! You, sir, two days *salle de police* for lying down in the shade! Do you think we can drag fever and rheumatism about with us? Up with you!

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And you there, exposing your chest to the cold air; you'll be writhing like a corkscrew presently." When we arrived at our destination the bustle and hurry-scurry was greater. First duties over and the soup eaten, the officers seemed possessed; they stormed and shouted at the sight of a particle of dust or mud on a shoe; they caused trousers to be turned up to see there were no damp feet; doctors flew about inquiring after sore heels; captains grew red in the face, and threatened prisons, dungeons and even shooting and cutting into a million of little pieces, in their anxiety to see everything orderly and comfortable. Before sunset, whether it was bivouac or village, the regiment was as quiet as a church. Next morning everybody awoke refreshed, and rather inclined for another march than otherwise.

THE DIARRHŒA OF SOLDIERS.—The American *Medical Times* of Feb. 28, 1863, informs the people, or rather its professional readers, that the mortality of this disease, in the Bellevue Hospital has been very great. We are not surprised at this report. We should marvel were it otherwise. Of one hundred and thirty-two cases which were received on the third and fifth of October last, forty-five died. In one of the fatal cases in which the treatment is reported in detail, we find *eight ounces of whisky per day* among the "remedies" employed.

The following paragraph copied from the *Times* will suggest to reflecting minds the chief causes of this extraordinary mortality:

"The treatment of this disease has thus far involved two indications: a proper regulation of diet, and measures remedial to control the frequency of the evacuations. The former indication has been more or less successfully accomplished by the use of eggs, milk, and bread or crackers with the milder stewed fruits. Beefsteak, as a rule, has proved injurious. To meet the latter indication, the stronger astringents with opium, or bismuth with opium, either by the mouth or in large doses as enemata; *nux vomica*, Fowler's solution of arsenite of pot., etc., but in almost every instance in which remedies were used to the exclusion of some of the forms of opium, the treatment has been found unsuccessful. Astringent enemata of the liq. ferri persulphatis, largely combined with sulph. morphine, have occasionally given relief when all other means have failed."

Morphine, copperas, ratsbane, dogsbane, bismuth—why should not the poor soldiers die? We have treated a large number of these cases, some of which came from the hospitals where the druggery had greatly aggravated the disease, and every one has recovered. Here is a sum to be cyphered out in rule of three direct: If under Drug Treatment one third of the patients, while under Hygienic Treatment all recover—what's required?

READING FOR THE SOLDIERS.—A writer in the *Evening Post* suggests that contributions be taken to supply our wounded and invalid soldiers, and also those on garrison or hospital duty with good books, magazines, and newspapers. Gifts of old books or papers would be welcome. If Government would furnish the army with more good reading matter, and less of bad whisky and deadly quinine, it would find the measure eminently economical.

A RIVER OF DEATH.—Yazoo is said to be an Indian name, signifying *River of Death*. The water of the river is always of a stagnant, slimy thickness, and certain to produce an incurable disease when used any length of time. Nearly all of the men in Gen. Sherman's army who went up the Yazoo, were affected by the water, and some of the wounded who have returned are yet suffering from the disease there contracted. The river is properly named.

RAIN WATER AND CISTERNS.—The great mass of country residents seem to have no more conception of the enormous floods of clear, pure rain water that annually pour on to the roofs of their dwellings, wood-houses, barns, sheds, and other out-buildings, than if they had never heard of such a huge watering-pot as the clouds in the sky. If all the rain which falls in the northern states within a year, should remain upon the surface of the earth without sinking into or running off, it would form an average depth of about three feet. In the southern states it would be more; within the American tropics, it would amount to about ten feet, and Bombay, in Asia, to about twenty-five feet.

Each inch of rain that falls on a roof yields two barrels for each space ten feet square, and seventy-two barrels are yielded by the annual rain in this climate, on a similar surface. A barn thirty by forty feet yields annually 684 barrels, that is, more than enough for two barrels a day for every day in the year. Many of our medium landholders have, however, at least five times that amount of roofing on their farmaries and dwellings, yielding annually more than four thousand barrels of rain water, or about twelve barrels, or one hundred and fifty ordinary pailfuls daily. A very small portion of this great quantity is caught in the puny and contemptible cisterns and tubs placed to catch it; but full-sized, capacious reservoirs, fit to hold this downward deluge, we know not where to find, even in a single instance!

It is true, that where a constant draught is made on a cistern, it need not hold the full year's supply—even one-sixth part will, in general, answer, as the variations in the wet and dry seasons do not often amount to more than the rain of two months. But allowing all this, where shall we find a cistern for a thirty by forty feet barn that holds this sixth, or 170 barrels? or one proportionately large for a broader roof? Rain water and cisterns are deserving of special attention by those who have the means of obtaining an abundant supply of pure, soft water.

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College Department.

College Clinics.—We have been very fortunate in having subjects for clinical explanations during the winter term. In addition to the ordinary run of clinic cases which come under the heads of dyspepsia, consumption, nervous debility, liver complaints, spinal irritations, neuralgia, laryngitis, bronchitis, throat-ail, rheumatism, gout, &c., &c., there have been under treatment interesting cases of paralysis, epilepsy and cancer. Several cases of confirmed consumption came before the medical class on its first entrance; they were examined and prescribed for; the progress of the cure was seen by the students from week to week, and, in every instance, the patients have recovered. At the last clinic, J. R. S. Van Vleit, Esq., editor of the *National Republican*, Washington city, was present, and made some very interesting and instructive remarks on the subject of delirium tremens. Ten years ago, Mr. Van Vleit, had charge of the prisoners in the Tombs of this city, and among them were many cases of this kind. After describing the various forms and phenomena of the disease, much more clearly than we have ever found it described in any medical work, Mr. Van Vleit stated that, after witnessing the effects of opium and alcohol treatment in numerous cases, he became convinced that the drugs very often killed the patients; and he informed the physician to the prison, Dr. Covell, that he could not longer conscientiously administer them. Dr. Covell consented that he might "try" the water-treatment, which had been reported as successful in other places. Accordingly, every patient from that time forward, was thoroughly bathed by the shower, douche or pail-bath, and in every instance these raving maniacs were soon restored to quiet, became rational, slept soundly, and were well. What will the doctors all over this country and Europe, who are disputing now, as they have been for thirty years past, whether narcotics or stimulants—opium or brandy—or both, are the best practice, say to this uniform success of the "cold-water cure?"

Progress on the Prairies.—Dr. M. Nevins writes us from his new and beautiful Hygeian Home in Secor, Illinois:

"*Dr. R. T. Trall*:—As I know you are always interested in all evidences of progression in the right direction, I must post you occasionally on the prosperity of our cause in prairie land. I see indications in all directions that our system is gaining in popular favor more rapidly at the present time than ever before. It is indisputable that the more intelligent portions of our armies, now in the field, including both officers and soldiers, are in favor of our system, and most decidedly opposed to the prevalent mode of drugging sick soldiers. And the opportunity they now have of seeing the effects of the drug system, is producing an effect that will soon tell on the public mind. I am beginning to work for the cause with renewed courage and hopefulness, and am determined to do more than ever before to extend the circulation of the Herald of Health, and procure students for the Hygienic College. I am now so situated as to work more effectually for them, and to see them both prosper is the height of my ambition, knowing, as I do, that the world will be the better for it. When I advise my friends to attend your school, I feel that I am recommending them to secure the greatest good they can possibly receive in this world Myself and family have had the benefits of the institution for one year, or two full school terms, and any one who could see and appreciate the benefits we received there, in the knowledge gained and the better habits established, would pardon me for manifesting some degree of enthusiasm in the cause which I am free to acknowledge I feel. I know of no other place where persons, male or female, can gain knowledge of so much practical value through life, as that which is imparted to the students at No. 15 Laight street; nor any place where I would advise a son or daughter or friend to go, with so hearty a good will. I have seen some half a dozen persons lately who intend to go to the college soon, and I feel confident that the classes there will be more than doubled as soon as the war is over."

Self-Made Doctors.—C. B., of Flat Brook, asks. "I have been a subscriber to your journal for twelve years, and have practiced the Hygienic system successfully whenever called upon by my neighbors to do so. Can I practice around the neighborhood for pay, without taking out license, according to the United States tax bill?" No. You must pay ten dollars, and then you can practice as much as the people will let you, in your own neighborhood or anywhere else in the Dis-United States. This is the law and the gospel.

Honorary Degrees.—Honorary degrees are granted by the Hygeio-Therapeutic College, on application, by suitable persons in any part of the world, who can pay the graduation fee of twenty-five dollars, and furnish satisfactory references.

More Students Starting Up.—T. P. A., writes from Alfred Centre, Alleghany county, N. Y.:

Dr. Trall—Dear Sir:—

Having been a reader and agent for your excellent journal, The Herald of Health, for several years, I feel impelled to acknowledge my great indebtedness. I have read nearly all of your published works, and think that I com-

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prehend the true philosophy. Through their influence my health has been restored. I am now, and have been most of the time for the past three years, attending the University in this place. After completing a course here, I intend to take a course at the Hygeio-Therapeutic College.

HEALTH EDUCATION FOR CLERGYMEN.—J. H. writes from University College, Toronto, Canada: "I am anxious to attend your College, although it is not my intention to practice as a regular physician. After studying Theology another year, I hope to be licensed as a clergyman of the Presbyterian Church. Two considerations have influenced me in resolving to study under you. One is, that very likely my future field of labor may be India or China. We all know what an influence the *medical* missionary wields over the nations of those lands. At all events, next to the great life-work I have chosen, the noblest work of man is to alleviate the sufferings, physical as well as mental, of our race; and I think, without turning aside from the duties of my calling, without in the least trying to take the place of a physician, I may urge attention to the laws of health. The other consideration is, that ministers really should be, as far as possible, the pioneers of reform, in sweeping away old systems of error which still retain their position in the face of sense and science. So it should be; so too often it is not. Some years ago, I resolved to graduate in one of the allopathic colleges of Toronto, and have studied considerably with that object in view. The whole tendency of all the knowledge I have been able to acquire is to convince me that the Hygienic system alone is right. This conviction I am confident I will not only retain through all the future, but, as a matter of duty, do all I can to impress it on others."

MATERIAL FOR HYGIENIC PHYSICIANS.—T. W. writes: "We have no Hygienic physician in this part of the State. I have thought of trying to induce one of the two physicians in this place, one is a Homœpath, the other an Eclectic, to attend your lectures, get the diploma of your college, and practice the new school system."

We prefer to have uneducated than miseducated persons to make Hygeio-Therapeutic doctors of. But if you can get no better material, send one of them along, and we will do the best we can for him.

The difference between looking and seeing, is as different as sweetened mud and ice-cream. Out of a hundred who look into a new invention, how many do you think will see into it? —not five.

CLOSE OF THE WINTER TERM.—The concluding exercises of the Winter Term took place in the Hygienic Hall on Tuesday evening, March 17th. Addresses were made by Professors TRALL, LINES, SIZER and ALLEN, and selected theses read by Pusey Heald, of Wilmington, Del., Mrs. Lydia A. Strobridge, of Cortlandville, N. Y., and Jerome Kidder, of New York. The following is the list of graduates, with their respective residences and theses:—Jerome Kidder, New York, "Mind and Matter;" Pusey Heald, Wilmington, Delaware, "The Hygienic Physician;" Mrs. Lydia A. Strobridge, Cortlandville, N. Y., "Consumption;" Dwight Silliman, Salisbury Centre, N. Y., "Nature and Nature's Help;" J. A. Brents, Albany, Ky., "Errors of the Medical Profession;" Miss Mary Hale, Saludah, Ind., "Small Pox;" J. G. Webster, Shelbyville, Ind., "Moral Diseases;" Mrs. Elizabeth W. Wilson, Shelbyville, Ind., "Parturition;" David Wark, Montreal, C. E., "Respiration;" Miss Lizzie Pendleton, Chicago, Ill., "Pneumonia;" Robert Wilson, Minersville, Pa., "Dyspepsia;" Mrs. Annie Hall, New York, "Scarlet Fever;" Joseph B. Mayo, Occuput, N. J., "Phthisis Pulmonalis;" Josiah Rogers, Providence, R. I., "Physical Culture;" O. D. Cargill, New York, "Therapeutics;" Allen L. Wood, New York, "Food;" M. L. Holbrook, Mantua, O., "Theory of Disease."

In the afternoon, a festival of good and wholesome things was provided by Dr. Miller, proprietor of the Hygienic Institute, at which sentiments were read and responded to by the Professors and students and inmates of the establishment. The following resolutions were also adopted by acclamation:

Resolved, That we recognise in the New York Hygeio-Therapeutic College a great center of truth, where the progressive minds of America may meet to receive new light, and learn aright the relations existing between man's physical, moral and intellectual being, which, thoroughly understood, must inevitably lead to a happier state of society, and make life what it was intended to be, harmonious and exalted, from the birth of the body to the entrance of the spirit upon a higher plane of existence.

Resolved, That we recognize in Dr. Trall, the founder of the only true system of the healing art, and that we hereby tender our sincere thanks to him and his associate teachers for the able, earnest and faithful manner in which they have imparted instruction of the most vital importance.

Resolved, That in the investigation of all subjects, in order to gain the greatest benefit, we must throw aside all prejudice, and be ready to receive truth, coming from any source or in any phase.

Resolved, That we believe the practice of educating the sexes together on an equal platform, as practiced in this school, is conducive to the highest development of the social, intellectual and moral nature of each.

Resolved, That a reform in woman's dress is one of the great necessities of our times, and must be had before the mothers of our race can attain perfection of organization, and confer on their offspring the highest physical and mental qualities; and that we cordially invite all well-wishers of our race to investigate this neglected subject.

Resolved, That the HERALD OF HEALTH, edited by our President—Dr. Trall—is the only true exponent of Health Christianity published in the world; and that we heartily recommend it to all who desire to learn how to enjoy the greatest amount of happiness by living a natural life.

Committee: MRS. L. A. STROBRIDGE,
" ANNIE HALL,
" H. H. H. HOFFMAN,
MR. PUSEY HEALD,
" J. G. WEBSTER,
" DAVID WARK.

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Voices of the People.

A FORTUNATE BLUNDER.—T. W. writes from Waterbury, Vt:—

"*Dr. Trall*: My order for your Diptheria and True Healing Art (one copy of each) was promptly filled and duly received. A few days after, another copy of each came to hand. By some mistake the order must have been filled twice. However, I have sold the extra copies, for which please find the money enclosed. I could sell more if I had them. My copies are now lent to an M. D."

If the M. D. will faithfully read and candidly study them, somebody in that neighborhood may live the longer for it.

THE BEST.—H. W. B. writes from Westmoreland: "Enclosed please find amount of my subscription for the ensuing year. Your HERALD is the best paper I have ever taken. I lend it to all of my neighbors, many of whom would like to take it, but times are too hard."

The harder the times, the more they need it, friend B. How any poor person can afford to do without it is what puzzles us!

WAS IT MURDER?—A friend, for whose veracity we can answer, writes us: "I have been detained from church this morning by a neighbor who called to purchase a cemetary lot in which to bury his deceased wife. While here, he related the circumstances attending her death, which I will re-state for your edification: His wife was attacked on Tuesday night with neuralgia. An allopathic physician was called on Wednesday, who left three doses of calomel and salts, to be taken within the next six hours. The medicines produced frequent and copious discharges from the bowels. On Thursday the doctor called, and finding the patient much prostrated, left fifteen quinine pills, to be taken in three hours, 'to produce buzzing in the ears.' But the ears would not 'buz.' On Friday, he ordered more calomel, to be taken hourly; the evacuations from the bowels continued, prostration became extreme, and by evening she had lost all control of them, the discharges being involuntary, and followed by paralysis of the left side. The "remedies" were still given, until the right side also became paralyzed, when no more could be taken. A slight reaction or feverishness ensued, by which blisters were applied; and in a few minutes after she died. Did not this violent effort of the system to expel the poisons from the bowels destroy the life of the patient?"

NO MORE DRUGGERY.—J. A. H. writes from East Foxboro, Mass.:—Ten years ago I went through a course of drugging, and just lived through it. I then came across your journal, dismissed doctors and drugs, adopted the Hygienic system, and regained my health. I want to come to your school the ensuing summer, or next winter, sure.

THE ANGELS FOR US.—J. H. T., in sending a list of petitioners from Manlius, remarks: I wish you all success in your efforts to place the Hygienic College on an equal footing with the schools of Poisonopathy. The good cause must advance. Legions of angels fight upon its side. We must work, stand firm, and make no compromise with drugs. Hygienic medication and Hygienic living are fast gaining ground in this vicinity. Many cases of diptheria have been treated hygienically with the most perfect success—several of them, after the drug M. D.'s had given them up. A German lost four children, and an Irishman two—all he had. My own life has been saved by hygienic treatment, as have many others whom I might name. I shall at any time be happy to do anything in my power to aid the cause which is very near and dear to me. I hope to live to see it the prevailing practice. May God give you strength to persevere until this great end is accomplished."

TESTIMONY OF AN OCTOGENARIAN—ALMOST. H. P. T., of the legal profession, writes us from Bedford, Ind:—"Although I am not a full-grown vegetarian, nor an absolute teacher in all that is claimed for the system which you teach, I cannot help, with the aid of a long experience in life, (being now verging on seventy years of age) perceiving that it is working a wholesome and radical reform in the science of medicine. Profiting by the suggestions of your new theory, and adhering to many of its principles, I have ceased to have anything to do with the allopaths for many years. I have not taken a dose of medicine in seven years, nor have I missed a single meal of victuals during that time. Not wishing to flatter you, I must be allowed to say that you certainly stand at the very head of the reformers; and I hope that you and others of your able and indefatigable co-laborers will go on in the great work until you drive from society every form of quackery with which it is cursed."

HORRORS OF DRUGGERY.—Dr. W. N. Hambleton writes from Pittsburg, Pa.:—"I view with horror the popular system of administering deadly poisons for the diseases of frail and suffering humanity. I am much pleased with the appearance of the HEALTH journal under its new auspices, and hope your fondest anticipations regarding its circulation and usefulness will be realized. There are few persons who have studiously read the journal who do not admit the inherent truth of its philosophy, and the cardinal importance of the practice of the teachers; and I rest assured that its record and its influence, in the eradication of medical despotism, and in relieving the world of its terrible delusion, will elicit the praises and the blessings of future generations."

INDIGNATION.—An intelligent friend, in sending us a list of petitioners for the college endowment, from Chatcauguy Lake, says:—"It makes my blood boil with indignation to see what havoc the doctors are making among my friends and acquaintances. In many cases I can only look on in mournful silence."

When all of the people of this nation see in its true light this horrid delusion of poisoning people because they are sick, there will be such a *boiling over* of indignation as will exterminate druggery from the land. "Silent mourning" will not always be in order.

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"CUSHION MOUNTAIN" SPEAKS. — Dr. A. Smith writes us from Wernersville, Pa. :—The HERALD OF HEALTH is now, without an exception, the most complete health journal in the world, not only in one particular, but in every thing that pertains to the true laws of health. Its list of subscribers should not only count by the thousand, but by hundreds of thousands—yes, millions And long, long may its very able editor and proprietor live to expound through its columns the true medical science."

A GOOD EXAMPLE.—A member of the Canadian Parliament writes us from Quebec:—"Please send me fifty copies of the January number of the HERALD OF HEALTH. I wish to distribute them among some of our leading men, that they may understand the true principles of Hygienic treatment." One thousand such persons would do more good to rid the world of disease than ten thousand drug doctors could.

THE HERALD OF HEALTH VS. DRUGOPATHY.—J. P. B. writes from Sabbath Rest, Pa. :—*R. T. Trall: Dear Sir* :—I have received the two numbers of the HERALD OF HEALTH, and I wish much to record my approbation of its present neat and handsome form. Its goodly teachings are none the less worthy of much praise. I have been a subscriber for several years, and hope long to be. I well know that I can better afford the price of the journal for one year than bear the ills of Drugopathy for a day..

A FRIEND IN NEED.—J. M., in sending us a club of subscribers from Valley Mills, Ind., says: "Our co-workers in this part of the land are small, but the cause is steadily gaining. Some of us had nearly concluded not to take the HERALD this year, on account of the hard times, and its increase of price, but we found that it was a friend that we could not do without.

ALL-SUFFICIENT.—M. A. T. writes from Indiana, :—"We like the appearance of the HERALD OF HEALTH, and the list of subscribers shall be enlarged, if persevering industry will accomplish it. It is incomparably superior to all other health or medical journals, and worth more than all of them combined; and I see no need of any other, so long as the HERALD lives, and live it will."

INDISPENSABLE.—Rev. J. J. P. writes from Transitville, Ind.: "I have been a reader of your HEALTH journal for several years, and now feel as though I could do without any other earthly treasure rather than to forego its welcome visitations.

SHORT AND SWEET.—Dr. Woodbury, of the Rural Home Water-Cure, Wabash, Ind., in sending an order for our medical charts, with a list of subscribers, says: "I am busy as a nailer, and happy as are all those who are engaged in the good work of doing good to others."

ONE ARTICLE WORTH A DOLLAR.—F. W. E. writes from Mount Lebanon, N. Y.:—"Some person has sent me a specimen number of the HERALD OF HEALTH for January. The article on 'Common Colds' is worth one year's subscription, for which I send one dollar."

Miscellaneous.

FAREWELL TO MY TOBACCO.

A PARODY.

Fare the well, and if forever,
Still forever fare thee well;
Even though hence untasted, never
'Gainst thee shall my tongue rebel.
Would that mouth were watered by thee,
Where thy quid so oft hath lain
While the soothing calm came o'er me
Which I ne'er can know again.
Would that shirt by thee traced over,
Every washed out stain could show;
Then thou couldst at last discover,
'Twas not well to spot it so.
Would these lips by thee polluted,
Once again thy taste could know;
Though to kissing all unsuited,
Thou art sweeter, better too.
Though my friends for this commend me,
That I thy sweet use eschew;
Even thy praises must offend me,
Since I take them in thy lieu.
Though thy filthy stains deface me,
Could no other cause be found,
Than that I no more shall taste thee?
Oh, this is a careless wound,
Yet, oh yet, thyself deceive not;
Love may sink by slow decay;
But tobacco, sweet, believe not,
Thou canst thus be torn away.
Still my craving tongue retaineth
All its yearnings after you,
And the cheerless thought remaineth,
That I never more may chew. [SPITZ PLUG.

HE HAS NO WIFE.

He has no wife; when breakfast comes
He dreads no loud alarum drums;
But calm, serene, flows on the stream,
As in the coffee flows the cream.

He has no wife; he dreads no frown,
If bread should fall with butter down,
To strip the carpet's crimson hue.
He dreads no loud hellabellaboo.

He has no wife; the breakfast's over,
He fears no clamors at the door,
Nor angry duns,—no bills of lace
And flannels stare him in the face.

He has no wife; no little brat,
To tire his patience with his chat;
To tear his books, to pull his nose,
To spill his ink and grease his clothes.

I have no wife; thank heaven 'tis so,
For when my time comes, when I go,
No wife will feign to weep, and LIE,
Saying, she grieves to see me die.

CRAZY PEOPLE.—Miss Dix, the Philanthropist, states that among the hundreds of crazy people with whom her sacred missions have brought her into companionship, she has not found one individual, however fierce and turbulent, that could not be calmed by scripture and prayer, uttered in low and gentle tones. The power of religious sentiments over those shattered souls seems miraculous. The worship of a quiet, loving heart affects them like a voice from heaven. Tearing and rending, yelping and stamping, singing and groaning, gradually subside into silence, and they fall on their knees, or gaze upwards with clasped hands, as if they saw through the opening darkness a golden gleam from their Father's throne of love.

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DIETETIC REFORM.

The last meeting of the New York Dietetic Reform Association was one of our most interesting gatherings. Very many letters had been received, and most of them were highly interesting. The almost universal testimony is in favor of Dietetic Reform; if not entirely of adopting a strictly vegetarian diet, still a great remove in advance of the old system, discarding pork, coffee, pepper, saleratus and other alkalies, to a great extent, white fine flour bread, &c. Hundreds have responded to our call for facts, which we hope at some future time to be able to systematize for the good of mankind; but, for a time, we must work at what comes to hand, and gather materials for the future.

The meeting was first addressed by Jervis Sommers, of Southford, Conn.; subject, "Why I am a Vegetarian," which, as he showed, as is too often the case, he was driven to from necessity. Then he continued it as beneficial physically, mentally and morally, and also as a matter of principle.

Then came Martin, the never-to-be-forgotten "Whortleberry, water-melon, Boston-wherry man." We cannot attempt to do justice, in this brief sketch, written while the typos are crying for "more copy," and when there is space left but for a very limited article. Suffice it to say, he came out as ruddy and as rosy-cheeked as any beef-fed Englishman, and after an almost two hour's talk, seemed as hardy as when he commenced. It was, he said, his first appearance on the stage as a public lecturer; still this effort convinced his friends that he needed only experience to make him a very interesting and instructive lecturer.

Now, as to whether the world would be the better for adopting his fruit-eating notions entirely or not, is, of course, a great and grave question. Still, the fact that a man can, for months, live entirely, and for years mostly, on fruit, is a great point made; then, that he should grow healthier, harder in muscle, more steady in nerve and will-power, clearer headed and happier, are certainly points to be considered in this dyspeptic, drugged-almost-to-death world. We do not adopt, nor wholly reject his theories, but one thing is certain, if fruit was made a much greater proportion of our diet, it would be more economical, healthful; and the growing of strawberries, grapes, peaches, fine apples, &c., cultivate much higher, purer tastes than the raising of hogs, hens, and animals of slaughter; and the gathering and preserving of these fruits and vegetables be much pleasanter than the slaughtering, cutting, salting, packing, sausage-making, and lastly, eating of the filthy diseased brutes.

We hope, at some future day, to give a lengthy report of Mr. Martin's experiences. At present I have only space to say he came to Dr. Trall's a few years ago, a desponding, nervous dyspeptic; came to New York on business; only by accident came in contact with the doctor. After examination, was encouraged to adopt the vegetarian reform and bathing; grew better; one experiment and research after another led him to the fruit question, and he says since the day he first set out in dietetic reform, he found that he lost by taking a step backward; that he looked upon fruit as the highest production for food, and as man is the highest created being, that nothing short of the best and highest productions were fit for his food. That his experiences all agree with his theories, and that it is his design to try it on, even if he has to do it alone, until, by his life, he proves, to a few, at least, its superiority. He is quite undecided whether a man should lecture on such new and disputed subjects; he is inclined to the opinion that he should not, at least, until he can permanently establish all the facts in the case. Mr. Martin expressed a willingness to answer any questions, and did many, and said that any inquiries addressed to him at 15 Laight street, would receive such reply as he was able to make.

The meeting adjourned at 10 o'clock, in excellent spirits, if not convinced that his theories were correct, still possessed of a mass of facts and statistics at once useful and interesting.

FRANK R. JONES,
Secretary of Lecture Association.

THE HYDROPATHIC ENCYCLOPÆDIA.—A few days ago, after one of my lectures to ladies, in this city, a member of the class came to me and said: "Mrs. Allen, do advise the ladies to buy Dr. Trall's Encyclopædia." Soon after, one who consulted me, said: "Mrs. Allen, we have had this book in the house a long time. Now, I see its value. I shall study it." I say to the readers of the HERALD, as I said to those ladies, if you wish to know how to rid yourself of your maladies without endangering your life, buy the Hydropathic Encyclopædia, read it, and practice its precepts. It tells you, also, the structure and functions of your bodies; and it gives recipes and general information in reference to wholesome cookery. Women, girls, buy it; it will serve you, when the light literature, which consumes your hours, will seem to you but mockery. HULDAH ALLEN, M. D.

NEW YORK, *March*, 1863.

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ADVICE TO LADIES.

BY HULDAH ALLEN, M. D.

A young lady just told me, that she, last year, saw an article of mine in the WATER-CURE JOURNAL, and was induced by it to subscribe for the paper. So I write again, for I would influence, to that result, ladies in number ten thousand, multiplied by ten. Young ladies should subscribe for the HERALD OF HEALTH, (formerly WATER-CURE JOURNAL,) that they may, from a journal they pay for, learn how to keep vigorous; or, if now diseased, that they may learn how to become healthy, well-developed women, with chests large enough to accommodate the breath of life, hands well-skilled in making wholesome bread, (an article seldom seen,) and minds well-instructed in the mode of rearing children to health, good humor and usefulness.

The mistress of the family needs just such a friend as the HERALD OF HEALTH, coming to her with admonition and counsel in household affairs and personal habits. *No other paper, in reference to these matters, is an entirely safe guide.*

Woman has one great need—a health education. Where can this be obtained? In only one place in the world is this truly and fully given—in our Hygienic College. One term of instruction and study there, is of more value to a young lady, or a gentleman, than all the education which is given in all the schools of the world besides. Only in this school are taught the vital truths on which depend all the phenomena of life, and on which health and comfort rest. These truths, at the outset of responsible life, every one should understand. But, many are so occupied with family cares or business details, that they cannot give a series of months to formal instruction in our Hygienic College. To such, the general directions for preserving health, and, when it is lost, recovery by the only unexceptionable means, are indispensable. I need not present its claims to those who are acquainted with our system of cure; they too well know their interests to try to do without it. There were objections to the WATER-CURE JOURNAL, subject, as it was, to erratic influences; but this offensive feature is removed from the HERALD OF HEALTH; and it is reliable as an expositor of our philosophy. I do, therefore, heartily advise all, especially women, to subscribe for the HERALD OF HEALTH. You cannot, in any other way, so profitably invest one dollar. To this I set my hand and seal. (By *seal*, please understand my special interest in the reader.)

A COLD WATER DISCOVERY.

Dr. Trall:—If you can make room for the following extract from the Vicksburg correspondence of the Cincinnati *Gazette*, you may confer a favor, not only on many soldiers suffering with dysentery, but others who may be afflicted with it. The discovery of a successful mode of treating this disease is attributed to a Dr. Comingore, of the 11th Indiana Volunteers. If, instead of resorting to a series of experiments to discover a successful treatment, he had resorted to the WATER-CURE JOURNAL, or any hygienic physician, any time these last twenty years, he would have found they were in possession of the knowledge he was seeking. Yet, to-day, it is doubtful if any of that school of physicians who really know how to treat dysentery successfully, could get admission into the army as a surgeon. Well, the death of a few hundred thousand more soldiers by the bad practice of the regulars, may do something to open the eyes of the people, those in, as well as those out of authority.

SOLOMON FREASE, M. D.

"Chronic diarrhœa and dysentery are, perhaps, the most troublesome diseases prevailing in the army. The types are sometimes virulent and uncontrollable by ordinary remedies. Often have I seen the strongest men gradually succumb to these diseases, and in spite of the vast quantities of medicine which their surgeons prescribed, and which they poured into their stomachs with child-like obedience, grow every day weaker and waste away to skin and bone, and finally die.

J. A. Comingore, Brigade Medical Director and Surgeon of the 11th Indiana Volunteers, having sought for some time in vain for a Therapeutic agent to control and permanently relieve those affected by these disorders, finally resorted to a series of *post mortem* examinations for the purpose of forming more exact and satisfactory conclusions as to their origin, and, if possible, of discovering some more effective mode of treatment.

In every instance he found the colon and rectum diseased to a most wonderful extent. Their condition clearly indicated that a treatment *by injections* would be much more likely to accomplish a cure than the taking of agents into the stomach. He accordingly, a short time since, entered upon this mode of treatment, which has resulted in most surprising success in the cases under his immediate direction, and, upon trial, has met with the most enthusiastic approval of his medical compeers of other regiments of the brigade. The injections consist of cold water, in combination with tincture of opium, sugar of lead, or any other astringent. Cold water, however, is the chief reliance. So far as my observation extends, this mode of treatment for diarrhœa and dysentery is a novelty in the army."

That must be a very foolish, rash woman who will put tubs out of doors to catch soft water when it is raining *hard*.

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BRIEF NOTICES OF LECTURES.

Since our last we have had almost a continued round of lectures, readings, &c. It being near the close of the term of the College, much more than usual, the fifteenth entertainment was a reading of the "Hanging of Shamus O'Brien," a tale of the Irish Rebellion of 1796, by Lieut. B. B. Childs, who proved in this that he could read as well as speak; to touch the mirthful as well as pathetic, and do equal justice to each.

After the close of his reading Dr. Miller introduced Mr. Waters, who recited a very peculiar piece, said to have been first rendered by a lady unconsciously, and she reported that she was instructed by the spirit of Edgar A. Poe. Mr. Waters did not pretend to know anything farther of the origin, but it is a very peculiar and striking piece, and was admirably recited by Mr. Waters, who is making himself very popular as an elocutionist.

The sixteenth regular entertainment was poetic and dramatic readings by William Christie Miller, who read many excellent pieces, and was loudly applauded. He has promised us another entertainment soon.

Our friend, M. Van Vleit, editor of the Washington *Republican*, to whom Dr. Trall and the cause of Health Reform are under so many obligations for his efforts in getting the use of the Smithsonian Institution last winter, has been stopping with us a few weeks, and has consented to lecture several times to the class and inmates of the house. He gave, at one time, his experiences with hydropathy and *delirium tremens*, which was at once interesting, instructive, and scientific. At another he gave a short history of the first attempts of lady lecturers in this city, and contrasted that time with the present, and gave great encouragement to the ladies of the class to go on in the good work. He spent one evening describing a very excellent system of Mnemonics, as taught by Prof. De Bow. His Analysis of Memory was very complete. He also, by special request of the class, spent a half hour in giving the medical uses of electricity, as taught by Prof Vernes. Whether the theory be true or false, the lecture was interesting.

Then Prof. Sizer has given some half dozen or more of his excellent lectures on phrenology, which are always interesting and scientific.

Mrs. C. M. Rollins, of Boston, has lectured once upon the regular course, on her particular theme, entitled Electro-Phrenopathy, a system by which she claims that she can discover diseases by an electrical examination of the head. Of her system, I cannot speak, so far as its merits are concerned. Our platform is a broad one, and all may present their theories, but they must expect to stand the test of a thorough criticism.

Let all work honestly and truly. Let them be sure they are right, and never avoid a thorough investigation of the merits of the system they teach. This is the spirit Dr. Trall teaches, and what every student ought to encourage. The world has been cursed for ages by medical leaders who have held the masses in ignorance and discountenanced inquiry.

She has done considerable for Sanatary Science in Boston, and we hope that she may do much more. There is room for all the workers in the universe on that subject, and we say God speed them all.

Of the lecture of the Wherryman, we will speak in another place, under the head of Dietetic Reform.

On several Sabbath afternoons, interesting sermons have been preached in the parlor by different pastors stopping with us. The services were regularly conducted with singing, prayer, &c. Thus all have a chance to cultivate such faculties as they may wish. None are compelled to attend any lecture or entertainment, nor prevented from any not strictly private for the class.

Frank R. Jones,
Secretary of Lecture Association.

Interesting Statistics.—Dr. Josiah Curtis, of Boston, has prepared a volume of some 130 octavo pages of statistics of the births, marriages and deaths in Massachusetts. His tables embrace a period of twenty months, during which there were registered in the state, 38,313 births, 10,951 marriages, and 30,595 deaths. The ages of the persons married ranged from 13 to 91. Several females were married at 13; the youngest male was 16. A widow of 18 married a second husband—and one of 59 married a fifth husband. One man of 35 and one of 45 married a fourth time. Calvin Kilborn, of Princeton, aged 91, married Mrs. Susan Sanders, aged 70. Among females in Massachusetts, says Dr. Curtis, the chances of marriage at the age of twenty, are about one to four; that is, when a female arrives at 20, and is unmarried, one quarter of the probabilities that she will be married are gone. If she passes to 25 unmarried, nearly three-quarters of her probabilities are lost; and if she continue single up to 30, she has passed nine-tenths of her chances for ever becoming a wife.

A mathematician down East has come to the conclusion that the idea of "squaring the circle" is a humbug. He says he has been three years trying to square his butcher's bill, and hasn't made it out yet.

Smithers, on being caught in an unpleasant predicament, rushed down the street, hotly pursued by a dirty man, a loaded rifle, and an old hat—the whole of them cocked.

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PORK AND PIE.

Under this caption, the Lancaster (Pa.) *Express* gives a thought in the right direction. It is so seldom that we read a wholesome paragraph on dietetics in a newspaper, that we are pleased to record the phenomena whenever it does occur:

PORK AND PIE—A BRIEF CHAPTER ON DIETETICS.—Pork and pie have a great deal to answer for in this country, and we wish most heartily that the old Jewish law regarding the usage of the former could be observed by our people. Few persons have digestive organs of sufficient strength to master this meat, and whether we eat it boiled, roasted or fried, or more indigestible still, in the shape of sausage meat, it is almost certain to rebel against us. The editor of the *Scientific American* says that it is but seldom he ever uses this food in his family, but had the curiosity the other day to ascertain how much fat or grease was contained in two big doggy-looking sausages, weighing, perhaps, half a pound. The result was that over two tablespoonfuls of clear lard was extracted from those two sausages alone. We have frequently seen men, and women, too, eating this sort of diet, and have heard them complain that "it did not set very well;" we should think not. A tablespoonful of lard between the sensitive coats of the stomach is not apt to induce the most delightful sensations, and those persons who persist in using pork in any shape, would find themselves much better off without it. Down with the sausage! Let us have no more of it; it has created enough distress already, and we hope that it will disappear from our tables entirely.

We are borne out in our dislike of pork by medical testimony of a high character. Repeatedly have physicians declared that it was unwholesome, and so on; but still the people cannot relinquish the forbidden food. We are "down" on pie, too; not, however, in so great a degree as we condemn pork. Pies, made in the proper manner, are not necessarily unwholesome, but in the hands of ordinary cooks they are tremendous weapons of offense. The unwholesomeness of pies arises mainly from the quantity of butter (shortening) employed in the pastry. Fruit, baked between two crusts, is not unhealthy, but the crust itself is, and lies heavily on the stomach. The butter turns sour, gives flatulence, and creates distress generally in persons of ordinary digestive force. In the country, everybody eats pie; at morning, noon and night there is a deluge of pie which old and young eagerly attack. The little children cry for it; the old ones demand it; and we heard with horror, on one occasion, a woman relate that she had just baked seventeen pies for the week. "How many are there in your family?" we asked. "Two," she said. Comment is superfluous. Pie is a good thing in its way, but it is not a household god, and to live on it mainly, is to be dyspeptic and full of all manner of miner troubles. The man who introduced pie and pork, as articles of diet, has a great deal to answer for; and consumers of such edibles have usually a heavy doctor's bill to settle annually.

DECAY OF TEETH.

It is notable that civilization has been marked by the appearance of a premature destruction of the teeth. No one organ, under ordinary circumstances, should fail any sooner than another. All the senses, when not abused, are tolerably active to advanced old age, when they operate less perfectly, each of them being only maintained by the harmonious movement of the others. At the expiration of three score and ten, some of the delicate interior structures, under the action of combined forces that belong to civilization, ordinarily give out. One becomes deaf, who has perhaps been subjected to the shock of an explosion; another has dim vision, because he has habitually allowed injurious causes to operate, that might have been avoided; and so on in regard to the violation of many of the laws of our nature.

The northern parts of the United States are proverbial for the bad teeth of the inhabitants, and for a long while the question has been agitated, What is the cause of it? Every answer but the right seems to have been given. One of the journals, the name of which is not recollected, recently intimated that our food does not contain phosphate of lime enough to meet the exigencies of the system. This idea strikes us as being correct. In no country do so many people uniformly consume fine flour, for habitual food, as in the northern States. By throwing aside the bran, we actually deprive ourselves of that portion of the grain which it may be supposed contains the material for keeping the teeth in repair. A persistence in this habit of using none but bolted wheat, for two generations, is quite sufficient to lay the foundation of a constitutional or hereditary tendency to bad teeth. The western and southern inhabitants are preparing for the same misfortune in their posterity, since fine bolted flour is becoming the staple article of food with them. Bolting mills were put in operation in New England. Here poor teeth first began to appear; and here they will always abound, should this cause prove the true one, till a more simple preparation of bread has been adopted long enough to overcome the defect in the parent stock.

Dentists are frank in warning their customers of the vices to which they are slaves, but to little purpose; and so we go on, from family to family, mending, stopping and plugging up various breaks in the enamel, till in after ages, the native Bedouins of ancient America will ransack the tombs for the gold in the teeth of the buried millions, as they are now pounding up the mummies at the necropolis of Sakkara, to find rings and jewelry buried on the ancient Egyptians.

Very much may be done for children, where a tendency to a premature decay of the teeth is discoverable, by strict attention to diet; simple food, never hot; and coarse bread, particularly from unbolted flour. Our food is too concentrated. It should be coarser. Nature has infused into the material for supporting animal life all the elements necessary for maintaining the stability of the vital mechanism. By bolting flour we have disordered her arrangement, and must expect to suffer the consequences.

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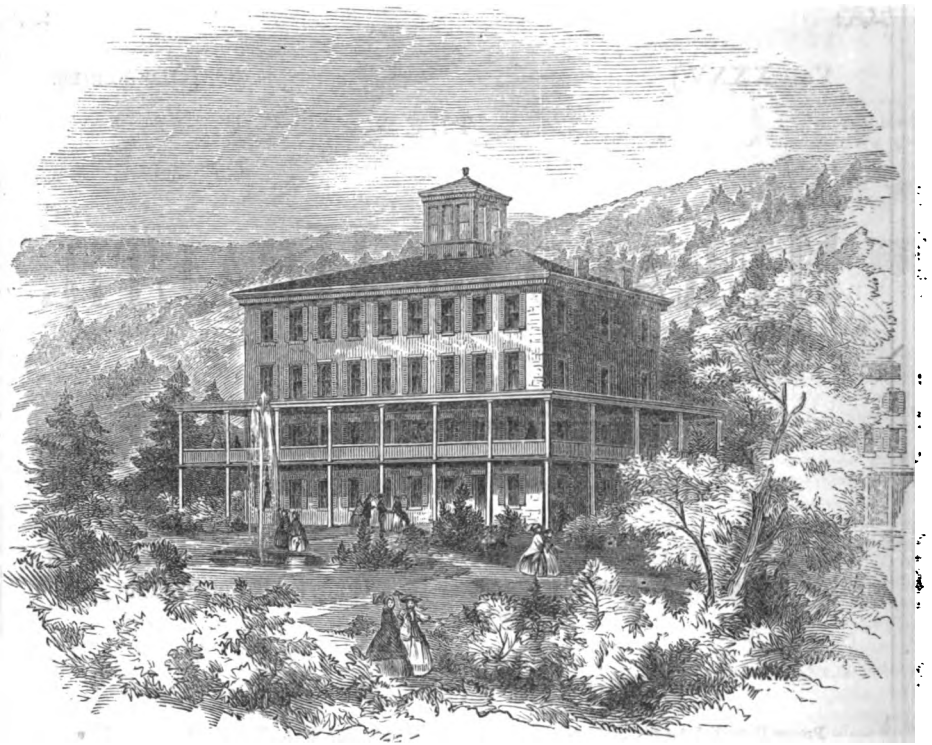
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CONTENTS.

GENERAL ARTICLES: PAGE.
Rambling Reminiscences 177
Misdirected Effort 181
Call from Canada 182
A Brace of Letters 183
Notes of Home Treatment 184
Relations of Locomotion to Respiration 185
Home Treatment 187
Cellardom 188
The New Gymnastics 189
Reports of Cases 191
Bulwer's Letter on Water-Cure 193
LITERARY NOTICES 196
PUBLISHER'S DEPARTM'T. 196
TOPICS OF THE MONTH:
Thoughts about Thinking 197
Typhoid Fever 197
The Grape Cure 199
Profane Language 199
Cure for Locked Jaw 200
Will the People never Understand? 200
Death of Gen. Sumner 201
Experiments on Consumptives 201
That Threatened Discussion 202
The Health Association 202
The Home, the Institute, and the College 203
Health Reform in the City 203
DINING-ROOM DEPARTM'T
Pies and Pie Crusts 204
SOLDIER'S DEPARTMENT. 206
COLLEGE DEPARTMENT.
The Degree of G. M. ... 207
VOICES OF THE PEOPLE: 209
KINDERGARTEN DEPART. 211
TO CORRESPONDENTS: ... 213
MISCELLANEOUS:
Brief Notices of Lectures 214
Encouragement 215
Letter from Subscriber 215
BUSINESS DEPARTMENT. 216

General Articles.

RAMBLING REMINISCENCES.—No. 21.

BY THE EDITOR.

COMFORTOLOGY.

WE need a new science, and "necessity is the mother of invention." This world is full of the elements of happiness, yet people are almost everywhere very miserable. In the science or art of enjoyment, we think the Americans are far behind the English. We have the materials in greater abundance, perhaps, than any people on the earth; but we seem to make a very poor use of them. We might advantageously take some lessons of our transatlantic cousins on this subject. Not that they have any recognized plan or principle which is applied to the object, —no society for the promotion of happiness that we ever heard of—as muscle and tools are applied to the construction of machinery; but, "a way that they have got," happens to be vastly preferable to the habits which our people have fallen into Perhaps we ought to institute a new department of education—some sort of a "Kindergarten," some kind of a Chair or Professorship in the schools—devoted to what the poet essayed to express in the line,

"Good, pleasure, ease, content, whate'er thy name,"

and a technical term for it. We propose, *Comfortology*.

In the matter of enjoying one's self, if not in enjoying others, we must yield the palm to the English. The American wants to see how much he can *do before he dies*. The Englishman wants to know how much he can *enjoy while he lives*. Americans are willing to make themselves supremely miserable, if they can make the people believe that they are perfectly happy. Professor Fowler may call this morbid approbativeness. English people prefer to be happy, even if other people think they are miserable. (Large self-esteem, is it not, Professor?) Well, if there is a restless, uneasy, inventive, go-ahead, showy, dashy, vain-glorious individual in the world, his name is Jonathan; and if there be a slow, sturdy, solid, patient, persevering, complacent and self-satisfied mortal on the earth, that person is John Bull.

DRESS.

"Wherewithall shall we be clothed?" Since the fig-leaves were sewed together in the Garden, there has been a controversy among the "Sons of God," and more especially among the "daughters of men," respecting the proper garments to be worn to secure bodily comfort, to please the eye and gratify the taste, to promote trade in dry goods and the fancies, to find employment for stitchers, and gilders, and for cunning workmen in brass, and silver, and gold, and precious stones, and especially to distinguish the sexes from each other—as though God or nature had not made the distinctive differences sufficiently prominent. The question, "Should the sexes dress similarly?" was one discussed in the Lyceum of the New York Hygeio-Therapeutic College. One of the chief "points" made by the negative was that, if the sexes were dressed so

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nearly alike that ladies and gentlemen were not readily distinguished in the crowd, the ladies would be exposed to continual insult! What right has a man to insult his own sex? The argument itself is an admission that if ladies and gentlemen were more intimately mingled in all the relations of life—if the "woman element" was more thoroughly diffused through all the avocations usually regarded as exclusively masculine, the male element would be obliged to stand on its good behavior, and would become correspondingly improved.

In the matter of dress, the English people are governed more by habit than fashion. With Americans the reverse is true. Here habit is nothing and fashion is everything. We do not mean that English ladies do not dress fashionably; but that they do not generally carry fashion to that ridiculous extreme that so many ladies do in this country. An English lady will dress plainly, elegantly, or fantastically, as the case may be, because it is her taste, her fancy, her custom, her choice, her duty. She does it to please herself. An American lady will strive to please somebody else. She is thinking of what other persons are thinking about it, when she arranges her toilet. The English lady, standing before the looking-glass, remarks to herself, "how do I look?" The American lady surveys her exterior adornments and asks Bridget, "what will folks say?" We did not see, in London, one lady whose dress trailed on the sidewalk—raising a dust or mopping up the mud, as the weather happened to be dry or wet, and obliging all gentlemen who would avoid ripping their stitches and tearing their silks by treading on their skirts, to go around them instead of merely passing by them—where we are accustomed to see ten in New York and Boston. And as to crinoline, with due deference to Eugenia, so far as we could observe—and we did stare at the fair sex not a little, not only in Hyde Park, Regent street, and Piccadilly, but in High Holburn, Cheapside, and Drury Lane, not to mention the promiscuous crowds on London Bridge, and the international assemblages at the Great Exhibition, and at Sydenham Palace—it seems to have contracted into much smaller dimensions in that country than in this. This may be owing, however, more to the necessity of the case, than to the disposition to diminish. In England, and in London especially, there is very little room for display. "This is a great country," and skirts may expand indefinitely.

Dress, in England, is to a certain extent, indicative of caste, class, position, or avocation, and for this reason is looked upon as a matter of course, rather than as a matter for remark or imitation. English people—men, women, boys or girls—can look at each other's dresses, and like them or dislike them, without desiring to wear them, as composedly as they can view a peacock or a butterfly without desiring to adopt its gaudy plumage or brilliant colors. They do not seem to be unhappy if somebody else is not dressed precisely as they are, nor if they are not dressed precisely like somebody else. Each class, and almost each person, is content to dress his own way, and leave others to please themselves if they can, or to be displeased if they must. There are indeed a great many odd fancies prevalent; and some of the styles and adornments seem, to plain "democratic-republican" eyes, more befitting a ruder and cruder state of society. But, after all, there is vastly more freedom of dress, more tolerance, in that Queendom than in this Republic. And we doubt if there is any place on the habitable globe where there is so absolute a despotism, and so senseless a servility, and so silly an imitation, in the matter of dress, as in this "land of the free, and the home of the brave."

Almost every known style, we had almost said, almost every conceivable style, may be seen daily in the streets of London; yet no one is followed by a gang of rowdy boys because of singularity of costume. And in the gay and gaudy equipages that drive along the Serpentine River in Hyde Park (more crooked than serpentine, however), of a pleasant afternoon, a vast variety of style and material is seen; yet no one seems to be offended thereat. Dress as you please, so that you are decent and behave yourself, and no one will molest, disrespect, or maltreat you for it.

In the evening soirees which we attended in Guildhall, Cambridge, during the meeting of the British Scientific Association, where fashion, aristocracy and plebian plainness, met and mingled promiscuously and familiarly, the styles of dress were almost as numerous as the persons. But all appeared to be dressed to suit themselves, some very plainly, some ornately and others quite fantastically, yet all seemed satisfied with themselves, and no one in the least disturbed or annoyed by their neighbors. Nor did we once see in London, two ladies, after they had passed each other on the sidewalk, twist their faces around over their shoulders to examine each other's dresses, as may be seen almost any hour of any fair day on Broadway.

ADDRESS.

Politeness pays. And here the English have the advantage over us again. We do not con-

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cede this to them as a merit, but as a privilege. It may result less from better tempers or more amiable dispositions, than from their more settled avocations and less changeable social relations. They have time to be civil. They are not always in a hurry as we are. They are trying to see how long they can live. We are trying to see how fast we can go through life. We are all alike addicted to stimulus. But their more foggy atmosphere, and more phlegmatic temperaments, and more established and regular habits, enable them to bear them better than we can. They take time to do things well. We do things rapidly, be the work well or ill done. John Bull always "does the agreeable" leisurely, and "passes the complements," with studied and well-trained propriety. He is never so "busy thinking" that he cannot speak to you civilly or answer you decently, although he may vex your impatient spirit exceedingly, in causing you to wait till he can attend to you in the regular order of business; but when your turn does come, the greeting will be cordial and honest. In all the places we visited, and among all classes, not excepting porters, policemen, nor even the irritable hackmen, we found the people uniformly and unexceptionably courteous and obliging. We saw very little of John Bull's obstinacy, though we doubt not he has enough of it for occasions.

READING AND SPEAKING.

Now, John Bull, we have somewhat against thee. In the matter of talking, the advantages are all on our side. Never did we listen to more murderous abuses of the Queen's English, than in the reading of papers by Fellows of the Royal Society at Cambridge. In the matter of reading there seems to be a strange anomaly in the English character. In almost all other performances they are more slow, more deliberate, more dull even than the Americans. But in reading and speaking they seem to regard rapidity of utterance as the chief point of excellence. This remark does not apply to their politicians, statesmen, and business men, who always weigh and measure their words as they deliver them, as carefully as the money-dealer does his gold and silver; but it applies emphatically to their literary and scientific men. In ordinary conversation the English are generally lively, animated and agreeable, and fast talking is not so objectionable. But, we heard, at Cambridge, literary and scientific papers read so rapidly that half the words of all the long sentences were blended with a monotonous drawl; polysyllables were enunciated as very long monosyllables; some words were swallowed instead of being pronounced, and others were masticated instead of being articulated.

We did hear good readers and good speakers at Cambridge; but they were the exceptions and not the rule. Professors Owen, Tyndall, and Oaling were model lecturers. But the young gentlemen of the numerous colleges which abound in that renowned seat of learning, read their papers, as a general rule, with a total disregard of all the proprieties of accent, emphasis, or cadence. Their reading was a mere mannerism and nothing else. They all seemed to be acting a theatrical part, very much as automata might be supposed to do, or as persons might speak pieces with no comprehension or thought of their meaning or purpose. We hope no offence, but it does make us "grieve judiciously" to see able, excellent, and well-written papers on important subjects, spoiled by bad reading. That we do not in any degree misrepresent nor exaggerate, may be inferred from the following statement: In the Section for Zoology, several papers were read so bunglingly and mumblingly that the audience, composed of ladies and gentlemen, seemed to look at the reader rather than listen to him—to gaze at his inarticulate vocalizations and semi-pantomimic performances, instead of listening to his words. After some half-dozen documents had been disposed of, Professor Richard Owen, D.C.L., F.R.S., author of "Lectures on Comparative Anatomy," read a paper, every syllable of which was distinctly and clearly enunciated. "How plainly he speaks," remarked a gentleman near us. "We can understand every word he says," whispered a lady. Why should any one read or speak unless he can do it to be understood?

PROF. TYNDALL'S LECTURE.

The most interesting lecture we heard at Cambridge was that of Professor Tyndall on "The Action of Water." The Professor is a small, nervous man, with an active temperament and an immense brain. His brain-tissue and nervous system are not so large in the matter of size, as they are fine in quality. His mind works with a degree of intensity, which seems to shake the whole framework of the body. When he lectures, every part of the vital machinery seems to be in a speaking condition. He talks all over and all through. Head, hands, arms, legs, chest and abdomen, all express, in the language of signs, what the vocal organs are uttering in words. And when he enunciates his most emphatic sentences, he grasps the desk almost convulsively with his hands, and leans forward against it, as if to prevent a great idea from exploding the lesser body.

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THE ENGLISH STAGE.

The propensity for rapid speaking rules on the English stage, as well as in the literary hall. We attended but one theatrical performance while in London, and this was more as a matter of curiosity than for amusement, for we long since voted, with occasional exceptions, the theatre a bore, and the stage a humbug; for, instead of "holding the mirror up to nature," the general strife seems to be to distort nature to the utmost. The play was "Peep o' Day," an eminently "spectacular" piece, with a corresponding "run," having been repeated for two hundred and fifty-three successive nights, and with a prospect, judging from the immense crowd, of bearing repetition to the end of the present generation. In London, as in New York, it is the show more than the sentiment—the sound and not the sense—that attracts the "highly respectable and appreciative" audiences. Among the *dramatis personnæ* there were some good and reasonably slow speakers. In the afterpiece, the young lady who enacted the part of the "Spoiled Child," did the talking as well as the acting admirably. We suspect she did *not* take lessons in elocution at Cambridge. But the leading characters in the leading piece "spoke their speeches" as though dear life depended on uttering the greatest possible number of words in the smallest possible space of time.

This habit seemed to us particularly ludicrous in one of the scenes. A young lady was affianced to a gentleman who had been exiled for the crime of treason—a crime, by the way, of which he was not guilty. His betrothed fully believed in his innocence. In this condition of things her hand was sought by a Captain of the Guards, and her father favored his suit, declaring, with energy, emphasis, paternal solicitude, patriotism, &c., that he would never consent to wed his daughter to a traitor. The young lady finally yielded to the importunities of the gallant captain and the commands of her father, with a protest; that is, she "defined her position" in relation to her "first love," consenting to marry him if, "with this understanding," he was willing to take her. It is not easy to imagine a scene requiring more deliberation and hesitancy in speaking, while some degree of emotion would naturally be expected. But the young lady *declaimed* her explanation with a fluency of rhetoric, and a rapidity of utterance, which reminded one more of Vieux Temps' mechanical performances on the fiddle strings, than of the heart of a woman, in its severest trial. The woman was sunk in the performance.

BEDS.—Beds should be made of material which may be easily washed, scalded, and exposed to the air and sunshine. None who would be healthy should, for months and years, use a bed uncleansed, as it absorbs the exhalations of the body, soon becoming foul. Beds, as well as bedding, need frequent cleansing.

Husks make nice beds and pillows; new straw is a good material, being cheaply renewed. But, for long use, the cork shavings seem the needed material, as it is easily purified and pleasantly elastic.

Only think of persons lying, years and years, on beds uncleansed—feather beds! No wonder they are feeble and diseased. Feathers, doubtless, make nice nests for birds; indeed, they are just what the bird needs. But feathers are bad things, as beds for man to sleep on. Leave, to the fowls, the foul things.

Thanks to him who thought of cork shavings for beds. HULDAH ALLEN, M.D.

WATER MELON BUTTER.—A correspondent of the *Prairie Farmer* presents the following method of using water melons: I endeavor every year to raise a good melon patch. They are a healthy and delightful fruit, I think. I cultivate the ice rind variety; plant early in May, and again towards the close of the month, so that they may come in succession. When they commence ripening we commence eating and use them freely during the hot weather.

When the weather becomes cool in September, we haul a quantity of them to the house, split them open, with a spoon scrape out the pulps into a cullender, and strain the water into vessels. We boil it in iron vessels down to syrup, then put in apples or peaches, like making apple butter, and boil slowly, until the fruit is well cooked, then spice to taste, and you have something that most of people will prefer to apple butter, or any kind of preserves. Or, the syrup may be boiled without fruit, down to molasses, which will be found to be as fine as the best sugar-house molasses. We have made of a fall as much as ten gallons of the apple butter, if I may so call it, and molasses, which has kept until May in fine condition.

WIRE WORMS.—On taking possession of a piece of ground five years ago, for a garden, we found it infested with wire-worms. They were present by thousands in every part of the soil, and the question was how to get rid of them. Two years after, we procured some refuse salt, and sowed at the rate of three and one-half bushels per acre, in the fall of the year. On working the ground the following summer the wire worms had taken themselves away, save a few stragglers, which have been gradually leaving ever since, till now there is scarce a solitary resident left.

"THE WORLD OWES ME A LIVING.—Avoid the man who says this. The world owes no man a living until he earns it.

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MISDIRECTED EFFORT.

BY THE EDITOR.

THE *Christian Luminary* deplores the rapidly-spreading evil of intemperance, and declares that "there has not been a time during the present century when our country bid so fair to become a nation of drunkards as now." And well does the editor exclaim, "Where are the watchmen who stand on the walls of our national Zion? Where are our preachers and religious editors, whose business it is to give moral tone to the community? Where are the leaders in the Temperance Organizations, that formerly were so untiring in their exertions to dethrone King Alcohol? Silent, every one of them."

Alas! too true. But how and why are they silenced? What has done this thing? Strange, most strange it is, that the temperance people cannot yet see their error; cannot yet understand the "Philosophy of the Temperance Reformation." Very strange indeed it is that, with half a century of active effort, and the knowledge acquired by a four thousand year's war upon alcoholic poisons, they cannot yet discover the True Temperance Platform. Well, what remedy does our cotemporary propose: "Get up as many country mass meetings as possible, and secure the most efficient speakers. Have short, pithy tracts written and sent all over the country," &c.

The day has gone by for such efforts to accomplish much. Mass meetings may be held in every school district; temperance tracts may deluge every town; and still the tide of intemperance will roll on; checked it may be for a time, in particular places, but, on the whole, gathering strength in spite of all the speeches that can be made, however eloquent, and of all the tracts that can be written, however forcible, so long as the medical profession is the recognized authority concerning the "Relations of Alcohol to the Living Organism," and so long as the profession teaches, and the people believe the scientific absurdity that alcohol is a "Stomachic Restorative," and a "Supporter of Vitality."

Yes, rail as you please, good, well-meaning, but awfully misled and terribly deluded temperance folks, against "poison alcohol;" declaim never so loudly against the "demon of the still;" hurl God's Bible-thunderbolts—"Strong drink is raging," &c.—at the audiences as often as you can; quote Shakspeare on "putting an enemy into the mouth to steal away the brains," whenever you have opportunity; refer to the Materia Medicas wherein alcohol is said to be a "caustic and irritant poison;" point to medical testimony which confesses alcohol to be a prolific source of disease and degradation; and appeal to history which declares alcohol to be the direct cause of three-fourths of all the vices, crimes and pauperism of civilized society; do all this while you accept the doctrine almost unanimously taught by the medical profession and almost everywhere believed by the people, and with very few exceptions practiced by temperance physicians, that alcohol is a "supporter of vitality," that it is necessary or useful as a medicine in feeble and depressed states of the system, and your speeches and your tracts will be very much like an undertaking to stop the Cataract of Niagara by dipping out the water above the rapids with a teaspoon.

The doctrines on which the medical profession predicates the employment of alcohol as a medicine are false; they are absurd in science; they are contrary to common sense; they are in opposition to nature; they cannot bear the ordeal of scientific examination for an instant. But so long as the world recognizes them to be true, the mischief is as great as though they were true in reality. So long as the leaders of the Temperance Reformation concede the fact that alcohol is a life-sustaining element in any sense or under any circumstances, they give the adversary all he needs to defeat all their schemes, and neutralize all of their efforts. And just so long the people will have it, and use it a beverage as well as a medicine. And the people will do right. Temperance reformers have already wasted a world of money, time and talent, in unavailing efforts to advance their cause on a false basis. They can never succeed until they see clearly and adopt uncompromisingly, the scientific basis. Then success will be prompt, certain, permanent. Then the days of the reign of King Alcohol on the earth will be numbered. One mass meeting devoted wholly to the discussion of alcoholic medication:—"Is alcohol useful as a medicine?"—would do more for the temperance cause than would all the mass meetings which the country could hold, and all the tracts which could be written during the present century, provided these meetings and these tracts recognize the doctrine that "grog is good" as a medicine. The truth of this matter must be known and shown; the false doctrines of the medical profession must be reformed; or the temperance army must go on reforming drunkards as fast as it can, while law and public sentiment authorize the rumsellers to manufacture drunkards faster than they can be reformed.

The *Christian Luminary* publishes the letter of that veteran advocate of temperance, S. F. Cary, to the Volunteers in the Federal Army. It is

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an eloquent and forcible appeal to our brave soldiers to abstain from alcoholic liquor; and he cites many authorities to show that alcohol is a prolific source of disease—"the bane of the soldier's life"—that it does not prevent disease, nor impart strength in health, nor enable the system to endure fatigue. Mr. Cary says: "The idea that alcoholic liquors impart strength and prevent exhaustion under severe fatigue has long since been dissipated. The effect is precisely the same as the whip or spur to a jaded horse. Who would insist that their application would increase his strength or restore his vigor?"

If Mr. Cary will just turn to the standard medical works, or consult the current medical journals—Pereria's Materia Medica; Dunglison's Therapeutics; *Braithwaite's Retrospect*; *The American Medical Times*, &c., &c.—he will see that they do insist on this very thing. If he will turn over the last year's volume of *The American Medical Times*, he will learn that one of the New York surgeons—Frank R. Hamilton, M.D.—states that, at the famous and infamous battle of Bull Run, he not only furnished brandy freely to the sick and wounded, but supplied it liberally to those who were on duty in the field. Whether this liberal supply of brandy had anything to do with that most disgraceful and most unaccountable disaster and panic, must be left, for the present, to imagination and a difference of opinion.

THE GAIT.—One may judge of the spirits and disposition of a man by his gait and mien in walking. He who habitually pursues abstract thought, looks down on the ground. He who is accustomed to sudden impulses, or is trying to seize upon necessary recollection, looks up with a kind of jerk. He who is a steady, cautious, merely practical man, walks on deliberately, his eyes straight before him; and even in his most musing moods, observes things around sufficiently to avoid a porter's knot or a butcher's tray. But the man with strong impulses—of pushing, lively temperament, who, though practical, is yet speculative—the man who is emulous and active, and ever trying to rise in life—sanguine, alert, bold—walks with a spring, looks rather above the heads of his fellow-passengers, but with a quick, easy turn of his own, which is lightly set on his shoulders; his mouth is a little open; his eye is bright, rather restless, but penetrative; his port has something of defiance; his form erect, but without stiffness.

To make people smart, all that is necessary is to throw them on their resources. A wild turkey knows more in one moment than a tame one would dream of in a year—all because he has to depend for safety on his own ingenuity rather than the ingenuity of the farmer. Safety and plenty are the worst friends that genius ever associated with.

A CALL FROM CANADA.

R. T. TRALL, M.D.: DEAR SIR:—I have been taking your journal a little more than a year, and am now more pleased with it than ever. I am glad you have now got it under your own exclusive management. About eighteen months ago I first came across some of your writings relative to health, the laws of life, drug medication, &c., in a stray number or two of the WATER-CURE JOURNAL. My attention was arrested, and I determined to enquire into and know more of your new and ultra doctrines, which, however, seemed to me at the same time to be very plausible and reasonable. I soon after sent for the WATER-CURE JOURNAL, and have procured several of your works since, viz.: The "Hydropathic Encyclopædia," "Water-Cure for the Million," "Cook Book," "Nervous Debility," &c., with all of which I am exceedingly interested, and I have become fully convinced of the truthfulness and immense importance of your doctrines. I speak my true and real sentiments without the least shadow of exaggeration, when I say that I think you are doing more towards the elevation and improvement of the human race than half of your cotemporary so-called philanthropists and benefactors together; and I regret that you have not the satisfaction of seeing your labors recognized and appreciated as they should be. But the reason is obvious. The doctrines which you have originated and which you are so faithfully endeavoring to promulgate and instil into the minds of the people for their good, are premature—in advance of the age—and are consequently not generally received, but, on the contrary, strenuously denounced, and opposed, and ridiculed, and persecuted, together with their founder. But they will ultimately prevail and triumph over all opposition. I am almost alone here in the health reform movement, and I find it exceedingly difficult to indoctrinate and convert those by whom I am surrounded. The force of education and the power of prejudice are, indeed, almost invincible. However, I intend to put forth still greater efforts to procure, if possible, a few subscribers for the HERALD OF HEALTH, and scatter your other books. Every reader of the journal should co-operate in this great work, which you have inaugurated, by getting subscribers for the HERALD and introducing your other publications, if possible, into their respective neighborhoods. You, readers of the journal, are more favorably situated—the most of you—than I am for this purpose, as the most of you, I presume, live in places where the Hygienic System has been more or less intro-

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duced. Let us all, then, help the work along by doing all we can in the way of getting subscribers, recommending books, &c. I have succeeded in persuading four heads of families to send for the "Hydropathic Encyclopædia," which will, no doubt, in time, prove a great blessing to them. We have no doctors here but drug doctors, (allopaths) and the more drugging I see practiced the more I become convinced of its fatal effects. It is a pity the Hygienic System is not more largely introduced into Canada than it is. I hoped, when I had ascertained your intentions of visiting the Canadian Provincial Exhibition last fall, and lecturing, that it would be the means of introducing your system through the whole Province. As the Provincial Exhibition affords the very best opportunity for bringing your system before the whole people of Canada, and as you failed to get to Toronto last fall, I suggest that it would be an excellent opportunity for you to attend the exhibition at Kingston next fall. People from all parts of the Province attend these exhibitions, and I think you would do more in bringing your system to the notice of the people at such a time, than you would by traveling and lecturing a much longer time at ordinary times. If you intend visiting it and lecturing, it should be advertized—the sooner the better—that it may be well circulated previously. I would like very much to attend your College, and perhaps will, if I can, at some future period.

Respectfully yours,

ALLEN PRINGLE.

SELBY, *Lennox County, C. W.*

[We will certainly be at Kingston, as suggested above, if we do not go a trip to Europe at that time.—ED.]

SLEEP.—It is a delicious moment certainly, that of being well nestled in bed, and feeling that you shall drop gently to sleep. The good is to come—not past; limbs have been just tired enough to render the remaining in one position delightful, the labor of the day is done. A gentle failure of the perceptions comes creeping over one; the spirit of consciousness disengages itself more and more with slow and hushing degrees, like a mother detaching her hand from that of her sleeping child, the mind seems to have a balmy lid closing over it, like the eye 'tis closing—'tis more closing—'tis closed. The mysterious spirit has gone to take its airy rounds.—*Leigh Hunt.*

Some folks think the biggest newspaper is always the best. Wise people these—about as sensible as the fellow who turned up his nose at your common-sized women, and bragged that he meant to have a bigger wife than any other man within two hundred miles.

[For the HERALD OF HEALTH.

A BRACE OF LETTERS.

THE author of the following letters came into my office about two years ago to make some inquiries about the Water Treatment. Being somewhat of a fast young man, he had some eighteen months previously contracted a gonnorheal affection which, together with the drug poisons he had swallowed by the advice of both regulars and quacks, had well nigh permanently unsettled the equilibrium of a naturally vigorous constitution, and made of him a miserable invalid for life.

He assured me that his means were very limited, that he had about exhausted his resources in his pursuit of health, *a la* drugopathy, and therefore could make but a brief stay with me at best.

I explained to him that the nature of disease required a little time and patience for its eradication; that a strict discipline would be necessary in regard to diet, and a perseverance in the application of the simple principles of Hygienics, which I feared he would never find himself willing to carry out, except he kept himself continually under the fostering and prompting influence of medical supervision.

At his urgent solicitation, however, I consented to take him under my direction for *two weeks*, promising to make him particularly acquainted, in that time, with a course of treatment which, if faithfully persevered in, would end in his restoration, forewarning him, however, at the same time, that if he failed to get cured, the fault would be *his*, and not mine, and that I must in no way be held responsible for the result.

The result, as you have it in the following letters, serves to show the *reason why* some people fail to get benefit from hygienic treatment when it is clearly within their reach, as well as how a sick man may still get well in spite of himself as it were, after indulging in abuse of the hygienic system, of its practitioners, or of both.

When the young man left my establishment, feeling a little curiosity to know what might be the upshot of my labors and instructions in his behalf, I exacted from him a promise that he would write when he had practiced my directions a sufficient time to enable him to come to a definite conclusion in regard to their efficiency.

Some two months or so afterward I received the following note:

MANCHESTER, *July* 1, 1861.

DEAR SIR:—According to your wish I write to let you know the effect your mode of treatment has had upon me. The effect of the whole matter has been to transfer about twelve dollars from my pocket into yours. What further good

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it has done me I am unable to see. The chief difference, in my favor, between your advice and treatment, and that of my previous doctors is, that yours only cost me about one-tenth the sum I paid them. If this is any consolation to you, you are welcome to it. I am satisfied that I have only been humbugged again.

Yours, F. R.

This letter, so evidently written in a fit of depression and ill humor, was never answered. Well knowing as I did the difficulties an undisciplined youth would inevitably encounter in undertaking to carry out a course of self-treatment, taking things as he could catch them, with adverse influences perhaps all around him, I could easily see why he did not succeed. I had given him all necessary good advice and instruction, and with that I concluded to leave him to his fate, never expecting to hear from him again.

The following letter, recently received, shows, nevertheless, that a man may sometimes act wisely while he is talking very ungratefully and very foolishly. It has several interesting points, and contains further proof of the egregious folly of dosing our sick soldiers with poisons.

FORT SCHUYLER, N. Y.,
December 24, 1862.

DEAR SIR:—I have been intending to write you for many months, but have neglected it on account of not having a convenient opportunity.

You will recollect that after I left you and returned to my home, I wrote you a letter which did not express much satisfaction on my part. It is true, I was a little disappointed, for I expected too much benefit from two week's treatment, being ignorant of the principles of water-cure. I must confess, also, that I failed to carry out your advice after leaving you, not having a convenient opportunity to do so. But I really derived *much* benefit while at your house, and have felt perfectly satisfied with it for a long time. The foundation was *there* laid for my cure, and I *am* cured so far as that old difficulty is concerned. I learned much concerning the laws of health during those two weeks, which has been of great advantage to me since.

I have been sick in the hospitals, and have seen many soldiers die around me, having the fever, the same as myself. They took medicine, and died. *I threw it away, and got well.* I notice that those who took the surgeon's method of recovery, seldom came out of a fever in good shape. Some are partially deaf; some have a partial paralysis of one side; others have no use of their right or left arms, and others are left with still worse diseases,

I shall remember you, sir, with the kindest feelings, and you may be assured that you have my best wishes for your success in the good cause you are engaged in. I also remember that I was well paid for my stay with you, and *got my money's worth.* I write you because I always desire to do justice to every man, and hope you will accept this as an apology for the few misconceived lines I wrote you before. Although I wrote you such a letter, allow me to assure you I have always "blowed" for water-cure, and spoken in the most respectful manner of yourself.

I am in the hospital at this place; am somewhat worn out, but am improving. I belong to the 6th N. H. Regiment, Company B.

Yours truly, F. R.

To all who grow impatient and ill-humored upon a short and imperfect trial of the hygienic mode, and "blow" *against* the system or its practitioners, I would recommend the practical good sense of J. R., and advise them, nevertheless, to keep on following directions faithfully till they are cured. Too many of our chronic invalids expect immediate results, or get too quickly impatient, and abandon the enterprise just at the moment when success is about to crown their efforts. Once in harmony with nature, we soon become at peace and reconciliation with all the world, and in condition, if need be, to fight successfully, not only against the enemies of our own country, but the enemies of all unrighteousness.

W. T. VAIL, M.D.

NOTES OF HOME-TREATMENT.

BY MRS. E. S. CHOATE, M.D.

DR. TRALL:—Please allow me, through the columns of your journal, to let the people know, and especially the students of your class of '59, with whom are associated many pleasant recollections, that I still live, and still love to practice our beautiful Hygienic Healing Art. Surely it is a pleasure to see patients recover of severe and dangerous diseases, without drugs, for each case has its influence in spreading abroad the true Gospel of Health, among a deluded and drug-cursed community.

Last week I was called to attend a young woman who was a great sufferer. She had severe and spasmodic pains in the epigastic region, with vomiting; liver much swollen and painful; bowels tympantic and exceedingly tender to the touch. Upon close examination, a portion of the intestine in the right iliac region seemed to be hard, swollen and painful, indicating *intussusception;* and so many cases of this kind had proved fatal in this vicinity during the last year, that the family were much alarmed, and I began to calculate her chances of recovery; for we find many people who have a little faith in everything and everybody, yet no faith in principles, who, as soon as the attending physician is out of sight, will dose and drug with anything that any ignorant friend or neighbor may suggest. I can practice much more easily and more necessarily successful in the families of the educated than in the families of the ignorant.

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A young man in the family had just returned from the army, and reported that while there he was very sick; but recovered without a single dose of drugs. He stated, also, that the soldiers who refused to take medicine were frequently abused for not obeying the orders of the doctors.

I commenced treating my patient with gentle manipulations, followed by fomentations during the severe pains, followed by a cool wet bandage, and sitz-baths and enemas during the intervals. A brave and noble girl who had full faith in the Hygienic system, volunteered to give the treatment.

Next morning I found the pains less frequent, but still occasionally severe. And, as usual, in such cases, the neighbors were a great source of annoyance to both patient and family, insisting that, in such dangerous cases, persons could not get well without taking medicine. The following night the family became alarmed, and I was called. I found her in a profuse perspiration as red as scarlet, and suffering intensely. On manipulating and magnetizing the bowels, the pain ceased, and I assured the friends the crisis was past. The patient soon slept soundly, and the next day felt well, with the exception of a little soreness.

A few months ago I was called to diagnosticate and prescribe for a clergyman, whom I found in great agony, the pain commencing at the pit of the stomach, accompanied by bilious vomiting. The pain extended in all directions, but was particularly severe across the bowels and in the right iliac region. He was very nervous; had not slept any the preceding night, and the abdomen was very tender. The pain was somewhat relieved by gentle manipulations. I found a hard, lumpy swelling, seemingly as large as a hen's egg, in the right iliac portion of the intestinal tube, and pronounced it a case of "stoppage," or *intussusception*. The patient was much alarmed at the diagnosis, and said there had been five deaths in the place recently of this disease. But I ascertained that he had taken no drugs. I quieted him with the assurance that he would soon be better. He informed me that some years previously he had a similar attack, and under drug-treatment lay for several days in an almost hopeless condition. I told him that all that was required to aggravate his condition and endanger his life, was a few doses of cathartic medicine. "O!" says he, "I have lost all confidence in poisons, and if you can cure this case, you can cure almost anything."

I ordered hot fomentions during the paroxyms of pain, followed by sitz-baths and copious enemas; hot foot-baths for coldness of the extremities, and warm water-drinking for sickness at the stomach. The next day I found him slightly improved, and a perseverance in these measures soon re-established health; and I left him favorably impressed with the hygienic system, and with a woman doctor. His wife remarked that she was sure no man doctor could have done so well for him.

I have treated measles, scarlatina, small-pox, diptheria, and numerous other diseases, especially pneumonia of infants, and have never yet lost a single case. I often astonish and alarm the ignorant ones, by taking the sick babe in my arms, wrapping it well in warm flannel, except the face, go out into the pure air, and give the sufferer a dose of oxygen, and always with the very best result. I have had many cases of obstetrics (some dangerous ones) and after twelve years practice I have yet to lose my first patient.

Auburn, N. Y., *March*, 2, 1863.

RELATION OF LOCOMOTION TO RESPIRATION.

The term "health" is constantly used in a comparative, but seldom indeed, in a positive or complete sense. Yet, according to our view, there is no such thing as tolerably or comparatively *good* health; every degree of departure or divergence from a full measure of health being a step or degree toward diseases, or with conditions more or less conflicting with such as conduce to health in any full and perfect form. We believe that full breathing is an indispensable condition toward what is understood by robust, vigorous, or perfect health. But we may remark, in a general way, that of the three grand elements, "earth, air and water," *air* is equally or even more important and necessary to animate beings than either earth or water; or, more correctly, their adapted representatives to animal life, food and drink, or solid and liquid aliment.

In illustrating this principle we perceive that breathing takes place not only before, but often long before food or liquid, in any form, is taken into the system at the epoch of birth; in cases of supposed drowning; in fevers; and in diseases generally of the vital organs, illustrated conspicuously by diptheria, air, pure, simple and unadulterated in composition, is the first and most vital requisite, beyond and before either food, or even water in any form whatever. And when the term of mortal or organic existence is expiring, we again perceive the same principle exemplified in the fact, that while breathing air was the first, it is also the last act performed in discharging the series of functions peculiar to

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animal nature. Furthermore, we believe that there are ample facts in the structure and functions of animals that have organs and powers of locomotion, which illustrate and establish the principle indicated in the title at the beginning of these remarks.

I remember seeing the statement from *Dr. Hall's Journal of Health*, so-called some years ago, that by walking two miles per hour, persons—and I believe the same will apply to animals—consume *twice* the amount of air that they do when sitting or lying *still;* that the rate of consumption is increased in proportion to the rate of speed, within limits of natural power to perform, and so on. But nowhere do I remember to have seen the natural reason of the facts referred to, or the natural elements that give the power or the form in which it is used, pointed out. Yet it is manifest this ought to be done. But as I have but limited time and means, I can only offer a few outline ideas by way of calling the attention of Dr. Trall—the ablest scientific writer living—and others, to the importance of further discussing the subject. If we observe and reflect on our own sensations when *still*, in comparison with those when we are engaged in active motion, walking for instance, we shall perceive not only an increase of breathing and air, inhaled of course, but that this increase is in strict proportion and relation to the degree of our activity. If we walk fast, we breathe faster; if we run, we breathe faster in the degree that our motion is accelerated; when we stand or sit, the rate of breathing is rapidly diminished in consequence of the impetus of locomotion being withdrawn or suspended. This is all apparently indisputable and correct, it may be said. And it is equally true that circulation of the blood, or its velocity of motion, is equally affected, *i. e.*, increased or retarded according to the degree of exercise we indulge in, or as we refrain from it when in a condition of quiescence or stillness. The number of inspirations in either condition of stillness, and moderate and rapid motion, indicate very clearly that the *amount* of air consumed or breathed, is a very closely relative proportion to the amount of motion or commotion performed. All this, I conceive, goes to establish the fact that air itself is the supporting source of the increase of motion, of circulation, and, as we readily see, of breathing. True, the will directs a more or less rapid contraction and motion of muscle; but this direction would fail to be executed if the required increase of air were not simultaneously inhaled. Thus, all motion and increase of motion, depends upon a sufficiency of air to sustain it. If more motion is made, more air is consumed. If less motion, less air. When motion ceases, so do the inhalation of air, and even organic life itself. I have no intention of here discussing the physiological functions of air, but only of noticing circumstances which indicate and determine the quantity and proportion of air we consume, and its more obvious effects. Our power of motion and locomotion is immediately supported by, and in proportion to the extent or rate of breathing. If we breathe *no air* we make *no motion*; and the measure of our motion is identical with that of our consumption of air. Supposing the foregoing to be admitted, because correct, does it not follow that animal locomotion, or the power of locomotion, was ordained in the great chain of nature, to both provide and control a sufficient degree of breathing by man, and in all the animal creation below him?

In the case of animals we perceive pneumonia, or "cattle disease," "hog cholera," "new horse disease," "epizootic amongst fine-woolled sheep," etc., etc., all certainly traceable to the most irrational practice of shutting said animals up, and thus depriving them of even a proximate degree of that natural measure of exercise, without which sufficient air to insure even a tolerable degree of exemption from formidable disease is utterly impossible. Bright ideas of human duty to brutes, and conceptions of man's best destiny, have these nature-defying and instinct-violating "high breeders," very. But not to enlarge on side illustrations, we find, in addition to what has been noticed, that locomotion is necessary to obtain food; that the condition of being "tired," or relaxation of the muscles from too long tension, usually does not ensue or exist till food enough has been secured. Also, and this is a most important point, that a relaxed, and soon resulting diseased—a permanently injured and weakened condition of the muscles, results when voluntary exertion is desired, and therefore naturally require, but by any means or from any cause long denied or prevented. Whether insufficient exercise result from disease, from indolence, from the nature of occupations,—alas! for the tens of thousands in this category—or from whatever cause, the effect will be nearly the same generally, a languid circulation, impure blood, relaxed muscles in general, and equally reduced strength and increase of languor, all conditions of disease. However little locomotion may be engaged in where the air is cool and pure, all these conditions are at once sensibly modified, and the individual feels measurably relieved and invigorated.

My conclusion from such, amongst many other

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facts, is that the organs and power of locomotion are not given to man and animals for mere purposes of securing food in one place when it may fail in another; for the sake of changing scene to gratify the higher sense; nor for any and all similar purposes alone; but that locomotive power in both man and animals is provided to admit of, secure and control a full and necessary supply of air for the active play of all the functions; to keep and maintain them in vigorous health, equally as much and as necessarily as for those other uses. This seems to be established by the facts that every diminution of natural exercise or of breathing, results in a proportionate reduction of vigor and health; as well as because, on the other hand, the fullest measure of health, vigor and strength, mental, consequent on physical, are ever found in connection with the fullest practicable extent of bodily locomotion. For myself, therefore, I must believe that the power of locomotion is not only the cause of a sufficiency of air being breathed to keep the physical system in vigorous health, but the degree of exertion we are at any time capable of making, is at the same time the measure and gage of the quantity of air required for our fullest health; and that our ability to take exercise, whether the weather be fair or foul, is the only natural or proper limit to the consumption of fresh air, that a full measure of health inevitably demands and enjoys. J. W. C.

EXPERIENCE IN HOME TREATMENT.

Rev. E. Guilford writes from Conway, Mass.: *Editor Herald of Health: Dear Sir:* "My object in addressing you at this time is threefold: first, to renew my subscription for the Journal; second, to ask of you to publish a short chapter from my individual experience and observation as a Hygienic Home Practitioner for the last ten years; and third, to solicit your aid in furtherance of the effort I am purposing to make, to extend a more general knowledge of the efficacy of *pure water* in the treatment of disease.

In the winter of 1852–53, while residing in the western part of this State, in the vicinity of Boston, I chanced to attend a course of lectures on the subject of physiology. The lecturer was from Boston, I think, and was connected in some way with Fowler & Wells. The whooping-cough was at that time prevailing in town, and one of my own children, a little girl of ten years, was quite sick with it. By the advice of a friend who, for several years, had made use of water as a remedial agent in his own family with success, I was induced to apply the "wet jacket" to my sick child. The effect was immediate and most satisfactory. So much pleased was I, that the resolution was at once formed, to obtain from the lecture aforesaid, a "cold water book" for further guidance. At the next lecture I purchased one of your publications, "Children; their Diseases and Management," by Joel Shew, M.D. That book, from that day to this, has been a saving presence in my family.

Three children have since been added to our home circle, making six in all; and during the ten years that have since passed, we have had no occasion to call a physician. Our good fortune in this regard, however, has been by no means owing to any gracious exemption, kindly granted us by Providence, from the numerous "physical ills flesh is heir to." Scarlet fevers, lung fevers, bilious colic, dysentery, &c., have all occurred with us, and all have been comfortably and safely conducted to a convalescent issue with the sole aid of hygienic appliances.

In the meantime, I have been occasionally called upon by friends and neighbors to advise with and assist them in administering the water treatment in cases of inflammatory diseases occurring in their families. And in no instance have I been disappointed of the most satisfactory result. Last winter two cases of lung fever came under my observation, and was treated exclusively with water, and with the most gratifying success. Within the last ten days a case of *malignant scarlatina* has come under my care, and been treated hydropathically. The patient is now convalescing; though at one time brought so very near the gates of death by this fearful malady, as to be given over to speedy dissolution by an experienced homœpathic physician, who pronounced the case, at the stage when he examined it, to be beyond the curative reach of any treatment whatever. "The boy must die," was his prompt decision. Said he, "I can do nothing for him except it be to administer a little something to make him more comfortable while he lives. And the external applications you are making will do no good. If he lives, you may count it a miracle!" The doctor left without prescribing, and the water treatment was at once resumed. Not, it is true, so much from any rational hope, that it would save the patient's life, as from the conviction that it would essentially mitigate his sufferings, and render as easy as possible the final exit of the soul from its dissolving house of clay. But a happier issue than this for a weeping mother, and weeping sister and brother, was soon witnessed, by the persistent application of *water, ice cold*, to the head, throat, and chest of the apparently dying boy.

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The muttering delirium was soon succeeded by a return of reason. The palsied tongue once more moved with utterances of love, and all the indications of the case assumed an encouraging aspect. As I have said before, the patient is now convalescing; able to sit up an hour or two at a time; has a good appetite, and bids fair again to be about in a few days.

I propose, the ensuing season, to devote myself mainly, to the work of opening eyes that are blind to the efficacy of water, in the treatment of disease, especially of an inflammatory type.

CELLARDOM.

BY ELLEN BEARD HARMON.

There is one cause in operation, tainting the air we breathe, and thus filling the organism with impurities, which seem to be generally overlooked by hygeists even. Much thought has, of late years, been given to the importance of proper ventillation, and the best means of securing it; and the results are already manifest in improved architecture and health, here and there throughout the country. Those who understand this matter look still further, and carefully remove all such foul, offensive material as may chance to be in proximity to the dwelling. Yet, it seems never to occur to the mind, while these things are being attended to with such sedulous care, that the "plague" still exists, in the form of a *cellar* under a house.

Few dwellings, in this country, are without this apartment beneath them, which, however convenient it may be as a receptacle for vegetables, &c., is a prolific source of disease. Especially in the Spring are its evils apparent, when the household are subject to their annual sicknesses, which they attribute to the season. Then the various garden vegetables contained therein decay more than before, and send forth their poison effluvia on the air in such quantity as to be made manifest in general obstruction and debility, and actual disease. Such a mass of rotting vegetation as is generally taken out from cellars in the annual clearing-out time, presents to the sanitarian a startling source of epidemic influences, which are so much feared and deplored. Should we place a basket-full of half-rotten squashes, cabbages, &c., in the open air, where the taint would be constantly carried off, and tell a person he must remain beside it an hour a day for a month, the Health Commission would be looking after our sanitary; yet, such corruption, together with pickles, sourkrout and pork, forming a fearful aggregate, is kept beneath all the dwellings in the land, with speckled potato or apple in the pile, and with scarcely an exception, finding its way into the upper apartments, and daily and hourly poisoning the life-blood of all the inmates! Day and night, these floating particles of decomposition are brought in contact with the lungs and skin, and taken into the circulation, from which all the fluids of the body are vitiated, and the solids poorly built up.

The evil may, in a great measure, be remedied by taking care to allow nothing which has passed into a state of putrefaction to remain in the cellar; but, with the greatest pains-taking there will, occasionally, be found a rotten or speckled potato or apple in the pile, and these littles, constantly occurring, make an aggregate which, in the course of time, must have a deleterious effect upon the health.

But, if cellars were not made the receptacles for fruits and vegetables, the dampness and stagnation of the air contained in them render it wholly unfit to pass up into the living apartments and be used. Dry air in circulation, and which lives in the sunshine, so to speak, is alone fit for the use of the vital organism. A dry, salubrious climate is thought, and correctly, to be best adapted to health, and a good building-spot, high, dry and airy, is sought; but these widely-chosen advantages are, in part, lost by opening in the earth beneath the house, a place for confined, damp air, to pervade every room, sleeping apartments and all.

Cellar kitchens are a still greater cause of loss of health. To the uninitiated, the sensation on entering one of those dark, sunless, damp and cheerless abodes, is anything but pleasing or vivifying. A chilling feeling creeps over one, and, as by a strange association of facts, it seems as if he were entering a charnel-house. I had occasion, not long since, to spend a little time daily in one, and the experience convinced me more than ever of the unhealthfulness of such places. If there is any place in the world where the skin will become chilled and weakened in its function, and the whole system deranged, it is in such apartments, as the colds and hacking coughs of those who occupy them too often evince.

A cellar may be made, that will answer every purpose, free from these evils. It should be apart from the house, and may be entered by the way of the woodshed, if desirable. By covering the top a foot or two deep with earth, and then sodding it over well, it will be secure from frost. By having double windows, and opening the top of one part and the bottom of the other, about half an inch, good ventillation may be secured without the danger of anything freezing.

An almost incalculable amount of "spring biliousness" and ill health in general would be saved the people by giving attention to and removing this miasma producing cause. Let it be looked to, particularly in the health institution. Let it no longer be thought that "standing water" is the only evil in connection with cellars.

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THE NEW GYMNASTICS.

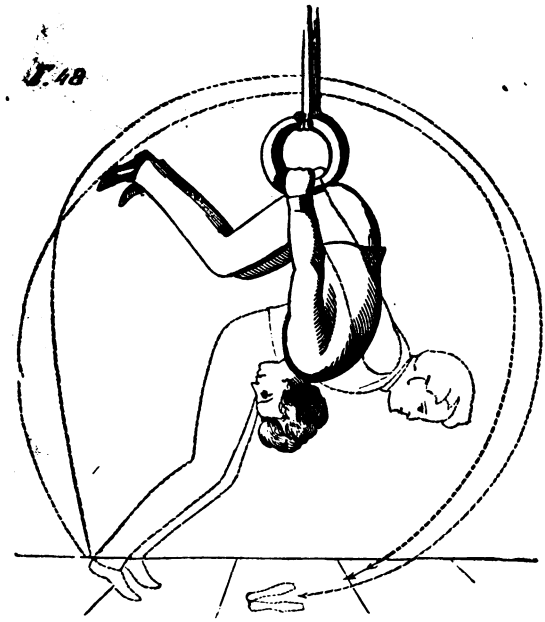
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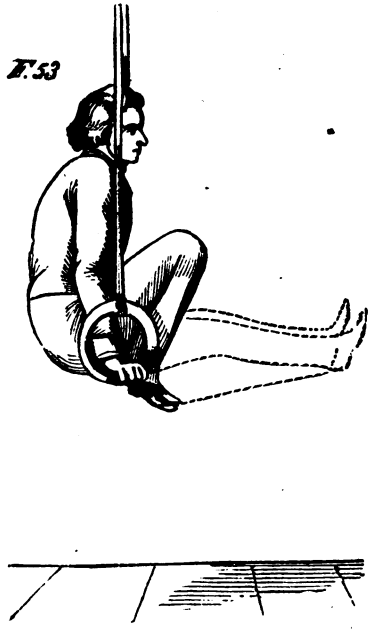
SUMMERSET FORWARD AND BACKWARD.

Rings as high as the head or shoulders. Seize from the outside with the hand grasp. Spring from the floor, and turn a half summerset, reaching the inverted position, and then turning completely over forward, and immediately reverse and turn backward.

HORIZONTAL LEG-STRETCHING FROM THE SUPPORT HAND.

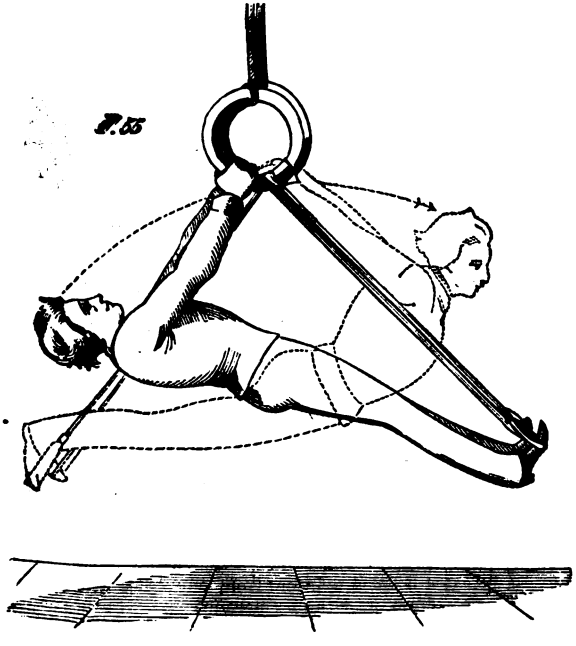
Raise the knees as high as possible, and then thrust the legs forward until you are sure that there is no bend to the knee.

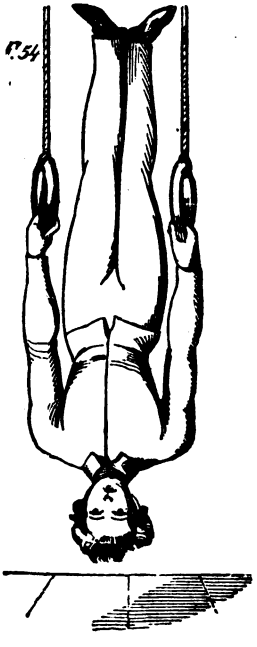




FALL HANG IN THE STIRRUPS.

Rings as high as the chest. Stirrups so they

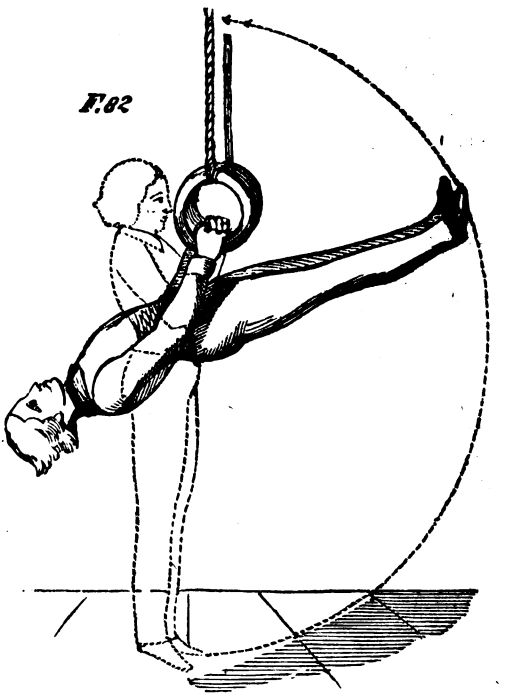




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will swing clear of the floor. Seize the rings from the inside with the support grasp. One throws himself forward between the rings, with the back stretched so that a curve is formed by the body from the head to the heels, and the arms are parallel with the straps. Now by an exertion of the arms the body is thrown back between the ropes, and into an opposite and reversed position. This time the rings are suspended sidewise over the front of the body.

In making this transition, the hang grasp with elbows beneath the hands is changed into the support grasp, with the elbows above the hands. This is partly accomplished through an upward action of the elbow, and partly through the turning of the rings, the firm grasp upon which is never relaxed. When going forward, one must pay close attention to the position of the elbows, as the arm and hand rotation may be a pronatory instead of a supinatory movement, in which case the front position would be entirely different from the one intended. This latter point is important.

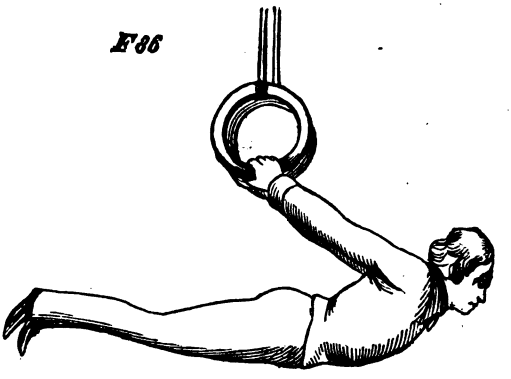


DRAWING UP IN THE INVERTED POSITION.

The position is sufficiently shown in the cut. The body should be kept perfectly straight, and drawn up as high as possible. Then it is gradually lowered again. These motions should be performed with the greatest deliberation, and without jerking or jolting.

RIGID DRAWING UP.

Rings a little above the head, which are seized from the outside with the hand grasp. The pupil raises himself off the floor, then by an after movement a half summerset is executed, with the body kept rigidly straight. At no point is this rigidly straight attitude relaxed. This is the essential point, and we can readily perceive the difference between the exercise, as thus executed, and when done with a bending at the hip-joint, be the bending ever so slight.



HANGING BALANCE DOWNWARD.

Rings as high as the head. Seize from the outside with the hand grasp, face down to the floor, the back being kept very rigid, and reaching this horizontal position.



This brief but beautiful passage occurs in a late article in *Frazer's Magazine:*

Education does not commence with the alphabet. It begins with a mother's look; with a father's nod of approbation or sign of reproof; with a sister's gentle pressure of the hand, or a brother's noble act of forbearance; with handfuls of flowers in green and daisy meadows; with bird's nests admired, but not touched; with creeping ants and almost imperceptible animals; with humming bees and glass beehives; with pleasant walks and shady lanes; and with thoughts directed in sweet and kindly tones and words, to nature, to acts of benevolence, to deeds of virtue, and to the sense of all good, to God himself.

Last Sunday, a little boy attending Sunday school, was asked, "what became of Judas Iscariot?" "Killed in the revolutionary war," said the boy quickly.

Eleven printers from one office in Cleveland, Ohio, took the temperance pledge the other evening. They will undoubtedly find it the best "take" they ever got hold of.

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REPORT OF CASES.

BY B. P. MILLER, M. D., HYGIENIC INSTITUTE, N. Y.

CASE No. 3.—Wm. L——, from Fowler, N. Y., a man forty years of age, a farmer by occupation, for the past year a soldier, came to the Institute from David's Island Military Hospital, March 7th, 1863. He was a large, robust looking man when well, and previous to entering the army had enjoyed good health. His case is very much like ten thousand others of our brave soldiers who are sacrificing their business, health, and lives for the good of their country. In March, 1862, after a few weeks' of constipation of the bowels, a slight diarrhœa commenced, at first alternating with constipation. In three or four weeks' time it settled into a permanent looseness of the bowels; evacuations occurring from ten to fifteen times in twenty-four hours.

The first of June he had typhoid fever, which continued through the month. The diarrhœa continued through the fever, and after the fever left him. He was treated allopathically, going through the whole rounds of stimulation. During the fever his limbs became badly swollen, and a rash appeared over the surface of the body, which the physician called scurvy. When the rash appeared the medicine was changed for acids. The diarrhœa was aggravated by the change, and in three or four days his rash entirely disappeared, but was immediately followed by something worse—paralysis of the lower extremities. There was extreme pain in the muscles of the lower extremities; also, in the region of the heart. This continued until September, when the swelling of the extremities returned again.

In November he had symptoms of intermittent fever; was dosed freely with quinine and anodynes. This treatment was followed by pain in the back and hips, for which the doctor prescribed a liniment, which put him in the most excruciating agony, and for a time he was completely crazy. He was cupped and blistered on the back and over the heart, without any alleviation of symptoms. He finally ceased to take medicines, and slowly improved, till, in January last, he was transferred to David's Island. He remained under the medical charge of the physicians there till the first of March, when he received his discharge, after which he came immediately to our Institute.

When he entered he was as helpless as a child. He was completely paralyzed in the lower extremities, and had not walked a step in two months. His bowels were still irregular, alternating between constipation and diarrhœa. He was troubled very much at times with piles; also, a continuance of the pain in his back and hips.

He had to be carried to his room by two strong men,—carried to his baths at first—and was waited upon like a child in dressing and undressing.

He stayed with us about nine days. His wife being dangerously sick, he was called home to see her. Before he left he could walk all around the room without crutches, and with them he walked to the North River and back, a distance of over half a mile; and he walked two or three times to Broadway and back.

We gave him for treatment, while here, a vapor-bath ten minutes every day, followed by a spray at 85°; the wet sheet-pack for forty minutes, followed by the half-bath at 90°; and at four o'clock in the afternoon the hip-bath at 85° for fifteen minutes.

He wore the wet girdle at night about the body above the hips. He ate two meals a day, almost entirely of fruits and vegetables. His general health was very much improved; his bowels became regular; his appetite good; and he gained in strength very rapidly.

CASE No. 4.—HIP-JOINT DISEASE.—Master F. R——, from Boston, Mass., a lad about twelve years of age, came to the Institute for treatment, January 22, 1863. He was a boy of a very good constitution, and had been very well up to the time his present difficulty commenced. Several weeks previous to his coming here, while skating upon the ice, he accidently slipped and fell, giving his left leg a severe twist and bruise. He felt no great inconvenience from it at first, but it was not long before he began to feel pain in the left leg, from the knee to the hip. The pain and tenderness continued, till he began to experience great inconvenience in bearing his weight upon it, and was forced to procure a pair of crutches to enable him to walk. At first his parents thought he was having a boil or abscess near the knee joint, but subsequent examinations by physicians convinced them that the true place of difficulty was in the hip-joint. The pain and inflammation continued for three or four weeks, when his parents brought him to the Institute for treatment.

Upon examination we found the left limb slightly elongated; the hip somewhat swollen; inability to bear any weight of the body upon that limb; soreness in the groin; pain when pressure was applied to any portion of the hip, which was greatly increased if the head of the femur was crowded against the acetabulum, or when the two surfaces of the joint were

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brought into contact; and this pain would become excruciating when the limb was rotated while pressure was being applied.

The general health of the patient began to suffer considerably from the confinement and inability to take exercise. He was under treatment here for three weeks only. Before he left, all pain and swelling were removed from the joint. He was able to walk all about the house without crutches, and he was feeling about as well as ever.

The treatment consisted fn removing all strain, pressure, and irritation from the joint; this was done by placing the patient upon a wide bed, and putting on adhesive straps, with a cord, pulley and weight attached, making the foot of the bed higher than the head, producing extention upon the limb, and removing all pressure from the joint; then the patient was allowed to move about in bed as much as possible, without producing pain. Fomentations were applied to the hip every day, followed by the sponge-bath. The half-bath was given almost daily at 85°, and the cold wet-compress applied between baths. His diet was fruit, grains and vegetables, eaten sparingly, without meat, butter, salt, spices, or condiments.

Before leaving the establishment we put upon him one of Otto & Ryndr's instruments, so as to enable the patient to walk about and use his limb without danger of reproducing the inflammation. He was heard from, some four weeks after leaving here, and was, to all appearances, as well as ever he was in his life.

We have treated several cases of hip-joint disease since I have been connected with this Institution, with equally as good success, although cures were not performed quite so quickly, from the fact that they were much farther advanced and of much longer standing before coming here. We have treated some cases even after the joint had become anchylosed; the adhesions have been broken up, and the limb straightened, and the deformity partially or completely overcome. One or two of these cases will be reported in future numbers of the HERALD OF HEALTH.

Disease of the hip-joint is generally considered, by physicians, as very formidable difficulties to overcome, and under the ordinary treatment, a majority of the cases do not recover.

There is generally no difficulty in curing it with our system, if the patient goes under treatment before the inflammation has progressed to suppuration. When suppuration takes place, active treatment should be resorted to, to prevent the destruction of the tissues about the joint. In some cases the matter formed about the joint will not work out till the head of the bone is entirely destroyed, together with many of the surrounding tissues. Permanent deformities are apt to result from such cases, and an incalculable amount of suffering endured by the patient.

Any person suspecting disease of this joint, should not fail to obtain competent medical advice; and if it proves such, put themselves into the hands of some physician who understands the nature of the disease and the correct methods of treating it. Permanent, life-long, incurable deformities might be prevented, to say nothing of the almost unavoidable suffering which would be relieved bp so doing.

FACTS FOR THE CURIOUS.—FEMALE BEAUTY.—The ladies of Arabia stain their fingers and toes red, their eye-brows black, and their lips blue. In Persia, they paint a black streak around the eyes, and ornament their faces with various figures. The Japanese women gild their teeth, and those of the Indies paint them red. The peal of teeth must be dyed black to be beautiful in Guzurat. The Hottentot women paint the entire body in compartments of red and black. In Greenland the women color their faces with blue and yellow, and they frequently tattoo their bodies by saturating threads in soot, inserting them beneath the skin, and then drawing them through. Hindoo females, when they wish to appear particularly lovely, smear themselves with a mixture of saffron, tumeric, and grease. In nearly all the islands of the Pacific and Indian oceans, the women, as well as the men, tattoo a great variety of figures on the face, the lips, the tongue, and the whole body. In New Holland they cut themselves with shells, and by keeping the wounds a long time form deep scars in the flesh, which they deem highly ornamental. And another singular addition is made to their beauty by taking off, in infancy, the little finger of the left hand, at the second joint. In ancient Persia, an aqualine nose was often thought worthy of the crown; but the Sumatran mother carefully flattened the nose of her daughter. Among some of the savage tribes of Oregon, and also in Sumatra and Arracan, continual pressure is applied to the skull in order to flatten it, and thus give it a new beauty. The modern Persians have a strong aversion to red hair; the Turks, on the contrary, are warm admirers of it. In China small round eyes are liked; and the girls are continually plucking their eyebrows, that they may be thin and long. But the great beauty of a Chinese lady is in her feet, which, in childhood, are so compressed by bandages, as effectually to prevent any further increase in size.—The four smaller toes are turned under the foot, to the sole of which they firmly adhere; and the poor girl not only endures much pain, but becomes a cripple for life. Another mark of beauty consists in finger nails so long that castings of bamboo are necessary to preserve them from injury. An African beauty must have small eyes, thick lips, a large, flat nose, and a skin beautifully black. In New Guinea, the nose is perforated, and a piece of wood or bone inserted.

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BULWER'S LETTER ON WATER-CURE.

(CONTINUED.)

I do not say that I had any malady which the faculty could pronounce incurable—I say only that the most eminent men of the faculty had failed to cure me. I do not even now affect to boast of a perfect and complete deliverance from all my ailments. I cannot declare that a constitution naturally delicate has been rendered Herculean, or that the wear and tear of a whole manhood have been thoroughly repaired. What might have been the case had I not taken the cure at intervals, had I remained at it steadily for six or eight months without interruption, I cannot do more than conjecture, but so strong is my belief that the result would have been completely successful, that I promise myself, whenever I can spare the leisure, a long renewal of the system. These admissions made, what have I gained meanwhile to justify my eulogies and my gratitude?—an immense accumulation of the capital of health. Formerly it was my favorite and querulous question to those who saw much of me: "Did you ever know me twelve hours without pain or illness?" Now instead of these being my constant companions, they are but my occasional visitors. I compare my old state and my present to the poverty of a man who has a shilling in his pocket, and whose poverty is, therefore, a struggle for life, with the occasional distress of a man of £5,000 a year, who sees but an appendage endangered or a luxury abridged. All the good that I have gained is wholly unlike what I ever derived either from medicine or the German mineral baths: in the first place, it does not relieve a single malady alone; it pervades the whole frame; in the second place, far from subsiding, it seems to increase by time, so that I may reasonably hope that the latter part of my life, instead of being more infirm than the former, will become, so far as freedom from suffering and the calm enjoyment of external life are concerned —my real, my younger youth. And it is this profound conviction which has induced me to volunteer these details, in the hope (I trust a pure and kindly one) to induce those, who more or less have suffered as I have done, to fly to the same rich and bountiful resources. We ransack the ends of the earth for drugs and minerals—we extract our potions from the deadliest poisons—but around us and about us, Nature, the great mother, proffers the Hygeian fount, unsealed and accessible to all. Wherever the stream glides pure, wherever the spring sparkles fresh, there, for the vast proportion of the maladies which Art produces, Nature yields the benignant healing.

It remains for me to say merely as an observer, and solely with such authority as an observer altogether disinterested, but without the least pretence to professional science, may fairly claim what class of diseases I have seen least and most tractable to the operations of the water-cure, and how far enthusiasts appear to me to have over-estimated, how far skeptics have undervalued the effects of water as a medicament. There are those (most of the water-doctors especially) who contend that all medicine by drugs is unnecessary; that water, internally and outwardly applied, suffices in skilful management for all complaints; that the time will come when the drug doctor will cease to receive a fee, when the apothecary will close his shop, and the water-cure be adopted in every hospital and by every family. Dreams and absurdities! Even granting that the water-cure were capable of all the wonders ascribed to it, its process is so slow in most chronic cases; it requires such complete abstraction from care and business; it takes the active man so thoroughly out of his course of life, that a vast proportion of those engaged in worldly pursuits cannot hope to find the requisite leisure. There is also a large number of complaints (perhaps the majority) which yield so easily to a sparing use of drugs, under a moderately competent practitioner, that the convenient plan of sending to the next chemist for your pill or potion can never be superseded, nor is it perhaps desirable that it should be. Moreover, as far as I have seen, there are complaints curable by medicine which the water-cure utterly fails to reach.

The disorders wherein hydropathy appears to be least effectual are—first, neuralgic pains, especially the monster pain of the Tic Douloureux. Not one instance of cure in the latter by hydropathy has come under my observation, and I have only heard of one authentic case of recovery from it by that process. Secondly, paralysis of a grave character in persons of an advanced age. Thirdly, in tubercular consumption. As may be expected, in this stage of that melancholy disease, the water-cure utterly fails to restore, but I have known it even here prolong life, beyond all reasonable calculation, and astonishingly relieve the more oppressive symptoms. In all cases where the nervous exhaustion is great and of long standing, and is accompanied with obstinate hypochondria, hydropathy, if successful at all, is very slow in its benefits, and the patience of the sufferer is too often worn out before the favorable turn takes place. I have also noticed that obstinate and deep-root-

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ed maladies in persons otherwise of very athletic frames, seem to yield much more tardily to the water-cure than similar complaints in more delicate constitutions; so that you will often see of two persons afflicted by the same genera of complaints, the feeble and fragile one recovers before the stout man with Atlantic shoulders evinces one symptom of amelioration.

[Notwithstanding Bulwer's skepticism, the "dreams" of the most ultra "water-doctors" have been realized. It is now known that drugs do not cure at all; that, in the language of Professor Paine, they only cure one disease by producing another. Moreover, the time has come when tens of thousands of families have entirely discarded drug-medicines from their households. It is true that many cases of neuralgia, tubercular consumption, and nervous exhaustion, are not curable by water-treatment. But the same cases are not curable by any treatment. We have cured many cases of neuralgia. Many of these patients, however, are literally drugged to death before they resort to our system. So far as tubercular consumption is concerned, we do cure some cases, while drugs cure none. Most of these patients, too, come to us in the latter stage, when all chance of a cure is hopeless. These remarks also apply to nervous exhaustion. Our system does not profess to raise the dead. But the drug system kills the living.—EDITOR.]

Those cases, on the other hand, in which the water-cure seems an absolute panacea, and in which the patient may commence with the most sanguine hopes, are—first, rheumatism, however prolonged, however complicated. In this the cure is usually rapid; nearly always permanent. Secondly, gout. Here its efficacy is little less startling to appearance than in the former case; it seems to take up the disease by the roots; it extracts the peculiar acid, which often appears in discolorations upon the sheets used in the application, or is ejected in other modes. But here, judging always from cases subjected to my personal knowledge, I have not seen instances to justify the assertion of some water-doctors that returns of the disease do not occur. The predisposition, the tendency, has appeared to me to remain. The patient is liable to relapses; but I have invariably found them *far* less frequent, less lengthened, and readily susceptible of simple and speedy cure, especially if the habits remain temperate.

Thirdly, that wide and grizzly family of affliction classed under the common name of *dyspepsia*. All derangements of the digestive organs, imperfect powers of nutrition—the *malaise* of an injured stomach, appear precisely the complaints on which the system takes firmest hold, and in which it effects those cures that convert existence from a burden into a blessing. Hence, it follows that many nameless and countless complaints proceeding from derangement of the stomach, cease as that great machine is restored to order. I have seen disorders of the heart which have been pronounced organic by the learned authorities of the profession, disappear in an incredibly short time; [These cases could not have been correctly diagnosticated. Of several hundreds of patients we have had to treat, whose cases, after a careful stethoscope examination by eminent physicians and surgeons, were pronounced organic disease of the heart, we have found only two cases. All the rest were cases of constipation, visceral obstruction, and nervous irritability. "Disorders of the heart" are, in ninety-nine cases in a hundred, disorders of the digestive organs. And the same of a long list of maladies which are grouped as "disorders of the head.—ED.] cases of incipient consumption, in which the seat is in the nutritious powers, hæmorrhages, and various congestions, shortness of breath, habitual fainting fits, many of what are called, improperly, nervous complaints, but which, in reality, are indications from the main ganglionic spring; the disorders produced by the abuse of powerful medicines, *especially mercury* and iodine, the loss of appetite, the dulled sense, and the shaking hand of intemperance, skin complaints, and the dire scourge of scrofula; all these seem to obtain from hydropathy relief; nay, absolute and unqualified cure, beyond not only the means of the most skilful drug doctor, but the hopes of the most sanguine patient.*

The cure may be divided into two branches: the process for acute complaints and that for chronic; I have just referred to the last. And great as are there its benefits, they seem commonplace beside the effect the system produces in acute complaints. Fever, including the scarlet and the typhus, influenza, measles, small-pox, the sudden and rapid disorders of children, are cured with a simplicity and precision which must, I am persuaded, sooner or later, render the resources of the hydropathist the ordinary treatment for such acute complaints in the hospitals. The principal remedy here employed by the water-doctor is, the wet-sheet packing, which excites such terror amongst the uninitiated, and which, of all the curatives adopted by hydropa-

* Amongst other complaints, I may add dropsy, which in its simple state, and not as the crowning system of a worn-out constitution, I have known most successfully treated; cases of slight paralysis; and I have witnessed two instances of partial blindness, in which the sight was restored.

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thy, is unquestionably the safest; the one that can be applied without danger to the greatest variety of cases, and which, I do not hesitate to aver, can rarely, if ever, be misapplied in any cases where the pulse is hard and high, and the skin dry and burning. I have found in conversation so much misapprehension of this very easy and very luxurious remedy, that I may be pardoned for re-explaining what has been explained so often. It is not, as people persist in supposing, that patients are put into wet sheets, and there left to shiver. The sheets, after being saturated, are well wrung out; the patient quickly wrapped in them; several blankets tightly bandaged round, and a feather-bed placed at top; thus, especially where there is the least fever, the first momentary chill is promptly succeeded by a gradual and vivifying warmth, perfectly free from the irritation of *dry* heat; a delicious sense of ease is usually followed by a sleep more agreeable than anodynes ever produced.

It seems a positive cruelty to be relieved from this magic girdle in which pain is lulled, and fever cooled, and watchfulness lapped in slumber. The bath which succeeds refreshes and braces the skin, which the operation relaxed and softened. They only who have tried this, after fatigue or in fever, can form the least notion of its pleasurable sensations, or of its extraordinary efficacy; nor is there any thing startling or novel in its theory. In hospitals now water-dressings are found the best poultice to an inflamed member; this expansion of the wet dressing is a poultice to the whole inflamed surface of the body. It does not differ greatly, except in its cleanliness and simplicity, from the old remedy of the ancients—the wrapping the body in the skins of animals newly slain, or placing it on dunghills, or immersing it, as now in Germany, in the soft-slough of mud baths.* Its theory is that of warmth and moisture, those friendliest agents to inflammatory disorders. In fact, I think it the duty of every man, on whom the lives of others depend, to make himself acquainted with at least this part of the water-cure. The wet sheet is the true life-preserver. In the large majority of sudden inflammatory complaints, the doctor at a distance, prompt measures indispensable, it will at least arrest the disease, check the fever till, if you prefer the drugs, the drugs can come—the remedy is at hand, wherever you can find a bed and a jug of water; and whatever else you may apprehend after a short visit to a hydropathic establishment, your fear of that bugbear, the wet sheet, is the first you banish. The only cases, I believe, where it can be positively mischievous, is where the pulse scarcely beats; where the vital sense is extremely low; where the inanition of the frame forbids the necessary reaction in cholera, and certain disorders of the chest and bronchia; otherwise at all ages, from the infant to the octogenarian, it is equally applicable, and in most acute cases, equally innocent.

Hydropathy being thus rapidly beneficial in acute disorders, it follows naturally that it will be quick as a cure in chronic complaints in proportion as acute symptoms are mixed with them, and slowest where such complaints are dull and lethargic—it will be slowest also where the nervous exhaustion is the greatest. With children, its effects, really, and genuinely, can scarcely be exaggerated; in them, the nervous system, not weakened by toil, grief, anxiety, and intemperance, lends itself to the gracious element as a young plant to the rains. When I now see some tender mother coddling, and physicking, and preserving from every breath of air, and swaddling in flannels, her pallid little ones, I long to pounce upon the callow brood, and bear them to the hills of Malvern, and the diamond fountain of St. Anne's—with what rosy faces and robust limbs I will promise they shall return—alas! I promise and preach in vain; the family apothecary is against me, and the progeny are doomed to rhubarb and the rickets.

The water-cure as yet has had this evident injustice; the patients resorting to it have mostly been desperate cases. So strong a notion prevails that it is a desperate remedy, that they only who have found all else fail have dragged themselves to the Bethesda Pools. That all thus not only abandoned by hope and the College, but weakened and poisoned by the violent medicines absorbed into their system for a score or so of years; that all should not recover is not surprising! The wonder is that the number of recoveries should be so great; that every now and then we should be surprised by the man whose untimely grave we predicted when we last saw him, meeting us in the streets ruddy and stalwart, fresh from the springs of Graefenberg, Boppart, Petersham, or Malvern.

(To be Concluded in our next.)

* A very eminent London physician, opposed generally to the water-cure, told me that he had effected a perfect cure in a case of inveterate leprosy, by swathing the patient in wet lint covered with oil skin. This *is* the wet-sheet packing, but there are patients who would take kindly to wet lint, and shudder at the idea of a wet sheet!

Those who are always mending the road to heaven have no time to pursue it.

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Literary Notices.

THE GREAT CONSUMMATION, by the Rev. Dr. CUMMINGS, has been issued by Carlton, of Broadway. It is a sequel to previous volumes by the same author, entitled "The Great Tribulation," and "The Great Preparation." The works are all "great" in scholarship and sincerity as well as in title, whether wise or otheswise in theology or philosophy. That the world will come to an end; there will be great tribulation among the children of men, and that a millenial period will sooner or later exist on the earth, are matters concerning which all seem to be agreed; but all the prognostications and computations as to the day or year or century, seem to our understanding to leave the whole matter just where nature and the Bible have placed it in the record: "No man knoweth." The works of Dr. Cummings are readable, elegant and instructive.

THE PENTATEUCH VINDICATED FROM THE ASPERSIONS OF BISHOP COLENSO, by Prof. WM. H. GREEN, of Princeton, N. J., has been published by John Wiley. We regret the title of this book, while we like its contents.—That harsh word "aspersions" is uncalled for, and evinces an uncharitable spirit. The Bishop of Natal did not asperse the Bible. He professes his full belief in the Divine authenticity of the book, but regards some portions of it as merely historical, and erroneous, in the sense in which it is usually understood. He may be in error; but no one impugnes his honesty, and, therefore, it is his writings, not his person or character, that the able critics and scholars who differ with him should direct their missiles against.—Would it not have been more in harmony with the spirit of Christian tolerance to have said "errors" instead of "aspersions?" Prof. Green wields a keen and humorous pen. The *Christian Intelligencer* thinks he has entirely demolished the Bishop's arithmetic; and the New York *Times* thinks the missionary Bishop is no match for the academical Professor.

THE TAX-PAYER'S MANUAL, by D. Appleton & Co., showing the items of taxation, the mode of proceeding, the duties of officers, &c., &c., is a useful book of 184 pages, for all who are not so fortunate as to be able to say, "blessed be those who have nothing, for they shall not be taxed. Paper cover, 50 cents; cloth, 75 cents.

ON THE ORIGIN OF SPECIES; or the Cause of the Phenomenon of Organic Nature, by THOS. H. HUXLY, F.R.S., has been issued by Appleton. Price, one dollar. No subjects discussed at the annual meeting of the British Association for the Advancement of Science, at Cambridge, England, in October last, excited more attention or elicited more feeling than that announced in the title of Professor Huxly's work. We have heretofore alluded to a little scientific and somewhat personal sparring which took place between Profs. Huxly and Owen, in their discussion on the gorilla, aye-aye, orang, &c. The subject of Prof. Huxly's work is one of profound and universal interest, and is ably treated. We subjoin the table of contents. We shall notice it at length hereafter:

I. The present organization of organic nature.
II. The past condition of organic nature.
III. The methods by which the causes of the present and past conditions of organic nature are to be discovered. The organization of living beings.
IV. The perpetuation of living beings, hereditary transmission and variation.
V. The conditions of existence as affecting the perpetuation of living beings.
VI. A critical examination of the positions of Mr. Darwin's work, "On the Origin of Species," in relation to the complete theory of the causes of the phenomena.

THE LANDMARKS AND IONA INDEX is a very excellent monthly for the improvement of the Farm, the Garden, the Orchard, and the Vineyard. Its editor and publisher, Dr. GRANT, of Iona, near Peekskill, N. Y., is a man of science, who has devoted most of his life to the subject he treats in the LANDMARKS. The typography and illustrations are almost faultless, and the matter of the first order. Address C.W. GRANT, Peekskill, New York.

The idea of a SCHOOLVISITOR in the shape of a monthly periodical for the instruction of the pupils in our schools, and to give them a variety of new and interesting exercises for reading and thought, is the perfection of the plan of a school reader, the only one that will ever secure an interest in the reading classes of our schools, such as the importance of the branch demands. The reading of old newspapers and almanacs is a decidedly dull amusement for grown up people, and trying to make children interested in their reading lessons from books of almost any series is simply spending a large amount of the child's time and parents' money to little purpose, and if continued, we shall find in the next generation, as in this, ten good scholars in other departments to one in reading. Understanding this, and with his accustomed desire to do all in his power to elevate the standard of education, Alex. Clark started the DAY SCHOOL VISITOR monthly, which has proved a decided success. It has now the largest circulation of any educational journal. It is in magazine form, beautifully illustrated readings, music, speeches, dialogues, stories, puzzles, &c., &c. It is as well adapted to home reading as the school.—Published by Daugaday & Hammond, Philadelphia, at 50 cents per year.

Publisher's Department.

OUR BUSINESS ADDRESS.—All subscriptions and communications concerning this Journal, and all orders for our Books or other publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all times by our business associate.—EDITOR.

TO CONTRIBUTORS.—All matter intended for this Journal must be received by the 10th of the preceding month on which it is to appear. Advertisements should be sent in as early as practicable. This rule is necessary to enable us to put the Journal to press at as early a date as possible to facilitate the dispatch of the mails.

TO CORRESPONDENTS.—Write plainly, spell accurately, punctuate carefully, and attend to your grammar thoroughly. Never omit a little word supposing the compositor will supply it; nor *botch* a sentence, expecting the printer to correct it. Never imagine for a moment that the editor is one of those nothing-to-do mortals who can attend to everybody's business except his own. Be particularly careful in writing names of places and persons. In a word, do your work as well as you can do it, or do not do it at all. Make no apologies because you have not time to correct your article. If you cannot finish it don't send it. We are obliged to reject articles we should be very glad to publish, if we had time to re-write them.

☞ All business letters of every description, pertaining in any way to the HERALD OF HEALTH, or anything we have for sale, should be addressed to R. T. TRALL & Co., and not to any individual member of the firm. By so directing, our friends will secure quicker returns, save us much inconvenience, and prevent the possibility of mistakes which are almost inevitable at times when business passes through several hands.

LECTURES ABROAD.—Among those who are doing a good work, "in season and out of season," in indoctrinating the people with the saving truths of the Gospel of Health, is B. M. Lawence, the itinerant poet, orator, wit, and best of all, reformer. He never fails to improve the occasion in his addresses, lectures, or concerts, to speak the right word in the right place, in the cause of Hygeio-Therapy in general, and the HERALD OF HEALTH in particular. Our subscription list contains the names of many persons who will live to thank him for directing their attention to these subjects.

MISSING NUMBERS.—We receive complaints almost daily that the HERALD OF HEALTH is not received by subscribers to whom we have sent it. We have heard of "rascally postmasters," and of deputy postmasters, who appropriate what they happen to fancy or destroy what they happen to dislike, instead of delivering them to their owners. But we are loth to believe that there are such creatures on the earth.

BACK NUMBERS.—We are electrotyping each number of the HERALD OF HEALTH, and can supply back numbers at any time to any extent.

J. C., Oskaloosa, Iowa.—We most sincerely hope your list of subscribers will entitle you to a scholarship in our College next winter. But should it fall short, you may take the $50 library, or continue the canvss another year in view of a scholarship, or have the credit on your scholarship for the amount.

EVA E. PEAL, Andrew county, Mo.—We should be most happy to send you missiug number, but you did not give post office.

MRS. E. J. P., Palmyra, Kansas.—The subscribers which you have forwarded will be credited to your name. Thanks for your generous efforts.

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NEW YORK, MAY, 1863.

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 THE EDITOR.

THOUGHTS ABOUT THINKING.—What a world of mind as well as of body is wasted, rendered useless, or ruined for all practical purposes, by inattention to health conditions! More than a dozen years ago, a down-town merchant came to our establishment very sick of dysentery. In a week he was about, and for six years he remained with us as a boarder, during which time he never lost a day nor an hour because of sickness. Previous to adopting the Hygienic mode of living he had frequent seasons of indisposition, so that his business suffered, and on many occasions he was so dull, depressed, and mentally stupid, that he made bad bargains, and missed opportunities for making good ones. He failed in business. But since he has adopted a more healthful manner of life, he always has his wits about him, and is now one of the most active, shrewd and successful operators in Wall street.

Mr. A. T. Stewart, the Broadway merchant, who has made more millions of dollars, perhaps, in mercantile business, than any other person in this country, if not in the world, is quite a "cold water man," and extremely temperate and almost abstemious in his dietetic habits. He bathes regularly, takes but two meals a day, and very plain ones at that. Not long since he informed a friend of ours that he could always think best when he dieted moderately. Many a man, with equal acquisitiveness, and equal original talent, has failed to make a fortune, or even to secure a competency, for no other reason than because his stomach was so overburdened that he could not think, his bowels so constipated that he could not reason, his liver so torpid that he could not understand, and his blood so thick and heavy that he could not act.

It is true that some men, of massive intellects, and with extraordinary opportunities, have attained eminence in the arts and sciences, and have been successful in business, who have been gross-feeders, high-livers, gormandizers and gluttons. But how much more could they have accomplished, and how much better would their influence on society have been, if their habits had been like those of Stewart, or Astor, or Lamartine?

In one of our College clinics, near the close of the school term, during the discussion of the dietetic part of our prescriptions, a gentleman who was casually present, related the story of a celebrated and very successful hunter, who would never allow his dogs to eat flesh. He declared that it blunted their senses, and that their hearing, smelling and seeing were much keener to pursue the prey, when they were restricted to a vegetarian diet.

Friend Martin, the Boston "Wherryman," who has probably conducted his dietetic experiments more philosophically than any other person in modern times, and who has lived for years almost exclusively on fruit, is an excellent illustration of the keenness and delicacy of the organic instincts and sensibilities, consequent on a pure and simple dietary.

But there is quality as well as quantity of thought. Who that thinks too consecutive thoughts on this subject can doubt that, the purer the instincts the truer will be the thoughts? Those who live most in accordance with the laws of the vital organism, will be in more normal relations to all sources of truth, and hence, other circumstances being equal, can better appreciate truth on all subjects which come under the cognizance of the external senses, besides being capable of more intense and prolonged mental study and application. Some persons will work their brains fifteen hours a day with less wear and tear of mind or body, than others can work their brains five hours, simply because the blood is purer and the living machinery less obstructed.

TYPHOID FEVER.—Of the diseases which properly come under this head, more than one thousand die weekly in the United States. In the city of New York, there are nearly five thousand deaths annually of certain febrile and

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inflammatory diseases, of whose essential character the term typhus or typhoid is expressive.

How much of this mortality belongs to the disease, and how much is attributable to the treatment? We have long been of opinion that very few cases of typhoid fever are really dangerous; that, left to themselves, very few patients would die. And this conviction we have been stating and reiterating for nearly twenty years, during which time we have not lost a single case of typhoid fever of any kind; and we have treated it under its various aspects of putrid, nervous, ship, spotted, malignant scarlatina and erysipelas, confluent small-pox, black measles, influenza, pleuro-pneumonia, &c. Nor have we picked our cases. We have treated whatever cases we have been called to, and have never declined a bad case. And some cases which we have treated were aggravated, and the patient's life endangered by the drug doctors before we took charge of them.

Many physicians of the drug schools have tried water treatment, and in all instances they have testified to the incomparable superiority of water treatment. The great Magendie, of France, tried this experiment in one of the hospitals in Paris, and the result was, all who took no medicine recovered, while of those who were drugged in the ordinary way, the usual proportion died. No wonder Magendie said, on one occasion, to his medical class: "Medicine, gentlemen, is a humbug."

These facts are recorded in medical history. They are known to medical men. No one presumes to dispute their correctness and authenticity; yet, the dosing and drugging, the poisoning and killing go on, and people are dying all over the land of typhoid fever—or of drugs. A slight attack, a few days of indisposition, a dozen doses of poison, an unexpected collapse, and Cavour, Albert, Buckle, Douglas, Hinckley, Perry, Mitchell, Hoffman, Haws and Sumner are numbered with the dead! That no one of these distinguished dead had any fatal disease, independent of the treatment, we most religiously believe. And these remarks will apply to three Presidents of the United States—Washington, Harrison, Taylor.

The doctors have been educated, or miseducated into the belief, and the people have been born into the faith that, if a person has a fever, he must be dosed with some combination of drug-shop poisons, once an hour or two, day and night, so long as the fever continues. Frequently the poor patient swallows medicine enough to have killed half-a-dozen well persons. Three or four pharmacological preparations are administered several times a day, each composed of several ingredients, so that, in the course of twenty-four hours, the patient may take into his system ten or twenty different poisons. We have counted, in the reports of cases in the medical journals, more than fifty different drugs which have been prescribed within a period of two weeks.

There is little danger, as we have already intimated, of dying of typhoid fever; but there is serious danger to be apprehended from the popular treatment. And the plan of medication seems to grow worse as "medical science" advances. Opium, calomel, quinine, turpentine, alcohol and strychnine, are the leading potencies of the horrid and murderous practice to which leeching and blistering constitute the finishing touches. We would not speak so harshly of this abominable method of marring, and scarring, and slaughtering human beings, of the medical profession had not the evidence of its deadly tendency in their own books, and before their own eyes. The whole system is confessedly wrong. The American Medical Association has declared it to be "erroneous in theory, and fatal in practice." The more intelligent of the profession know that typhoid fevers, in all their various forms, and in all their phases of malignancy, have been treated in almost all parts of the world, and extensively in this country, England, France, and Germany, without drugs, and with almost invariable success. Can any one tell why it is, with these facts on record and before their eyes, the physicians of the drug schools still oppose the better way, and still persist in the practice which had its origin in the dark ages?

The following directions will enable almost all persons, who can exercise a little common sense, and who can divest their minds entirely of all prejudices and prepossessions, to manage typhoid fevers successfully: Let the one leading indication, to balance the circulation by maintaining as nearly as may be, the normal temperature, be always kept in mind. The danger consists entirely in local congestions or determinations. To keep the circulation balanced is to obviate too great concentration of morbid action, prevent disorganization of tissue,

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and thus conduct the disease to a successful termination. In the premonitory stage, or period of chilliness, give the patient, if practicable, a full warm bath; or a warm sitz and foot-bath; or, if these are impossible, hot fomentations. In the stage of "reaction"—the hot stage—sponge the body frequently with tepid or cool water, according to the degree of heat. If the heat is great and the whole surface dry, the wet-sheet pack is preferable. Apply cold cloths to the head; move the bowels freely with enemas of tepid water; keep the patient as quiet as possible; allow no company, visitors nor spectators; give him all the water he is disposed to drink, and no food of any kind until the disease has come to a crisis. Fresh air must be freely admitted, and during the night no whispering watchers nor lamps should be allowed in the sleeping room.

THE GRAPE CURE.—Prof. Charles A. Lee, M.D., of this clty, in writing to the American MEDICAL TIMES, from Baden Baden, gives an interesting account of a new "pathy" or Therapy, which is called the "Grape-Cure Treatment." Dr. Lee, says: "This grape-eating, as a remedy for pulmonary affections especially, has now become one of the established modes of treatment on the continent, especially on the Rhine, and certain parts of Switzerland." We have heard of the cranberry-cure for constipation; the tomato-cure for biliousness; the lemon-cure for rheumatism; the potato-cure for scurvy; the cherry-cure for dyspepsia; the blackberry-cure for diarrhoea; and we have great faith in the apple-cure for hunger. But the mystery is that the learned medical gentleman,

Who have all scienee, and all learning know,

cannot understand that the remedial efficacy of all fruit depends on the alimentary principle they possess in common, and not on some specific medicinal property which is peculiar to each.

Says Dr. Lee again: "This fruit of the vine, however, is not without its competitors, for we now hear on every side, of cures of strawberries, figs, and peaches, and other fruits." We go for the whole category of frugivorous medication. But we object to the plan of the Baden Baden doctors, of dosing out the grapes—a pound for a dose—between meals, as patients are dosed with castor oil or Epsom's salts. We should greatly prefer—and such has always been our practice—giving the grapes at meal times, and, indeed, making them the principal part of the meal.

Dr. Lee, who is or has been a Professor in nearly a dozen Medical Colleges, thus philosophises on the medicinal action of grapes: "It is generally agreed that the free use of sweet, ripe grapes not only aids nutrition, but abates the general excitability, modifies the blood, resolves pulmonary and other engorgements, and improves the secretions."

Wonderful grapes! Remarkable medicine! Singular victuals! Excellent fruit! Grand cure! Beautiful explanation! Great words! Most learned and philosophical, but not very physiological, and strangely unpathological Professor! The grapes aid, abate, modify, resolve and improve, do they? Seriously, friend Walking Library, did it ever enter within the sphere of your pericranium to conceive the truth of the sublime but simple proposition that grapes do nothing whatever? that they merely furnish the living system with the elements of nutrition which are used in replenishing the tissues? and that grapes, in this respect, and in all respects, have precisely the same relation to the vital organs; be they sick or well, that all other good and wholesome fruits do—that of useful and proper food? Well, why should not healthful food aid nutrition, abate excitability, modify blood, resolve engorgements, improve secretions, and promote the cure of all manner of diseases, better than drug-poisons? Will Professor Lee explain?

PROFANE LANGUAGE.—In the Foreign Gossip, prepared for the EVENING POST, it is stated that an old statute against profane swearing has just been revived in London, and under its provisions the Court of Queen's Bench has sentenced one Scott to pay a fine of forty shillings sterling for swearing an oath twenty times repeatedly. "This," says the SATURDAY REVIEW, "is at the rate of two shillings an oath: yet the man Scott's poverty in malediction is made up by his pertinacity in availing himself of such weapons as the devil supplied him with."

Why should any one be permitted to degrade and take away the moral character of his neighbor, or his neighbor's children, by corrupting them with profane language, any more than he is permitted to destroy their living and take away their property, by the act of robbery or theft? Profane swearing should be punished

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with as much vigor as stealing. If either crime deserves preeminence in punishment, it is swearing. The use of profane or foul language in the presence of children must of necessity have a damaging effect on the moral tone of their plastic and susceptible minds. No young person can associate with a person who uses profane or obscene language without being contaminated. And we could never understand why poisoning one's moral nature, or robbing one of moral character, should not be regarded as eqully criminal, with poisoning one's victuals or drink, or abstracting money from one's pocket. We should rejoice to see most stringent laws enacted and enforced against the soul-destroying vice of profanity, in every city and town of the civilized world. As it is now, no parent can send his child into the street, nor to the district school, nor even to church, without exposing it to the foul-mouthed profanity, not only of the rowdy and the rabble, but of those who claim to be gentlemen, and to belong to respectable society. It is the first business of all Governments to protect persons in the use and enjoyment of their property and character. It is the duty and proper function of legislation to protect the moral character of its people, as much as it is to provide securities for their houses and lands. There is scarcely a more demoralizing influence in existence than the habitual use of obscene and profane language, and that person or that government that should introduce a statute or a plan for suppressing it, would deserve the everlasting gratitude of all mankind.

CURE FOR LOCKED JAW.—An exchange paper relates the following:

A young lady ran a nail into her foot recently. The injury produced locked jaw of such a malignant character that her physicians pronounced her recovery hopeless. An old nurse then took her in hand, and applied pounded beet roots to her foot, removing them as often as they became dry. The result was a complete and astonishing cure. Such a simple remedy should be borne in mind.

Wonderful virtues have been ascribed to beet roots, basswood sprouts, plantain leaves, cabbage heads, moosewood bark, flax seed, slippery elm, Indian meal, scraped potatoes, stewed pumpkins, boiled parsnips, pounded turnips, mashed flesh, and baked beans, when employed as external applications to cut, bruised, torn, pricked, punched, contused, mangled, burned and inflamed surfaces, by those who do not see the rationale of the remedial process. Any harmless or inert material, which will retain moisture and preserve a uniform temperature, will soothe the pain and facilitate the cure; and no one who understands the principle involved need be "astonished" because the patient recovers. We should be astonished if he did not.

WILL THE PEOPLE NEVER UNDERSTAND?—In looking over our daily budget of letters and communications we are almost inclined, sometimes, to be a little out of temper with the people for their stupidity, but when we reflect that "the worst is their own," we are taught a lesson of charity and forbearance again. In hundreds of places in the United States, the Hygienic System has been tested side by side with the drug system, in the treatment of epidemics or endemics, and in every instance to the advantage of Hygienic Medication. We challenge the world, and all the race of doctors from Hippocrates to 1863, to name a single instance of such an experiment, which has not resulted in the practical condemnation of the drug system. In many places in this country, and in some places in Europe, our system has been practiced for years, and applied to the treatment of the prevalent diseases, and to all forms of acute disease incident to such localities, and the following has been the result: Every case treated hygienically has been cured, while many cases treated drugopathically have been lost. Yet still in those very places the people seem to be, with few exceptions, as blind as ever. They have eyes, but see not, or they see without perceiving. They act as though common sense, and the testimony of their own eyes, were to be ignored in all matters pertaining to diseases and remedies. They seem to be not only spell-bound and infatuated, but actually charmed with the beautiful philosophy which teaches that people must be poisoned because they are sick. And no extent of evidence, no amount of demonstration, seems sufficient to relieve their minds from the paralyzing incubus of a false, absurd and murderous medical system. We are impelled to these expressions by reading a number of unusually aggravating letters in rapid succession, one of which is from Dr. Henry McCall, of Oskaloosa, Iowa, from which we make a few extracts:

Dr. R. T. Trall:—"I am well pleased to see the efforts you are making to extend the circulation of the HERALD. I send you another list of

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names; I am sorry it is not ten times larger. I have been unusually busy in out-door practice lately. Our warm and changeable weather has occasioned the extensive prevalence of typhoid fevers and pneumonias. The measles has also prevailed alarmingly. There has been greater fatality this winter than usual, especially among children. Out of a population of three thousand we have averaged one funeral per day. The drug doctors aggravate their cases by poisoning the patients; and when the patients die, they pronounce them bad cases, 'they had no hopes from the start,' &c. Several of their typhoid fever and lung-fever patients have lain on their beds from six to twelve weeks. By way of contrast, I have had an average of eight or ten new patients every week, and I have not lost a single case this winter. When Dr. Kimball was here we were called to see a boy, ten years of age, who, three years ago, had a severe course of inflammation of the lungs. On that occasion I treated him and he recovered in ten days. Recently he had measles. Dr. R. (who discussed the spleen with you when you lectured here), saw him, and declared that, if the lung-fever followed the measles (as he had once had lung-fever), he would surely die. Well, he did have lung-fever. We gave him the wet-sheet pack, with wet-compresses, changed every hour, and soon reduced the fever; after which we gave him a sweat in a hot sitz-bath, and applied the wet-gridle at night—moving the bowels freely with enemas of tepid water. On the third day he was out and around, the prognosis of your friend, Dr. R., to the contrary notwithstanding."

Dr. McCall reiterates the statement he made when we visited Oskaloosa last summer, that, in an active practice of four years, he has only lost four patients, and all of these were chronic cases in a desperate or dying condition when he first prescribed for them. He has not yet lost the first case of acute disease. What drug doctor on earth can give a better record?

DEATH OF GENERAL SUMNER.—We have watched the newspapers and medical journals thus far in vain, for any precise or intelligible account of the disease, or the treatment of which General Sumner died. The only particulars relating to his case which we have yet seen, were published in the Syracuse JOURNAL of March 21st:

He reached his home in this city, from Washington, on Friday, the 13th inst.—a week ago yesterday—having just received from the President an appointment to the department of the West, and intended early this week to take his departure for his headquarters, at St. Louis. On Sunday last he attended church, and appeared to be in his usual good health. The next morning, about two o'clock, he was taken with a high fever, which appeared to be the result of a cold. A physician (Dr. Trowbridge) was called, and at the patient's request, mild remedies were administered to him, so that he might not be prevented from making his intended journey. The next day (Tuesday) his condition was such that his physician put him under vigorous medical treatment. On that day, the succeeding day, (Wednesday,) and even as late as Thursday, General Sumner daily expressed his determination to proceed to St. Louis, and but for the absolute refusal of his physician to permit it, he would have undertaken the journey. On Thursday noon, he directed that a special car be procured for him and the members af his Staff, and that rooms be ordered by telegraph for him that night at Buffalo. It was while endeavoring to convince his family that he had the strength to stand the ride by railroad to Buffalo, by walking several times across the hall adjacent to his room, that he took the additional cold which developed his disease into a severe attack of congestion of the lungs, which terminated fatally in thirty-six hours afterward.

The fact that General Sumner persisted, until Thursday noon, in his determination to travel, and on that very afternoon, shows that the disease could not of itself have been at all alarming. But, as we have the story, he died of two colds. What abont that "vigorous" treatment? As we interpret the record, the "mild" treatment developed the condition which necessitated the vigorous treatment, and then the vigorous treatment developed the condition which necessitated the death. If his physicians will inform the public what remedies they employed, we will very gladly modify this opinion if we can find occasion so to do. We can see no reason why the hardy veteran should have died of a couple of colds, nor of a "high fever;" and we fully believe that if he had taken a warm bath, an enema of pure tepid water, and no drugs of any kind, he might have safely and successfully have pursued his journey to the West.

EXPERIMENTS ON CONSUMPTIVES.—In its department of "Progress of Medical Science," and under the head of "On the Therapeutics of Consumption," the American MEDICAL TIMES says:

"In a paper read before the Medical Society of London, by Dr. Cotton, the author presented the results of some experiments which he had been carrying on for the last five years at the Hospital for Consumption, Brompton, upon the action of certain medicines on phthisis. He had exhibited phosphorous, liquor potassæ, hydrochloric acid, iodide of iron, iodide of potassium, chloride of sodium, vinum ferri, glycerine, sesquichloride of iron, chlorate of potash, quinine, and phosphoric acid, each in twenty-five cases of uncomplicated consumption. After giving somewhat in detail the effect of each remedy, he concludes that since, during the administration of each one of the agents he had ex-

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perimented upon, several cases were observed to run through the various phases of the disease, some to a fatal termination, it is obvious that, whatever the amount of benefit which in some cases followed their use, no one of such agents deserves the title of 'specific.' It may fairly be concluded that the good effect by any of these agents was due to their respective tonic and upholding influence upon the general system."

How much longer must these murderous experiments be "carried on," before medical men can learn the simple common-sensical truth that, those agents which will produce consumption in well persons, are not the remedies to cure the consumption of sick persons? The profession has been trying similar experiments for several centuries, without curing a single case, but with the result, as Professor Hosack said of one of the vaunted "specifics"—digitalis—of hurrying "thousands to their graves." The essential causes of consumption are, impure materials in the blood, occasioning obstruction and congestion in the lungs, followed by tuberculation, ulceration, etc. This is universally admitted by the medical profession, and is the opinion of all mankind. How, then, is the administration of poisonous drugs of any kind, to remove this impurity, or overcome this obstruction in the lungs? It can do nothing of the sort. It only adds to the existing evils. It is only producing new forms and complications of drug diseases, causing the vital powers to waste their energies in a warfare against the "remedies," and thus lessening, if not destroying, what little chance the poor patient might otherwise have to recover. But these drugs, it is confessed, do not cure. It is not directly asserted that they do any good. It is only "fairly concluded" that "whatever amount of benefit," and "the good effected," are due to their "tonic and upholding influence." Such protection as vultures give to doves! Before we seek for an explanation of good effects, we should have some evidence beside dubious verbiage, some testimony beside "the incoherent expressions of incoherent ideas," that these are good effects. The idea that mineral drugs, or poisons of any sort, can uphold the vital powers, or do anything but destroy them, never did and never will enter into the imagination of any rational mortal to conceive, until that person's reasoning powers have been perverted and sophisticated by false medical doctrines. We respectfully suggest to the Medical Society of London, and the physicians of Brompton Hospital, the propriety of "experimenting" a little with such agents as we have found truly "upholding" and actually curative in many cases of confirmed consumption, viz.: fresh air; pure water; simple food; abundant sunshine; exercise, active or passive, according to circumstances; tepid bathing, with abundant friction of the skin; calisthenic, and gymnastic, or "movement-cure" exercises, to expand the chest and promote the respiration, and thus free the lungs and purify the blood. We shall probably be in London again in the course of the season, and with Dr. Cotton's permission, we will take pleasure in visiting the hospital and explaining, in a clinical lecture, the Hygienic Method for treating consumption. A note addressed to us at 337 Strand, will be respectfully attended to.

THAT THREATENED DISCUSSION.—J. B. B. writes us from Canada West: "I do hope from the bottom of my heart that William McNeil, of Napanee, now that you have accepted his challenge for a public discussion, will face the music! A thorough public discussion between you and some of our most talented drugopaths, would do more for Health Reform than almost anything else. Many of our people would go to Toronto, if you will have it there."

We are ready and willing for the proposed discussion, and have been for a dozen years; but, for some reason or other, our opponents deliver their premonitory flourishes, and when the time comes to face the music, they are all "NON-COMEATIBUS" We have frequently offered, and we now repeat the offer, to go to any place in the United States, Canada, or to any part of the civilized world, at any time, on due notice, and at our own expense, provided any medical gentleman whose competency shall be endorsed by the Faculty of any Medical College in the world, will meet us and discuss publicly the respective merits and demerits of the Hygienic and Drug Medical systems. Or if our opponent will come to New York, we will pay his expenses. We have heard nothing further from the redoutable McNeil. We begin to suspect he is only a myth, and very much fear that, like all his illustrious predecessors in this line, he is for "skedaddling."

THE HEALTH ASSOCIATION.—We are not yet able to announce the place nor time of the Annual Meeting of the National Health Associa-

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tion. Wilmington, Delaware, Cleveland, Ohio, New Haven, Connecticut, and even a place "way down east," near the north-east corner of creation, known as Boston, in the State of Massachusetts, have been mentioned. Just now the tide is setting strongly in favor of holding it in Central Park, New York City. Suffice it to say at this writing, that there will be a Health Convention, and a rousing one, too, somewhere, in the month of June next. The time and place will be announced in our June issue, and our friends must sleep on their arms so as to "start up" suddenly, "turn out rapidly," and march quickly when the "long roll" is heard.

P. S.—Since the above was in type we have received reasons sufficient to induce us to name Wilmington, Del., as the place for the next annual meeting, and Tuesday, June 9th, as the day. Among the reasons for this conclusion are, pressing invitations from those sterling advocates of our cause, Dr. John Cameron, Dr. Pusey Heald, Thomas Garrett, Esq., and others. And another consideration worth naming is, the annual meeting of those earnest reformers, the Progressive Friends, which is to be held in Longman, ten miles from Wilmington, on the 6th, 7th and 8th June. We shall endeavor to meet with the Friends, and, if opportunity offers, to talk a little on our particular ISM, the health-hobby.

THE HOME, THE INSTITUTE, AND THE COLLEGE.—Some of our friends have intimated that we have laid out, for the ensuing year, a little more business than any one mortal man can properly attend to; and several of our prospective patients have wondered how we can manage to see to two large houses full of invalids, and more than one hundred miles apart, and at the same time lecture in the College during the summer term. We answer: Much depends on properly systematizing time and business, and a good deal on having the right associates and help. Twelve years ago, we had the medical direction of our present establishment in New York, and the "Water-Cure" at Lebanon Springs. We could travel between these places between the day's works, and lose no time. It will be still more convenient in the present arrangements. We can leave the New York "Institute" Friday evenings, and be at "Hygeian Home" by midnight, ready for a full day's work (or two if need be) on Saturdays and Mondays. Returning, we can leave the "Home" in the evening, and reach the "Institute" an hour or two before our usual time for retiring. We need rest, recreation, exercise, &c., and this we can take on the cars to and fro. On Tuesdays, Wednesdays, Thursdays and Fridays, we can see patients in New York, and lecture to the Medical Class. Of course there will be odd minutes every day, which we can employ in making Heralds, Books, Tracts, etc., etc., so as to KILL all the time, Our arrangements are complete to have all the machinery go like clock-work. Occasionally we may diverge a little from the regular order, and give a lecture, or two, or three, in some place, especially if there should happen to be a pretty loud call.

HEALTH REFORM IN THE CITY.—Who could have dreamed, ten years ago, when the New York Hygeio-Tharapeutic College was established, or even five years ago, when it was chartered by the Legislature, that, in the year 1863, Hygeio-Therapy would be the common talk of all the town, and the common topic of preachment in many of the churches, and by the women, too? During the past winter Professor Huldah Allen has been giving public lectures and instructing private classes in Dr. Chapin's Church, on Broadway, and in other places; and she finds hundreds of persons ready and willing to abandon the abominable system of druggery, and none the less willing because of her teachings.

Mrs. M. A. D. Jones, M.D., is also doing an excellent work in this stronghold of quackery, selfishness, and conservatism. She has lectured to large audiences, and taught large classes in several churches in New York, and the adjacent suburb cities, and has everywhere been received with profound attention and cordial approbation. She will soon give a course of lectures in Philadelphia, Baltimore, Reading, Lancaster, Bethlehem, Harrisburg, and other places.

The *Christian Advocate and Journal* says:—The lectures of Mrs. Jones, delivered in the lecture-room of the Forty-third street M. E. Church, in this city, have proved to be of more than usual interest and profit to the ladies who attended them. Mrs. Jones is a most thoroughly educated lady, and possesses an extraordinary aptitude for communicating knowledge on subjects of vital moment to our mothers and wives. The lectures in the above church have been a decided success, and we are glad to hear that, at the earnest request of those who attended, she will give another course in a few weeks.

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Dining-Room Department.

PIES AND PIE CRUSTS.

BY MRS. MATTIE M. JONES,
Matron of the Hygienic Institute, 15 Laight street, N. Y.

PIES, as usually made, are among the greatest abominations of modern cookery. The idea of eating a piece of bread an inch in thickness, covered with from one-quarter to a half or a whole inch of lard or butter would, by every sane person, be considered preposterous. But people use these same proportions of flour and grease in their pastry, thinking it delicious! Consult any of the ordinary cook books, and you will find the receipes for pastry varying from half a pound to a pound of lard or butter to each pound of flour, and white flour at that! Can anything be conceived of much more indigestible?

But pastry without either butter or lard for "shortening," and a pie without spices or seasonings of any kind except sugar, must be a very insipid affair! most cooks would exclaim.

Very far from it, as the experience of thousands proves. Pies may be made far more delicious to the natural taste, without any of these ingredients, and at the same time be nearly as wholesome as plain bread and fruit.

We give below recipes for making quite a variety of pies, which any cook, after a littte practice, can succeed in making, provided she has a heart in the work, and desires to see hygienic cooking take the place which it deserves.

Potato Pie Crust.—Boil one quart dry mealy potatoes. The moment they are done mash them, and sift through a collander. Stir thoroughly together one cup Graham flour and one cup white flour, then add the potatoes, rubbing them evenly through the flour in the same manner as the shortening in common pie crust. Have ready one cup corn meal; pour over it one and one-third cups *boiling* water, stirring it till all the meal is wet, then add it to the potatoes and flour, mixing only till thoroughly incorporated together. No more flour should be added. The moulding board should be well covered with dry flour, however, as it is slightly difficult to roll out. It should be rolled very thin, and baked in a moderate oven, care being taken that it is not overdone, as a little too much baking is apt to render it tough.

NOTE.—(It is very essential that the above conditions should all be complied with. Bear in mind that the potatoes must be *hot*, and mixed immediately with the flour; the water be poured, while *boiling*, upon the corn meal, and the whole mixed together very quickly and baked immediately. Inattention to any of these requisites will be quite apt to insure a failure).

Cream Pie Crust.—Take equal quantities of Graham flour, white flour, and Indian meal; rub evenly together, and wet with very thin sweet cream. It should be rolled thin and baked in an oven as hot as for common pie crust.

NOTE.—(This makes excellent pastry if properly baked. Many patients have said to us they did not see how they could ever again relish the pastry in common use (this is so much sweeter and more palatable, to say nothing of its wholesomeness). It is more generally relished than the potatoe crust, although not quite so hygienic—the cream being the only objectionable feature).

Pumpkin Pie.—Select a pumpkin which has a deep, rich color, and firm, close texture. Stew and sift in the ordinary manner; add as much boiling milk as will make it about one-third thicker than for common pumpkin pie. Sweeten with equal quantities of sugar and molasses, and bake about one hour in a hot oven.

NOTE.—(Those who will try this method will be surprised to find how delicious a pie can be made without eggs, ginger or spices of any kind. The milk being turned boiling hot upon the pumpkin, causes it to swell in baking, so that it is as light and nice as though eggs had been used).

Squash Pie.—This is even superior to pumpkin, as it possesses a richer, sweeter flavor, and is far preferable. It is made in precisely the same manner as pumpkin pie.

Sweet Potato Pie.—Boil and sift through a collander, nice, ripe, sweet potatoes, then add boiling milk and make the same as pumpkin pie.

Sweet Apple Pie.—Pare mellow, sweet apples, and grate them upon a grater. A very large grater is necessary for this purpose. Then proceed as for pumpkin pie.

Sour Apple Pie.—Take nice, tart apples—spitzenbergs are best, although pippins, greenings, russetts, &c., are excellent. Slice them; fill the under crust an inch thick; sprinkle sugar over them; add a spoonful or two of water; cover with a thin crust, and bake three-fourths of an hour in a moderate oven.

Pie Plant Pie.—Remove the skins from the stalks; cut them in small pieces; fill the pie dish evenly full; put in plenty of sugar, a teaspoonful of water; dredge a trifle of flour evenly over the top; cover with a thin crust, and bake the same as apple pie.

NOTE.—(If the stalks are not very tender, it is better to partially stew before baking).

Apple and Pie Plant Pie.—Equal quantities of apple and pie plant made in the same manner as all pie plant are, make an excellent pie.

Currant Pie.—Some fruits, such as currants and gooseberries, are regarded by physiologists as equally wholesome at all stages of their growth. They are made into pies by simply stewing them, and sweetening according to the change of acidity, and baking between two crusts in the ordinary manner. Or better still, merely fill the pie with them without any pre-

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vious cooking. Sprinkle sugar over; dredge in a little flour, and bake the same as apple pie.

Gooseberry Pie.—This is made in precisely the same manner as currant pie; it is very palatable.

Cherry Pie.—Choose fair, ripe cherries, the large black English being the best for this purpose; wash and look them over carefully; fill the pie plate evenly full; strew sugar over the top; dredge in plenty of flour; cover with a moderately thick upper crust, and bake one hour.

Cherry Pie (another form).—Pit the cherries and make the same as the first. In neither case should any water be used. The first is much the better method, as pie in which the pits are retained possesses a richer flavor.

Raspberry Pie.—This stands at the head of the list of all berry pies in point of excellence. Take nice ripe berries, either red or black are about equally good; wash and pick them over carefully; place them an inch or more thick on the under crust; strew a small quantity of sugar and a trifle of flour over them; put on the upper crust, and bake half an hour.

Blackberry Pie.—This is made in the same manner as the preceding. All berries for pies should be ripe, or nearly so, and as fresh as possible.

Whortleberry Pie.—Whortleberries make excellent pies, and are in market usually longer than any of the summer fruits. They are made in the same manner as raspberry pie.

Strawberry Pie—Is made in the same way also. This fruit is rather acid, and requires considerable sugar to make it pleasant.

Cranberry Tart.—Wash the berries in a pan of water, rejecting all the bad ones; simmer them till they become soft and burst open; strain through a fine wire seive, removing all the hulls; add sugar to the taste; bake on a thick under crust in a moderate oven.

Peach Pie.—Select rich, juicy peaches, of a rather small and nearly uniform size. They should be very ripe; wash them thoroughly to remove all the furz; fill the pie dish with them; sprinkle sugar and a little flour over them; add a tablespoonful of water; cover and bake about one hour.

NOTE.—(If whole peaches are not very ripe, it is better to pare, stone and slice them).

Plum Pie—Is made in the same manner as the peach pie. It is not as wholesome, as it requires so much sugar to make it at all palatable.

Apple Puffs.—Make a crust the same as for cream pie crust, using rather thicker cream, however; roll as thin as possible; cut out in small round cakes with a common biscuit cutter; take one of these, wet it around the edge, and place in the center a teaspoonful of apple sauce. Take another and cut with a small cracker cutter a hole in the center about one inch in diameter; place the ring which is left upon the first one, and pinch the edges tightly together. Bake in a quick oven.

NOTE.—(These, if rightly made, are very nice. Any kind of fruit may be used in place of apple sauce, by stewing it, and simmering down till very little juice remains).

Dried Whortleberry Pie.—To two quarts dried whortleberries add one pint dried plums; look over carefully; add sugar to the taste, and stew as for the table; bake between two crusts about one hour.

Dried Elderberry Pie—Is made in the same manner, and nearly as good as the preceding.

NOTE.—(All kinds of dried fruits, apples, peaches, plums, cherries, &c., make very good pies by simply cooking as for the table. The more juicy they can be made, without having the juice run out in baking, the better they will be. By simply wetting the upper edge of the under crust, and pinching the crusts firmly together, they will adhere more closely).

We have been much more minute in giving these receipes than persons conversant with cookery would deem at all necessary. We have done so because hundreds of ladies who have no practical knowledge of even the ordinary methods of cookery, are yearly adopting our system, and as they generally find it impossible to obtain help in their own homes who are at all conversant with it, they feel the necessity of learning its details for themselves. Many persons also, both ladies and gentlemen who are boarding in hotels and boarding-houses, desire this kind of diet, and are seldom able to obtain it, and prefer, therefore, cooking for themselves, to living upon the food they would otherwise be compelled to.

IMPORTANT TO HOUSEKEEPERS.—Mrs. C. C. P. writes from Monmouth, Ill.: —"Enclosed please find $2, for which send me Diptheria and the HERALD OF HEALTH We cannot keep house without the HERALD."

A JOLLY LIFE.—Insects generally must lead a truly jovial life. Think what it must be to lodge in a lily. Imagine a palace of ivory or pearl, with pillars of silver and capitals of gold, all exhaling such a perfume as never arose from human censor. Fancy, again, the fun of tucking yourself up for the night in the folds of a rose, rocked to sleep by the gentle sighs of summer air, nothing to do when you awake but to wash yourself in a dew drop, and fall to and eat your bedclothes!

Affectiou, like spring flowers, break through the most frozen ground at last, and the heart which asks for another heart to make it happy, will never seek in vain.

"Sall," said lisping Bill Smut, "if you don't love me, thay tho; and if you love me, and yon't yike to thay tho, squeethe my hand."

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Soldier's Department.

A Consumptive Soldier Cured.—U. W. Sargeant, M.D., of Sparta, Wis., writes us enthusiastically with regard to the progress of Hygienic principles in the rich soil of the Great West, and sends us the following interesting case for publication, with a promise to report others soon:

"About the first of April last I was called to visit a discharged soldier—David Smith, of Neilsville, Clark county, Wis.,—who was said to have consumption. I found him very weak and emaciated, with an almost incessant cough, copious expectoration of a muco-purvulent matter tinged with blood and very offensive. He was feverish, with pain and soreness in the chest, and so deaf as to be unable to hear ordinary conversation. The army doctors had pronounced him incurable, and sent him home to die. When he arrived at this place, he was unable to proceed further. I took him home when he was so weak as to be unable to walk across the room without assistance. At the time I was called to see him he was attended by a hofmœpathic physician, who pronounced him too weak to be able to bear water-treatment, and said he needed something strengthening. 'Strengthening' is a talking word among the people, and the doctors know well how to harp upon it. But the plain fact is, they have not a single article—a pill, powder, or drug of any kind—in their whole materia medica that is not weakening.

The treatment consisted of a warm wet-sheet pack every other day; chest-wrapper every night, and a warm bath in the morning. Enemas of warm water were administered to move the bowels. He remained with us only two weeks, when his deafness had entirely left him, his cough was considerably abated, and he was able to walk half a mile. Though he made such rapid progress, we hardly expected that he would recover. He went home and we did not hear from him until September last, when I met him in the street, a well man. He informed me that he had worked in the harvest field, and had earned two dollars a day. He had followed our directions in taking home-treatment, exercised freely in the open air, and lived on fruits, vegetables, and Graham bread. So much for the 'strengthening' effects of water-cure."

Women in War Time.—In war, as in peace, men do most of the sinning, and women most of the suffering. Long marches, with the mercury standing at ninety in the shade, are painful, but they are alleviated by company and excitement. Women sit solitary at home, enduring the pangs of suspense. Wounds are sharp and burning, but they cut deeper into the hearts of wives and sisters than into the flesh of soldiers. The bullet that lets out the soul of a brave man fighting for his country, harms him not, but how it blasts the life of the woman that loves him. His is a short and glorious anguish. Hers is a long, long, life-long misery—a *dull, eventless, unchangeable tedium of woe.* We have marked them, those wives and mothers, as the regiments marched down Broadway to the steamboat. Some stand, pale and silent, in a horrible ecstacy of grief and apprehension. Others, timid and retiring on ordinary occasions, are made bold by this novel and enormous sorrow; they talk to strangers, loud and fast, recounting the story of their son's hasty departure, and seeming totally unconscious of the presence of others. And when the bad news comes, who suffers as she does who waits a week to learn whether she is the wife or the widow of a hero? or as she does, who hears that her son lies wounded and a prisoner where she cannot go to him? The glory, the variety, the wild delights of war are enjoyed by men. The real sufferers are women.

Ventilation.—The following paragraph, which appeared in the Richmond *Examiner* of March 18, may somewhat exaggerate the facts it pretends to record, but the lesson it conveys is an important one:

The Health of our Armies.—We are rejoiced to hear from all quarters of the wonderful healthfulness of our soldiers in the field. It is comforting to feel that, however our finances may be wilting under the number of adverse influences to which they are now subjected, there is no depreciation of Confederate bone and muscle. While the enemy is from time to time shipping from Stafford to Murfreesboro such large bodies of sick and demoralized troops as to induce the belief that he is changing his base, our men are enjoying a vigor unprecedented. This difference in the sanitary condition of the hostile armies is easily accounted for. The Yankees are unwilling warriors, and they sleep in tents. The hearts of our soldiers are in the contest, and having, fortunately, worn out all their tents, and being unable to procure new ones, they take their rest in the open air, with nothing above them but their blankets and the canopy of heaven, and in their universally robust condition is seen the wisdom of the words of the great Napoleon, that "tents destroyed armies, and not artillery."

We have heretofore intimated our belief that the privations of the rebel soldiers, and the poverty of their leaders, were essential elements of their wonderful strength and surprising endurance. We believe that soldiers should be well-fed, well-clothed, well-housed, and well-cared for every way. But more important than all is to have them *well-breathed.* Our Medical Directors seem to have no adequate conception of the necessity of pure air. Where is Florence Nightingale?

A Cold Water Friend.—H. R. B., who signs himself a "Cold Water Friend," assigns the following reason therefor, dating from Brooklyn, Ill.: "In September last I returned home from

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the army in Tennessee, where I had lain in the hospital three months, dosing down the calomel and other drugs, until I liked to have 'winked out.' At length I saw a copy of your HERALD OF HEALTH, and resorted to bathing, with immediate relief, and am now enjoying good health again. I shall do my best to circulate your journals and books, for I believe they are doing more good than all the other works which are published."

ATTENTION, ALL!—We ask "gentlemen officers and fellow soldiers" everywhere to send us all the facts of their observation and experience with regard to sickness and doctors in the army. We want as full statistics as possible. Let us know what diseases have prevailed; what remedies have been employed, and what the mortality has been; and how many, if any, have died under Hygienic Treatment, and under what circumstances. We wish to publish a document that will tell like a 400-pounder.

LONG-KEEPING APPLES.—A great deal of enquiry is made for the best long-keeping varieties of the apple; and the subject is worthy of much enquiry. It is easy enough to have a good supply through winter, a period when the requisite degree of coldness is so easily obtained for the preservation both of the fruit and its flavor. Hence the ease with which even the later autumn apples may be kept during winter in cool cellars. But on the approach of warm weather, those that escape decay, soon have their flavor and freshness dissipated in the air. A vacancy of many weeks then occurs before the ripening of early fruits, which can be supplied only by long-keepers.

A fruit must possess two distinct qualities for this purpose, namely, endurance from decay, and retention of flavor. For this purpose we shall probably not soon find any equal to the Newtown pippin; and next to this are the English and Roxbury russets. The northern spy is a fine keeper, and when preserved in a cool cellar retains well its freshness, even in the first of summer; but later in the season it loses its flavor while yet retaining its juicy flesh and showy appearance. The Kingsley apple, a new variety, introduced by Dr. Long, of Rochester, a small fruit of unusual delicacy of texture, will keep a long time, but it does not usually retain its best flavor long after the approach of warm weather.

For conveyance to distant markets, the northern spy does not seem so well fitted as some others, being more liable to injury. This fine apple, in truth, not only needs more care in cultivation than most others, but when gathered, packed and shipped, should be handled with the same care that is given to a fine piece of crockery or a looking-glass.

One of the best long-keeping sweet apples is the ladies' sweet. We know of no sort which presents so beautiful an appearance by its brilliant coloring late in spring, although in richness of flavor it does not reach the highest point. —*Cultivator.*

College Department.

THE SUMMER TERM.—We continue to have applications from students who contemplate attending the summer term, and the indications are we shall have a good class. In answer to numerous enquiries we would state, that on all the more practical points of a medical education, the summer course will be quite as complete as the winter course. The lectures will commence on Monday, May 10th, and continue twenty weeks, including four week's vacation from about the middle of July to the middle of August. There will, therefore, be only sixteen week's lectures while we have twenty week's of lectures (less the holiday week) in the winter term. But the summer lectures are each longer as the days are longer, and so the sixteen week's lectures enable us to go over as much ground as do the nineteen weeks of the winter lecture term.

TEXT-BOOKS.—We are often written to for a list of the text-books employed in the College. Any standard works of anatomy, chemistry, physiology, surgery, obstetrics, &c., will answer, if students have them, but if they have to purchase they had better, as a general rule, get the latest authors. We would advise all who have not procured any text-books, and who wish to be reading at their leisure before attending the lecture, to get Gray's Anatomy, Youman's Chemistry, Dalton's Physiology, and the Hydropathic Encyclopædia, and leave the rest to be selected when they commence with the lecture term.

PREPARATORY STUDIES.—We do not require of our students any preparatory reading or studies whatever, save the ability to read and write, and the disposition to learn. The reason is, that there are no proper text-books extant, and the more the student reads the current medical literature, the more he is mystified, sophisticated, befogged and misled. The best way to *commence* a medical education is by a course of lectures. The student will then learn what to study, and how to study it, so that he will save both time and money. Reading and study can be done to much better advantage between the lecture terms, if the student attends two, or after their conclusion, whether he attends one or two.

THE DEGREE OF G.M.—A sincere but sadly benighted friend of stationary progression, whose motives we respect, and whose logic we disagree with, sends us the following protest against conferring the degree of M.D. on females: "*To the Editor of the Herald of Health:* SIR:—As a friend to the reform you have so much at heart,

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and are laboring so very hard to push forward, and which I am happy to say is slowly creeping northward here, I hope you will allow me to point out a small matter, that I know from experience gives an unfavorable odor to one part of your organization. In doing so I know that I will touch on a key note that may be thought delicate, but I trust you will not put me down as void of gallantry or sense, as, should I give any offence, I may have enough to sustain from those more immediately indicated in my remarks, the able pens of many of whom are equal to the task of my annihilation. I, however, beg to disclaim anything of a personal nature; it is the broad unseemly fact that I assail, and I only pretend to show the matter as reviewed from an old country stand-point, and it may even be that this differs very much from the same subject as viewed in your latitude, which I have not yet visited. I allude to the practice of the Hygeio-Therapeutic College of granting the title of M.D. to your lady graduates. All perfectly right, you will say; consult Webster, or Worcester, or any other standard work, and you will find that there are doctoresses as well as doctors. Well, there is, but the expression of the word applied to the ladies is rather uncouth, and not very elegant. My object is not to dispute the correctness, but simply to suggest that it might be more consonant with female modesty, that the degree, although of equal value, should be distinguished by some little change from that of the one borne by the male sex. They might be called Graduates in Medicine, and put the initials G.M. to their names, or any other distinction be given that would produce the same effect. I can assure you that in Canada we think it very ridiculous and not very feminine, to see a lady calling herself a Doctor of Medicine, and affixing to her name the well known initials, as done by the sterner sex. I believe that here, instead of being a recommendation to her, that it would be more likely to prove the reverse, and tend to bring the whole body of the profession into ridicule, and naturally the water-cure branch, which alone does this, would suffer the first onset on the canter that would break forth.

Now, sir, I think the friends of this great Medical Reform should not do anything that tends to make it grate upon the established feelings of society, or that tends to bring an honorable profession and greatly needed reform into ridicule." SCOTAS.

MONTREAL, *March* 19, 1863.

Scotas is informed that we much prefer to base our reform the stand-point of nature and truth, than that of the "old country." We think the best way to do away "old country" notions, is to expose their errors, not advocate and adopt them. Nor can we consent to hold the whole civilized world, or a large part, because a little corner of Canada is as yet too benighted to see a correct principle or appreciate a new truth. We prefer to push the car of reform onward as rapidly as we can, and let Canada fall into the rank whenever she gets ready. We do not regard sex as constituting the essential qualification for the practice of medicine, though if one sex more than the other, other circumstances being equal, is entitled to the degree of M.D., that sex is not the masculine. One of the cardinal principles and prime objects of the Hygeio-Therapeutic College is, to restore to woman the place for which God and nature have fitted her. If our friend cannot see the propriety of this, we pity him; and if his neighbors are opposed to this policy, the worse is their own. They stand in their own light, and fail to understand God's truth or their own true interests. But this is no reason why we advocate a lie. We must not utter falsehood, because certain persons or any number of persons are not yet prepared for the reception of truth. Scotas might as well ask us to drop the title of Hygienic physician because the doctors are opposed to it; or advocate the drug system because a majority of the people are in favor of it.

As to "female modesty," we do not believe in the article. We have faith in and admiration for *human* modesty; but the idea of sexing the virtues and vices has always led to disastrous results. It holds woman responsible for exercising all the virtues, and gives man a tacit license to practice all the vices. The world has too long excused or honored man for the same actions for which woman is disgraced and ruined. If our friend from the "old country" will attend a single term of our College, we will pledge ourselves to convert him from the error of his ways on the "woman question," and perhaps—as we suspect he is an old bachelor—send him home with a "side issue" in the shape of a Hygienic wife, who has the title of M.D. He may, if he prefers, address her with the endearing appellation of, "my dear Graduate of Medicine;" but we should prefer to hear him use the shorter Saxon, and better English, and truer American, "my dear doctor."

GOOD TEMPLARS.—The *Wisconsin Chief* states that the Good Templars' Lodge in Beaver Dam has eleven men in the Union army. We hope these total abstainers from alcohol as a beverage, will not be killed with alcohol as a medicine.

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Voices of the People.

SCROFULA, CATARRH AND SNUFF.—Jennie M. Petty sends us an interesting communication from Milwaukie. We regret we have not room for the whole of it, but cannot refrain from extracting the following brief chapter of experience: "From infancy I have suffered of that loathsome disease, scrofula, which has shown itself in various forms, of which very weak eyes and severe chronic catarrh were the worst; and when I look back upon the drugging I suffered of allopathic physicians, I wonder that I lived at all. At length a professional artist, who was a firm believer in the Hygienic System, stopped at our house. He had several of your works with him, which he gave me to read; and the result was, I abandoned drugs, resorted to Hygiene, and was healed. And what a contrast! From my earliest recollections I had been accustomed to apply burning liquids to my eyes, various kinds of pungent snuffs to the nose, until I turned with abhorrence from the sight of a snuff-box. I had also been blistered and dosed for years with pills, powders, aloes and salts. But a change to pure water, simple food, proper exercise, free breathing, and appropriate rest—all Hygienic remedies—cured me in a few months. I am doing all I can to get subscribers for your journal, and thereby aid in sowing the seeds of truth."

A FIREBRAND.—W. H. H. writes from Jamestown, N. Y.:—"I have been a reader of your journal since 1853. At that time I was a tobacco-user, as well as a tea, coffee, and pork consumer, and some one of my family was constantly under the doctor's care. But I soon left off these disease and death-producing articles, and the consequences are, I have not taken any drug medicines since, and have enjoyed much better health than ever before. I am a poor man, a mechanic, and have brought up a large family. I wish I was able to purchase fifty or a hundred dollars' worth of your publications. I would set a ball in motion that would prove a firebrand among the drugs."

ANOTHER BREEZE FROM PRAIRIE LAND.—Dr. M. Nevins writes from the Illinois Hygienic Institute at Secor: "I am going to enlist every patient who comes to us in obtaining subscribers for the HERALD, as I consider it the very best service that can be rendered humanity, to place the HERALD OF HEALTH in every household. I have obtained hundreds of subscribers for the journal, but did not work for it with such earnest enthusiasm as I feel for it at this time; for I do not believe there is any other publication on the earth which is doing so much good. I have known hundreds of families who have, through its teachings, been enabled to dispense with drugs and doctors, and in every instance they have been made to rejoice at their redemption from those evils."

TOO LATE.—Mrs. S. B. writes from Waterbury, Vt.: "*Dr. Trall:* Your work on Diptheria I received as per order. Had I possessed the knowledge therein contained a few months sooner, it would have saved the life of my darling and only child."

WATER-CURE DRUGGERY.—B. C. writes from Elmira, N. Y.: "I enclose $1.25 for your work on Diptheria. This disease has raged with terrible fatality among us, attacking old and young. In one family seven children have died within a week. There would be a good opening here for one of your graduates. There is a "Water-Cure" near here, but Dr. Trall could hardly recognize the physicians as orthodox. They give nearly as much medicine as water-cure, and consider stimulants necessary occasionally.

MORE PRAIRIE WINDS.—Drs. A. G. & S. H. Humphrey write from Galesburg, Ill.: "May God bless you in your new enterprise. The HERALD is just what we have long wished to see. Its form, size, print, and more than all, its contents, are just right. And it is certainly befitting that the Archangel of the health-teaching host should send forth the evangel of health. May it go, on its mission of mercy, to bless and be blessed. We have done what we could for its circulation, and could have done more if the roads had not been blocked with mud. Herewith are twenty subscriptions, to which additions will soon be made. We charge nothing for our labors, but work willingly for the cause. Since we have been in Galesburg we have made some very remarkable cures, a report of which we will send you soon. The *druggers* have opened fire upon us, but their bombshells are only charged with gas, and water soon washes it away,"

AN ALLOPATH ON THE HERALD.—A semi-converted Hydro-drugopathic Allopathist, in sending us a dollar from a New England village, is constrained to say: "Not knowing when my subscription expires, I send you one dollar to apply on account. I read your HERALD, although it is no friend of my profession. [It is your *practice*, brother Bolus, not your profession that we are the enemy of.] But it can do me little injury [don't you mean your *business?* we do not desire to injure you,] as I am confined exclusively to office practice in consequence of poor health. If I attempt to ride, vertigo, nausea, and syncope come upon me. This state of symptoms has existed now for five years. If you ever visit this vicinity I should like to see you. If I could ride I should try water-cure, hoping to wash away my ills thereby." We think you had better be off to the "washing" place with all possible expedition, ride or no ride.

MATERIAL FOR THOUGHT.—J. W. writes from West Jefferson, O.: "I am so well pleased with the March number of the HERALD, that I enclose you one dollar, for which please send me copies for distribution. I want my friends to think for themselves; but they cannot do this without they have the material for thought. May success attend your efforts to enlighten and benefit the family of mankind."

THE HERALD FOR THE DOCTORS.—S. W. writes from Waterbury Center, Vt.: "Your positions afford the only basis for the temperance reform. Your letter to Delevan is worth its weight in gold. I am exerting all my influence to extend the circulation of the HERALD. Did my means permit it, I would take ten copies for certain individuals I have in mind, among whom are four physicians."

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A BUSY PATIENT.—A young lady who has recently been our patient, writes from a quiet, rural village in Connecticut: "I am at present staying with my friends, most of whom are sick. I am also treating them Hygienically with good success. I have had six patients since I came to this place a month ago, and can have as many as I can attend to. I have to be physician, bath attendant, and cook, and am also taking music lessons four hours of each day. Moreover, I am getting subscribers for the HERALD, so as to secure a scholarship for the next term of the College."

THE TWO PICTURES.—N. J. C. writes from East Spring Hill, Pa.: "I have your Encyclopædia, and also your work on Diptheria. This disease is very prevalent in this vicinity, and very fatal. I have treated eleven cases, of which one died. The drug doctors lose about one-half of all their cases. Whole families of children have been swept off."

THE GOOD OLD TIME.—Dr. H. F. Brown writes from Lansing, Mich.: "Allow me to add my testimony to the evidences you have already published, of the appreciation your HERALD OF HEALTH is receiving. I am doing a good business in Hygienic practice. I lately treated cases of diptheria, and one of 'spotted fever,' with success. Two of these cases had been given over to die by the drug doctors. There is much excitement on the subject, and some feel that their children have been murdered, and are bold enough to say so. Several cases of scarlet fever and pneumonia have yielded very readily to the Hygienic appliances. I am doing a large business in the treatment of chronic diseases, and shall report cases to you from time to time."

CAUSE AND EFFECT.—A young lady who is now engaged in school-teaching, and who proposes to attend our College soon, writes from Leavenworth, Kansas: "There is great mortality among children here, and none but drug physicians in a population of twelve or fifteen thousand."

IMPROVEMENT.—S. T. writes from Flemington, N. J.: "*Dr. Trall: Dear Sir:* For years I have been much interested in the WATER-CURE JOURNAL, but must express my gratification in the decided improvement apparent in the HERALD OF HEALTH. The form of it is much better, and bound for library use will be very valuable. The March number is worth the year's subscription price."

ECLECTIC-DRUGGERY.—C. H. B. writes from Union Deposit, Pa.: "When twenty years of age I undertook the study of medicine, and I am a regular physician of the Eclectic School. But before I commenced the business of poisoning people, I was taken sick at Burlington, N. J. I was attended by two members of the Eclectic Faculty of Philadelphia, who drugged me nearly to death. I have been physically worthless ever since. For fourteen months I had to be dressed and undressed by others like a child. In 1854, a messenger of mercy, in the form of the WATER-CURE JOURNAL, came into my hands, and cast such a bright ray of truth into my mind, that I dashed all my lotions, potions, pills, powders, and unguents against a stone wall behind the house, and have ever since kept aloof from anything in the shape of 'doctor stuffs.' The very sight or smell of a medicine poisoner excites my indignation; rather, I should say, I pity their ignorance and deplore its consequences—to me, alas! how ruinous. When I talk to the people about 'water-cure,' or of curing diseases without drugs, they at once conclude that I am demented; and to solicit means for the purchase of books on Hygienic Medication, awakes the same undisguised astonishment as if I had solicited a contribution for the erection of a cenotaph to Benedict Arnold." Certainly this is very trying to a poor nervous invalid, whose mind craves light as naturally as the body craves food, and whose convictions of the truth of the Hygienic System are as unalterable as is his faith in the Bible.

DRUG WATER-CURE.—S. B. Sends us a list of subscribers from Columbia county, and remarks: "Since writing the above I have heard of the death of one of my neighbors. He was a man of good bodily powers, in the prime of life; felt a little indisposed; called a drug doctor; in a few days the fever assumed the typhoid type; counsel was called; the fever 'turned' as they term it; they gave brandy, but the patient never 'responded,' as they say; then they tried 'water-cure,' after which he lived about twenty-four hours. Now, I suppose that the 'water-cure' will be condemned, for they have tried it!" Killing a patient with drugs, and then wrapping the dying victim in a wet-sheet, so as to give water-cure the credit of the death, is one of the "tricks of trade" on the part of too many of our allopathic brethren.

REWARD OF MERIT.—E. B. writes from Mendota, Ill.: "May your shadow endure a hundred years; and may you live to see the world wiser and happier by your instrumentality." If we have any call to live, or any mission on earth, it is to exterminate the direst curse of human society—drug-medication. If we can accomplish this end in fifty years, or in twenty, or even in ten, we shall gladly claim the privilege of dying, and "going to our reward."

REJUVENATION.—Dr. W. S. McCune writes from his beautiful Cure in Bovina Valley: "I send you a list of subscribers. I am well pleased with the change in the journal. Hitherto I have taken little interest in procuring subscribers; but as it seems to be inspired with new life and spirit, and a better selection of matter, we will now do all we can to extend its circulation, and aid you in your new work."

PAIN AND DOLLARS SAVED.—J. S. writes from Bath, C. W.: "I have much pleasure in saying that your journal has cured many an ache and pain, and prevented, doubtless, many more in my family, not to speak of the dollars saved. I am glad to find followers of my good friend, Dr. Trall, in almost every corner of Canada."

DRUGS AND DEATH.—H. W. R. writes from Charleston, Ind.: "I am anxious to have your works among my friends. There have been many deaths of diptheria in this country. Our old school doctors lose more than half their cases.

AMEN!—T. B. F. writes from Diamond Hill, R. I.: "I am satisfied of the safety, efficacy and superiority of the Hygienic System, and wish you an early and complete triumph over the false system of drug-medication."

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Kindergarten Department,

FOR THE JUVENILES.

INTRODUCTORY.—In this department of the HERALD OF HEALTH, we shall address ourselves more particularly to children and youth; for, after all, it is the rising generation who are to be the principal subjects, and do the chief work of Health Reform and Physiological Regeneration. A majority of the risen generation are already past redemption in this world (though we are not entirely without hope for them in the next), so far as the Gospel of Health is concerned. Many are joined to their idols—drugs, alcohol, tobacco, the flesh-pots and riotous living—and we must let them go; and others who are desirous of changing confirmed habits, and of overcoming the acquired propensities of half a life-time, find the spirit willing, but the flesh too weak to accomplish much. They are all to be pitied, and none of them condemned. We must do what we can for them. But it is with the Health Reform, as it has proved in the Temperance Reform. The labor and expense required to rescue one drunkard from his degradation, might prevent a score or more from becoming drunkards. We believe that the efforts and influences which are brought to bear to cause one adult invalid to conform to wholesome habits of living, and maintain a comparatively comfortable existence for a few years, would, if judiciously directed to that end, save hundreds of the youth of our country from becoming invalids. There is no education so important for children as health education. It is worth more than grammer and Greek, Hebrew and music, French and the piano (including all the philosophies and all the accomplishments), for, without health, other education is of little use. It has long been among our dreams, when we get the endowment for our College, to have a department appropriated to the education and training of youth, on a plan comprising all the admirable features of normal schools, the Kindergarten, etc., etc.

BUCKLE ON YOUNG MEN.—The *Atlantic Monthly* for April contains an interesting biographical sketch of the late Thomas H. Buckle, author of the History of Civilization, from the pen of Charles Hale, editor of the Boston *Journal*. We extract the following significant and truthful paragraph:

Another very pleasant thing is Mr. Buckle's cordial appreciation of young men. He repeated the story, which I believe is in his book, that, when Harvey announced to the world his great discovery of the circulation of the blood, among the physicians who received it were none above the age of forty. Mr. Thayer described to Buckle some of our friends who have read his book with especial satisfaction. He evidently took pleasure in this proof of appreciation, and said that this was the class of readers he sought. "In fact, the young men," he said, "are the only readers of much value; it is they who shape the future."

The young men do, indeed, shape the future. But who and what shape the young men? "Train up a child in the way he should go," is quite as applicable to parents, legislators, teachers, now, as it was in the days of Solomon.

KEEP THE MOUTH SHUT.—Little children can hardly be taught a more important health lesson than this. The mouth should always be shut, except when eating or speaking. It should be kept firmly closed during sleep. The nose is the breathing organ, not the mouth. The habit of keeping the mouth open, especially during sleep, unbalances the respiratory muscles, distorts the muscles of the face, and often disfigures the features of the face. Infants frequently acquire distorted countenances and ill-shapen teeth, in consequence of sleeping with the mouth open. Mothers and nurses should be watchful to detect and prompt to correct any tendency of the kind, from the moment that the "dear little thing" is ushered into this breathing world.

ADVICE ABOUT EATING.—So soon as the teeth are developed, children should be taught to eat very slowly, and masticate their food very carefully. They should always sit in a perfectly upright position at table, never leaning over to the place, nor bringing the feet up on the rounds of the chair. Always prefer coarse bread to fine. Bread and other farinaceous preparations of fine or superfine flour, are a prolific source of constipated bowels, convulsions and death. Avoid candies and lozenges of all kinds, as you dread cramps and colics, sour stomachs, ill-tempers and remorse of conscience. Recollect that, butter, lard, cheese, and all oily or greasy foods, make the blood bilious, predispose to morbid humors, cause erysipelas inflammations, and occasion unsightly eruptions on the skin. Fruit is better than flesh for the rising generation, whatever may be said of the risen.

READING AND SPEAKING.—Nothing is more conducive to a graceful carriage and good digestion as the practices of reading and speaking aloud, provided they are done in a proper manner. Very few school teachers understand this subject. The manner in which children are allowed to mumble and jumble their words, in most of the primary schools, is much better cal-

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culated to prevent and deprave, than it is to develop and improve their elocutionary capacities. Children should be taught to read very slowly, to enunciate each syllable distinctly and deliberately, to mind every pause, and keep the lungs well inflated. The following exquisitely beautiful lines by one of England's sweetest poets, is an excellent piece for memorizing and "practicing elocution" upon. It should be spoken *very* slowly, and it admits of great variety in the waves and inflections of the voice. A pleasing and instructive amusement for a company of little school boys and girls would be, for all to read the piece successively, and see which could do it best.

A WELCOME.

BY ALFRED TENNYSON.

Sea-kings' daughter from over the sea,
Alexandra!
Saxon, and Norman, and Dane are we,
But all of us Danes in our welcome of thee,
Alexandra!
Welcome her, thunders of fort and of fleet!
Welcome her, thundering cheers of the street!
Welcome her, all things youthful and sweet,
Scatter the blossoms under her feet!
Break, happy and, into earlier flowers!
Make music, O bird, in the new-budded bowers!
Welcome her, welcome her, all that is ours!
Warble, O bugle, and trumpet, blare!
Flags, flutter out upon turrets and towers!
Flames, on the windy headland flare!
Utter your jubilee, steeple and spire!
Clash, ye bells, in the merry March air!
Flash, ye cities in rivers of fire!
Welcome her, welcome the land's desire,
Alexandra!
Sea-kings' daughter as happy as fair,
Blissful bride of a blissful heir,
Bride of the heir of the kings of the sea,
O joy to the people, and joy to the throne,
Come to us, love us, and make us your own;
For Saxon, or Dane, or Norman we,
Teuton, or Celt, or whatever we be,
We are each all Dane in our welcome of thee,
Alexandra!

WANTED.—The *Sanitarium* wants material aid for constructing a life-boat that will float on a "sea of trouble," rise on the "waves of misfortune," stem the "tide of adversity," sail clear of the "quicksands of error," and steer safely to the "haven of rest;" also, some wrinkles from the "brow of a mountain," some gloves from the "iron hand of poverty," some "sheets of snow," a few spokes from the "wheel of fortune," a slipper from the "foot of a mountain," a "ringlet from the head of a fountain," a few teeth from the "mouth of a river," and a smile from the "face of nature."

A JUST VERDICT.—When persons die of riotous living, intemperance or gluttony, the doctors call it apoplexy, and the coroner's jury say, "died of the visitation of God." A coroner's verdict recently testified in the following words, a more correct appreciation of the facts of the case: "Died of a visitation of one beefsteak, eight cold potatoes, and a fried pie."

The force of emphasis in giving meaning to a sentence is well illustrated by a brief colloquy we overheard between two persons the other day: "Do you imagine me to be a scoundrel, sir?" demanded one, indignantly. "No," was the reply, "I do not *imagine* you to be one."

A person, looking over the catalogue of professional gentlemen of the bar, with his pencil wrote against the name of one who was of the bustling order, "Has been accused of possessing talents." Another seeing it, immediately wrote under "Has been tried and acquitted."

A young fellow with an enquiring mind wishes to know whether the chase of a cat can be more appropriately called a purr-suit than any other, especially when it is well-known not to suit the cat."

If a man who makes a deposition is a depositor, does it necessarily follow that the man who makes an allegation is an alligator?

Never the drunkard's drink
Our lips shall stain;
Ne'er shall the swearer's words,
Our lips profane.

DUTIES OF EDUCATED WOMEN.—The education of women, like that of men, should tend to prepare them for their duties; the difference of their employments will of course render their studies different. It is the duty of woman to educate her children; the boys until a certain age, and the girls until they are married. How much wisdom is requisite to manage the disposition of each child, so as to guide their intellects, manage their humor, to anticipate the effects of their growing passions, and to rectify their errors? How much prudence should a mother have in order to maintain her authority over them, without losing their confidence? Surely the mother of a family ought to possess a religious, mature, firm mind. St. Paul attaches such importance to the education of children that it is by mothers that the souls of children are saved. I shall not attempt to specify all that they ought to know, in order to educate their children well. To do this it would be necessary to enter into an entire detail of their studies; but we must not omit the subject of economy. Women in general are apt to neglect it, and think it proper only for the lower classes; those women especially who are brought up in idleness and indolence, disdain the detail of domestic life. It is, nevertheless, from ignorance that the science of economy is despised. The polished Greeks and Romans took care to instruct themselves in this art. That mind is of a low order which can only speak well, and cannot act well.

Professor Newman says, that it is a mathematical certainty, that if the existing population of the world were to increase for about eleven or twelve centuries, at the same rate as the British population has done for some time past, no room would be left on the solid earth for men, women, and children to stand upon, allowing only a square foot for each. Professor Newman will be wiser when he knows more.

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To Correspondents.

BREAD-CRACKERS, &c.—S. T. Fleming, N. J.: 1. Do you approve of the "aerated bread," or the way of making it? If so, why would not it be the best way to make bread of Graham flour? 2. Are not the Graham crackers made at 15 Laight street, constipating? 3. What is the proper remedy for pinworms? 4. What kind of soil is that in the vicinity of Wernersville?

1. It is a much better method than the ordinary process of fermentation. 2. They are somewhat constipating unless eaten with a due proportion of fruits, or vegetables, or both. It should be made of Graham flour, but there is so little demand for this article outside of the Hygienic establishments, that we cannot get the bakers who have the machinery to use any flour but the superfine. 3. A very strict diet, principally of uncooked apples and wheat-meal bread. 4. We are not able to give a geological account of the soil at Wernersville, having never seen the place but once. But it is a "sandy-loam" in the valleys, with an increase of the sandy or rocky element in the mountain regions.

SALT.—G. A. S. Jamesburg, N. J. 1. Will you please inform me why it is that horses and cattle are so fond of salt? 2. Is there any book that gives the hydropathic treatment for horses?

1. For the same reason that human beings are fond of rum and tobacco. Their instincts are depraved. 2. There is no hydropathic nor hygienic publication on the subject. If you wish to have your horses *killed* drugopathically, employ a veterinary surgeon who uses Youatt's work as a text-book.

HEMOPTYSIS.—A. B. S., Benwood, Va.: I have had, occasionally, slight bleedings from the lungs, and for the last four years I have suffered greatly of dyspepsia. My lungs are so tender at times that moderate running, or even fast walking, will induce hemorrhage. During the past winter I have had many hard colds, and for the last two months I have had a tickling in the throat and upper part of the lungs, causing a most distressing cough. Sometimes the cough is so violent as to produce vomiting. It frequently occasions slight bleeding, and, of course, keeps the lungs irritated and sore.

Your case is recognized in the medical books as a complication of dyspeptic consumption and chronic laryngitis. It is serious; but, being in the early stage, is probably curable. You should go at once to an establishment. The best home-treatment you can take is, a tepid rubbing sheet in the morning, followed by abundant dry friction; a half-pack at 10 a.m., and a hip-bath at 80°, for ten minutes in the afternoon or evening. Diet mostly on coarse bread and fruit, and have the fruit largely proportioned to the bread. Calisthenic exercises to expand the lungs, or, what is better, the "light gymnastics," would be admirable auxiliaries.

ENLARGED TONSILS.—J. G., Huron, C. W.: In *Water-Cure for the Million* there is mentioned a case (45) of enlarged tonsils which was cured without surgery. Would you please specify in the HERALD the treatment adopted?

The patient took the wet-sheet pack and a sitz-bath daily, and a wet cloth covered with a dry one around the neck during each night, and was restricted to a very plain diet, mostly of unfermented coarse bread and fruits.

SEXUAL PHYSIOLOGY.—E. H. A., Cerro Gordo, Ill.: The price of this work, to those who remit in advance of publication, is $1. It will be issued in a few weeks. It is a very different work from "Mysteries of Nature."

PLEURALGIA.—E. H., Decatur, Ill.: "The pain in the side, and other symptoms, which your physicians diagnosticated as inflammation of the pleura, and for which one recommended blue pills, and the other blisters, was a rheumatic affection of the intercostal muscles. Apply hot fomentations, followed by the wet compress.

HEAD-CAPS.—R. H. A., Steubenville, Ohio: I have, by the advice of my physician, worn the wet head-cap several months, and find myself liable to intense headache whenever I discontinue it. How do you explain this; if you object to their use, and what am I to do?

If you were accustomed to drink tea or coffee each morning at 8 o'clock, and on some morning omit it, you would be liable to intense headache before noon. If, then, you should take the usual dose, your headache would be relieved at once. These effects demonstrate the force or effects of habit; but they do not prove the habit a good one. The way to cure headache, or congested brains, as we said in the article you criticise, is to determine irritation from the head, not towards it, by sitz-baths, foot-baths, fomentations, abdominal manipulation, &c.

We had a patient, not long since, who had worn the wet-jacket unintermittingly for six months; and he thought he could not live without it. Every time he exposed himself to the air without it, he would catch a violent cold. He was shocked, almost horrified, when we told him to leave it off. Yet it was playing the mischief with him, and predisposing him to consumption. We never allow patients to prolong the use of bandages, without occasional intermissions, so as to keep the covered part from becoming ulcerated or unduly sensitive.

SUGAR AND DYSPEPSIA.—J. W. T., Brownsburg: 1. Are tree molasses and sugar as wholesome as the sorghum? 2. Is either suitable for a weakly person once or twice a day? 3. Should the stomach, which is dyspeptic, always be empty before receiving more food?

1. Yes; 2. no; 3. no.

VEGETARIANISM.—J. F., Lancaster, O.: We have a few copies of our address on Vegetarianism on hand. Ten cents a copy.

DANDRUFF.—J. M. H., La Porte, Ind.: This affection is often complicated with or caused by repelled eruptions, or a torpid state of the liver, and these conditions may have been produced by drugging in childhood or infancy. Such cases are very obstinate, and cannot always be entirely cured. A bread and fruit diet, the proportion of fruit being much greater than that of bread, entire abstinence from salt, milk and grease of all kinds, with shampooing and bathing the head daily, constitute the proper remedial plan. Hard water must not be drank at all.

PURULENT EXPECTORATION.—G. C., Lee, Mass.: I am constantly raising a thick bluish substance from my stomach or lungs, which is very annoying, besides indicating something wrong. Will you be so kind as to inform me how I may be relieved? I should have stated that I have been troubled with it more or less for a number of years.

It is important to ascertain whether the matters proceed from the lungs or windpipe, or from the mucous membrane of the throat. In the latter case the liver should be treated. In the other case incipient tuberculation is to be apprehended, and all the preventives of consumption should be resorted to. You do not give us sufficient data to determine the important point of diagnosis.

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Miscellaneous.

BRIEF NOTICES OF LECTURES.

SINCE our last the exercises in the Lecture Hall have been quite as interesting, if not more so, than before the close of the winter term of the College.

Prof. Waters, before spoken of, favored us with an evening's entertainment, consisting of poetical and dramatic readings and recitations of an interesting and varied character.

Mr. William Christie Miller also occupied the hall a second evening, much to the satisfaction of the audience. He is a very worthy young man, and a fine elocutionist, and his rendering of "Paradise and the Pen," "The Streets of Baltimore," and other pieces, elicited much applause. His modesty and gentlemanly bearing will secure him an audience whenever and wherever he presents himself for the recitations.

The twenty-second lecture was delivered by Mr. Van Vleit. Subject, "The Social, Domestic and Moral Condition of the Slave Women of the South." It was a lecture at once very instructive and intensely interesting. It was a delicate subject to treat in a promiscuous audience, but with his accustomed dignity and well chosen language he presented the subject in such a manner as not to offend the most sensitive, and to instruct and interest all.

The next was a musical entertainment by our old patient and friend, Prof. J. S. Thomson, who came here nearly two years since, as he himself expressed it, "perfectly used up" by disease, doctors and drugs. The latter evidently being entitled to the greatest share of the credit? and but for his good sense in refusing, before he was quite dead, to take the forty-three different kinds prescribed for a slight attack of cholera morbus, we should not have had the pleasure of listening to the "Magic Flute," the unrivaled guitar solo, and various other instrumental and vocal pieces with which he greeted us that evening.

It was not my design to report cases in these brief notices, but Mr. Thomson's happy expression and healthful countenance, compared with the same on his first appearance at 15 Laight street, rendered it almost impossible to "speak of the one without the other."

The last was a varied entertainment in the parlor, commencing with a song by the Hygienic Quartette Club, followed by several excellent pieces on the harp, by Mr. Miles; a brace of airs were "Dexter-ously" performed by Mr. Dexter on the accordeon, which were loudly *encored;* a short and excellent address by Mr. Van Vleit; succeeded by the reading of a great variety of original connundrums, many of which were very pointed and pithy. The affair closed very pleasantly with the presentation of premiums for the best three connundrums, said premiums consisting of a "diamond," a "gem," and an "apple," which were received by the lucky competitors with speeches of acceptance, which were both eloquent and "grandiloquent."

Since the close of the school, the Light Gymnastic exercises have been the most popular feature of the day. The class meets for an hour or so nearly every evening, and as Mr. Miles is always on hand with his excellent music, the hour passes very pleasantly.

Most of the patients who are able, and many of the boarders attend, all finding it not only a most beneficial exercise, but also an opportunity for social culture, where the old may, as it were, become young again, and the young learn principles, both theoretically and practically, by which they may retain much of their youthful vigor to old age, and thus be the happier through their whole lives for the knowledge of these and other ideas here learned.

On the evening of the 17th ult., many of our people attended Dr. Lewis' great lecture on the New Gymnastics, at Cooper Institute, where he presented these novel but truly scientific ideas to the *elite* of New York.

He was enthusiastically received by a fine audience, who were all absorbed in the lecture and exhibition of the principles, till after ten o'clock. Peter Cooper, whose head and heart is ever full and running over for the good of his fellows, and his pocket never closed when its contents can be beneficially used, occupied a seat on the platform, and looked on and listened with the greatest apparent satisfaction. The doctor was introduced in a very flattering speech by Dr. Griscomb. At the close, Oliver Johnson testified to the practical advantages of the system, as he had himself experienced them.

Dr. Dwight testified to the benefits of the system, after having introduced them in a large seminary four years ago. Theodore Tilton followed with a very eloquent speech, in which he expatiated upon the advantages of Health and Physical Reform, saying that, without it, preachers and theologians would pray and work in vain. He considered Dr. Lewis one of the greatest theologians of the day, for he was developing bodies which could make Christianity practical. Asa Hutchinson made a few very appropriate remarks commendatory of the system, and the exercises closed very pleasantly with a

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song, "Our Flag of the Seas," by the Hutchinson family.

To a person unacquainted with the system, on seeing the simple set of apparatus used, all of which cost not more than one dollar and a half, it would seem perfectly incredible to him were he told that such a great variety of exercises could be performed with them—exercises, too, so exhilerating, and which may be carried out in any parlor with more interest and amusement than any dance or military drill.

We look upon it as a system which is to work wonders in the education of the young, introducing itself into our schools and seminaries of learning, for girls as well as for boys, making Dress Reform both practical and popular, and expanded lungs and rosy cheeks fashionable, and enabling our young men and young women to receive their diplomas with better health and stronger constitutions than when they entered college, instead, as is now too often the case, leaving their "Alma Mater" with shattered nerves, dyspeptic stomachs, curved spines, and all the long list of maladies that send annually so many of our brightest, most promising minds, to untimely graves. FRANK R. JONES,

Secretary Lecturing Association.

LETTER FROM A SUBSCRIBER.

R. T. TRALL & Co.: DEAR SIRS:—The March number of the HERALD OF HEALTH we have not received. I have been a reader of the WATER-CURE JOURNAL for about fifteen years, and have not lost more than one or two numbers in that time; and I hope to continue with your journal as long as I remain on this sphere. The advantage has been great to me in my own person, and that of my children. My wife passed away more than five years ago, and I have never called a physician since to myself, my aged parents, or my six children. My eldest is eighteen, and has been in the army of the Union for a number of months. He keeps in better health without their poisons, than any of them that take it.

Dr. Trall's Encyclopædia and other works which I have, with the journals, have been the means of instructing myself and some of the oldest of my family in the true way to live, so that we may be well and enjoy life. And by continuing to take the HERALD OF HEALTH, I hope all my children will learn to live more in accordance with the laws of our being, than they otherwise would. Yours truly,

ALEX. WILLIAMS.

So. KIRTLAND, *Lake County, Ohio,*
April 15, 1863.

ENCOURAGEMENT.

WHEN one becomes a little weary of well-doing, or depressed with feeling that he is not doing much, it is cheering to be told of the benefits derived from his teachings. The past week, I have thus been made glad. One lady said: "I have eaten no pepper, salt, etc., since I first heard you lecture. Yesterday I told our physician I should not take any more medicine. He replied: 'Then I shall not give you any more; and, I think, you may get on as well without it; perhaps better.' And, Mrs. Allen, I shall not take any more." Another said: "I left off tea, coffee, vinegar, etc., as soon as I heard your lectures; and the potions the doctor leaves me, I keep—see! here they are. I told him that I did not take them. He scolded me; asked if I did not wish to get well; and said he gave them to cure me. I know he meant well; but I know they cannot cure. I shall never take any more medicine."

Another, thoroughly diseased, said: "Since I first heard your lecture I have been improving in health. I shall follow your teaching. Husband says: 'I think, dear, it did do you good to go to that lecture.' He thinks I heard but one of your lectures. He does not yet know that I have heard every one of them. But, somehow, what you say, seems true. I am still coming. He is willing I should go where I please. But I want to improve much before he knows it is due to water-cure. What do you call it?" Hygienic treatment.

Another said: "Mrs. Allen, notice my skin. Hasn't it improved much since I have been hearing your lectures? It has a different feel, too. As such improvement is made in a few weeks, I am determined to continue doing as you advise, Husband is pleased, though he jests me about running off with the water-cure doctor. He does tease me with laughing to my friends about these modern sublimations; the whims of the woman doctor, as he calls your system. But he likes me to do so, I know; and he loves me all the better for it. So I shall continue."

True, these ladies, as yet, see but dimly, a little of our philosophy; but they are intensely interested. Their minds are wakened; they will think till they shall understand their relations to external things. At any rate, their words encourage me. So I thank God, and go on.

HULDAH ALLEN, M.D.

NEW YORK, *April* 4, 1863.

Never go up and down stairs, or about the house, like a trotting horse; step lightly, quickly and orderly.

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Business Department.

A WORD ABOUT LETTERS.—We receive thousands of letters in a year; for every one of which we are thankful. Many of them contain remittances in sums of from three cents to hundreds of dollars. These are certainly always welcome, for only by the receipt of such can we possibly keep the ball rolling which we have started, and are determined to keep in motion, till drugs and drug diseases are driven from the face of the earth. Many contain words of encouragement, thanks for the knowledge of health and happiness gained from following our directions. These we always welcome, and we grow stronger and more determined to work on for every such word. Occasionally we receive one with some complaint announcing the non-reception of HERALDS, books or other articles; and wherever the difficulty, whether with ourselves, our clerks, the carelessness of the writer in not giving full directions (which, we are sorry to say, is very often the case) with the post office department, express men, or other forwarders, we are *just* as anxious to receive them when anything is wrong; for no single one of our patrons is more anxious to receive the worth of his money from us, than we are that he shall, or that will take more pains, or sacrifice half so much to have it righted, as we will.

And, now, if our friends will heed the few directions given below, which are very simple, (and which, to many, may seem very commonplace and unnecessary) it will save us an infinite amount of time, money and perplexity, and insure the writers against almost the possibility of disappointment in returns.

First, then, in sending for the HERALD OF HEALTH, please write all names, post office, county and State plainly on a slip by itself, disconnected from all other matter, except simple directions, which will be handed to the proper clerk, the names entered on the books, back numbers, if any, sent, and letter filed in its appropriate place for future reference.

Orders for books or other things should be *plainly* written on another slip, disconnected from all else. This another clerk takes, enters on his books, forwards the things ordered, and files it for future reference, if necessary.

All matters editorial, necessary for Dr. TRALL to attend to, such as articles for publication, reports of cases, questions for advice, words of commendation, or anything else you wish specially to have him see, enclose on a separate sheet directed to R. T. TRALL, Editor.

If we received but a single letter a day, or even a dozen, it would be unnecessary to publish the above, or for our friends to heed them; as it is, it is all important. If every correspondent we have would heed the *above*, we could afford to publish one thousand copies of the HERALD OF HEALTH a year for gratuitous circulation, and pay for them out of the time now spent by editors, publishers and clerks in reading long letters which have no connection with their departments or business, in sifting out and arranging orders, causing delay in every department, and rendering it almost impossible to prevent occasional mistakes.

Friends, please heed the above. It will save you much delay and anxiety, and save us much precious time and considerable money.

Yours truly, R. T. TRALL & Co.

THE TRUE TEMPERANCE PLATFORM.—This work will soon be issued by R. T. Trall & Co., New York, and W. Tweedie, 337 Strand, London. It will contain the substance of Dr. Trall's address at the International Temperance Convention, held at the Queen's Concert Rooms, Hanover Square, and Exeter Hall, London, September 2nd, 3rd and 4th, 1862, together with the discussion on Alcoholic Medication (which grew out of Dr. Trall's remarks in London) between Rev. J. C. Hurd, M.D., Grand Worthy Patriarch of the Order of the Sons of Temperance, of the Province of New Brunswick, and R. T. Trall, M.D., of New York, conducted through the columns of *The Philanthropist*, a temperance paper, published at Fredericton, N. B. This work is a complete exposition of the fallacies and delusions of medical men on the subject of the medicinal use (abuse) of intoxicating drinks, and explains the scientific and the only basis on which the Temperance Reform can ever be prosecuted to a successful result. Price fifty cents. A liberal discount to the trade. Address,

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"THE HOUSE I LIVE IN."—With the July number we shall commence the republication of one of the best works of the late Dr. William A. Alcott, with additional anatomical and physiological illustrations. It is replete with practical suggestions, and is one of the most instructive and useful works for the family circle, as it explains, in a familiar manner, the principal facts in relation to the structures and functions of the human body. It will be completed during the year, and will, we are sure, make one more attractive feature to the present and succeeding volumes of the HERALD OF HEALTH.

Dr. Trall's Prize Essay on Temperance and on Tobacco are out of print, and the Scientific Basis of Vegetarianism is nearly so, and the plates were destroyed by fire. They will not, probably, be reproduced in tract form, but the ideas will be embodied in other forthcoming works, which will be duly announced.

The man who climbed a freshly peeled, forty feet high poplar pole, and then drew the pole up after him, has been engaged by the Schenectady circus company, to ride a switched tailed horse chestnut tree around the ring, without stirrups.

Extravagant people are always penurious. Show us a woman who pays a hundred dollars for a shawl, and we will show you a woman who will run all over town to get her husband's shirts made "sixpence cheaper."

Mrs. Partington thinks that there will be such facilities for traveling, soon, that we can go anywhere for nothing, and come back again.

Who signs the most death warrants—our governors or our physicians? Who knows?

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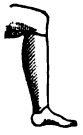
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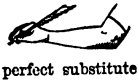
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The World's Health Association.

The second annual meeting of the Health Association, organized at Chicago, June 10, 1862, will be held in Wilmington, Delaware, commencing on Tuesday, June 9th, at 3 P. M. Wilmington is a beautiful and salubrious place, and ample preparations will be made for the business of the Convention, the entertainment of our friends, and for evening lectures. We expect a strong force and variety of speakers. One of the special attractions of that locality at that season is the annual meeting of the Progressive Friends, which is to be held at Longman, near Wilmington. on the 6th, 7th and 8th of June. We hope as many as possible of the Delegates of the Health Association will find it convenient to attend also the convention of the Progressive Friends. R. T. TRALL, M.D., Pres.

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R. T. TRALL, M. D.,

EDITOR AND PROPRIETOR.

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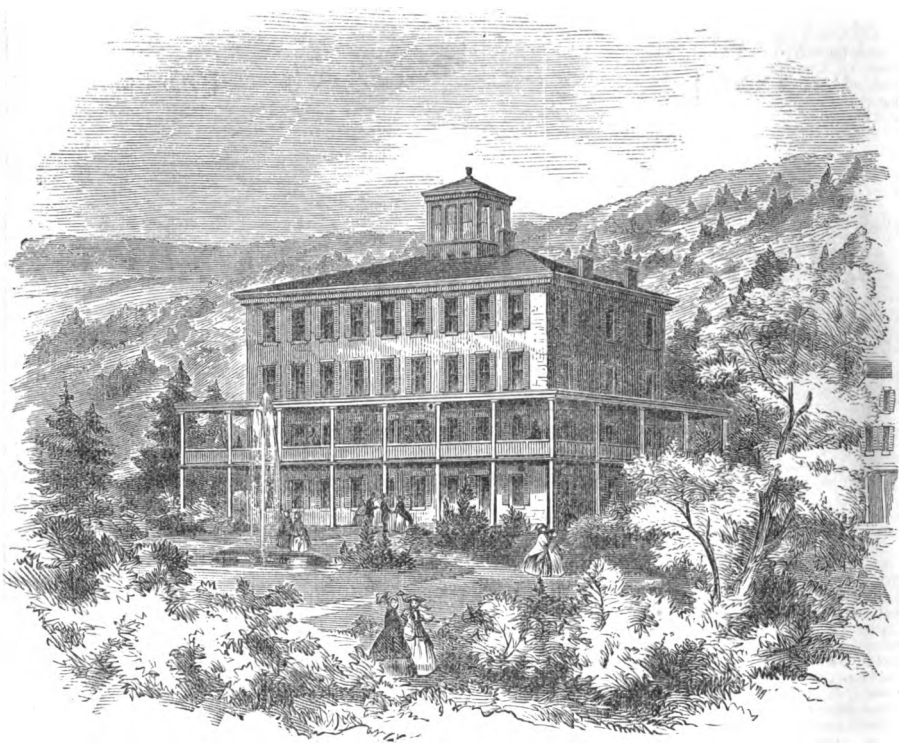
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THE

HERALD OF HEALTH.

VOL. I.—No. VI.] JUNE, 1863. [NEW SERIES.

CONTENTS.

GENERAL ARTICLES: PAGE.
Our First Half Year..217
Rambling Reminiscences ..218
Our Patients..223
Perverted Appetite..226
Uterine Ulceration..226
The Maine Ladies..227
Experience ..228
Condition of Woman..229
Bulwer's Letter on Water-Cure..230
The Two Systems..232
Hygeio-Therapy in New Brunswick..234
Under the Ice..235
Popping the Question..235
LITERARY NOTICES..236
PUBLISHER'S DEPARTM'T.236
TOPICS OF THE MONTH:
Illustrations of Medical Science ..247
Malarial Diseases..238
Prof. Lee on Wines..238
Salt again ..299
Cork Beds..240
PAGE.
Golden Poison..240
The Health Association240
Summer Term of the College ..240
Our Correspondents..240
Yellow Fever Investigation..241
DINING-ROOM DEPARTM'T
Puddings..242
SOLDIER'S DEPARTMENT.243
COLLEGE DEPARTMENT..
The Appropriation..246
The Endowment..246
VOICES OF THE PEOPLE:.246
TO CORRESPONDENTS:..248
KINDERGARTEN DEPART.249
MISCELLANEOUS:
Science of Dress ..251
Reports of Cases..253
Shake the Ashes out of the Grate..253
Line upon Line ..254
Craft in Danger..254
An Incurable Disease.255
Index to Volume One .256

THE WORLD'S HEALTH ASSOCIATION.

WE have reason to believe that the Second Annual Meeting of the World's Health Association, at Wilmington, Del., commencing on Tuesday 9th instant, will be one of the events of the campaign of 1863. From what we see and hear we feel assured of a good attendance; and we expect there will be some tall talking (present company always excepted). An auxiliary association has recently been organized in Wilmington, and embodies some sterling and energetic friends of our cause. We hope the foes as well as the friends of our system will be present and take part in the proceedings. Whether the Physicians of the Drug Schools have stood aloof from or secretly opposed us in all of our efforts to enlighten the people in matters pertaining to life and health, diseases and remedies, their motives we do not impugn; but, surely, if we are wrong and are misleading the people, they ought to show it, and if we are right, they ought to be willing that the people should know.

OUR FIRST HALF YEAR.

THE present number concludes the THIRTY-FIFTH VOLUME of this Journal, and the FIRST VOLUME of the HERALD OF HEALTH. We submit to the intelligent reader, whether we have not fulfilled the programme we announced at the commencement of the year? Thus far all the criticisms we have received have been commendations, and all of the suggestions, God-speeds. We do not intend that the ensuing volume shall be less deserving the patronage than its fortunate predecessor, and we are sure that its circulation will be very considerably greater. Under all circumstances, it will continue to be the fearless exponent of The True Healing Art, and the uncompromizing opponent of the greatest curse of the civilized world, drug medication.

We have many good things already provided for the next volume; sufficient, we think, to render it worth to every family in the land, many times the price we ask for it. Among these are that excellent work of the late Dr. Alcott, "The House I Live In," with Anatomical and Physiological Illustrations; and a work, illustrated with engravings, showing the proper method of fitting boots and shoes to the feet, thereby tending to secure the proper development of the young and the vigor of the old, and to prevent or remove the impurities and deformities which cripple the feet and weaken the locomotion of nearly all the people of Christendom. The subjects of costume, cooking, dietetics, ventilation, &c., will receive special attention in the current volume. Our indefatigable business associate is in pursuit of many other features to enhance the interest and add to the practical value of the HERALD; but as "enough is as good as a feast," we shall leave them to be announced in due order hereafter. To those generous friends who have assisted us to extend the circulation of the volume now concluded, we tender our grateful acknowledgments, assuring them, moreover, that *great* favors are thankfully received, and *greater ones expected!*

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General Articles.

RAMBLING REMINISCENCES.—No. 22.

BY THE EDITOR.

ON the 25th March we had the pleasure and privilege of speaking before the Finance Committee of the Senate at Albany, in exposition of the principles of our system, and in behalf of the petition for an appropriation of $25,000 to endow the New York Hygeio-Therapeutic College. The following is the substance of our remarks, which we afterwards learned were listened to by Dr. John Swinburne, of the army, and by J. V. P. Quackenbush, M. D., Surgeon-General of New York:

HYGEIO-THERAPY.

The doctrines taught in the New York Hygeio-Therapeutic College, and on which the Hygienic or Hygeio-Therapeutic Medical System is founded, are new, original, and independent. They have never hitherto been written in medical books, nor taught in medical schools, nor recognized by the medical profession. I claim them as my discovery. If true, they are important, and they must and should revolutionize the so-called medical science of the world, and place the Healing Art on a very different basis. And while they are in direct opposition to each and all of the fundamental problems on which the popular medical system is predicated, I claim, and hold myself ready and willing to prove, that they are in harmony with Nature, in accordance with the laws of the Vital Organism, correct in Philosophy, demonstrable in Science, and successful in Practice.

In a strict sense, Hygienic Medication contemplates the employment, as remedial agents, for all purposes, except surgical, of materials and influences which have *normal* relations to the living system. These are: *Light, Air, Temperature, Water, Food, Clothing, Exercise, Rest, Sleep, Electricity, Magnetism, Passional Influences,* etc.

The philosophy of Hygienic Medication is predicated on the primary premise, that those things which are constitutionally adapted to the preservation of health, are also the proper remedies for disease. It rejects from its Materia Medica all poisons—all things whose presence in the vital domain is incompatible with the "normal play of all the functions," and which are destructive to the living tissue. It regards disease as *disordered vital action*, consequent on irregularity, excess, or defect, in the use of things normal, or as the result of the presence of abnormal things. And these proposition being admitted, it follows inevitably that the proper remedial plan is to regulate the use or application of things normal, and to rid the system of the presence of abnormal things; in other words, to restore the normal condition.

As disease is occasioned by the excess or defect of things intrinsically useful, or by the presence of things intrinsically injurious, the True Healing Art consists in regulating the one and removing the other—in so relating the vital powers to all things that they can accomplish these objects for themselves, in the surest and safest manner possible.

The Fundamental problems which constitute the Theory or Science of Hygienic Medication, and, indeed, on which all Medical Science must be based, may be reduced to the following:

1.—THE RELATIONS BETWEEN LIVING AND DEAD MATTER.

Until the advent of the Hygienic School, it has always been held and taught (and is now so held and taught in all other schools), that, in the relations between dead and living matter, the dead acts on the living; that disease, causes of disease, poisons, medicines, food, and all external objects *act*, or "make impressions" on the living system. Diseases are regarded as positive entities. They are said to "attack" us; to "have a course" of their own; to "run through" us; to "affect" or act upon certain organs; to be "seated" within us; to be "self-limited;" to "travel" from part to part; to "become malignant;" to "assume a mild form;" to "simulate other diseases;" to "change their type," &c., &c., all of which language is consistent with the erroneous theory that disease is an entity, or substance, existing outside of the organic domain. But it confounds the disease itself with its causes and its consequences.

The Hygienic School reverses this doctrine, and thus solves the problem which has so puzzled and perplexed the medical philosophers of all ages. It teaches that, in the relations between dead and living matter, all action is on the side of the vital organism, and none whatever on the part of the external object. And in the solution of this problem it finds the rationale of all forms of disease, and all kinds of remedies, as well as the key to the interpretation of all the problems of medical science, and all the rules and principles of the Healing Art.

2.—THE ESSENTIAL NATURE OF DISEASE.

The successful, or proper treatment of disease, implies a knowledge of its nature. The investigations of three thousand years, have not enabled physicians to answer the question:

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"What is disease?" Its nature and essence are confessedly a mystery to-day. This is not the result of a want of zeal or intelligence on the part of the medical profession. The subject has been pursued in the wrong direction. The solution of the problem has been sought where it does not exist. The observations of medical men have been made from a false stand-point. Their experience has been interpreted by erroneous rules. The data of knowledge have been misapplied, and the world has always had a false theory of the nature of disease. But on the theory advanced by the Hygienic School, the nature and essence of disease become self-evident.

Disease is remedial action. It is a process of purification and reparation. It is not the enemy of the vital powers, but the struggle of the vital powers themselves in self-defence. It is not a thing to be suppressed, subdued, broken up, destroyed, conquered, "cured," or *killed*, but an action to be directed and regulated. To illustrate: When the body has been exposed to miasms, infections, poisons, or impurities of any kind, until the system, or some one or more organs, have been dangerously obstructed, a special effort is made by the vital powers to cleanse the system—to rid itself of their presence. This special effort—a remedial action—*is the disease.* If this effort be determined to a particular organ or outlet, the disease is said to be *local*, as vomiting, diarrhœa, cholera, consumption, diabetis, &c. But if it is determined more especially to the surface, or to the emunctories generally, thus seeming to involve the whole system in the remedial process, the disease is said to be general, or *fever;* the particular form or kind of fever being dependent on the amount of impurity in the system, the absolute vigor of the constitution, and the relative and comparative vigor of the various vital organs and structures. Thus, a strong, vigorous person, with a slight degree of impurity or infection, would have *inflammatory* or *entonic fever;* a person of a more gross condition of blood and fouler secretions would have the remedial effort manifested in that form which we call *typhus*, or *putrid fever;* while the person of more feeble conditions and less impurity, would have the disease which is termed *typhoid, atonic, slow* or *nervous fever;* while the person who is contaminated with some specific poison or impurity which must of necessity be thrown off through the skin, will have some form of *eruptive fever*, as *measles, small-pox*, &c.

This exposition of the nature of fever suggests a plan of treatment, which, for a quarter of a century, and in various parts of the world, and in the hands of physicians of all schools, and in thousands of cases, under the direction of non-professional persons, has been promptly and almost invariably successful. We, of the Hygienic School, do not regard the ordinary diseases, of which so many persons die every week, and which number among their recent victims, the distinguished names of Cavour, Albert, Buckle, Hinckley, Douglass, Mitchell, Hoffman, Hawes, Sumner—all of whom, we think, have unnecessarily died in their prime—and of which more than two hundred die weekly in the city of New York—*fevers, pneumonia, measles, scarlatina, diptheria, small-pox, dysentery, apoplexy, congestion*, &c., are not at all dangerous in themselves; and the mortality of them under Hygienic treatment, as I have ample data to show, is less than one in ten, as compared with the ordinary medicinal, or drug treatment. Last week forty-nine persons are reported as having died, in the city of New York, of inflammation of the lungs. That this mortality is chiefly due to the treatment, and not to the disease, I most religiously believe. I have treated hundreds of cases Hygienically, in persons of all ages, from eight days to eighty years, and have not yet lost the first patient.

If the process of purification is facilitated by a proper regulation of the surrounding influences—by furnishing the system with precisely what of *air, light, temperature, water, food, rest*, &c., it can use under the circumstances, and by the careful avoidance of all injurious things, patients would very rarely die of any form of fever, acute inflammation, or bowel complaint, known to the nosologies. Many of the graduates of the Hygienic School have treated, for years, all forms of fever incident to our country, without losing a patient, and that, too, when deaths of the same diseases were frequent all around them, under the ordinary treatment.

But I do not purpose to base the claims of our systemto public confidence and patronage on experience; for experience is only convincing or valuable, according to the rule by which it is explained; and all experience may be delusive.

I rest its claims solely on its scientific truthfulness.

3.—THE MODUS OPERANDI OF MEDICINES.

No subject has been more studied by medical men than that of the rationale of the action of medicines; yet, to this day, medical books and schools, as well as the living teachers, confess that the whole subject is a profound mystery. The relations of remedies to diseases, or to the healthy organs and structures, is confessedly unknown; and is regarded by many as wholly without the pale of human comprehension. Say the standard authors and the living teachers'

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"We know that medicines *do act*, but *how* they act is entirely unknown."

The Hygienic philosophy reduces this mysterious problem to a simple truism, by a reference to the primary premise—the law of relation between organic and inorganic matter. *Medicines do not act at all.* Dead matter, I repeat, does not act on living. Drugs are dead, inorganic, inert substances, and have no relation to the living system save that of inertia, the same as a stick or a stone. They do nothing. They are done unto. They do not act. They are acted upon. The living thing is active, and the dead thing is passive. This is the law of all the universe, in relation to everything which it contains. It applies to the drug in the human stomach, the poison in the blood, the elements around, as well as to medicine in the apothecary shop, the stone on the ground, the food in the field or the granary, and the water of the spring.

The employment of drug-medicines, and the classification of the Materia Medica, are predicated on the assumption, that different drugs or medicines, *act on* different organs or structures, in virtue of certain inherent, special, selective, or elective affinities, which they, the drugs, have and exercise for the said organs and structures.

The Hygienic School declares the exact contrary to be true. It teaches that living matter is active, and dead matter passive, in their relations to each other, always and under all circumstances. There is no affinity, and can be none, between drugs, medicines, or poisons, and living structures.

To illustrate: Ipecac, antimony, or lobelia, occasions vomiting; and salts, castor oil, jalap, &c., purging. The popular system accounts for the effects by referring them to the action of the drug on the stomach, or on the bowels, as its "inherent affinity" may "elect" or "select" one place or the other on which to "make an impression." The Hygienic School explains the effects by referring them to the action of the vital powers in expelling the drug, by the process of vomiting or purging, as it can best get rid of them under the circumstances.

Opium, alcohol, tobacco, &c., are said to have a special affinity for the brain, and the effect—*stimulation or intoxication*—is said to be due to their specific or selective affinity for and action on the brain and nervous system. The Hygienic School teaches that stimulation and intoxication are processes precisely similar to those of *fever* and *inflammation*, and the result is, vital expenditure and vital waste, instead of accumulation or supply of vital power. The stimulation and intoxication, so far from being attributable to the special action of alcohol, &c., on the brain, are the commotions of the vital organs in expelling them as poisons from the organic domain. In this struggle—this defensive war, which is nothing more nor less than disease, or remedial action—the brain is deprived of its usual supply of blood and nervous energy, the consequence of which is, disorder, imbecility, or suspension of the mental functions.

These conflicting theories lead to diametrically opposite methods for treating disease, and as one must, of necessity, be wrong, the people have an interest as great as are the issues of life and death, in knowing which is right.

4.—THEORY OF VITALITY.

The doctrine is entertained and taught, by all medical schools, except the Hygienic, that disease and the "*vis medicatrix naturæ*," are antagonistic principles. The Hygienic School reverses this doctrine also. The disease *is* the "*vis medicatrix naturæ*." They are identical and the same. The life-force—vitality—and the disease, are not enemies at war with each other, each seeking the other's destruction. But, on the contrary both are the self-same vital powers in an effort to expel from the system, injurious things, and to repair the damages which their presence has occasioned. If this be the true theory of the *vis medicatrix naturæ*, that practice which aims to destroy the disease by means of potent drug medicines, can be nothing more nor less than a war on the human constitution.

The difference between health and disease is simply this: Health is *normal action*, while disease is *abnormal action*. In other words, health is the action of the vital powers in building up and replenishing the organic structures; or, in still plainer speech, the conversion of the elements of food into the elements of the bodily tissues; and disease is the action of the same vital powers in defending the organism against injurious or abnormal agencies and conditions. Health and disease are, in the organic domain, precisely what peace and war are among the nations. One is "productive industry," the other is destructive but remedial action. Health is the *vis conservatrix naturæ*, and disease is the *vis medicatrix naturæ*. One is order; the other is disorder.

5.—THE LAW OF CURE.

Here, again, the Hygienic School finds itself in conflict with the dogmas of all the other medical schools. Each of the drug-medical schools professes to have the true "law of cure;" but while they all differ in their technical expressions of this law, their various phrases are

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all rducible to the same philosophical formulary, which is thus stated by Professor Paine in his "Institutes of Medicine": "We cure one disease by producing another."

The Hygienic School teaches that there is no law of cure in all the universe; and that the only condition of cure is, obedience to physiological law. The popular medical system undertakes to cure diseases by administering the causes of disease. The Hygienic system endeavors to remove and avoid all causes of disease. The popular system aims to restore sick persons to health, by the means which cause sickness in well persons. The Hygienic system restores sick persons to health by the means which preserve health in well persons.

The doctrine of the law of cure is founded on the primary dogma that, nature has provided remedies for diseases, in certain things which exist outside of the living organism; in other words, that the vital powers, when acting disorderly, are to be restored to order by the administration of poisons. I fear this doctrine has destroyed more lives than have ever been destroyed by war, famine and pestilence combined. The Hygienic School denies the doctrine that nature has provided remedies at all—much less in drugs and poisons. Nature has provided penalties to secure the observance of her laws; not remedies to do away the consequence of disobedience to them. Nature could not so stultify herself. Providence could not be so inconsistent as to provide penalties for transgression, and then permit the doctors to drug and dose away the penalties.

BEARING OF THESE DOCTRINES ON SOCIETY.

As all art is the application of scientific principles to the production of specific results, there can be no successful Healing Art, unless it is founded on a *true* medical science. Physicians always will and always must practice according to their theories. They would be neither rational nor honest if they did not. And before they can have correct rules for practice, they must have correct principles in science. The theory must be true, or the practice cannot be right, except by accident. And if all of the fundamental premises of the so-called medical science of the world are erroneous, as I have briefly shown, and as I would demonstrate if I had time and opportunity, no one need be told how uncertain, nor how dangerous, the practice must be.

The doctrines of the Hygienic School: That all action is on the part of the living system; that disease is remedial effort; that medicines do not act, but are acted on; that disease and the *vis medicatrix naturae* are identical; that nature has not provided remedies, and there is no "law of cure" in existence, are not only radical and revolutionary, but eminently reformatory. They dispense with all drug-poisons in the treatment of disease, and find ample, safe, and efficient remedies in normal agencies and conditions. They hold every individual to a strict accountability, by teaching that, if *causes* are applied, *consequences* will follow. They teach the world not to fear disease, but to fear the *causes* of disease. They educate the people to do themselves no harm because they are sick, but to rest, fast, bathe, &c., until "nature," or the inherent remedial power, can remove the obstructions and restore the normal conditions.

I said that these doctrines are eminently reformatory. Important as they may be in giving the world a better method for treating diseases—in establishing the True Healing Art on the basis of the laws of nature—this is not the greatest benefit they are destined to confer on the human race. Far more important is their influence in preventing sickness. Those who become thoroughly indoctrinated with the principles of the Hygienic School, understand that, in order to preserve health, they must avoid the causes of disease, and this implies a life in conformity with organic law—a "walk and conversation" during life's entire pilgrimage, in strict obedience to every law which the Creator has implanted in the vital domain of that being which he has "fearfully and wonderfully" formed and fashioned in His own image, made to rank in the scale of being "a little lower than the angels," and endowed with eternal and Godlike attributes. They must, in all things, "cease to do evil, and learn to do well." They learn that a life which secures the greatest possible amount of bodily and mental vigor, which ensures the longest period of earthly existence, which promotes the highest earthly happiness, and gives the utmost ability to do good in the world, is only to be realized in the *use of all* of the things of the universe, and in the *abuse of none*. And thus the teachings of the Hygienic School furnish the strongest incentives which can be addressed to human beings to live simply, healthfully, naturally, and to be "temperate in all things."

Abjuring the time-honored but most pernicious doctrine that "life is a forced state"—a doctrine whose practical recognition has led the way to all of the dissipation and debauchery in the world, and to a very large proportion of the vices and crimes which afflict society—the teachers and practitioners of the Hygienic School

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are gradually, surely and effectually exerting our influence in society, both by precept and example, which is in every sense beneficent, while it conduces to the achievement of the world's first and greatest need—HEALTH.

But, aside from the considerations of better health, longer life, greater usefulness, and higher happiness, the Hygienic System is worthy of the people's patronage and encouragement on the ground of economy alone. Its universal adoption by the people of the United States would save, in the direct expense of doctors' and apothecaries' bills, not less than one hundred million dollars annually, and an equal sum also in the indirect expense of loss of time, business, &c. Thousands of families, and tens of thousands of intelligent individuals in this country and in Europe, have adopted the Hygienic System partially or completely, and have, without exception, found themselves less liable to sickness, and more easily and safely restored when sick.

The Hygienic System has been applied, so far as practicable, to the treatment of the diseases, and to the conservation of the health, of thousands of the officers and soldiers of our armies; and always with the best results. Hundreds of valuable lives have been saved by it; and thousands more, with millions of money, might be saved, if those of our wounded and invalid soldiers, who so preferred, could have been permitted to have had the physicians and nurses of the Hygienic School.

The Hygienic School is, perhaps, deserving of encouragement, as being the first, and, thus far, the only medical school in the world, which makes the laws of life and the conditions of Health, the leading features of its teachings. While it teaches all of the recognized facts of anatomy, chemistry, obstetrics, surgery, toxicology, and all other collateral branches of the Healing Art, like all other medical schools, yet, unlike all others, it gives especial prominence to the subjects of vital development, physical culture, and personal habits, &c., which conduce to the preservation of health among the masses, and to the physiological regeneration of society.

And lastly, the Hygienic School has peculiar claims on the munificence of the people of the Empire State, as the pioneer medical school of the world, in associating the sexes in the prosecution of medical studies, and in placing woman on a perfect equality with man, in the duties, responsibilities and privileges of the medical profession. The policy which medical *men* have so long pursued, of excluding her from the educational facilities which public charity and legislative bounty have so liberally bestowed on her brother, is not only gross injustice to woman, but an outrage on humanity. Woman is, by nature and organization, by habit and domestic training, better fitted than man to take the leading part in the treatment of diseases generally, aside from the mere performance of surgical operations. Three-fourths, if not seven-eights of all the practice of the *male* medical profession are devoted to the treatment of the diseases of women and children. And, certainly, with equal educational advantages, woman must be incomparably better adapted to manage the maladies and infirmities of children, and the diseases peculiar to her sex, than man can possibly be. In this line of practice there are no more successful physicians in this country nor in the world, than the woman graduates of the Hygienic School. One Florence Nightingale has proved herself worth more than a regiment of *male* drug-doctors in curing invalid and wounded soldiers of the masculine gender. How much greater must be her comparative success in the management of sick women and sick babies?

In conclusion, I will simply remark, that all persons, without exception, so far as I know, or have ever heard, who have fully investigated the principles of the Hygienic Medical System, have come to the conclusion that they are wholly true.

HOW TO RETAIN A GOOD FACE.—A correspondent of the *Home Journal* has some good ideas on the importance of mental activity in retaining a good face. He says:

We were speaking of handsome men, the other evening, and I was wondering why K. had so lost the beauty for which five years ago he was so famous. "Oh! it's because he never did anything," said B; "he never worked, thought, or suffered. You must have the mind chiseling away at the features, if you want handsome, middle-aged men." Since hearing that remark, I have been on the watch to see whether it is generally true; and it is. A handsome man who does nothing but eat and drink, grows flabby, and the fine lines of his features are lost; but the hard thinker has an admirable sculptor at work, keeping his fine lines in repair, and constantly going over this face to improve the original design.

RICH WITHOUT MONEY.—Many a man is rich without money. Thousands of men with nothing in the pocket, and thousands without even a pocket, are rich. A man born with a good, sound constitution, a good stomach, a good heart and good limbs, and a pretty good head piece, is rich. Good bones are better than gold—tough muscles than silver; and nerves that flash and carry energy to every function, are better than houses and lands.

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MY FIRST PATIENT AND OUR LAST.

BY REV. J. STEBBINS.

Sixteen years have passed since a young lady, pale and careworn, came to board with me—the only child of both parents. Her mother had children by a former husband, and died when this child was two years of age. Her father soon married again, and raised other children: thus placing the subject of these lines between two families, with half-brothers and sisters on both sides, but no full relation on either. During the interval that elapsed between the death of the mother and the second marriage of the father, the little weakly girl was cared for away from home, and subsequently, till nine years of age, at home, by a kind grandmother. Afterwards a stepmother had sole charge of the consumptive child of a consumptive mother. It seems to have been a settled conviction with her as well as the father, that so frail a child could not grow to womanhood, and she was treated accordingly. So constantly and persistently was this idea cherished and trained "how to shoot," that it was fixed a barbed arrow in the heart of my patient, who writhed with its torture for years after health in other respects, had been sufficiently restored to have satisfied persons not thus transfixed upon an ever turning dart. No matter how plump the form, how rosy the cheek, how bright the eye, or how brilliant the intellect, there was ever present this vision of woe—this demon of despair darkening every light and blighting every hope. True, she did live to womanhood to her own disappointment and that of her friends. She did survive the well taught lesson that "she must die young." She did grow up a slender plant, in spite of the arrow and the dart that lay resting at the fountain of life. She did attain a living form, though forced to carry about a dead body. She even ventured, sometimes, to smile, and would study, though every reflection looked toward a premature grave; and every exertion toward the attainment of knowledge, was weakened by the thought that few and brief must be her days of learning, and—sighing for the joys of life that never could be hers. If she had moments of happiness, and sometimes dared to think of better health and brighter days, there was no being on earth to whom she could go for sympathy and encouragement. Her good stepmother, though fully aware that the poor child had grown strong enough to do the house work, and wash for a large family, and could accept of such service while her own daughter, but a little younger, led an easy life, was keenly alive to the idea that this girl was not to live to come to anything. Her father being of the same opinion, both opposed the helpless orphan in her attempts to get an education. But I am writing a biography, and shall make too long an article for the Herald of Reform. Suffice to say, that my patient suffered all this and much more that might be named. She went to one of the shops in the city where she lived, and plied the needle to procure money to buy books, pay tuition, lent some to her stepmother's son to dance with, who forgot to pay it; and worked for her board at home, till a better asylum was offered her. After years of enduring and dispairing, she came to me, as aforesaid.

Having learned but little of her previous life, I took her care-worn expression and pale features to be the legitimate result of too hard work and close confinement. I soon found her really ill, but of the extent and magnitude of her difficulties, I knew nothing. A skillful physician (homœpathic) was called early in the winter, and continued his visits till spring. By this time I had learned something more of my boarder. I had heard that she was the unnatural, unhealthy growth of a sickly scion from a diseased *root*—that the all absorbing idea of her mind had ever been and still was: "I am good for nothing; I can't live long, or ever have health." I was then experimenting with water and diet, with good results, and resolved to turn physician in this case, which had now interested me.

Accordingly, I recommended bathing. She had no faith in it; but to please me, did bathe; at first, occasionally, as much as a wash bowl, in her room would allow. Soon relief was felt, even from this. After a while, conveniences being afforded, her ablutions became constant, and were taken in a wash tub. Brown bread was substituted for the kill-dog mixtures of superfine flour. Meat was chewed less frequently, and finally eschewed altogether.

The next autumn found my patient a new being. The pale cheek was gone; the worn look had fled; the slow, feeble step, the exhausted breathing had stepped out. In their stead had come the vigorous body—the firm, elastic tread, the rosy color of health. Instead of fulfilling the year old prediction that she could not live six months, she could rise at early dawn, wash all over in an out-room so cold that the water would freeze upon the floor as it fell from the splashing process of full bathing. She could attend to all the duties of house-keeping, and walk miles without fatigue.

Instead of looking more fit for the graveyard

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than the marriage altar, as was said a year before, she was the picture of health, and gave substantial proof of the same, by presenting her husband with a large, strong, healthy son.

So much of my first patient. Were I making "Waymarks of Hydropathy," I should pause to point a lesson on the criminal practice of stultifying children by teaching them to consider themselves hopeless invalids, or stupids, or incorrigibles.

As it is, I leave such matters to the reflection of the reader, and invite attention to

OUR LAST PATIENT.

Little Allie is tha fourth of five children, and under three years of age. The fifth is an infant of three weeks, and was born when the father and three children were in bed with the measles. As neighbors, we were there to help in time of need, and, perforce of circumstances, we were allowed to manage in our own way.

But little, however, could be done, so scarce was water and so scant was help; it being a general time of measles in the neighborhood, but few could assist. We relied upon the strong German constitutions of both parents and children, to carry them through with water to drink, and a little put on the outside. Complete success attended every case but Allie's. All but him were very sick at the stomach, vomiting and purging freely. And he was soon up and able to play. Being very hungry, and having no mother to watch over him, he overloaded his stomach, which became gorged, producing stupor and general stagnation. In this situation Mrs. S—— found little Allie on Thursday night, the fourth since the birth of a little sister, to take his place in the lap and cradle. As if sensible of the necessity of other shelter, the little fellow took to her (Mrs. S.) from the first, so that she had no difficulty in obtaining his consent to be treated. She spent a night and a day with him in removing the obstructions and cleansing his body by the use of water, principally enemas. But mortification was so near taking place, that inflammation the most intense pervaded the system internally.

Finding no prospect of saving life at the home of the child, we offered to take it to our own. Like sensible people, the parents said, take it. Neighbors said, "Send for a doctor." "No," said the father; "others have had doctors and lost their children. I shall let them take my child. Their children have lived through measles and chicken-pox. If mine dies, it dies. It cannot live with me. I will let it go, though I never see it alive again." So, likewise, the mother. She loved her darling, and beheld it as one dead. She schooled her feelings, and sent it away as the only chance of life; while other mothers said, "I would not do it. No, not if I could not take care of it, nor save it. I would die with it first."

So little Allie became our last patient. At this writing he is convalescent with the chicken-pox, as the finale in the course of diseases, and lays in the cradle playing with his fingers like an infant just learning of them, and sits in laps, holding up his own head as if proud of so great a feat. This is the 20th day of Allie's residence with us, and he has had violent acute inflammation of the stomach, bowels and bladder; less violent, but considerable inflammation of the lungs, together with a general affection of every organ in the body, and a most distressing fit of home sickness, and brought on by a visit from his mother. For twelve days and nights we watched over him without relaxation of solicitude, taking only snatches of rest. Since, we feel at liberty to sleep most of the night, rising to keep fires and attend to our patient; still, he needs the care of the young and tender infant, whose life depends upon unremitting attention.

All this we give, at the sacrifice of our own health, both looking like recent subjects of treatment, or more promising candidates for it, and give it freely for the sake of saving life and demonstrating that water and proper regulations of diet, air, rest, &c., can restore to health, from the borders of the grave, without the use of medicine. This is what it costs to introduce Hygienic practice where the ignorance of its virtues prevail, and where the doctors and the old women have ordered the arrangements of sickness. If our labors are appreciated by those who follow us, and future generations call us blessed, we shall have a reward far beyond the value of gold, of which we get but little.

To return to our patient: We thought of writing his symptoms and treatment day by day, but no time or strength were spared us for this. Now, we can only state in general terms, the most remarkable features of the case, and give a general outline of the treatment. We do this for the encouragement of others who may have children in like condition, to whom we would say, "never give up." Many children, no doubt, have died for lack of hope and constant attention.

The nature of the disease I have already indicated, and will only add that Allie had not been well for some time previous to taking the measles. His habits of eating were such as prevail in most families in the West. His parents are among the hard-working, respectable fam-

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ilies whose health is yet able to endure hardships and resist the ravages of pork and saleratus biscuit, without serious disturbances. They had no idea of the living sepulchre they were making of little Allie, by filling his body with the foulest excretions, and lining all the internal passages with slimy matter from grease, alkali and lime water, as they coursed through his system. Yet such was the fact, and for this reason he was not able to throw off the measles by the vigor of his constitution. For this reason, too, he was subject to the subsequent diseases that followed, and required eighteen days of vigorous treatment to rid his system of the foul matter, and carry off the membraneous substances that coated him internally throughout; also leaving enough for the chicken-pox to work upon a week. And now (the 24th day) that he is decidedly better of that, we find his head filled with offensive matter to be got rid of. His future health and life will depend upon the conversion of his parents to a rational and healthy mode of living, of which we have hopes, and for whose special benefit these lines are written.

TREATMENT OF ALLIE AT OUR HOME.

Enemas of tepid water, thoroughly filling the bowels to their utmost capacity, morning and evening, followed by cooler ones, for twenty-four days. Foot and hip-baths twice a day, or oftener, hot, followed by cool sponging, and accompanied by fomentations of the chest at times. Fomentations of the stomach, bowels and bladder in turn, as the inflammation predominated in either; also, the lungs; occasional packs and almost constant cool compresses upon the chest till all inflammation subsided. These always followed fomentations. The head kept cool, and relieved through the nostrils by the use of water. In the delirium of home sickness, hot foot-baths, and sitting in the hot water with a blanket around the shoulders, had a most happy effect.

During the whole time the diet has been thin gruel, mostly of wheat meal, so scant that an allopath would deprecate, and a botanic faint to contemplate, except a little apple which causes irritation. Yet we have been able to control every symptom, and could say, every day, Allie is doing well. All through the chicken-pox, save one day, he gained strength. One evening we omitted the customary bath; the next morning he could not manage his head quite so well as he sat in a chair without support. The pustules were larger and more in number than they were upon my own children.

Thus we have endeavored to save one life and make one more impression in the right direction. If, now, we can persuade the parents of our little patient to learn how to preserve the life we have been instrumental, under God, of saving, there is another jewel set in the crown of Health Reform, to add one ray to "the true light that lighteth every man that cometh into the world."

In conclusion, an apology is due, editor, printer and reader, for the length of this article. But should any parent find in it the way to save a child, it will not be labor in vain. After twenty-four days and nights of watching and weariness, I have not the strength or time to re-write and prune, so please accept our offer, as it is with a fervent prayer that others may learn and teach better with better conveniences and less sacrifice.

HIGHLAND, Clayton County, Iowa.

VOLTAIRE.—Nearly a hundred years ago, Voltaire resided at Geneva. One day he said to some friends, in a boastful, sneering tone: "Before the beginning of the nineteenth century, Christianity will have disappeared from the earth!" Well! in that same house, in that same room where these impious words were spoken, what think you there is to-day? A large deposit of Bibles! The sacred books fill the house from the floor to the ceiling! So much for Voltaire's prediction!

CHILDREN'S DIET.—Those whose observation of the habits of children has been the most extended, are most satisfied that a large proportion of the deaths before the close of the second year of children, are fairly ascribable to error and mismanagement in matters of diet. The learned Dr. Combe does not hesitate to put the estimate at one-half! If this be so, how fearfully important that mothers should inform themselves on the subject of dietetics.

FAMILY PHILOSOPHY.—An emperor of China making a progress, discovered a family in which the master, with his wives, children, grand-children, daughters-in-law, and servants, all lived in perfect peace and harmony. The emperor admiring this, inquired of the old man what means he employed to preserve quiet among such a number of persons. The man, taking out a pencil, wrote only these words, "Patience, patience, patience."

LABOR.—Would you be an honest man, and enjoy competence with pleasure, unknown to hasty wealth or sly roguery?—Work. Let your sweat-drops wash your gains from all dishonesty. You shall live to tell your children that you have observed and felt the wisdom of the Royal Preacher:—"Wealth gathered by vanity shall be diminished, but wealth gathered by labor will increase."

If you would relish your food, labor for it; if you would enjoy your raiment, pay for it before you wear it; if you would sleep soundly, take a clear conscience to bed with you.

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PERVERTED APPETITE.

THE periodical or constant use of stimulating food so depraves and perverts the appetite, that it loses the power of a correct discrimination between nutritious and noxious substances, and causes the most disgusting compounds to be more relished than wholesome nourishment. The sufferer, with impaired digestive organs, whose stomach is accustomed to the presence of mustard, pepper, and other seasoning, when advised to abandon the use of these substances that are running his vital powers to destruction, is most likely to reply that, "*plain food may do for some persons, but the peculiarities of my stomach demand stimulants.*" These peculiarities are not so *peculiar* after all. They are simply the result of a depraved appetite, that has so blunted the judgment and intellect, that all reasoning emanates from the stomach; his likes and dislikes are not correct standards in dietetics or anything else. These two incidents in point will illustrate: When a boy, I was engaged in a country store. Early one morning, two men, quite intoxicated, came in and called for a quart of liquor. They were told that we did not deal in it. This they doubted, and insisted on having their bottle filled. They exhibited the cash, and would not be put off. A boy who happened to be in the store at the time, volunteered to supply them, and, taking the money in advance, started off, and soon returned (from the rain stand) with a quart of *pure Holland gin*. They shook it to see the bead, and thanked the boy for getting them a quart of such *good* gin for a quarter. They started away quite happy, and an hour later passed by apparently well pleased with their purchase.

A German ball was recently held in a village, and lager beer, as usual, was largely idolized. Amid the mirth and glee, when the dancers were well saturated with their favorite drink, a wag obtained a pail of swill from a neighboring cask of hog slop, and while the dancers were on the floor, slyly replenished the beer kegs. A rush soon followed for more beer, which was gulped down with the highest gusto, none being able to discover that the delectable fluid had been improved by a visit to the pig sty. R. S.

"I wish you would not smoke cigars," said a plump, little black-eyed girl to her lover. "Why not I smoke, as well as your chimney?" "Because chimneys don't smoke when they are in good order." He has quit smoking.

NOTHING IMPOSSIBLE.—You can do anything if you will only have patience; water may be carried in a sieve, if you can only wait till it freezes.

UTERINE ULCERATION.

BY MRS. HULDAH ALLEN.

LAST May I was sent for by Mrs. G., of Vassalboro, Maine. For months she had been confined to her room, suffering much from those who tried to cure her. I went to her. My friends blamed me for prescribing, as her doctor and everybody else thought her incurable. And I should have blamed myself, had not my course of action been previously settled. But with reference to such cases, I had decided that when the patient heartily wished it, and the family would co-operate to carry out the necessary treatment, I would prescribe. I would do my part,—lessen suffering—expecting to be blamed and misrepresented in case the patient's life was too far spent for her recovery. The results I leave to the providence of God. So I prescribed.

Mrs. G. is the daughter of a Homœpathic physician; frail, of sedentary habits, always ailing, little pills ever at hand. She had, from childhood, taken medicines. This was a discouraging circumstance.

The autumn previous she had given birth to a child, since which time her condition had been getting worse, till she could not, without support, walk across the room. From her crown to the sole of her foot, she was thoroughly diseased. Head was sore and aching; brain confused; stomach, liver, spleen, kidneys, bowels congested and inflamed; left breast, shoulder and arm swelled and painful; uterus ulcerated; neuralgia was general. The case was as undesirable as a fanatical doctor could wish for. The physician who managed the case, had cauterized the ulcerated part, till he ceased to visit her; and, surely, he was excusable for loss of faith in his medicaments, as the patient became only worse and worse by them.

Now, women! for it is to *you* I write, what did I order? *How much* cold water-cure? *How strong* was the caustic I applied to that obstinate ulcer which had so long held its place? *What* astringent did I use? Good ladies! I did not, in any way, torture her. Had torture been desirable, she had endured enough of it. I ordered only what would soothe, rest, relieve her. Daily towel-baths, modified as her condition varied; foot-baths, subject to similar modification; pure air constantly; sun-baths; passive exercises (movement-cure) gently and frequently applied to different parts, according to her state at different times; on the sore, inflamed, and painful parts, soft wet towels applied warm, hot, or cold, as the case at the time should demand; and, for the uterine complication, cool and cold injec-

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tions. The bowels, of course, had special care, till her food, from its quality and restricted quantity, allowed them to act spontaneously, freely and regularly.

I had full confidence in the gentle nurse—a lovely sister of the patient—and having warned the patient's husband that the vitality of his wife was so low as to make recovery doubtful; and that, though she would soon suffer much less, yet they must not, therefore, think she would get up. I had but one thing more to say at this visit. The patient had consented to reduce the quantity of food she took, to the limit I judged best; also, to restrict herself to the kinds I named. Then I told her that abandoning all which irritated and stimulated, she must expect to feel weaker; that her friends would think I was killing her, and that even her family might suppose her dying. She must expect this. After this visit I saw her; and a little time after I learned that she was failing—her parents had been sent for to see her again before her death, which was thought very near. Again I saw her, and directed her treatment. Then I was away two months, her family having promised to treat her as I directed. In September I saw her. In all respects she was much better. She felt the inflowing of vigor—the unfettering of her life-power. The breast, shoulder and arm were natural in look and feeling. That ugly ulcer had nearly healed, and she rejoiced in her improvement.

One error had been committed. Ripe fruit being the best food, she had eaten too freely of it, and too many kinds at a meal. This had retarded the cure. This fault corrected, she continued to improve. I ordered a modification of her exercises, baths, etc., and she soon was taken on a journey of twenty miles, which she made with comfort. She is still, I learn, improving. In all such cases, the first important step is to abandon all medicine; then by discreetly using only Hygienic means, the cure is certain—if enough of life is still left. Give Hygienic conditions; then trust to nature.

The taste for high sounding names which distinguishes our western friends when they take to christening towns and villages, is strikingly shown in a proposal issued by the post office a few months since, for running a one horse mail from "Hindostan" to "Palestine," by way of "Golgotha" and "Hookemsniffey."

Frederick the Great one day called his physician to him and said, "Come, sir, tell me frankly how many men you have killed in your life?" "Sire," replied the physician, "some three hundred thousand less than your majesty—and with less glory."

WHAT THE MAINE LADIES SAY.

DEAREST HERALD:—Often, very often, I hear from both friends and strangers, warm expressions of regard for the HERALD OF HEALTH. It seems to meet the ideas of the people, in reference to our Hygienic philosophy. People who habitually exercise their common sense and common reason, readily recognize truth; and our doctrines are simple truth.

A lady of my own beloved Maine writes:—"Last week I received the HERALD OF HEALTH, and I have been reading it all the afternoon. I think it worth ten thousand dollars a year to every family. It is like its editor and proprietor, Dr. Trall, full of truthful sayings. When I left off reading I felt as if I must go out and preach this Gospel of Health to all people. I am in earnest. If ever I get rich I will endow either the Hygienic College or Dr. Trall." She writes of another subscriber:—"Mrs. L. says she did not tell her husband that she had subscribed; and when he brought in the HERALD he wondered who had sent it. She replied, she supposed Dr. Trall had sent it, as she had ordered it to be sent to to her address. She then read a sentence from the HERALD. 'That sentence,' responded her husband, 'is worth all you paid for the whole year.'"

Now, best HERALD, is not our grand, vigorous, dear Maine, a very sensible State? Yes; I do love Maine, and I want the HERALD OF HEALTH to be in the hands of every one of its families. To these ladies spoken of, and to all others whose eyes see this, let me write—Huldah says, *persuade another of your friends to subscribe for the* HERALD OF HEALTH. It is the most profitable and the pleasantest way in which to invest a dollar.

As ever,

HULDAH ALLEN, M.D.

MR. MORSE, M.C., from Louisiana, thinks newspapers have deteriorated for the last ten years, and if high postage will stop their circulation, it will be better for the public. Mr. M. lives away down on the Bayou Teche, where the only newspapers are printed on the skins of dead alligators, where whisky is two cents a quart—where the gospel don't shine but once in seven years, and where every man who can read or write is sent to Congress, to the Legislature, or to the Penitentiary. We do not doubt that he fully represents his constituents.

THE man that took the gun up for kicking him over, has just had his case passed upon by the cannon law, and a verdict of "served him right" rendered against him. It appeared on the trial that he would persist in playing with its *trigger*, although its owner warned him against the consequence of taking such improper liberties. We hope experience will teach him wisdom.

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EXPERIENCE.

BY ONE OF HIS PUPILS.

"Experience is a good schoolmaster; but he does charge such dreadful high wages."

I WISH to caution the readers of the HERALD, who may ever have occasion to seek advice of a physician, against placing confidence in a certain class of men calling themselves Hydropaths, etc., but who make light of the Health Reform, and think that in *some* cases a little medicine or stimulant is needed, especially in nervous diseases to tone up the system, etc. If such physicians realized the fact, that instead of toning up the system, stimulants tone it *down*, their patients would be none the worse for it. Such physicians cannot understand the true principles of Hygienic Medication; or if they do, they are dishonest; and in either case you may find, if you trust in them, that in the end "it will bite like a serpent, and sting like an adder."

Nearly two years ago I was taken with palpitation of the heart and nervous prostration, the immediate cause of which, I now think, was long continued over exertion of my physical powers. I knew but very little of the laws of health; but I had seen and learned enough to abhor the saddle-bags of the doctors. I asked advice of an uncle who had been a Hydropath for nearly a dozen years. I had not known much about him for several years, he being in a distant part of the country during that time. The story is too long for me to relate in detail. He came to a hasty and wrong conclusion in regard to the nature of my disease; and as a natural consequence, I grew very much worse by not having the proper treatment. I found out by degrees, that he had fallen away from the true principles of the Healing Art, and at the end of a few months my confidence in him was somewhat impaired. Very fortunate it would have been for me if I had lost all confidence in him. I might then have been led to seek advice somewhere else. But as my knowledge of the "Healing Art" was so imperfect and confused, and as I was unable, on account of the weakness of my mental powers, to inform myself fully of the principles of Hygiene, I did not realize the extent of his departure from the truth. He told me to eat whatever I wanted, and advised me to use flesh and stimulants. I refused to take stimulants, for I had an idea that if a glass of brandy made a person sick, a tablespoonful would have the same effect, to some extent. How the quantity was to affect the nature of the article, was more than I could then or can now understand.

When cold weather returned, I grew much better, and was in hopes of speedily regaining my health. But it was not so to be. I was kept in a morbid state of excitement, by means of over exercise, nearly the whole time. Mistaking exercise for genuine strength, I was constantly exhausting my vitality. After being sick about a year, my physician thought the water-cure would not work in my case, and he accordingly turned allopath, and prescribed perchloride of iron, phosphorous, &c. I had lost all confidence in him, and I was so weak that I had given up all hope of recovery, and to please my friends, I consented to take anything he prescribed. If I had had proper treatment even then, I might have now been on the road to health. I took some medicine for three months, and then I began to think allopathy did not work well. Cool weather coming on again revived me a little, but not enough to give me much hope. About two months ago I commenced reforming my dietetic habits, since which time I have abstained from flesh, and eaten very abstemiously, only of the simplest kind of food, often making a meal of apples and parched corn. My nervousness decreased, and I was able to read and find out where I had erred. Although I knew reading injured me, yet I had such a morbid desire for it, that I was unable to restrain it. I can see now that the obstacles in the way of my recovery have been insufficient rest, and an improper diet. I can account for the change in my physician, in no other way than the effect of tobacco, of which he is an inveterate user. He was always very successful in the practice of Hydropathy, and at one time was as radical as the most enthusiastic health reformer could wish. Such so-called Hygienic physicians who compromise with error, do more to injure the cause of health than its open enemics. They should be named after their political brethren—the copperheads.

At the age of nineteen I am doomed to die, as have many thousands, from ignorance of the laws of health. To those who see the importance of the Health Reform, but do not themselves reform, I would say, do not procrastinate; for the present is the *best opportunity* to overcome bad habits; and if you do not overcome them, you must sooner or later pay the penalty.

THE GRAMMAR OF MATRIMONY.—If you are a very precise man, and wish to be certain of what you get, never marry a girl named Ann, for we have the authority of Lindley Murray and many others for the assertion that "Ann is an indefinite article."

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THE CONDITION OF WOMAN.

In the last paper, there was an article on "The Influence of Woman." We give one now on her general condition as envolved from age to age by civilization; and before we leave the subject, shall have something to offer on the question of Woman's Rights.

In savage nations, the right of the strongest is the only law. There woman, the weak, is a mere drudge, on whom are imposed all the servile and laborious occupations; while man, the strong, deems all labor degrading, but war and hunting—labors of force and destruction. In barbarous and half-civilized nations, man has so far learned to pity the weakness of woman as not to impose upon her the most laborious out-of-door employments. But he has not yet learned that she has a mind. His instincts for beauty have been somewhat developed, and he pays her homage as an impersonation of beauty. But his highest feelings toward her are animal, and in his deepest condescensions she is but the plaything of his idle hours, a graceful ornament of his harem. She has, in some degree, ceased to be the laborious drudge, without having risen to the rank of his companion.

In the progress of civilization, the condition of woman has been gradually still further meliorated. She has come to be considered as in some degree a rational being, having an intellect, that may be improved to some extent, and moral powers, which make her a responsible portion of Humanity; to whom a portion of knowledge, suitable to her proper sphere, may be permitted, and which she is at liberty, within that sphere, to communicate. The highest degree of external deference is paid to her; as a late writer has said, "She has the best place in coaches and at exhibitions generally; when there are not chairs enough for everybody, the gentlemen stand; she hears oratorical flourishes on public occasions about wives and home, and apostrophes to woman; and, especially, her morals are guarded by the strictest observance of propriety in her presence. In short, indulgence is given her instead of justice." The writer might have added to the list of indulgences, that the gentlemen pay the bills at sleigh-rides, balls, theatres, and the parson's fee at their own weddings.

But, admirable as is the improvement in the condition of woman, it is not yet the end. Civilization is nowhere perfected. The law of force is far from being completely abolished. Woman may aspire higher than former ages permitted, but she may not aspire to the highest. Her rights are abridged; her sphere of action and of duty is narrowed and hedged in. She is not yet the acknowledged equal of man, entitled to an equal standing on the great platform of equal rights.

But, says an objector, "What a shocking sight it would be to see women meddling with politics, and writing electioneering articles for the newspapers! How would it look to see a woman spouting at caucuses and town meetings, sitting, debating, perhaps presiding in Congress, mingling with them, and voting upon political questions, upon tariffs, banks, and currency?"

Such, if we mistake not, is the spirit of the argument against the political rights of woman; —not a reference to universal principles, but to appearances, fashion, and conventional proprieties. Let us not be duped by words. Ridicule is no test of truth, and it is very easy for one who has no veneration for truth, to place the highest in a ludicrous aspect. The idea that there are some natural rights, with which woman has no concern, that she is out of her proper sphere when she busies herself with certain parts of the machinery of society, is founded upon two or three fallacies, or misapprehensions of moral relations. The first is a mistake, or the want of a full and just understanding of the great truth—a truth equally true in its application to morals and politics—of human brotherhood, the doctrine of the universal equality of man with man. What is this equality? what rights does it imply? whom does it include? It certainly does not mean that all men are born equal in respect to physical organization, intellectual capacity, the environment of circumstances, or the accidents of fortune. In none of these respects, certainly not in all, is one man the equal of every other man. It can mean only equality of rights, duties, moral responsibilities, to life, liberty, and happiness, and of equal protection from society in the enjoyment of those rights. They are natural rights —not within the control of society, nor dependent upon the will of governments. Government may not withhold or restrain them even with the consent of the individual; for they are in their nature inalienable, and must be retained from necessity, if not from choice. Is woman less a possessor of these natural rights than man? Until this is fairly proved, society is guilty of open injustice and oppression, while it withholds from woman any right which it secures to man.—*Investigator.*

An Irish paper announces that Mr. Kenny, returning to town, fell down and *broke his neck*, but happily received no further damage.

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BULWER'S LETTER ON WATER-CURE.

(CONCLUDED.)

The remedy is *not* desperate; it is simpler, I do not say than any *dose*, but than any *course* of medicine: it is infinitely more agreeable; it admits no remedies for the complaint which are inimical to the constitution. It bequeaths none of the maladies consequent on blue pill and mercury; on purgatives and drastics; on iodine and aconite; on leeches and the lancet. If it cures your complaint, it will assuredly strengthen your whole frame; if it fails to cure your complaint, it can scarcely fail to improve your general system. As it acts, or ought, scientifically treated, to act, first on the system, lastly on the complaint, placing nature herself in the way to throw off the disease, so it constantly happens that the patients at a hydropathic establishment will tell you that the disorder for which they came is not removed, but that in all other respects their health is better than they ever remember it to have been. Thus, I would not only recommend it to those who are sufferers from some grave disease, but to those who require merely the fillip, the alterative, or the bracing which they now often seek in vain in country air or a watering-place. For such, three weeks at Malvern will do more than three months at Brighton or Boulogne; for at the water-cure the whole life is one remedy; the hours, the habits, the discipline, not incompatible with gayety and cheerfulness, (the spirits of hydropathists are astounding, and in high spirits all things are amusement,) tend preforce to train the body to the highest state of health of which it is capable. Compare this life, O merchant, O trader, O man of business, escaping to the seashore, with that which you there lead; with your shrimps and your shell-fish and your wine and your brown stout; with all which counteracts in the evening, the good of your morning dip and your noonday stroll. What, I own, I should envy most is the robust, healthy man, only a little knocked down by his city cares or his town pleasures, after his second week at Dr. Wilson's establishment; yea, how I should envy the exquisite pleasure which he would derive from the robustness made clear and sensible to him. The pure taste, the iron muscles, the exuberant spirits, the overflowing sense of life! If even to the weak and languid the water-cure gives hours of physical happiness which the pleasures of the grosser senses can never bestow, what would it give to the strong man, from whose eye it has but to lift the light film; in whose mechanism, attuned to joy, it but brushes away the grain of dust, or oils the solid wheel!

I must bring my letter to a close. I meant to address it through you, Mr. Editor, chiefly to our brethren—the over-jaded sons of toil and letters—behind whom I see the warning shades of departed martyrs. But it is applicable to all who ail; to all who would not only cure a complaint, but strengthen a system and prolong a life. To such, who will so far attach value to my authority that they will acknowledge, at least, I am no interested witness; for I have no institution to establish; no profession to build up; I have no eye to fees, my calling is but that of an observer; as an observer only do I speak, it may be with enthusiasm, but enthusiasm built on experience and prompted by sympathy; —to such, then, as may listen to me, I give this recommendation: Pause if you please; inquire if you will; but do not consult your doctor. I have no doubt he is a most honest, excellent man; but you cannot expect a doctor of drugs to say other than that doctors of water are but quacks. Do not consult your doctor whether you shall try hydropathy, but find out some intelligent persons in whose shrewdness you can confide—who have been patients themselves at a hydropathic establishment. Better still, go for a few days—the cost is not much—into some such institution yourself, look round, talk to the patients, examine with your own eyes, hear with your own ears, before you adventure the experiment. Become a witness before you are a patient; if the evidence does not satisfy you, turn and flee. But if you venture, venture with a good heart and a stout faith. Hope, but not with presumption. Do not fancy that the disorder which has afflicted you for ten years ought to be cured in ten days. Beware, above all, lest, alarmed by some phenomena which the searching element produces, you have recourse immediately to drugs to disperse them. The water-boils, for instance, which are sometimes, as I have before said, but by no means frequently, a critical symptom of the cure, are, *in all* cases I have seen, cured easily by water, but may become extremely dangerous in the hands of your apothecary. Most of the few solitary instances that have terminated fatally, to the prejudice of the water-cure, have been those in which the patient has gone from water to drugs. It is the axiom of the system that water only cures what water produces. Do not leave a hydropathic establishment in the time of any "crisis," however much you may be panic-stricken. Hold the doctor responsible for getting you out of what he gets you into; and if your doctor be discreetly chosen, take my word, he will do it. Do not *begin* to carry on the system at home, and under any eye but that of an experienced hydro-

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pathist. After you know the system, and the doctor knows you, the curative process may *probably* be continued at your own house with ease; but the commencement must be watched, and if a critical action ensues when you are at home, return to the only care that can conduct it safely to a happy issue. When at the institution, do not let the example of other patients tempt you to overdo, to drink more water or take more baths than are prescribed to you. Above all, never let the eulogies which many will pass upon the *douche* (the popular bath) tempt you to take it on the sly, unknown to your adviser.—The *douche* is dangerous when the body is unprepared, when the heart is affected, when apoplexy may be feared.

For your choice of an establishment you have a wide range. Institutions in England are now plentiful, and planted in some of the loveliest spots of our island. But as I only speak from personal knowledge, I can but here depose as to such as I have visited. I hear, indeed, a high character of Dr. Johnson, of Stansted-Bury, and his books show great ability. Much is said in praise of Dr. Freeman, of Cheltenham, though his system, in some measure, is at variance with the received notions of hydropathists. But of these and many others, perhaps no less worthy of confidence, I have no experience of my own. I have sojourned with advantage at Dr. Weiss,' at Petersham; and for those whose business and avocations oblige them to be near London, his very agreeable house proffers many advantages, besides his own long practice and great skill.

To those who wish to try the system abroad, and shrink from the long journey to Grafenberg, Dr. Schmidt, at Boppart, proffers a princely house, comprising every English comfort, amidst the noble scenery of the Rhine, and I can bear ready witness to his skill; but it is natural that the place which has for me the most grateful recollections should be that where I received the earliest and the greatest benefit, viz., Dr. Wilson's at Malvern; there even the distance from the capital has its advantages.* The cure imperatively demands, at least in a large proportion of cases, abstraction from all the habitual cares of life, and in some the very neighborhood of London suffices to produce restlessness and anxiety. For certain complaints, especially those of children, and such as are attended with debility, the air of Malvern is in itself hygeian. The water is immemorably celebrated for its purity, the landscape is a perpetual pleasure to the eye; the mountains furnish the exercise most suited to the cure; "*Man muss Geberge haben*," "one must have mountains," is the saying of Preissnitz. All these are powerful auxiliaries, and yet all these are subordinate to the diligent, patient care—the minute, unwearied attention, the anxious, unaffected interest which Dr. Wilson manifests in every patient, from the humblest to the highest, who may be submitted to his care. The vast majority of difficult cures which I have witnessed, have emanated from his skill. The pupil of the celebrated Brouissais, his anatomical knowledge is considerable, and his tact in diseases seems intuitive; he has that pure pleasure in his profession that the profits of it seem to be almost lost sight of, and having an independence of his own, his enthusiasm for the system he pursues is at least not based upon any mercenary speculation. I have soen him devote the same time and care to those whom his liberal heart had led him to treat gratuitously, as to the wealthiest of his patients; aud I mention this less to praise him for generosity, than to show that he has that earnest faith in those to whom he administers. In all new experiments, it is a great thing to have confidence, not only in the skill, but the sincerity of your adviser; his treatment is less violent and energetic than that in fashion on the continent. If he errs it is on the side of caution, and this theory leads him so much towards the restoration of the whole system, that the relief of the particular malady will sometimes seem tedious in order to prove complete. Hence, he inspires in those who have had a prolonged experience of his treatment a great sense of safety and security. For your impatient self, you might sometimes prefer the venture of a brisker process; for those in whom you are interested, and for whom you are fearful, you would not risk a step more hurried. And since there is no small responsibility in recommending any practitioner of a novel school, so it is a comfort to know that whosoever resorts to Dr. Wilson, will at least be in hands not only practiced and skilful, but wary and safe. He may fail in doing good, but I never met with a single patient who accused him of doing harm. And I may add, that as in all establishments much of comfort must depend on the lady at the head, so for female patients especially, it is no small addition to the *agremens* of Malvern, to find in Mrs. Wilson the manners of a perfect gentlewoman, and the noiseless solicitude of a heart genuinely kind and good!

Hear, then, O brothers, O afflicted ones, I bid

* Dr. Gully, whose writings on medical subjects are well known, is also established at Malvern, and I believe rather as a partner or associate than a rival to Dr. Wilson. As I was not under his treatment I cannot speak further of his skill than that he seemed to have the entire confidence of such of his patients as I became acquainted with.

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you farewell and wish you one of the most blessed friendships man ever made—the familiar intimacy with water. Not Undine in her virgin existence more sportive and bewitching, not Undine in her wedded state more tender and faithful than the Element of which she is the type. In health you may find it the joyous playmate, in sickness the genial restorer and soft assuager. Round the healing spring still literally dwell the jocund nymphs in whom the Greek poetry personified Mirth and Ease. No drink, whether compounded of the gums and rosin of the old Falernian, or the alcohol and acid of modern wine, gives the animal spirits which rejoice the water-drinker. Let him who has to go through severe bodily fatigue try first whatever—wine, spirits, porter, beer—he may conceive most generous and supporting; let him then go through the same toil with no draughts but from the crystal lymph, and if he does not acknowledge that there is no beverage which man concocts so strengthening and animating as that which God pours forth to all the children of Nature, I throw up my brief. Finally, as health depends upon healthful habits, let those who desire easily and luxuriously to glide into the courses most agreeable to the human frame, to enjoy the morning breeze, to grow epicures in the simple regimen, to become cased in armor against the vicissitudes of our changeful skies—to feel and to shake off light sleep as a blessed dew, let them, while the organs are yet sound, and the nerves yet unshattered, devote an autumn to the water-cure.

And you, O parents! who too indolent, too much slaves to custom, to endure change for yourselves, to renounce for a while your artificial natures, but who still covet for your children hardy constitutions, pure tastes, and abstenious habits—who wish to see them grow up with a manly disdain to luxury, with a vigorous indifference to climate, with a full sense of the value of health, not alone for itself, but for the powers it elicits, and the virtues with which it is intimately connected; the serene unfretful temper, the pleasures in innocent delight, the well-being that, content with self, expands in benevolence to others — you I adjure not to scorn the facile process of which I solicit the experiment. Dip your young heroes in the spring, and hold them not back by the heel. May my exhortations find believing listeners, and may some, now unknown to me write me word from the green hills of Malvern, or the groves of Petersham, "We have hearkened to you not in vain." Adieu, Mr. Editor, the ghost returns to silence. E. BULWER LYTTON.

THE TWO SYSTEMS.

BY J. G. WEBSTER, M.D.

DEAR READER:—No doubt you have heard much, and read more, about the "Water-Cure," —the "Cold Water-Cure," etc., which consists in—as people frequently suppose—"packing" and "plunging," "douching" and "showering," sousing and almost drowning the patient, with a view of driving or chasing out the disease within him; enough to make an invalid shiver his teeth loose whenever he hears "Water-Cure" mentioned. Such has been, and is now to a great extent, the popular idea of the "Hygienic System," as taught at the New York Hygeio-Therapeutic College. This Hygienic System is often confounded with the Water-Cure System, but the difference between them is as great as it is possible for it to be. There have been many persons who have believed that there is a peculiar virtue in water that will cure every curable disease; and this belief is not without its advocates at the present time. There are "Water-Cure" physicians now who profess, in their written works, to "glory in the name of Water-Cure." But an examination into their theories and practices, will convince any reasonable person that they do not accomplish the results they publish by such means. The Water-Cure has had its day, and has been the means of opening the eyes of many people to the injurious effects and inefficacy of drugs in the treatment of disease

The Hygienic System does not discard water, but assigns it its true and proper place in the cure of all diseases. This system does not claim that hot water alone will cure any disease; but it does claim that it is useful in the cure of all diseases. One of the leading ideas in the "Water-Cure" System always has been to produce a crisis, with a view of reducing the disease to a visible and tangible form, and in this way they have thought to be enabled to expel the disease from the body. But this theory of expelling disease is based on a false principle in regard to the nature of disease itself. If disease were a thing which comes along, attacks us, and in some mysterious way gets into and takes possession of the vital economy, or some part of it, and abuses it in all manner of ways possible, runs its course, and then clears out, and goes along in the atmosphere or water, or some other medium, until it meets and attacks some other unfortunate victim; or not caring to run a course, but takes up its permanent abode in the vital domain, it might be found necessary in such a case to oust the disease. As no man can

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serve God and Mammon, so such a disease and a human soul can not be served by the same body. In such a case, it would seem very plausible practice to bring the disease out in the form of a crisis. But as disease is the effort of the vital organism to rid itself of impurities, obstructions, or to repair some injury which may have been done to some part of the body, it is very evident that to interfere with this action of the vital organism, in the way of forcing a crisis, or forcing anything else, is and must be very deleterious practice; although trying to drown a disease by repeated plungings and douchings may not be nearly so injurious to the victim as the endeavor to poison or change the seat of the disease by poisoning the body with drugs. The Hygienic physician never aims to produce a crisis, but on the contrary, always endeavors to avoid such a result. But if the vitality of the patient be so unevenly distributed throughout his system that a crisis cannot be avoided, well and good, he treats the crisis just as he would treat an original disease.

It is a lamentable fact also, that nearly every "Water-Cure," both in this country and Europe, uses either "mineral water," "medicated baths," or drug medicines to some extent, and regard them as necessary in the cure of many bad cases. A great proportion of the "Water-Cures" are established in the locality of mineral springs, the waters of which are lauded very highly as possessing "peculiar virtues." The Hygienic System teaches you to discard the use of drug medicines, whether as mineral waters, medicated baths, or in any other form, with the single exception of the use of cauterizers, etc., which are used to destroy, and not to cure, abnormal growths, as cancers and other inconvenient and injurious excresences. Drugs in these cases, you will notice, are used as destructive agencies, and not as curative. In view of this theory and practice of "Water-Cure," it is no great wonder that it has been denounced as a one-idea system. The Hygienic System differs from the "Water-Cure," or Hydropathic System, as it has sometimes been called, in all its fundamental principles, although most people think them one and the same system.

The thing I desire you to understand by this introduction is, that when I use the words "Hygienic System" and "Hygienic Physician," I do not mean "Water Cure System" and "Water-Cure Physician." Our System bears no more relation to the "Water-Cure" than it does to the drug-cure, or any other system which is based on false premises.

The "Two Systems" that I design to compare are the Hygienic System and the Drug System. The Allopathic System is the parent of all other systems of medicine, except the Hygienic System; and they are essentially the same in their hypotheses,—as they have no fixed principles; the principles they claim to have are received and believed by some, and rejected and disbelieved by others, of the same schools. The principles of the Hygienic System are received, believed and practiced by all who have attentively studied them; and I may here say that he only who understands and practices these principles, can be a true Hygienic Physician.

The fundamental premises upon which the Hygienic System is based are principally the following:

1. The nature of vitality. 2. The nature of disease. 3. The action of drug remedies on the body. 4. The relation of drug remedies to disease. 5. The way in which the living body is affected by drug medicines, or the *modus operandi* of medicines 6. The law of cure.

The Drug Systems have, as I said, no fixed principles that I can state as being generally received.

The *Materia Medica* of the Hygienic System is composed principally of the following substances and conditions, viz.: Air, Temperature, Water, Food, Rest, Exercise, Sleep, Light, and Mental Influences. It excludes all poisonous substances and deleterious influences, and embraces everything in the universe which sustains a normal relation to the healthy organism —or in other words, everything that really benefits the body and at the same time does it no harm.

The *Materia Medica* of the Drug System is composed of some two thousand poisonous substanses. They have ransacked every kingdom of nature for medicines, and nearly everything tried has been thought a specific for some disease, but unfortunately for mankind, they have so far experimented with disastrous results; and the fact is generally believed that doctors and drugs have destroyed more of the human race than all the pestilences, plagues, famines, and wars that have devastated the earth.

The leading remedies of the Drug System are the various preparations of iron, silver, lead, mercury, arsenic, antimony, quinine, alcohol, turpentine, opium, belladonna, camphor, ether, chloroform, strychnine, ipecac, aloes, jalap, colchicum, ergot, iodine, potash, potato fly, castor, croton, and cod-liver oils, all of which are poisonous substances. Nine-tenths of all the prescriptions given by physicians of the drug-schools have one or more of the above drugs as the leading remedy.

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HYGEIO-THERAPY IN NEW BRUNSWICK.

R. T. TRALL, M. D.: DEAR SIR:—Although I have been a pretty attentive reader of your journal for the last five years, I have not observed in it during all this time a single communication from New Brunswick. Now this, I am persuaded, is not because you have no subscribers here—no earnest seekers after, and believers in, the pure principles of Hygienic Medication—for even in this remote corner of creation, where if a man should lift up his voice against Drugopathy, he would be literally crying in a "wilderness of pills and powders," even here a remnant may be found "whose lips are wet at Hygeia's fountain," and that do not bow at the shrine of the modern Baal. I have long thought of writing a few lines for your well named HERALD OF HEALTH on the condition and prospects in New Brunswick of that much slandered, but all renovating system of medication, of which you are so able and honored a teacher and expounder. And now that a young man from this place is going to your College to graduate, and who will, I presume, be the *avant courier* of Hygienic M. D.'s in the Province, a good opportunity is afforded me to say a word on the subject. Five long years have elapsed since the opaque medical atmosphere in this locality was first irradiated by a few rays of Hygienic truth. Prior to this time, suffering humanity groped its way amid the dense ignorance and gross delusions engendered by a false medical philosophy, swallowing with unquestioned faith, and with the usual disastrous consequences, the multifarious pills and potions of the popular system, to do away the penalties of disobedience to physiological law. Thanks to the beneficent doctrines, which you have done and are doing so much to propagate and popularize through the HERALD OF HEALTH, the dawn of a better day is at hand. A spirit of inquiry is spreading among the people, and they are rapidly losing faith in druggery, the terribly fatal effects of which (before the advent of the new ideas,) they ignorantly and impiously ascribed to the "afflicting hand of Providence." They are now, however, passing through a transition period that may not inaptly be symbolized by the burning of idols and the breaking of images—an inevitable iconoclastic process preparatory to doing homage at the shine of the goddess Hygeia, in the new vistibule of whose temple they must enrobe themselves in the garments of knowledge and obedience.

There are two allopathic M. D.'s in this village at present, but one is to leave in a few days as he says he finds his practice "unprofitable." I suspect the cause of this is, that the doctors here are employed mainly by the class of people who are either unable or unwilling to pay them, the more intelligent and well-to-do class having less sickness and less faith in the current medical practice, employ fewer physicians. There can be no doubt that a knowledge of Hygeio-Therapy, and the uniform and almost inevitable consequence of this knowledge, viz.: Belief in its principles, are extending throughout this Province. This is evidenced by the steadily increasing sale of your publications, and also those excellent publications of Fowler & Wells, generally.

There is also another evidence of a very significant kind that the new ideas are taking root in the minds of the people, and it is found in the fact that there is far less sneering, gibing, and flouting than formerly, when the subject is broached in conversation. These seem to be the weapons with which all new truths are assailed, no matter how surcharged with blessings for the race.

> No truth from Heaven descended upon our sphere,
> Without the greeting of the skeptic's sneer,
> Denied and mocked at, till its blessings fall
> Common, as due and sunshine, over all.

I think it would tend to establish assurance and afford needed encouragement to the minds of many wavering young men, were you to inform them through the journal what prospect there is in localities, with which you are acquainted, for professional practice, and what amount they might reasonably expect to realize annually as Hygienic practitioners. The most prevalent and fatal diseases in the Province, despite the numerous specifics invented and palmed off to cure them, are those of the throat and lungs.

> Why prate of poison's power to save
> The wrecks of life from aches and ails?
> Those grand specifics Nature gave,
> Were never poised by weights and scales!

Your discussion with Dr. Hurd on Alcoholic Medication—a few copies of which I order—has opened the eyes of a large number of the Temperance men in the Province to the folly of divorcing from their aid those grand auxiliaries in the temperance reform, the science of Pathology and Psychology, "which show alcohol to be among the deadliest of poisons for the body, and endowed with demoniac powers over the soul." It has, moreover, awakened the public mind in such a degree to the stultifying effects of Allopathic theories and the ruinous consequences of drug practice that, in my opinion, you only want another defender to enter the lists with you to paralyze it so effectually as to put it utterly beyond the prestigious re-

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sources of Pharmacy to galvanize into life. Your position in the alcoholic controvery I have long regarded as the only sound basis for a temperance reform, and I have frequently urged the inadequacy of the common arguments to effect a radical reform, showing the incomparatively better and only true foundation upon which to build a permanent temperance reform at once scientific, philosophical, and rational.

Very truly yours, ROBT. J. MOFFATT.

HILLSBORO, April 30, 1863.

OLD Parson Pine of Newburyport, was a very eccentric personage, and seldom did a Sabbath pass by but that he set the whole congregation into a broad grin by his queer remarks. The boys of that day, like those of the present generation, were sometimes a little mischievous, and occasionally when the contribution box was passed around, buttons were nearly as plenty as dimes. The good old parson noticed this, and determined to put a stop to it. Accordingly, one Sabbath, he announced that a collection would be taken up for the poor, and, said he,—"If any man, woman, boy or girl finds it necessary to drop a button in the plate, let it be a good one, with a good eye, for when the eyes are bent down, the button ain't worth a wisp of straw.

THE buxom, bright-eyed, full-breasted, bouncing lass—who can darn a stocking, mend trousers, make her own frock, command a regiment of pots and kettles, feed the pigs, milk the cows, and be a lady withal in company—is just the sort of a girl for a young man to marry; but you, ye pining, lolling, screwed up, wasp-waisted, doll-dressed, putty-faced, consumption-mortgaged, music-murdering, novel devouring daughters of fashion and idleness—you are no more fit for matrimony than a pullet is to look after a family of fourteen chickens.

THERE is only one thing worse than ignorance, and that is conceit. Of all intractable fools, deliver us from an overwise man. You may make idiots, philosophers—you may coax donkeys to forego thistles—but don't ever think of driving common sense into the heads of conceited persons. They are as impregnable to argument as Gibraltar is to an apple dumpling.

TIME works wonders. Bajazet's descendants now coin pewter, while the inheritors of Harry Hotspur's grandeur have to make an exhibition to procure sugar for their coffee, or mutton for their chops. Two centuries from now, and it's quite likely that even some of Victoria's progeny will be mounted on a clam wagon, while the great, great grand-children of Louis Philippe, to get an honest living, will be seen toting a hand organ around the streets.

EXPERIMENTS have shown that a man's finger nails grow their complete length in four months and a half. A man living seventy years, renews his nails 186 times. Allowing each nail to be half an inch long, he has grown seven feet and nine inches of finger nail, on each finger, and on fingers and thumbs, an aggregate of 77 feet and 6 inches.

UNDER THE ICE.

Under the ice the water runs;
Under the ice our spirits lie;
The genial glow of the summer sun
Shall loosen their fetters by and by.
Moan and groan in thy prison cold,
River of life—river of love;
The winter is growing worn and old,
The frost is leaving the melting mould,
And the sun shines above.

Under the ice, under the snow,
Our lives are bound in a crystal ring;
By and by will the south wind blow,
And the roses bloom on the banks of spring.
Moan and groan in thy fetters strong,
River of life—river of love;
The nights grow short, the days grow long,
Weaker and weaker the bonds of wrong,
And the sun shines brighter above.

Under the ice our souls are hid;
Under the ice our good deeds grow;
Men but credit the wrong we did,
Never the motives that lay below.
Moan and groan in thy prison cold,
River of life—river of love;
The winter of life is growing old,
The frost is leaving the melting mould,
And the sun shines above.

Under the ice we hide our wrong—
Under the ice that has chilled us through;
Oh, that the friends who have known us long,
Dare to doubt we are good and true.
Moan and groan in thy prison cold,
River of life—river of love;
Winter is growing worn and old,
Roses stir in the melting mould;
We shall be known above.

POPPING THE QUESTION.

A gentleman, troubled with an unfortunate stuttering impediment, in the following poetic strain "popped the question" to the fair idol of his heart:

Oh, b-b-beauteous Mary, say,
When sh-sh-shall we wedded be?
N-name the ha-ha-happy day
That will us m-m-married see;
Nay, d-d-dearest, though thy cheek
A cr-cr-crimson blush hath dyed,
I could not wait a w-w-week
Without my j-j-joyful bride.

Then, Mary, let us f-f-fix
For T-T-Tuesday next the day,
When in the morn at s-s-six,
I'll f-f-fetch thee hence away.
Then to some b-b-blissful spot
To pass the m-m-month we'll go,
A c-c-coach I've g-g-got,
Thou couldst not say n-n-n-no?

TO MAKE cowards courageous, all that is necessary is to play sneak yourself. The Apache Indians were as timid as women till they commenced fighting with the Mexicans. They are now the worst customers we have to deal with. Pluck springs from success as naturally as music from cat gut. Had Scott lost his first battle, his whole army would have been knocked into a cocked hat before it reached the Castle of Perote.

SOME doctors treat their poor patients in the same way that men do their sick horses,—if they cannot cure them, they kill them at once, and so put them out of their misery, and save the trouble of taking care of them. This is good economy, and perfectly fair, for what right has a man to be forever dying, if he can't pay the doctor's bill?

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Literary Notices.

BAKER & GODWIN have published a "HAND-BOOK OF THE UNITED STATES TAX LAW," which is not only necessary for collectors of the revenue, but useful to those who have the taxes to pay. In addition to the official copies of the original tax law and the amendatory act, with a revised copy of the law of July, 1862, as amended by the act of March, the work contains a record of the decisions of the Commissioner of Internal Revenue upon questions arising from the operations of the tax law.

"THE GENTLE SKEPTIC" is the quaint title of a gentle and genial work by Rev. C. WALWORTH, just issued by D. Appleton & Co. It is a familiar exposition of the author's views of Bible doctrine, chiefly with reference to the question of Inspiration.

"PRE-ADAMITE MAN," by Griffin Lee, has been published by Sinclair Tousey. The author professes to give the history, or rather the "story" of the human race for many thousands of years before "the creation," and to show that "Adam was not the first man." Those who read the book will probably "have the same opinion still," whatever that may happen to be.

THE WESTERN HEALTH JOURNAL, by Drs. Jones, Woodbury & Co., of the Rural Home Hygienic Institute, Wabash, Indiana, comes to us enlarged and improved. We notice also a wholesome change in the managing firm. Dr. Miles has retired, and Dr. Woodbury assumes the position of editor-in-chief. The proprietors offer to club with our journal, and send both the *Western Health Journal* and the HERALD OF HEALTH one whole year for one small dollar! If this is not a waste of paper, then we do not know what a cotton famine means. Well, if the *Westerners* are disposed to give their journal away, we shall not try to hinder them; we assure our readers it is well worth paying for.

THE MAINE TEACHER, published by Brown Thurston, Portland, Maine, and edited by Edward P. Weston, is one of the best educational monthlies of the country. The May number is well filled with interesting and practical articles, including some very important suggestions in relation to Normal Schools—a subject just now engaging much of the attention of the people of Maine.

HERALD OF HEALTH.—This monthly for May is to hand, freighted with medicaments for the cure of all the ills that flesh is heir to. Next the Bible, which treats of the soul's salvation, we think that of the body indispensable. Without health will anything the world contains relish? Did every householder in Ottawa procure a copy of the HERALD OF HEALTH, it would undoubtedly, were its precepts complied with, conduce more to the health, happiness and true enjoyment of this life, and facilitate the preparation for the next, than half the periodicals of the day put together. Try it, and reduce it to practice, and you will reap the recompense of your reward.—*Ottawa (Canada) Gazette.*

Publisher's Department.

OUR BUSINESS ADDRESS.—All subscriptions and communications concerning this Journal, and all orders for our Books or other publications, Syringes, Hand-Mills, Bath or Surgical Apparatus, &c., should be addressed as follows: "R. T. TRALL & CO., No. 15 Laight street, New York." This will ensure prompt attention at all times by our business associate.—EDITOR.

TO CONTRIBUTORS.—All matter intended for this Journal must be received by the 10th of the preceding month on which it is to appear. Advertisements should be sent in as early as practicable. This rule is necessary to enable us to put the Journal to press at as early a date as posssible to facilitate the dispatch of the mails.

TO CORRESPONDENTS.—Write plainly, spell accurately, punctuate carefully, and attend to your grammar thoroughly. Never omit a little word supposing the compositor will supply it; nor *botch* a sentence, expecting the printer to correct it. Never imagine for a moment that the editor is one of those nothing-to-do mortals who can attend to everybody's business except his own. Be particularly careful in writing names of places and persons. In a word, do your work as well as you can do it, or do not do it at all. Make no apologies because you have not time to correct your article. If you cannot finish it don't send it. We are obliged to reject articles we should be very glad to publish, if we had time to re-write them.

BACK NUMBERS.—We can always supply back numbers of the HERALD to any extent, at ten cents a copy, for single numbers. Some persons write us that they have lent, lost, or given away a particular number, and ask us to send them another, as they wish to keep a complete file. We shall be happy to do so on the receipt of a dime.

PAY YOUR POSTAGE.—Persons who send to us for Circulars of the College, Hygienic Institute, or Hygeian Home, or who ask for information respecting them, should send a stamp or two. If each of our correspondents would pay his own postage, he would only be out of pocket three or six cents, and it would save us more than a hundred dollars a year.

"28th, 4th mo., 1863.

Dr. TRALL & Co.: Hereafter my address will be Marion, Grant county, Indiana, instead of Jonesboro."

THE above is a specimen of a letter such as we often receive, and we can think of no way to know whose address to change, unless we follow the example of an extensive publisher, who said to us a few days ago: "Why, we have kept two or three clairvoyants employed in our office for years, to decipher and arrange half written letters." Now, as we are not clairvoyants, and as we know of none in whom we can place implicit CONFIDENCE, we can do no better than let the careless one suffer the loss and disappointment, and possibly teach him to be more careful in the future, and thus turn a "seeming evil into universal good." We will say, however, that the majority of our letters received this month have been well written, and that if all who have occasion to write us will follow our directions given on page 216, May number, we will have little trouble in that direction in the future.

L. L. B.—We sell all Dr. Dio Lewis' apparatus at 15 Laight street, New York, and have classes under instruction once or twice each week day, under competent instructors. You can see the instructor at any time.

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NEW YORK, JUNE, 1863.

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 THE EDITOR.

ILLUSTRATIONS OF MEDICAL SCIENCE.—The Boston "Medical and Surgical Journal," of April 9, 1863, publishes a series of cases illustrative of the so-called "Congestive Fever," as it recently appeared in the camps in and around the town of Newbern, N.C. To our mind they illustrate a method of killing our soldiers more certainly and more effectually than that of exposing them to the fire of the rebels, or the miasms of the swamps. The cases are communicated by J. Baxter Upton, M.D., Surgeon in charge of Stanley General Hospital, 18th Army Corps. We compend the material facts of the cases as reported by Dr. Upham:

Case 1.—J. M., a private, aged 19, was admitted to Hospital, January 16th. Tonics and stimulants (we are not told of what kind, but the subsequent remarks point to *whisky* as the leading remedy), were prescribed in large doses, with stimulating injections (turpentine, probably), and sinapisms to various parts of the body and limbs. The next day he was worse; the "stimulants were assiduously employed," and he "died without a sigh at 4 p.m.

Case 2.—J. C., a private, aged 17, admitted January 10th. Calomel was ordered every hour; quinine every two hours; hot applications were made to the back, abdomen and extremities; whisky and beef tea were also prescribed. The next day the patient was worse; the treatment was continued with the addition of ipecac. The third day the patient was still worse; the treatment was continued with the addition of neutral mixture, acid drinks, and mustard poultices to the chest. The fourth day there was "no improvement." A blister was applied to the chest, another to the back of the neck; quinine was given every two hours, and morphine at bed time. He died on the 15th at 4 p.m.

Case 3.—C. B., a private, aged 18, admitted January 16th. Cups were applied to the back of the neck, and cathartics and quinine were "administered freely." Enemas of turpentine were directed, and whisky and quinine were "given freely." Sinapisms were applied to the back of the neck, spine, abdomen, and extremities. "The patient died at 4 p.m."

Case 4.—S. P., a private, aged 32, admitted January 16th. Quinine and whisky, with capsicum, were administered in "free doses." Brandy and turpentine were "given in enema." The next day the patient was worse; the treatment was continued; sinapisms were also applied to the back of the neck, chest, abdomen, and calves of the legs. In the evening he was "growing worse," but the same treatment was "continued with more vigor," with frictions along the spine. He died at 7, a.m., Jan. 18th.

Case 5.—J. M., a private, aged 21, admitted January 14th. He had been treated with "full doses" of quinine, the "free administration" of stimulants, and cupping at the back of the neck, previous to his admission in the hospitals, and, in the language of Dr. Upham, "a similar *line* of treatment" was continued afterwards. The next day the "symptoms were much the same, but aggravated." The report of this day concludes: "Died at 12 o'clock, midnight."

Case 6.—G. B., a private, aged 21. He was treated with quinine in 30 grain doses, stimulants, and beef tea, and blood was taken from the back of the neck by cupping. The next day, January 19th, he was admitted into the hospital, where the same treatment was continued. In the evening he died.

Case 7.—O. W. W., a private, aged 22, was admitted into the hospital January 13th. He was taken sick two days previously, but the treatment is not stated. The hospital treatment was, wine once in two hours, quinine every three hours, fifteen grains of calomel, to be followed in three hours with six grains of carbonate of ammonia. The report says: "All the symptoms became rapidly aggravated." The patient died on the 22d.

Case 8.—D. N. H., a private, 18 years of age, was admitted to the hospital, January 13th. On the 28th, the usual symptoms of "congestive fever" occurred. He was dosed and drugged, and drugged and dosed, until February 11th, during which time the following medicines, minerals, chemicals, drugs and dye-stuffs were poured down the poor fellow's throat: Castor oil, spirits of nitre, liquor of acetate of ammonia, camphor, chloroform, spirits of turpentine, sulphate of quinine, sulphuric acid, sugar of lead, opium, ipecac, and white wine. Mustard plasters were applied to the feet, and he was fed with beef tea. The report of this case concludes: "Died at 4 p.m., apparently *but little exhausted*." And the article terminates with this ominous expression: "Further illustrations will be given in a future paper."

Hold, enough! For God's sake, give us no more such "illustrations." If our soldiers must be sent out of the world in this murderous manner, in the name of medical science, spare us the pain of reading the horrible record. That they were killed, most of them at least, by the medication, we entertain no shadow of doubt. If eight strong, healthy men, were to be subjected to the same processes of bleeding, blistering, plastering, and poisoning, a majority of them would certainly die, and the remainder would have their constitutions ruined for life.

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Here were eight cases of "congestive fever" treated on the same general plan—bad, worse or worst, in particular cases—and in every case the patient commenced running down as soon as the doctor began to exercise his "healing art;" and the patient grew worse with a rapidity exactly proportioned to the potency of the medication; yet the same treatment was continued in every case until the patient breathed his last. Not a case survives the treatment. No one recovers of the disease. Nor is it pretended that the remedies ever alleviate the symptoms. Not a fact is alleged in evidence that a single one of the medicines or poisons did any good. In every case a post-mortem examination was made to discover the seat of the disease; but in no case was it discovered. The whole story is told in just four words—disease, drugs, death, dissection. And the doctors call this medical science! And the people regard this as the Healing Art!!

"O, 'tis sweet and 'tis glorious for one's country to die;" but it is horrible to be poisoned to death because, in the service of one's country, one happens to get sick.

MALARIAL DISEASE.—J. F. Galloupe, Surgeon, 17th Massachusetts Volunteers, communicates to the Boston "Medical and Surgical Journal," an article on "malarial disease," which has recently prevailed in Newbern, N.C. It seems to be as fatal (of course under drug treatment) as is the congestive fever. This fatality may be accounted for by the following statement of the "Methodus Medendi." Dr. Galloupe says:

When the disease first appeared it was supposed by those who had it in charge to be of a malarious origin, and was consequently treated by quinine. Other cases have been treated antiphlogistically—by venesection, cupping, blisters, cold applications, sinapisms to extremities, cathartics and mercurials. When petechiæ appeared early in the disease it was treated as typhus, with oil of turpentine, &c., and supporting diet. These different plans of treatment have been combined as indicated by the symptoms, and, so far as my knowledge extends, without favorably modifying the course of the disease.

Why should the patient be quinined, antiphlogisticated, bled, scarred, blistered, plastered, catharticised, mercurialized, turpentined, etc., if no treatment is of any avail? No plan of treatment, it is confessed, modified favorably the course of the disease. Does any one suspect that each plan of treatment, and every part of each plan, modified the course of the disease unfavorably? All of the cases reported died very speedily. But it may be more consolation to their surviving friends, and a satisfaction to their country, to know that a post mortem examination was made in each case for the benefit of medical science.

PROFESSOR LEE ON WINES.—Prof. Charles A. Lee, M.D., of this city, who has recently been traveling in Europe, and writing "Foreign Correspondence" for the American "Medical Times," after disposing of the mineral springs, turned his attention to the wine-growing countries; and for a temperance man of world-wide celebrity—a teetotaller, too—he seemed to have stumbled on an alcoholic article, as tempting, as innocent, as salutary, as necessary, as medicinal, as restorative, as dietetic, as life-giving, as death-preventive, as ever was claimed for Wolf's famous compound of gin and juniper, called "Scheidem Schnapps," or Messenger's "Cordial Gin," or the latest adventure in the liquor-nostrum-vending line, termed "Hygienic Whisky."

When we were in London, in September last, Prof. Lee was announced to preside over the Medical and Sanitary Section of the International Temperance Convention. We expected to have had the pleasure of saying something VERSUS alcoholic medication in his presence: but, for some reason or other, he did not show himself at either session of the convention. We did not then suspect that he had "broke the pledge," or renounced his total abstinence faith; nor do we know now that this is the case. But when a man who honestly believes that alcohol is a supporter of vitality, and that "Sparkling Hock" and "Moselle" are very pleasant media for imbibing the red wine that "giveth its color in the cup,"—albeit in the end it "biteth like a serpent and stingeth like an adder"—gets among the seductive vineyards of the Old World, we cannot wonder that he should take a little, and love it, too, and even recommend it to his fellow beings, not only as a medicine to prevent as well as cure sickness, but also as a beverage to invigorate the vital organism. Well, we shall not undertake to define the present position of the Professor, but these are his words:

Were I to recommend any foreign wine, it would be the highly flavored Moselle, which is now becoming highly fashionable at the first

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tables in London, and which, when iced, constitutes a most grateful and not unwholesome drink in summer. It is also a cheap wine, costing at Coblentz or Mayence, less than one dollar and a half per imperial gallon. It contains, I believe, more *œnanthic ether* (that volatile principle which imparts that smell and taste which distinguish wines from all other fermented liquids) than any other wine; though the French wines have it in a marked degree, particularly those from the Orleans grape. Tropical wines, it is well known, have no bouquet whatever.

Do not let us misunderstand the Professor. Mind the "if." "WERE I to recommend any wine," etc. And again "the highly flavored Moselle is a most grateful [how does Dr. Lee know this?] and not unwholesome drink." Now, the careless, superficial, non-critical reader, might imagine that our teetotal M.D. and Professor of Temperance, advises folks to drink wine. But no, not a bit of it. Nor does he say it is wholesome. He only says it is not unwholesome. But if, on the principle that a certain number of negatives are equivalent to an affirmative, there is still an opportunity for our hero to "skedaddle." Wholesome or unwholesome as you please, he does not recommend it. He only supposes a case. The matter is purely contingent, exigent, problematical—a veritable "pragmatical prevarication." It may be put thus: "If I were to recommend any one to drink wine, I would just say to him that a certain kind of wine is most delicious and not unwholesome; but catch me recommending him to do any such thing, if you can."

MEDICAL FEES AND PROFESSIONAL DIGNITY.—The British "Medical Journal" says:

The French Medical Association, in the matter of medical fees, does not consider that it can fix any scale of charges. The fees of medical men, the report says, must be regulated by conditions which vary considerably; they depend upon a kind of tacit agreement made between the doctor and his patient; and to attempt to fix the fee would be to interfere with the independence of both parties. The Association, therefore, should abstain from any general discussion on the subject, as being injurious to professional dignity.

The plain English of this French muddle is, let us leave one another to charge all we think we can get, keep shady, and thus fill the pocket and preserve the dignity in the same operation.

SALT AGAIN.—Dr. Mary E. Walker writes from Washington, D. C. "DR. TRALL: DEAR SIR:—The following, from Prof. Johnson, has been going the rounds of the papers; and feeling it a duty to humanity to have such erroneous doctrines contradicted, I ask you to do the work, knowing that you can do the subject justice."

The article which Dr. Walker has clipped from a paper is:

WHY SALT IS HEALTHFUL.—From time immemorial it has been known that without salt men would miserably perish; and among the horrible punishments entailing certain death, that of feeding culprits on saltless food is said to have prevailed in barbarous times. Maggots and corruption are spoken of by some writers as the distressing symptoms which saltless food engenders; but no ancient or unchemical modern could explain how such suffering arose. Now we know why the animal craves salt, why it suffers discomfort, and why it ultimately falls into disease if salt is for a time withheld. Upward of half the saline matter of the blood—fifty-seven per cent.—consists of common salt; and as this is partly discharged every day through the skin and kidneys, the necessity of continued supplies of it to the healthy body becomes sufficiently obvious. The bile also contains soda as a special and indispensable constituent, and so do all the cartilages of the body. Stint the supply of salt, therefore, and neither will the bile be able properly to assist digestion, nor the cartilages to be built up again as fast as they naturally would waste.

We have seen the above article in probably a hundred newspapers, and more than a score of persons have cut it out and sent it to us. Indeed the article has been going the rounds of newspaperdom for half-a-dozen years. We have frequently done the work of refuting Prof. Johnson's assertion, but somehow or other it will not "stay done." The simple fact that salt is not changed in the living system at all; that it passes out of the body in the same state in which it is taken in, without undergoing transformation or even decomposition, is a positive scientific demonstration of the falsity of everything that the Professor has alleged in favor of its dietetic use. This fact alone proves salt to be not only not an alimentary substance, in any sense whatever, but, on the contrary, an absolute poison. The ridiculous stories about starvation, diseases, vermin, etc., consequent on the disuse of salt, are either travelers' tales, or pure fictions, and have no more business in a work professing to be scientific, than have the equally marvelous and equally truthful narrations of "Sinbad the Sailor." The doctors may assert that salt is an indispensable aliment ten thousand times more, and the newspapers may echo it all over the land for a century to come, and the article may be sold in Rebeldom

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for fifty dollars a bushel, (whisky is said to have recently been in good demand at fifty cents a drink, and twenty dollars a gallon), and yet its relation to living tissue will continue to be what it has been since the foundations of the world were laid, that of a positive and most pernicious poison.

CORK BEDS.—The only reliable "life-preserver" which we have ever seen is made of cork; and we have found that a bed of cork shavings is more conducive to

"Calm nature's sweet restorer, balmy sleep,"

than anything we have ever before experienced. If the man who first invented sleep is deserving of blessings, surely the one who contrived a way to sleep not only BALMILY but Hygienically, is entitled to the profound acknowledgments of all sleeping mortals, and especially to the thanks of all restless, fidgety, nervous, sleepless invalids. We have tried all manner of beds and bedding, beneath and above, feathers, cotton, hair, seaweed, husks, hay, straw, to the carpeted floor, and the soft side of a plank, but commend us to cork. It is light, easy, cool, clean, elastic, and (a consideration in these times) economical. How long a cork bed will last we shall probably never know experimentally, unless we are lucky, or unlucky, as the case may be, to remain on TERRA FIRMA one or two centuries longer—at the end of which time we expect the rebellion will be "crushed out." We can see no reason why a bed of cork shavings should not last from the cradle to the grave, and even then be almost as good as new for the next generation. We can see no principle of wear and tear in the material. We have a bed on exhibition which one of our patients has slept upon for five years, and another which has never been used at all; and it would trouble any person, after the most careful scrutiny, to distinguish one from the other. But, mark one thing, reader! If you get a cork bed, and your chambermaid or "better half" does not make it up right, you will be ready to declare the whole thing a humbug. The shavings are to be put into the tick loosely, and made up each morning by turning, shaking and smoothing, managed, indeed, precisely after the fashion of that good old and blessed institution we knew in our boyhood days, as oat-straw beds. It is but half a minute's work, and if well done, you will have reason to regard the introduction of cork beds as making a new era in the sleeping art.

GOLDEN POISON.—The "Penfield Extra" entertains its readers with the following:

PREMIUMS FOR THE BEST BREAD.—Dr. R. T. Trall, Editor of the HERALD OF HEALTH, and Physician in Chief of the Hygienic Institute, 15 Laight street, New York, offers a premium of fifty dollars for the best recipe for making wholesome bread applicable to family use. This premium is open for all competition until the first of June; and undoubtedly Herick Allen, manufacturer of the Golden Saleratus, will get it, as the Golden Saleratus will make the best bread.

We hereby offer Mr. Herick Allen, or any other manufacturer of bread, a special premium of one thousand dollars, if he will furnish our readers with a recipe for making wholesome bread of saleratus, or for making as good bread with saleratus as one of its ingredients, as can be made without any saleratus at all, or any other poisonous admixture. We lately saw in the papers an advertisement of "Hygienic Whisky." Hygienic saleratus bread would be as great an abuse of language.

THE HEALTH ASSOCIATION.—Do not forget that the World's Health Association holds its Annual Meeting at Wilmington, Del., on the 9th of June. We hope that as many of our friends as can make it convenient, will also attend the convention of the Progressive Friends, at Longman, on the 6th, 7th and 8th June. Our platform may be a little more radical and ultra, on many subjects, than the most progressive of the Progressive Friends; but all parties may be benefited, and all good causes advanced by a free and friendly interchange of opinions and sentiments.

SUMMER TERM OF THE COLLEGE.—The lectures for the special summer term commenced on the 18th ult., and before a very good class, considering the circumstances of our national, political and financial affairs. In point of moral tone, intellectual caliber, and bodily stamina, the present class will hardly suffer by comparison with any preceding one.

A SAMPLE OF OUR CORRESPONDENTS.—We do not often publish a whole letter from any one of our friends, co-workers, or correspondents. Indeed we can hardly find room for brief paragraphs from all whose words are worthy of pub-

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licity in our columns. But here is one so eminently practical and so complete a representative of letters we peruse almost every day in the year, and not unfrequently a dozen of them in a day, that we give it entire. It will show to the reader that the world does move, even in the direction of reform:

SUGAR GROVE, WARREN CO., PA., *April* 21, 1863.

R. T. Trall, M.D: My Dear Sir:—Enclosed, please find $3, for which you may send one copy of the HERALD OF HEALTH to N. B. Langdon, one copy to Mrs. Cynthia Miller, and one copy to Jewel & Perry, each of this P. O., as above; beginning either with the January or April number, as you see fit—just as well the back numbers, for each number is worth its weight in gold, dear as gold is. I think your journal has never been so able and convincing as now, and I believe I must put on the harness and go to work for it again, after a rest of years. We have read it for years as an exchange with the *True American*, at Erie city, Pa., and Bro. H. Catlin still sends it to me, thus my name is not on your list.

To induce these persons to subscribe, I promised to give them the premiums to which I would be entitled; so you may send to one of them "Water-Cure for the Million," to another "The True Healing Art," to the other three copies of "Principles of Hygeio-Therapy," and they can interchange the reading, and circulate, &c. Please send your "Washington Address" to Mrs. Miller.

For some years I had charge of the Mercer and Dansville Water-Cures. In those years I sent some hundreds of subscriptions to Fowler & Wells, and sold many of their works. Lately I have had a varied business to attend to, but Mrs C. and myself have never had more outdoor practice than now; and every case we treat, and each day, only tends to confirm us in the belief that your basis, principles and system of practice are right, and all others wrong; and I now feel more than ever that no reform is, or can be, of equal importance. I believe, also, that you have touched the key note of the Temperance Reform. I have read only your journal articles, but I have an intuition that you have touched the bottom line. I must soon get your "London Address," as, indeed, all your works. Your Encyclopædia has been one of my standards for years.

I have seriously thought of coming with Mrs. Catlin and graduating at your College, and devoting much of my time to lecturing and selling books, and instruments, &c.; but I am continually full of business, and never yet loosened enough to see the starting place. You shall hear from me with more subscriptions ere long, and meantime may God bless you and help forward the good work. As ever, yours,

JAMES CATLIN.

YELLOW FEVER INVESTIGATION.—The "British Medical Journal" informs the profession that M. A. Dumont, a young French physician, has sought and obtained permission to go to Mexico to study the yellow fever, which is decimating the French soldiers there. The Government minister has requested the Academy of Medicine to give their young CONFRERE some useful instructions as to how he may best employ his talents in the study.

We recommend the Academy to instruct young Dumont to ascertain first what a fever is, and then apply his mind to the study of THE fever of the yellow variety. But there is, after all, one question back of both of these: "What is disease?" How can any one understand the rationale of any form of fever, if he can neither explain nor define the nature of fever itself? And how can he study to advantage the nature of any fever so long as he is ignorant of the essence of disease? Says Prof. Gross: "Of the essential nature of disease very little is known; indeed, nothing at all."

CONGESTIVE FEVER, AGAIN.—There has been considerable excitement lately at Manayank, a suburb of Philadelphia, in consequence of a singular disease among the factory operatives, of which a number of women and children employed in the mills manufacturing army blankets and other goods have died. The disease, which is called by the physicians a congestive fever, terminates fatally in about twelve hours after the first symptoms appear. The disease, except in few instances, has baffled the skill of the physicians; and the general idea is, that the fever has been introduced through the means of dirty, filthy rags, which are imported for the purpose of being converted into army blankets. There has been a large number of deaths. In one family three girls that worked in a factory died within one week.

CRATTY'S WIND COLIC NOSTRUM.—The advertisement which appeared in our last issue, of a specific for wind colic in horses, was admitted without editorial knowledge or sanction. We know nothing of the remedy; but the fixed principle and unalterable policy of the HERALD is, and will be, not to commend nor advertise secret nostrums or remedies of any kind.

A CONNECTICUT gentleman who ran away when he heard the British were landing at New London, recently died and was eulogized as a revolutionary hero.

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Dining-Room Department.

PUDDINGS.

BY MRS. MATTIE M. JONES,
Matron of the Hygienic Institute, 15 Laight street, N. Y.

MANY physiologists object, and justly, to the extensive use of puddings as an article of diet. They admit of but very imperfect mastication and insalivation, even in their best forms, and are to be permitted rather than recommended.

However, as people usually demand something as a dessert, occasionally, by way of variety, they are admissible. We give below recipes for the most Hygienic methods of making them. Quite a number of them are copied from Dr. Trall's Hydropathic Cook Book:

RICE PUDDING.—To two-thirds of a cup of rice add half a cup of sugar, half a cup raisins, and two quarts milk. Stir all together and bake very slowly about three hours.

BAKED APPLE PUDDING.—Pare, core, and slice about two quarts nice tart apples. Add to them one teacup full of Indian meal, one cup Graham flour, and stir all together. Pour over them three-fourths of a cup of sugar dissolved in two cups cold water, stirring till all the flour is wet. Strew Indian meal evenly over the bottom of a deep basin or pan to prevent sticking, and turn the mixture into it, smoothing it evenly over the top. Then spread evenly over it a batter made by stirring together half a cup cold water, three tablespoonfuls of Indian meal, three ditto of Graham flour, and one tablespoonful of sugar. Bake about one hour and a half.

(NOTE.—This is to be eaten with sweetened cream or a sauce made by stirring into one quart boiling milk two heaping tablespoonfuls of corn starch, moistened with cold milk, letting it boil for five or ten minutes afterward. Sweeten according to taste).

PLUM PUDDING.—One quart Indian meal, one cup molasses, one cup raisins, one quart boiling water. Stir altogether and steam three hours. This is to be eaten with the same kind of sauce as for baked apple pudding.

RUSK PUDDING.—One and one-third cups rusk, half a cup sugar, two cups sweet apples, sliced, two quarts milk. Stir together and bake two hours and a half.

BAKED INDIAN PUDDING.—Two quarts sweet milk, one heaping teacup full of Indian meal, one-third cup molasses, one-third cup sugar. When the milk is boiling hard, dip out one-half of it, and into the remainder stir the meal slowly, taking care that no lumps remain in it. Add the rest of the milk, the sugar and molasses, and bake about one hour and a half, or until it is a bright cherry color. Stir it once or twice the first half hour, but not afterward.

This proportion of meal will not hold good in all cases, owing to the difference in the thickening properties of different kinds. Of some it will require one and one-third cups, others one and a half. This can easily be determined by one trial.

SAGO PUDDING.—Two quarts boiling milk, one cup sago, three-fourths cup sugar, two cups sweet apples sliced. Bake one hour and a half.

TAPIOCA PUDDING.—Two quarts milk, one cup tapioca, one cup sugar, two cups sweet apples, sliced. Bake one hour and a half.

SAGO AND APPLE PUDDING.—Take six ounces of sago, previously washed and picked, five large, rich apples, peeled, quartered and cored, and one teacupful of sugar. Pour boiling water on the sago; let it stand till cold; then mix in the apples and sugar, and bake about one hour.

PEARL BARLEY PUDDING.—Pick and wash half a pound of pearl barley; soak it in fresh water over night; pour off the water; add one quart new milk and a teacupful of sugar; and bake one hour in a slow oven.

BARLEY AND APPLE PUDDING.—Pick and wash half a pound of pearl barley; soak it in water twelve hours; then put it into a pan with three pints of water; let it boil ten hours; pour it into a pie dish; put in half a pound of apples, sliced; add two ounces of sugar, and bake one hour in a moderate oven.

BREAD PUDDING.—Pour a quart of boiling milk on as much bread, biscuit or crackers, broken or cut into small pieces, as will absorb it; cover it and let it remain till quite cool; then sweeten and bake an hour and a half.

CRACKED WHEAT PUDDING.—Boil wheaten grits till quite soft; then dilute the mush with milk to the proper consistency. It should be rather thin; sweeten and bake one hour.

HOMINY PUDDING.—Mix cold, boiled hominy with milk till sufficiently diluted; sweeten and bake in a hot oven an hour and a half, or two hours.

CHRISTMAS PUDDING.—Mix together a pound and a quarter of flour or meal, half a pint of sweet cream, a pound of stoned raisins, four ounces of currants, four ounces of potatoes, mashed, five ounces of brown sugar, and a gill of milk. When thoroughly worked together add eight large spoonfuls of clean snow; diffuse it through the mass as quickly as possible; tie the pudding tightly in a bag previously wet in cold water, and boil four hours.

MACARONI SNOW PUDDING.—Take three ounces macaroni, one pint of new milk, one gill of cream, four of brown sugar or molasses, and eight tablespoonfuls of snow. Simmer the macaroni in the milk till well mixed; add the sugar and cream; then stir in the snow quickly and bake immediately till lightly browned.

RICE AND APPLE PUDDING.—Boil half a pound of rice in half a pint of milk till it is soft; then fill the pudding dish half full of apples, which have been pared and cored; sweeten with brown sugar or molasses; put the rice over the fruit as a crust, and bake one hour.

SNOW BALL PUDDING.—Pare and core large mellow apples, and inclose them in cloths spread over with boiled rice, and boil one hour. Dip them in cold water before turning them out. They may be eaten with syrup, sugar or sweetened milk.

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FARINA PUDDING.—Mix ten ounces of farina with half a pint of cold milk; put one quart of milk over the fire, and while it is boiling stir in the farina gradually, and let it simmer fifteen or twenty minutes. It may be served with milk, fruit, jelly or sugar.

FIG AND COCOANUT PUDDING.—Wash one pound of figs in warm water; soak them till soft; add to them one grated cocoanut with its milk, and four ounces of sugar; then knead with them all as much wheat meal as can be worked into a rather soft dough. (If, in the cold season, three or four spoonfuls of snow will make it lighter). Tie it in a pudding bag, not very tight, as it will swell some; and boil two hours.

APPLE PUDDING.—Boil one pound and a half of good apples with a gill of water and half a pound of brown sugar, till reduced to a smooth pulp; stir in one gill of sweet cream, a tablespoonful of flour or of fine bread crumbs; flavor with a little lemon juice or grated lemon, and bake forty minutes.

POTATOE APPLE DUMPLINGS.—Boil any quantity of white mealy potatoes; pare them, and mash them with a rolling pin; then dredge in flour enough to form a dough; roll it out to about the thickness of pie crust, and make up the dumplings by putting an apple, pared, cored, and quartered, to each. Boil or bake one hour.

(NOTE.—If the crust be made in the same manner as for cream pie crust, these are very nice).

GREEN CORN PUDDING.—To one quart of grated ears of sweet corn, add a teacupful of cream, one gill of milk, a tablespoonful of flour, and two ounces of sugar; mix all together and bake an hour and a half.

GRASS-FED INDIANS.—One of the California journals has the following statement relative to a new kind of food adopted by the "Digger Indians," as they are called:

There are two considerable Indian villages in this vicinity at the present time, and the Indians, who looked as lean and gaunt as half-famished wolves during the past winter, now appear enjoying all the luxuries that an abundant supply of beef and bread can afford. The hills in the vicinity are verdant with nice tender clover, which is devoured by these poor savages with as much gusto as an epicure would devour a most dainty dish. They gather the clover in baskets and prepare it for use by heating large stones and placing a layer of clover well moistened between each layer of stones. It soon becomes ready for use, and each one of them will eat a supply of clover thus prepared that would almost supply a horse.

WEAK doses of washboard are now recommended by physicians, for ladies who complain of dyspepsia. Young men troubled in the same way can be cured by a strong preparation of *wood-saw*.

A MAN who was rescued from drowning in Boston, abused the man who rescued him because he did not save his hat!

How is it proved that Noah did not come first out of the ark? Because the bible says he came forth.

Soldier's Department.

GROG IN WASHINGTON.—Mrs. Mary E. Cox writes: "*Dr. Trall:*—We learn from the HERALD that it is contemplated to hold the Health Convention in this city. Indeed, I think there is not another place in which so much can be done as here. I find many here ready to receive the word. The temperance cause is progressing, and a lecture from you would do great good. I have made some remarks against alcoholic medication. They were listened to with interest, and endorsed by many. Come and help the cause along. Keep the ball moving, and in the right direction, too. There are said to be two thousand grog shops in the city. Drunken soldiers are to be seen everywhere. At a temperance meeting to-day a committee was appointed (among which were Senator Pomeroy, of Kansas, and Judge Day) to wait on the President and ask him, as Commander-in-Chief of the army, to prohibit the sale of all liquors to the army, navy, and the District. I contended it would be of no use, so long as the Surgeon General ordered it as a medicine.

Come on, and we will help you all we can. Bring a physician along to locate here, as I expect to leave for the "Granite State." Will either return to the convention, or stay till after. I am going to put in for the premium for bread. I have a plan for a hand machine for making ærated bread, designed for family daily use. I think it will make light bread in half or three-quarters of an hour. Will send you a specimen as soon as I can get a rude machine made to try how it will work."

DRUGS.—WHISKY.—QUININE.—Camp Parapet, Carrollton, La., March 14, 1863: *Dr. Trall:*—I have received from a friend the January and February numbers of the HERALD OF HEALTH, and I like it very much—better in its present form than as the WATER-CURE JOURNAL. I have tried to get up a club in the regiment, but have not succeeded, for the reason that many papers that are sent to us we do not receive, and some publications for which I have subscribed have not yet come to hand.

Enclosed, please find one dollar. Will you please send me for it three copies of the HERALD for the month of March, April, May and June, as they are published. If you cannot do that, please send three for the month of March, and any other reading matter suitable to distribute amongst the soldiers. I have been a reader of the WATER-CURE JOURNAL for a number of

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years. It has been of great benefit to me, particularly in the army, where one has to take care of himself (and does not always have that privilege) or be turned over to the tender mercies of the surgeon.

A few weeks since, from exposure and unwholesome food, I was taken sick. The symptoms were a dull headache, tongue coated, eyes and skin yellow, soreness in the region of the liver, loss of appetite, but little strength or energy, could sit up but about half of the day. My friends said I had the "old fashioned jaundice," and must take something. They recommended everything, from "Louisiana Lightning" (whisky) to opium pills. I believed water-cure was better, and a pack was what I wanted; but a sheet was not to be had in the regiment. I sent two miles and borrowed one; and with plenty of blankets and the help of a friend, took my first pack, followed by a foot-bath and wet girdle. This I continued for a week, at first without any benefit. But my faith in nature and the Hygienic System were unshaken. Finally I began to improve. It is now a week since I reported for duty, and I am enjoying unbounded health. I believe the disciples of the Hygienic System are increasing in numbers, for wherever I go I find them. Some who have been sick in our regiment, have been cured by that system alone. At the present time, as I am writing this, I have an officer of my company whom I have just put into a pack. He has been under the surgeon's care for a week, and finally concluded to let me *doctor him*. But it is lamentable to see to what an extent drugging is carried on in the army. For every trifling illness drugs are given without stint. To look at the "Surgeon's Morning Call," and see what an amount of whisky and quinine is given, one might be pardoned for supposing that the surgeon thought he had found and drawn it from the "Fountain of Immortal Youth," so long sought in vain by Ponce De Leon. Yours, very respectfully,

LIEUT. W. T. LARKIN,

15th Regt. N. H. Vols.,
Department of the Gulf.,
NEW ORLEANS, La.

FROM THE ARMY OF THE GULF.—*R. T. Trall, M.D.: Dear Sir:*—Likely you remember receiving a daguerreotype of young Carleton, who, recommended by Hayden Brown, of West Newbury, Mass., who was cured of a very bad throat under your care, wrote to you a year since seeking employment. Last August I visited New York, and called at the institution with which you are connected, but was unable to find an opening, there being sufficient help at the time. I talked with Dr. Miller, and was shown about the city and the College by Dr. Jones, who showed me great kindness, and after three days returned home, determined to find a place in the institution sometime, if possible. Thinking it well to join the army, I enlisted immediately on returning home, August 21st; was sworn in September 24th for nine months, and after a time found my way into the hospital as chief nurse. December 28th we went on board the ship *Constellation*. It was thirty-seven days before we left it. On our passage we lost six men, four of whom died of what was pronounced the purpura. The subjects were taken with chills, and with a sensation of great heaviness in the extremities. In a short time spots of a dark, red color, which soon became purple, appeared on the surface, varying in size from a three-cent piece to three inches in diameter. Of these four, two were well one day, and given to the waves the next. One desired to be thrown overboard when first taken, partly the result of fear, and partly of intense pain. All the sick fared hard. The conveniences for cooking were extremely limited, and the sick were obliged to draw their food from their respective companies; hence they had, for the most part, to eat the miserable rations of well soldiers. We nurses worked very hard, showing every kindness in our power, and when it was possible, made a little gruel, rice, &c., for them.

Our army is now at Baton Rouge. Lately, in connection with the gunboats, it moved toward Port Hudson. The sick of the several regiments were hurried to buildings in the city. I was sent to attend the sick of the 48th, but on arriving at the hospital learned that I must take charge of the used up of seven regiments, four hundred and fifty in number, and have since been acting as hospital steward. Quinine, whisky and opiates are the three great remedies resorted to. It surely must make one of a reflective mind, who truly understands the human system and the effects of drugs on it, shudder to look on and see these poisons poured into the stomach by the wholesale. A man is taken with chills. Remedy: Ten or fifteen grains each of blue pill and quinine, with a big dose of bad whisky to start with. Much of it is needed, says the doctors, to obviate the influence of the climate. How many cripples and men permanently used up this war will make! And more, I truly believe, will come so from being drugged with these horrible poisons than from the enemy's bullets and a change of climate. This soft bread and grease are destroying the stomachs

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and blood of thousands. Soda for the "heart-burn," is continually called for. Various eruptions and sores are plainly the result of the soldier's food. Day before yesterday I accompanied one hundred sick men to New Orleans, and to-day returned to Baton Rouge.

Nature is now in full activity, and showing the fertility of this soil. My health, the loss of which was the result of unphysiological habits, and concerning which I talked with Drs. Miller and Jones, is, by the blessing of God, gradually returning, not the result of drugging, but of the right application of nature's laws, which I at last learned from the books of your school. With God's blessing, I shall recover my health and be enabled to do a great deal of good, perhaps much more than as if I had never lost it. My health is improving, and mind recovering its former elasticity and decision. I am desirous of becoming connected with your institution. Will you be so kind as to see if you can find an opening for me? You shall find me capable and useful, knowing the nature of water and how to give baths, and to encourage the despondent. Will you please write me a note informing me if you can do anything for me at the close of my term of service?

Please direct, Co. B., 48th Mass. Vol. M., via New Orleans, La., Banks' Expedition.

Yours, with respect,

DAVID E. N. CARLETON.

NEW ORLEANS, LA., *March* 25, 1863.

A HYGIENIC ARMY HOSPITAL.—Mrs. A. R. Swartz, President of the Baltimore Health Association, writes: "*Dr. Trall: Sir:*—A few days since I had the pleasure of adding the name of Rev. A. R. Houbert, traveling agent for the State of Ohio in hospitals and army, to the list of members of our 'Baltimore Health Association.'

This gentleman is extensively acquainted with the hospitals of the army, and is a man of influence. He appreciates the advantages of the Hygienic System of treatment. I gave him an account of the unsuccessful efforts which have been made to obtain permission to establish a Hygienic army hospital, and took the liberty to ask him to use his influence in every possible way in urging the importance of the subject. He very gladly promised to do so, and as his position affords him a favorable opportunity, I have much hope that his efforts will amount to something in behalf of the cause.

I write you this note, not only because I am delighted to be able to communicate something encouraging, but to ask you to make out briefly a statement of our motives and reasons for demanding the privilege of establishing such a hospital in the army. A statement of this kind, coming from you, would be something *tangible* for this gentleman to present to the authorities to whom he might appeal. If you think best to furnish him with a paper of this kind, and will send it to me, I will forward it immediately to Mr. Houbert.

P. S.—I wish a copy of your lecture at Washington sent to Gen. W. S. Rosecranz, and enclose 25 cts. for that purpose."

AN INTELLIGENT MOTHER'S SON.—Mrs. E. J. S. writes from Lexington, O.: "I am a widow with an only son, who has been in the army twenty months, without being sick enough to go into the hospital. He has been several times sufficiently indisposed to be excused from duty, and on each occasion has had medicine dealt out to him, but always threw it away as soon as the doctor was out of sight. His medicines have been water and dieting. He has had very good health most of the time, while his fellow soldiers, who have taken drugs every time they were a little unwell, have been obliged to languish for months in the hospitals. Oh! that all of our poor soldiers could know the advantages of the Hygienic System over the Poison System.

A SKEDADDLE.—Maysville, Ky., March 31, 1863. "*R. T. Trall, M.D.*:—We are again on a great *skedaddle*. Scarcely had we received the first numbers of the HERALD until we found it necessary to 'take up our bed and walk.' But I am too much troubled to write you much of this now. Please send no more of my journals until I write you again to do so. I have been fortunate enough to-day to fall upon a new subscriber for you. While we lose a little, we gain a little, I suppose on the principle 'give, and it shall be given unto you.' As we receive evil, it is well to do good. Please find enclosed, $1 for the new subscription, to begin with the April number." Address,

E. GOTHERMAN, ESQ.,
Elizaville, Nicholas Co., Ky.

Remaining, as always, yours and the friend of progress, J. R. IRELAN.

P. S.—My place is Sharpsburg, when the rebels are not in possession. Your books will show.

J. R. I.

There is a man in Indiana so thin that when the sheriff is after him he crawls into his rifle, and watches his adversary through the fuse-hole.

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College Department.

THE APPROPRIATION LOST.—We still live, and the cause of Health Reform will still go on, notwithstanding the people of the Empire State have declared, through their representatives in the Senate and Assembly, that our College shall not have a dollar. Well, we are accustomed to disappointments of this kind. We have long known how much more readily the people's money will flow for that which deforms and destroys them, than for that which reforms and saves them; and how much more easily the people's legislators can see the merits of a measure, if dressed in the popular costume, and *gilded* by the potent influences of the "third house." The old fogies whose votes were influenced by three or four drug doctors of the legislature; and those proprietors of "Water-Cures" who exerted their influence in preventing any of their inmates from signing our petition, may rejoice at their temporary triumph. But it may be only temporary after all. We have already organized a company, embodying several wealthy and influential friends, to raise a fund by subscription, and by another year we may have the means to benefit the public as they need, in spite of themselves.

To our friends in both branches of the legislature, who exerted themselves to the utmost, and left no honorable means untried to secure us the endowment, and who succeeded in getting it through the Senate, we tender our warmest thanks. 'Tis not in mortals to command success; but they did more, they *deserved* it.'

THE ENDOWMENT.—Mrs. M. E. W. writes from Linden, Wis.: "I hope you will succeed to the utmost extent of your wishes in raising all the funds necessary to endow the Hygienic College. To this end I will give five dollars, and my husband says you may put him down for as much more. We are not very well off; but if all of your friends would give as they are able, the world would soon see the true system of the Healing Art established. We are accumulating quite a list of names who promise to give one, five, ten, twenty, fifty and one hundred dollars; and if the ball keeps in motion a few months longer, we shall have money enough to commence with, independently of legislatures and rich men." We find in our list of donors more women than men—just as might have been expected.

Whenever the wish is father to the thought it will be a (p) parent.

Voices of the People.

NOT QUITE DRUGGED TO DEATH.—W. H. L., of Bryan, O., communicates an interesting experience, from which we extract a few gems of drugopathic medical science: "I am now thirty-two years of age; able to talk, read, sing, saw wood, spade garden, etc. I have been an invalid since the age of fifteen. At that time I was taken with general debility, and a constant throat difficulty attended with a good deal of soreness whenever I would swallow, or speak, or sing, or read aloud a few minutes. The M.D.'s said it was *bronchitis*, and cauterized the uvula and tonsils, blistered the outside of my neck, as well as plastered it with pustulating tartar-emetic, and dosed my stomach with drugs, until I had to take physic twice a week. I felt bad and depressed continually. At length my lungs began to suffer, and I had pain across the chest, tightness of breathing, &c. Soon I had the pleurisy; was laid up four weeks, and dosed with a variety of medicines, and my ankles corroded to the bare sinews with draughts of horse-radish (but not a drop of cool water) to keep the fever from my head! On getting about, the doctors concluded to strengthen my lungs by producing a running issue in my right side. I lingered along until I was between nineteen and twenty, having, in the meantime, had a severe attack of bilious colic. In this and my preceding ailments I was drugged by four Allopaths of good standing, one Dutch doctor, one Indian doctor, and one itinerant empiric, until I was pronounced incurable. Then I concluded that my days were numbered, and that I could not live beyond the age of twenty-four years. During the winter that I was twenty-two I obtained one of your works, and Fowler's Physiology, upon the reading of which I determined to change my dietetic habits and try the 'water-cure;' so I threw off my neck-ties and strengthening plasters, and have never used them since. I resorted to hand-bathing with two towels, one to wet and wash with, and the other for dry-rubbing, applying a wet one around my neck at night. Whenever troubled with pleurisy, I applied a folded wet towel to my chest and side. I found that by taking a full inspiration, and holding my breath as long as possible, rubbing, meanwhile, with all my might, that I avoided all chilliness. I have recovered a good degree of health, which I think I know how to keep. Lately I saw a notice of the HERALD OF HEALTH and sent you one dollar for it. I am well pleased with it. I have concluded to try the benefits of the Pangymnastikon."

A WORD FROM THE CAPITAL.—Mrs. Mary E. Cox (late Miss Sanborn, student of the Hygeio-Therapeutic College), sends a list of subscribers from Washington City, and says: "Last Sunday I was called upon to attend the children of Mr. B. (whose case you mentioned in the Smithsonian), who had the whooping cough. I found his favorite child very sick, with severe fever, and the cough assuming the croupy form. By bathing, packing, and the constant application of wet cloths to his throat and chest, with tepid injections to relieve the bowels, he is now (Tuesday), able to be dressed. The two elder boys

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had it also, but since I commenced bathing them and applying wet cloths to the throat, they suffer little inconvenience from it. The mother of these children had a prescription from you when you visited Washin ton, but had no faith to follow it; yet she refused the prescriptions of an M.D. of the U. S. A., who lives in the house. I have not sought practice here, but they had heard of me through a neighbor. By accident I learned of a girl who was fast approaching the second stage of consumption, and induced her parents, who were becoming alarmed, to let me try to save her. About two months before she had the measles, took cold, and had not been able to leave the house since. In fourteen days from the time I commenced Hygienic treatment, her cough was nearly gone, and she wa ked three squares to my house without much fatigue. She is pretty well now, but her lungs are weak, although she can walk all over the city. I think this is a good location for a Hygienic Institute. Perhaps we shall open one."

Fat Pork and Mustard.—We have heard of fat pork and hot mustard as being excellent articles for a cold and a hungry stomach, but have long been of opinion that there are a hundred better things for that common reservoir of victuals and drink. But the doctors in that dark and benighted region on the outskirts of creation, called Canastota, N. Y., it seems, are of opinion that, whatever is replenishing to the inner man in hungry health, must be curative to the outer surface in diptheritic disease, as is hereinafter more particularly explained in a letter from our friend C. C., who writes: "In corroboration of my former statement, I will say a word about the prevailing disease, diptheria. A notice was published in a Syracuse journal that sixty-five or seventy deaths had occurred within the limits of Canastota the past winter. Some of our citizens said it was a libel on the vicinity, and a disgrace to the village, and corrected the journal by asserting that not more than thirty-five deaths had occurred. However that may be, and whatever may have been the proportion of deaths, the mortality was so great that the physicians became alarmed, and wrote to one of your eminent city physicians for counsel. But he could give no advice respecting the treatment. If I am correctly informed, our M.D.'s have ordered, as the general plan of treatment, mustard poultices and fat pork as external applications, and a gargle of chlorate of potash as the leading internal remedy."

A Working Clerico-Hygeio-Therapeutist.—Rev. J. S. writes from Iowa: "Two year's residence here has done something, of which you will hear in due time, in the sale of your books, and in subscriptions to the Herald of Health. Wherever we go or reside, we try to make an impression in favor of the great Health Reform. At our last stopping place we introduced one Herald, one Encyclopædia, one syringe, and got two families 'bound for the Kingdom.' So the work goes on; but at what cost and sacrifice, pen cannot describe. Other families are casting wistful looks toward the Zion of health, but lack the nerve to break the spell that binds them. We have no means or conveniences but those of an ordinary Western country house, and a poor minister of an unpopular sect; yet we have to go out to care for the sick, and take them home, for anything or nothing, having our own reward in doing good. But I will not trouble you thus. We are studying your system and your books, and desire to know what other works we need to fit us to the Hygienic College? Also, what opportunities you can give us to work our way. We can do anything, from sawing wood, to managing dangerous cases of disease; can live in the kitchen and handle pots and kettles, or drum on the melodeon in the parlor."

A Hint to Whom it May Concern.—B. W. A. writes from Iowa: "*Dr. Trall: Dear Sir:*—I was intending to start for one of your 'Cures' in two or three weeks, but, on reading the last eastern papers, I judge that the draft will come off about the time I would get recruited up, and I would like to know whether I would be subject to it or not. I don't want to spend what little money I have to get my health, and then be drafted into the army and forced into the hands of drug doctors, to become worse off than ever." We are of opinion that Government could obtain many thousands of good fighting boys from the glorious West, if they could be assured that they would not be compelled to swallow the murderous poisons of the drug doctors. "A word to the wise," etc.

Our New Name.—Miss C. P. writes us from Milan, N. H.: "In renewing my subscription I feel that it is due to you to say, that I like the name, form, and matter of your journal, better than before. Though there was nothing in the title of Water-Cure that I disliked, it caused many who were ignorant of the principles of your system, to suppose that cold water was the only or the principal agent employed in the treatment of disease. I have tried to persuade some very intelligent persons to subscribe for the Water-Cure Journal, and they would really shudder as they replied: 'Oh! dear, I can't believe that cold water will cure everything.' I hope to be more successful in procuring subscribers for the Herald of Health. Accept my best wishes for your success, and my sincere gratitude for the many useful lessons you have taught me."

Taking Courage.—W. H. H. sends us a list of subscribers from McHenry, Ill., and remarks: "The public mind is becoming more and more awakened upon the subject of Hygienic Medication in this vicinity, and even the most bigoted are willing to admit that 'water is good in its place,' while some families are adopting it as their only mode of cure. I have treated several cases of typhoid fever the past winter—one of which the 'regulars' had given up, and another succeeded a drug-cure of scarlet fever. All of the cases readily yielded to Hygienic appliances, and were convalescent within two weeks. I have heretofore found it an up-hill business to obtain subscribers for your journal, but am now having better success. And I begin to feel like 'thanking the Lord and taking courage.'"

Redeemed.—J. G. R. in forwarding his subscription, remarks: "It may not be out of place to state that, five years ago I was in the habit of using alcoholic liquor. I was drunk every Saturday night, and sometimes during

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the week, until I was nearly ruined, and despised by all decent people. Then I came across some of your works; read them, and was convinced that your system was right. At once I gave up all intoxicating drink, all flesh-meats, tea, coffee, spices, etc., and put myself through a vigorous bathing process. I now have to thank you, next to my Creator, for the blessings of good health, and freedom from all longings after the things which I have abandoned."

SAVES MONEY AND LIVES.—A. A. M. G. writes from Fleetsville, Pa.: "I cannot think for a moment of doing without the HERALD OF HEALTH, since it has been of so much value in our family for the past ten years that I have been a subscriber. It has saved us a great many dollars from both the quacks and the 'regulars.' And what is more, it has saved some precious lives. It has enabled us to be our own doctors for several years, and I have treated several patients, who had been given up to die by the drug doctors without losing a case."

BOOKS VS. DRUGS.—Mrs. M. M. writes from Loami, Ill.: "We doctor ourselves according to the Hygienic System, as well as we can, and do not trouble the drug doctors. We have your Encyclopædia and other works. They are our physicians when we are sick, and we find water and diet much better than powders and pills. Many persons speak of our children as looking remarkably healthy, but seem to think that it would kill theirs to bathe them in cold water, even in the summer time, as we do ours. I have a brother and two brother-in-laws in the army, and from what I hear from them I think they have become satisfied that drugs kill more of our soldiers than rebels do."

A BRAND PLUCKED FROM THE BURNING.—A. V. writes from Port Hope, C. W.: "I have had three sisters and three brothers, and all have died of consumption, at about the age of twenty-one years. They were all attended by drug doctors. I was next in order brought very low with the same fell disease, and determined to pursue a different method of treatment. Accordingly I procured some works on the 'Water-Cure,' or more properly the Hygienic System, and followed the directions, and now I am in the enjoyment of perfect health."

ANYTHING AND EVERYTHING.—R. R. K. writes from Stanfield, Ill.: "Perhaps you remember sending me the January number of the HERALD OF HEALTH. I have read it through, and am persuaded that, if each number is like that one, it is just what I want. I send one dollar for a year's subscription. If health is worth anything it is worth everything; and common sense says that your way is the only one that nature will own and bless. I have a prospect of sending you a large list of subscribers from this place."

A FAMILY TO EDUCATE.—J. R., whose HERALD'S for some reason have not been received, writes from Canton, Ill.: "I have a family to educate, and I deem a health education to be the first requisite and most important of all education for the family circle." If all people believed this and acted accordingly, this would be a happy, instead of a miserable world.

To Correspondents.

WORMS IN THE SKIN.—Dr. J. T. V. D., Mineral Springs, O.: "*Dr. R. T. Trall: Sir:*—Among the inhabitants of cities, and especially in persons who have a torpid state of the skin, the contents of the oil-tubes become too dense and dry to escape in the usual manner. This matter then collects, distends the tubes, and remains until removed by art. When this impacted matter reaches the surface, dust and smoke mix with it, and then it is recognized by small, round, dark spots. These are seen on the forehead, nose, and other parts of the face. When this matter is pressed out, the tubes give it a cylindrical form. The parts around the distended tubes sometimes inflame, constituting the disease called *acnepunctata*. The usual remedies given by allopaths, homœpaths, etc., do not remove the cause. Will you oblige me by giving the readers of the HERALD OF HEALTH your plan of treatment?"

Daily bathing, with abundant friction of the skin by means of coarse towels, vigorously applied, and a plain vegetarian diet, devoid of all constipating materials, and all "Hydro-Carbons," constitute the remedial plan. All grease, butter and sugar should be abstained from.

STIMULUS.—A. R. A., Chicago, Ill.: "In the HERALD OF HEALTH for March, in an article entitled 'Human Food, No. 4,' 'Food as a Remedial Agent,' by W. T. Vail, M.D., I notice an essential point, which appeared to me tainted with the 'Three Thousand Years' mania. He says: 'Could any one ever think of curing a case of delirium tremens while allowing a free use of ardent spirits? or of curing a nervous, dyspeptic, half-crazy woman, while indulging in excessive libations of the 'tea plant?' At first sight one might think he did not entertain the views and recommend the practice of the drug system, but a closer examination finds that, in the qualifications he used, *free* and *excessive*, he leaves the reader to infer that, under some circumstances, he would use, ardent spirits, tea, etc., or not interdict the same.

Dr. Trall, will you tell us whether this is in accordance with true Hygiene? Would you prescribe for a patient, afflicted with delirium tremens, ardent spirits, under any circumstances?"

We are of opinion that all use of stimulus is abuse, in sickness as it is in health, and we would not prescribe alcoholic liquor in any quantity under any circumstances. We presume that Doctor Vail does not intend to recommend nor justify the employment of tea or ardent spirits, in any quantities, but uses the terms "free" and "excessive," to make the illustration stronger. We agree with our correspondent, however, that these expressions weaken rather than strengthen the argument.

SALT AND HOT WATER.—R. M. S., Mount Morris, N. Y. "I believe in the teachings of your journal, so far as water is concerned, but not as to salt; and before you are five years older you will recommend salt, and I will tell you why: When taught cold water, and nothing but cold water, I lived upon hot-baths—the hotter the better—and at this time have not a diseased organ or spot in my frame. Now, you will yet advise hot water and so you will salt. Remember one thing, Dr. Trall, God never made a thing without its use."

Our friend has read our writings and the journal "for many years past," to very little advantage, we fear. Certainly he has not yet learned the A B C's of the principles it teaches. It never did advocate "cold water;" and from its first number, issued nearly twenty years ago, it advocated the employment of hot, warm, tepid, cool or cold water, according to circumstances, as it has continued to do ever since. As to "the hotter the better," we respectfully suggest that there should be a limit somewhat below 212°, or our friend might find himself pretty thoroughly cooked. We fail to see the parallel between the water and the salt argument. Whether cold water, or hot water, or no

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water at all be the best in a given case, the salt question still rests on its own merits. We readily assent to the proposition that everything which God has made is intended for some useful purpose. But must everything be eaten to be of use? We believe God has created ten thousand things which he never designed for the human stomach, one of which is salt.

"A little learning is a dangerous thing."

CUTANEOUS DISEASE.—O. T. G., Cambridgeport, Mass.: "A friend has been suffering for several years of a disease which the physicians call '*psoriasis inveterata*,' and which they pronounce incurable. She has been entirely helpless for the last six months. Everything has been done for her by physicians far and near, of the Allopathic and Homœpathic Schools."

We have cured many such cases. The time usually required to effect a cure is three to six months. Whether the above patient is curable or not depends on the amount of poisons the doctors have given her. We have no fears, so far as the original disease is concerned, and regard her as curable now, unless her vitality has nearly all been drugged away. We would not advise home-treatment in so desperate a case.

DUBIOUS.—L. L. F.: "*Dr. Trall:*—Will you please inform me, through the HERALD, what is the cause and cure of mucous discharges from the bowels?"

Will you please give us some statement of your case, which will enable us to know something about it. The data we require are, a history of the patient's personal habits, past and present, especially as regards eating, drinking, and occupation; the diseases, if any, the patient has had, the medicines, if any, which the patient has taken, original constitution, etc.

ENLARGED GLANDS.—W. F. Jenks, New Berlin, N. Y. We cannot tell the "cause of the difficulty" which you describe, but the difficulty itself is an enlargement of the glands of the neck, perhaps involving the parotid gland. Give her a warm bath at bed time, a wet-sheet pack in the middle of the day; apply a wet cloth to the swelling, and keep her on a rather spare diet of bread, apples and potatoes.

CHRONIC HEPATITIS.—W. R., Port Robinson, C. W.: Give the patient a half-pack for an hour, followed by a tepid half-bath, three times a week; a sitz-bath at 85°, ten minutes daily, and the wet-girdle during the night. You say nothing of her dietetic habits, and so we can suggest no changes, as they may be all right.

INFLAMED BREAST.—G. G., Unionville, Conn.: As the case is chronic, with but little heat or feverishness of the system, you should foment the part several times a day, and apply cool wet cloths at other times.

GIRLS, why don't you go out in the open air and warm sunshine, and add lustre to your steps, and vigor to your frames? Take early morning exercise—let loose your corset strings, and run up a hill on a wager and down again for fun. Roam in the fields, climb the fences, leap the ditches, wade the brook, and go home with an excellent appetite. Liberty thus exercised and enjoyed will render you healthful, blooming and beautiful—as lovely as the graces and prolific as Deverra.

Kindergarten Department,

FOR THE JUVENILES.

MY DEAR LITTLE NIECES AND NEPHEWS:—I mean *you*—all of you—little boys and girls to whose homes the HERALD OF HEALTH comes, I have something to say to you. And while the blessed rain drops come merrily chasing each other from the clouds, singing as they come pattering against the window pane, of bright green leaves, and springing grass, and blooming flowers, and warbling birds that will follow with the sunshine, I will whisper in your ears what it is I have to tell you.

You are all very fond of building "castles in the air," and you dream ever so many dreams, wide awake, of what you are going to do, and be, when you shall have become men and women. And one little bright eyed boy thinks he shall be a merchant, and the large fine store he is going to have is all clearly pictured out in his mind's eye, and many are the bargains he transacts with his imaginary customers. Another is going to be a doctor, and already he fancies himself riding around the country with his saddle bags, or perhaps his box of sugar pills, curing all the sick folks, and making everybody glad to see him. Another little fellow thinks he shall be a doctor, too; but he has quite made up his mind he shall not ride around in a sulky, and bleed people and drug them. No—nor give them sugar pills either—for he thinks they are all very bad things, and help to kill people instead of cure them. He is going to be a Hygienic physician and keep a Water-Cure, and teach people not only how to get well when they are sick, but also how to keep well. Another has determined that a "farmer's life is the life" for him, and at his study, and his work, and his play, that imaginary farm that is to be his rises up before him; and he thinks over and over, just how many horses, and oxen, and cows, and sheep, and hens, and ducks, and geese he will have on it; and of his fine ploughs and rakes, and hoes, and scythes, and reapers and mowers, and so on, &c.; and how he shall have a nice large house with everything pleasant around it; and he feels certain when he gets all these he shall be perfectly happy. Another thinks the lawyers have the nicest time of it; and many are the eloquent pleas he puts forth, with no hearer but his dog. Another cannot think of becoming anything else than a mechanic, and such intricate machinery, from steam engines to aerial cars, as are constructed

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in that little brain of his, was never before heard of.

And all of these little boys now-a-days are fired with military ardor, and feel quite sure that this war is going to last till they are grown up, and then they shall leave their stores and farms, and shops, and offices, and become soldiers and go to fight for their country. And so with sticks over their shoulders for guns, numerous are the companies that are formed, and endless are the marchings and countermarchings that are every day witnessed.

And while the little boys' heads are thus occupied, their little sisters are equally busy, although, owing to the difference in their education, their "airy castles" are not of so varied styles of architecture as their brothers. One little blue eyed fairy is sure she shall be an authoress; and such wonderful books as she shall write! Mrs. Stowe's can bear no comparison with them! Another is to be a teacher, and if she has no little playmates for scholars, chairs are endowed with intelligence, and are made to answer all kinds of questions, which, when she shall have become a woman and wear long dresses, little boys and girls will answer. And one little witch of a black eyed girl doesn't see why she may not become a physician as well as her brother. She can learn as quick, and even quicker than he can—is twice as dextrous and skillful in doing anything; she can run and play as hard as he can, and she fancies she could learn to take care of sick persons quite as well as he. At all events, she is quite resolved to try when she becomes old enough. And the little girl, with auburn hair, is to be a milliner; and such lovely creations of gauze and ribbons as shall grow beneath her skillful fingers, Paris never rivaled. Another is to be a dressmaker; and such splendid silks and satins as she cuts and stitches, are truly surprising. And authors, and teachers, and milliners, and dressmakers, and physicians, all think they shall have a nice little home of their own some day, and something better than dollies to love. And as they are not a whit behind their little brothers in patriotism, most of these little girls think they shall, in all probability, become nurses, and go to the hospitals and take care of the poor sick and suffering soldiers. The dear, brave fellows, they pity them so!

And one and all of you, boys and girls, find so many things you wish to learn and understand, that you resolve you will study very hard, and become educated and accomplished, and able to do a great deal of good in the world.

Well, my dear little friends, if you would have your beautiful visions realized—if you would become in reality what you are wishing to be—there are many things for you to do.

Wishing never accomplished anything in this world—*action* is what wins success. Many things are to be taken into consideration in regard to your future. First and foremost of all, if you would be wise, or good, or happy, you must be healthy. If you can reach manhood and womanhood with rosy cheeks, firm muscles, sound lungs, and pure blood, it will be worth to you more than the fortune of an Astor. Hundreds and thousands of men and women, talented, educated, holding high positions in society, to whom life has become almost a burden from ill health, say: "Oh! could we have known when we were young how to have taken care of ourselves, according to the principles taught in the HERALD OF HEALTH, it would have been worth everything to us."

I know a great many little children, who often get up in the morning feeling peevish and fretful, and everything seeming to go wrong with them, and their mothers often think them cross and naughty, when in reality the trouble is ten times as much in their bodies as their minds. Their stomachs are disordered from eating improper food, or improper quantities, or at improper times, or the pores of their skins are clogged up from neglect of bathing, or they have played too hard, or have not been properly clothed, or have not gone to bed early enough, and thus have not had the sleep they require, or some other violation of physiological law has caused effete and vitiated matter to be retained in their systems; the blood thus becomes impure, and is not circulated freely, and thus a state of irritation is induced, of which the brain partakes as well as the body, and they are fretful in spite of themselves.

Now, if you can be taught how to take care of yourselves, so as to become more healthful, you will thus become better and happier; and not only happier yourselves, but you will make all around you so.

Dr. Trall, who is a great and good man, and dearly loves little children, proposes to have a corner of the HERALD OF HEALTH for your especial benefit. And so every month he wishes me to write or select something that will assist you in learning how to preserve your health; and, also, whenever I find a good story, or an interesting anecdote, or any little thing that will amuse, instruct, or interest you, to lay it aside for the Kindergarten; and as I think a great deal of all my little neices and nephews, I will try to do so.

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Hoping that you will all be good, and kind, and loving to each other, and to every one; that you will learn all you can, and do as nearly right as you know how,

I remain your loving AUNTIE.

THE LAUGH OF A CHILD.

I love it—I love it—the laugh of a child,
Now rippling and gentle, now merry and wild;
Ringing out in the air with its innocent gush,
Like the trill of a bird at the twilight's soft hush;
Floating on the breeze like the tones of a bell,
Or the music that dwells in the heart of a shell;
O, the laugh of a child, so wild and so free,
Is the merriest sound in the world for me.

GRACEFUL CARRIAGE.—The more ladies practice walking, the more graceful they become in their movements. Those ladies acquire the best carriage who do not ride in one.

MANNERS.

Never be clownish or monkeyish! Some rude, indecent boys, (not girls,) seem to pride themselves in buffoonery or drollery, in low, vulgar tricks, antic gestures, foolish jesting, and odd expressions. This low, shameful vulgarity may excite the laughter of fools,—as none but fools will laugh at foolishness—"for the mouth of fools feedeth on foolishness;" but every one of good common sense must look upon such behaviour with perfect disgust and abhorrence! And every youth, thus acting the buffoon or mimic, lowers himself in the estimation of the wise and the good.

Never jerk, twitch, or slam doors, or window-shutters, or bring them to violently. Be cautious and gentle in all your movements; you may do serious mischief. We have known some little turbulents in passing out and in, shut the door with a slam-bang, give it a strong twitch, sufficient to shiver it! No polite or genteel boys and girls will do this.

Be polite, modest and respectful to every one, especially to your superiors. "Charity vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not her own." What more unlovely, and painfully disgusting, than to see a youth, a mere stripling, assume an air of self-importance, and disrespect towards his equals or superiors?

Never stare people in the face. Are you conversing with any one, look him in the face with cheerful, dignified, respectful assurance; this is right; but to stare idly or wildly at strangers or any one, as though you had never seen a human face, is exceedingly impolite, and a sure mark of ill-breeding.

Never enter a house or parlor with your boots all slush and mud, or sit down with your hat or cap on, bar-room fashion.

Never drag, or go slip-shod, with your shoes untied or down at the heel.

Avoid loose, drinking, gambling company, whether they be rich or poor, whether they drink wine or whisky. Habits acquired while young are hard to get rid of.

Miscellaneous.

THE SCIENCE OF DRESS.

BY ELLEN BEARD HARMAN

WHEN Dr. Trall, in giving notice of a dress lecture once, said, playfully or otherwise, he meant to institute a new Chair in the College, and have a Professor of *Dressology*, both the term and the idea struck me as peculiarly appropriate. Why not? The art of draping the "human form divine" is truly a science, and one which is interlinked with sanitary as well as societary science. Being founded upon the necessities of the human system, and having certain fundamental principles underlying it, the observance or non-observance of which brings good or ill, it is as clearly reducible to a science as anything else pertaining to life, its perpetuity and enjoyment.

"So various and fickle are the modes of costume," says the American Encyclopædia, "that if the dressed man, and not the natural man, were the subject of science, and if men and women, like shells, minerals, flowers and stars, were chiefly described and characterized by the way they strike the eye, rather than by more essential qualities, humanity would be the most complicated and perplexing branch of natural history." Very true; yet were the science of dress better understood and applied, no such "complexity" or "perplexity" could exist; for this science and that of the "natural man," would exactly harmonize. It is because of the non-application of scientific principles in the appareling of the person that such an incongruity occurs.

Wherewithal we shall be clothed is deemed a matter of small moment, except as it pertains to a "respectable" appearance before the world. But dress has a deeper significance than simply enabling the *genus homo* to play the pantomines of fickle fashion. Considered in its bearing upon the body, and directly and indirectly upon the mind, it is of vital importance in its relation to human welfare. The physical organism being the working machinery of the man within, so to speak, all mental manifestations put forth, intelligence, benevolence, religious devotion, energy and stability of character, bear an exact ratio in strength and quality to the condition of this vital power, its medium. Hence the necessity in clothing the body; of observing strictly, correct fundamental principles. What are they?

The material and cut of dress come first in order; and these we will find are involv-

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ed in its uses, and are to be decided by a consideration of them. *Protection* is primarily the use for which raiment is or should be designed—protection from extremes of heat or cold, and from the exposures of nudity. To secure the first it is necessary that the material be adapted to the climate and season, and for both, the cut is of prime importance. For the first the fabric should be as light as possible, and still retain beneath its meshes sufficient of the animal heat of the body for warmth, and exchanged in the warm season for some material which is a more ready conductor of caloric. The cut is not second even in importance here to the fabric employed. Whatever the material used, the form and arrangement of it should be such as to retain an *equal* amount of heat over the whole body. Thus, and thus only, is a balanced circulation ensured, and the system effectually braced against either extreme of temperature, together with its changes. As an equilibrium of the vital fluid is essential, and it can be secured only by an equal distribution of clothing over the body—together, of course, with its non-compression—it follows that the *cut* is not of minor importance in the construction of dress. Sufficient clothing may be worn to secure warmth, yet the wearer actually suffer from cold. Instance:—A woman clad in winter in twice the weight of material a man wears, fails to experience anything like the warmth he enjoys. He has a general equible sense of comfort, while she, if warm at all, is so only in spots and at intervals. Such disparity is plainly traceable to the difference in the construction of their costumes. This equibalance in dress is essential to heat, too. As a balanced circulation is due to the healthy evenness of our sensations, it is in any case a prerequisite to temperaturial protection and bodily comfort.

As to the second part of protection, its indications are met in securing the first. If the form is clad with due regard to heat and cold, it is, at the same time, in the best manner secured against improper exposures. I heard a Reverend gentleman remark not long since that "women were not *dressed;* their clothes were hung upon them." We may safely leave it—in view of the oft-recurring "scenes" on the street and in the house, and the constantly-reiterated charge little girls receive to "be more careful, and not show themselves,"'—with an impartial judgment to decide how much ground in truth there is for this assertion.

Dress, to afford proper protection, and ensure an equal, free circulation, should unquestionably be of the general form of the body, and loose enough in every part to permit unrestrained movement; the trunk, the limbs, and every organ and muscle should have full, free play.

Apparel cannot be considered apart from health, comfort, convenience, economy, neatness, and beauty; but these are practically disposed of when we decide the form of dress best adapted to its primitive use, protection. Agreeably with the great law of harmony of the universe, there is no conflict here. The indications of each and all are met, not opposed, in answering this one point. Healthwise, there can be no more important declaration than the maintenance of a balanced circulation; and costume so constructed as to favor this, must equally favor all healthward action and measures, exercise in the out-door world included. And this is the beauty of it—that placing dress upon its proper basis, the principles which naturally, by the law of common sense, underlie it, even in one point, makes others right at the same time. One true link found, and the whole chain is gained. There is no conflict in anything, when the premises are correct; but let a workman begin wrong at the base, and the whole superstructure is at fault; no part suits its purpose, or fits the rest. So with raiment. Let it be made to answer this one fundamental indication of *use*, and all will be well. This ignored, a full train of evils inevitably follow. The law of utility cannot be regarded with impunity—it rests in the very nature of things. It is blindness to this and the law of harmony that tolerates garments of such make-up as to be disease-producing, burthensome, and uncomely withal.

In a purely esthetic light, strict regard for the uses of dress is essential; in no way can it be so improved ornately as by attention to these. Adaptation in all nature is the highest type of beauty, and is so recognized. The very law which makes it such necessarily precludes the beautiful where this is set aside.

When we come to form dress upon correct principles, rather than mere custom, we shall have a costume at once useful, simple and becoming; one in which the "dressed man" shall not be disguised, but be known as well, perhaps, as the tree in its bark and foilage, or the bird in its plumage; one that shall be an aid in the preservation of life, instead of a complex arrangement inimical to it, and opposed in multiform ways to the best interests of the individual and society. Let this abused art be treated as a science, labored in with the exactness of scientific law, and we shall hear no more of fashion's follies, see no more men and women, created for

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better things, suffering the evils of raiment when they should be enjoying its blessings, and blessings only.

AURORA, Ill., *May*, 1863.

REPORT OF CASES.

BY J. H. STILLMAN, M.D.

CASE No. 4.—INFLAMMATION OF THE LUNGS.—I was called to visit a child with inflammation of the lungs. The surface of the body was very hot and dry; respiration laborious, and sounded like breathing through a small quill; eyes glazy, and the pupils dilated. The parents were in deep concern, for they had been robbed of one of their household idols by the same disease—or the drugs administered with a vain hope to relieve. I wrapped the little sufferer in cool, wet towels, from his neck to his knees, placed cold cloths upon his head, to be changed often. I let him remain in this for half an hour, then had him sponged, and hot and cold compresses applied alternately to his chest for an hour, and much hard rubbing to his feet and limbs; then a sponge and cool compresses to the chest, to be kept on, changing every hour, through the night. The next morning I found the difficulty of breathing gone, the fever greatly abated, eyes looked natural, and all danger over. I continued the compresses with sponge-bath twice a day, and warm foot-baths following. The next day the child was playing around the floor.

Thus we see, in every instance, the difference between Hygienic and drug practice. The children were both taken alike. One was drugged, and suffered for weeks untold agonies, and was then buried out of sight forever. The other, only sick a few days, is now in health—a joy to his parents.

CASE 5.—DYSENTERY.—A lady was taken very suddenly and severely with dysentery. When they called me she was suffering with severe tenesmus, and the discharges were entirely mucous and blood, and as frequent as once in ten minutes. I gave her a warm sitz and hot foot-bath for ten minutes, followed by the wet girdle; and a cold injection after each evacuation. The pain grew less from the first, and in a few hour ceased entirely. In twelve hours from the time I was called, the disease was gone, and only a slight soreness of the abdomen, and a somewhat weakened condition of the system, showed any signs of her having been ill.

CASE 6.—RESULTS OF DRUG PRACTICE.—A lady came to me who had been unable to walk without crutch or cane for ten years. She first sprained her leg and took cold, and the usual remedies for colds and sprains were resorted to; yet she grew worse. They had, during the ten years she had been crippled, employed the first medical men in the State, and everything was applied in the shape of liniments and setons, that a speculative and inventive profession could suggest, only making a bad matter worse. One doctor called it a disease of the hip-joint, and tried to burn into the joint, but failed in his attempt, causing so much inflammation she came near losing her life. When she came to me her limb was shrunken; the flexor muscles contracted so that the toes could just touch the floor. I gave warm douches upon the contracted muscles until they became relaxed, then cool sitz-baths and cold douches to the limb. I used electricity and the "movements" quite extensively. In four months she went home, able to walk without any help, and has been well ever since.

Is it not strange that people will witness the almost miraculous cures under Hygienic treatment, case after case, and still hug the demon drugopathy until he saps their very heart's blood, and despoils their most sacred treasures? How long must we see the innocents murdered, hearthstones made desolate, and all nature seem to weep over the desecrations? To raise people above this horrid and blinding superstition, let us faithfully labor.

WHITEWATER, Wis.

EVERY mechanic, actor, dancer and singer is now called an "artist," or *artiste*. A colored boot black up-town, does up the *distingue* for his name and business in the following style, which is a verbatim copy of his card. "Mons. G. Washington Jones, Polish Artiste."

A MAN who had been teased to death for many years by a virago of a wife, when she died had the following inscription engraved upon the headstone of her grave: "Here lies my wife, and, heaven knows, not less for mine than her repose."

FRANKLIN says: "Most people dislike variety in others, whatever share they have of it themselves; but, I give it fair quarter wherever I meet with it, being persuaded that it is often productive of good to the possessor, and to others who are within his sphere of action; and, therefore, in many cases it would not be altogether absurd if a man were to thank God for his vanity among the other comforts of life."

WITH the exceptions of French fashions, it is questionable whether there is anything in the world more subject to caprice than the female woman. Weathercocks may be taught to crow lobsters, to dance cotillions, and three-cent liquor to behave itself—but, who ever expects to meet with a woman that is perfectly contented either with her house, self, or embellishments? Like a miser, her love of "change," is without bounds, and full as much without reason.

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LINE UPON LINE.

"OH there's no use of my taking your health Journal. I know more about how to take care of my health than I practice." The above is often given as a reason for not taking the HERALD OF HEALTH. Now it appears to me that instead of this being a good reason for not taking it, it is an excellent reason why it should be taken. Most people know more of moral duty than they practice, but they do not on that account neglect to attend public worship, or refuse to subscribe for religious papers. They say, and truly, we are so prone to go astray, that we need all the aid we can get from preaching and religious papers to keep us in the path of moral rectitude. This is all true, and is just as true when applied to physical transgressions, as to moral transgressions. And I think more, too. There are but few who are so debased, as not to have some compunctions of conscience, when they knowingly violate moral obligation. But with what impunity does nearly every body violate God's physical laws—without the slightest upbraiding of conscience, or misgiving that they are displeasing their Maker. If the public mind could only be awakened to understand and realize that it is as *truly a sin* to violate physical law, as it is to violate moral law, and that one great reason why we are so prone to violate the latter is because we violate the former, and that we as truly need line upon line, &c., to keep us physically healthy as we do to keep us morally healthy—then would the Hygienic, or true system of medication receive such an impetus that it would soon dig the grave, and bury the drugs of that hoary old murderer called Allopathy. And a very large per cent. of the sickness, misery and crime from which our world now sighs and groans would be done away.

The laws of health are few and simple; notwithstanding this, however, there exists a vast amount of ignorance in regard to them. How much of this ignorance is chargeable to the medical profession I will not pretend to say. But it does seem as though it has been to their *interests* to keep the people in ignorance—and we know that people generally follow what they think to be their interest.

Fortunately it is to the interest of the Hygienic physician to make the people intelligent upon this subject. And this very fact is destined to work a mighty revolution in the health of the masses within the next quarter of a century. In consequence of the violation of the simplest Hygienic rules millions of persons are every year consigned to an untimely grave. It is the one great object of the HERALD OF HEALTH to dissipate ignorance of physical law; to educate people to live healthfully. No man can invest a dollar to better advantage. Thousands have saved hundreds of dollars and invaluable lives through its instrumentality.

J. W. M.

THE CRAFT IN DANGER.

BY HULDAH ALLEN, M. D.

IN Boston, on my way to Maine, Mr. T. asked, "What shall I do for this cold?"

"Subscribe for the HERALD OF HEALTH, and learn, not only how to rid yourself of colds, but also how to avoid having them. Look, for instance, at your habits—tobacco-using, flesh-eating, &c."

"But I left off chewing."

"You smoke?"

"Yes. But I do not want you to speak against coffee. I deal in that, and you will injure my trade."

"Shall I be false to truth, that you may get money?"

"Be quiet, in reference to coffee. What I manufacture is an innocent mixture of grain, dandelion-root, &c."

"Yes; I shall be quiet, but firm in my allegiance to the principles I avow; and I hope your trade will suffer much in consequence. The more money you lose by my faithfulness, the better I shall be pleased; till you follow a righteous business, and so secure permanent prosperity."

"I guess I must have the HERALD."

"Do so."

A lady who had been a silent listener to this talk, stepped softly to me and placed a dollar in my hand, saying, "I will have that paper this year." So, please, send the HERALD OF HEALTH to Miss Lucy P. Eaton, 8 Suffolk Place, Boston, Mass., from May instant.

Patients are waiting for me, in my native town. Also, the ladies there have made arrangements for my lectures. At intervals, I shall sit in the sun and hear the birds sing, waiting, as the exhalent earth is now doing, for the silent but mighty influences of nature, and those higher influences of which the soul only is cognizant.

WHAT a glorious conflagration we would have, if those who can't put fire into their writings would only consent to put their writings into the fire.

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SHAKE THE ASHES OUT OF THE GRATE.

NOTHING puts out the fire sooner than to allow the ashes to accumulate in the grate. All efforts are vain to resuscitate the dying flame so long as this insupportable load rests upon it. And it is only when we shake the grate clear of its encumbrances that the fire recovers its energy, and the hearth glows again with its wonted cheerfulness and warmth.

And it is as true of man as of the fire, that we must shake the ashes out of the grate. Oftentimes what we call health and robustness is but an aggregation of dead life-cells; and instead of arguing real strength, it is evidence of weakness and disease. The corpulent habit, the rotund form, are not always, therefore, manifestations of the perfection of life, but incipient stages of decrepitude. Man was created to be an immensely active, useful, and vivacious being. He is, in his brain, a composition of phosphorus and lightning; in his body, rods of nerves; in his lungs, a fire lit by oxygen; in his heart, flashes of electric sparks. To such a being, motion and industry are the very breath of life. And to pause in this career of vitalizing the matter of his system with fresh incomes of the life-fluid by energetic habits, is to invite the approach of premature decay and dissolution. The art of perpetual youth is a healthful out of doors activity. Shake the ashes out of the grate. Clear the torpid system of the deceased life-cells. Freshen and invigorate every faculty by cheerful work and no complaint. Toil is not a curse, but the greatest blessing. Adam fell, and God blessed him by giving him labor and sweet sleep and good appetite. We need new cherubim with flaming swords guarding the entrances to our luxurious homes, where so many corpulent Adams and *embonpoint* Eves sit in self-corrupting ease and *faineant* ill-health; that they may take a daily turn in the wilderness of the world, and get roses to their cheeks and brightness to their eyes by useful service in the busy world, and by wholesome devotion to some noble work of hand or foot, as well as of brain and heart. If they will shake the ashes out of the grate, they may yet grow old gracefully, and, like one now in our mind, pass away, after a long, happy, useful, and active life, at the age of ninety-three, gently as an infant sinking to sleep. A blessed euthanasy of a good life; reward of the long, happy past; augury of the peaceful heaven to come.

Shake the ashes, but not the *fire*, out of the grate. There is such a thing as living too fast and working too hard. Some rust to death; some are scoured to death. While we keep the life-fountain clear of impediments, and its currents free and flowing, we must not waste its precious contents. Health is a balance of forces. Happy is the man who, while performing his duties, is conscious of using only the interest, and not drawing upon the principal of his strength! But some from necessity, and others from a desperation of activity, as if stung by the gadfly of work, drive the machine at too high a speed. America is the hardest working country in the world. We must be careful, therefore, not to shake out the brightly-burning coals with the decayed ashes of our grates.—*Christian Inquirer.*

AN INCURABLE DISEASE.

A CORRESPONDENT writes from the vicinity of one of our recruiting stations in the West: "I was conversing the other day with one of our army surgeons, who said that there was one quite common disease among the soldiers which nothing under heaven would cure. The poison that exuded from the wounds was frequently reabsorbed and killed the patient. Is not this science with a vengeance?"

This "poison which exudes" is a morbid secretion caused by fullness of blood and bile, the result of uncleanliness or inattention or an ignorance of Hygienic conditions. Such poisons never exude nor secrete in the wounds of persons who are medicated Hygienically. The calomel, quinine, whisky, opium, turpentine, and strychnine, with which our sick and wounded soldiers are dosed and drugged, are enough to change all the secretions of the body into deadly viruses, and convert every drop of their blood into infectious poison. When will medical men learn, when will the people understand the first principle of sanitary science—that cleanliness is the remedy for impurity?

A YOUNG lady who talks eloquently about love, is, probably, incapable of feeling much of it. Deep feeling does not overflow in words. Many a young woman sincerely believes that she is capable of a never-ending attachment, when she likes only the excitement of having a lover and hearing her virtue extolled by others.

LET a man be treated as a brute, and he will become more brutish than a brute; but treat him as a rational being, and he will show that he is so.

THE climax of superfluous politeness has been declared to be that of holding an umbrella over a duck in the rain!

JEREMY TAYLOR says it "takes a wide garment to cover some people's sins." Let the expansion of crinoline go on.

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INDEX TO VOLUME ONE.

A. PAGE.

A Brace of Letters....183
A Call from Canada....182
A Cold Water Discovery....174
Address....178
Advice to Ladies....174
Alcoholic Medication....158
Appetite, Perverted....227
Apples, Cooking....43
Army Nurse Says, What....32
Army Surgeon, How Cheated....32
A Voice from Across the Waters..147
Awkward Muddle, an....35

B.

Bantam Men....41
Beds—Cork Shavings....160, 180, 240
Black, an Illustrious....41
Black Death....84
Bodily Carriage....135
Bombshell for the Medical Bureau 80
Bread and Bread-making....123
Bridge Across the Nile....136
British Association....10
Bulwer's Letter on W. C..149 193, 230
Business, Fifteen Rules for....40
Business Department....216
Butter, Water-melon....180

C.

Cancer....35
Catarrh....35
Cause in Toronto, Our....29
Cellardom....188
Cholera Morbus....17
Christmas at the Hygienic Instit'e 68
Cleanliness....136
Close of Winter Term....170
Colds, Common....25
College Department...32, 82, 129, 169 207, 246
College Endowment, the....33
Consumption....76, 201
Consumption, Incipient....108
Copperhead, Bite of a....29
Corrrespondents, to..35 125 164 213 248

D.

Delusion, Our....12
Diarrhœa....21
Diarrhœa in the Army....32
Diarrhœa, Chronic....81, 168
Dietetic Reform Association....64
Dietetic Reform....18, 173
Dining-Room Department....83, 123 163, 204, 242
Diptheria....120
Discord and Harmony....110
Discussion, another....30
Doctors, turn out the....130
Documents, scatter the....62
Down in the Grave....134
Dress, old Poets on....42
Dress....177

E.

Effort, misdirected....181
Encouragement....215
English Water-Cure....37
English Stage, the....180
Exercise, with Rings....8
Exercise, with Wands....60
Exercise, with Bags....61
Experience in Home Treatment...187
Experience....228

F.

Family Guide....35
Famine in England....26
Female Beauty....192
Fire Escape....20
First Principles....73
Food, Human....102
Fretting....88
Fun, Camp....166

G.

Gait....182
Generation, spontaneous....53
Gorrilla....86
Graduates of 1862 and 1863....33
Grass-fed Indians....243
Gymnastics, the New, 60, 112, 144, 189

H. PAGE.

Happy New Year....5
Healing and Prayer....71
Health Association in Canada....23
Health Journal, another....33
Health, the Minister's....85
Health Association, Baltimore....155
Hints to the People....59
Hip-Joint Disease....191
Hoffmann....27
Homes for Disabled Soldiers....32
Hospitals, Hygienic....16
Hydropathy....57, 100
Hygienic Physicians, a Hint to....23
Hygeio-Therapy....218
Hygeio-Therapy in New Brunswick234

I.

Image of Christ....89
Immersion....87
Ink, Red, how to make....57
Institution, model....30
Intermarriages....85
Items from Illinois....39, 101, 143
Invalids, two hundred thousand....29
Indignation in Upper Canada....134

K.

Kindergarten Department....211, 249

L.

Laws of Life and our College....34
Leap Year....42
Lectures, notices of....58, 175, 214
Lectures, popular....25
Lectures, public....35
Literary Notices ..36, 82, 111, 128, 196 236
Light, let there be....106
Little Willie's Grave....66

M.

Man and the Gorilla....11
Man Overboard....86
Manual Labor Schools....30
Maxims for Soldiers....31
Medical College....160
Medical Schools of London....137
Medical Students, Transatlantic...161
Medicine, a Dose of....81
Misdirected Effort....181
Miscellaneous, 37, 84, 134, 172, 214, 251
Mitchell....27
Model Institution....30
Morphine, a Dose of....77
My First and Our Last Patient....223
Mundungustismudgeimudibus....87

N.

Nursery, Sickness in the....65
Notes of Home Treatment....184

O.

Ought a Preacher to be a Physician 143

P.

Pangymastikon, the....112
Personal Notices....92, 196, 236
Physiological Toxicology....11
Physiology, abnormal....53
Physic, never took his own....32
Pies and Pie Crusts....204
Poisoning, secret....12
Pork and Pie....176
Publisher's Department....23, 72, 116 156, 196, 236
Puddings, how to make....242
Popping the Question....235
Premiums for 1863....23
Primary Question....15

Q.

Queer Question....53

R.

Rain Water and Cisterns....168
Rambling Remin..10 53 97 137 177 218
Reading and Speaking....179
Reports of Cases ..17, 67, 108, 141, 191
Respiration....136
Respiration, Relation to Locomot'n185
Rheumatism, Acute....109
Retrospect, Editorial....6
Ring Exercises....8

S. PAGE.

Salt, again....239
Science of Dress....251
Scissorings....43, 90
Sea Sickness....35
Sermon Fees....71
Shoes, Preservation of....89
Sights, Looking out for....89
Soldier's Department, 31, 79, 126, 165 206, 243
Song of the River....37
Spider....89
Statistics, interesting....175
Stimulation....15
Summer Term, the....33
Systems, the Two....232

T.

Technicality, Beauty of....89
Teeth, Decay of....176
Teeth, How to Save....40
Temperance Cause....13
Thoughts Past and Present....145
Tobacco a Foe to Matrimony....134
Tobacco, Farewell to my....172
Tobacco Smoking....54
To Correspondents ..125, 164, 213 248
Topics of the Month, 117, 157, 197, 237
Tropical Vegetation....35, 78, 90
True Healing Art....66
True Physician, the....90

U.

Under the Ice....235

V.

Valedictory, the Publishers'....5
Vegetarianism, London Lancet on, 41
Venomous Caterpillars....42
Voices of the People....171, 209, 246
Volume Thirty-Fifth....7

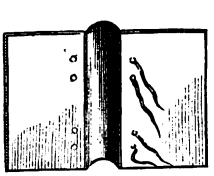
W.

Water-Cure, the....117
What the Maine Ladies Say....227
Wife, He Has no....172
Wives, Farmers'....107
Woman....111
Woman, the Condition of....220
Wonders, Geological....42

ILLUSTRATIONS.

Arm and Shoulder movement....144
Back stretching movement....115
Back stretching movement....135
Chest expanding movement....144
Diagonal charge—ring exercise....9
Drawing movement, ring exercise 9
Drawing up in inverted position....189
Elbow and shoulder move. wand ex 60
Fall hang in stirrups—Pan. ex....189
Foot charge—wand exercise....60
Forward and backward movement 60
Leg stretching, Pangymnastikon 189
Manual of arms movement, wand 60
Marching movement, Nos. 5 and 6 60
Marching movement, Nos. 7, 8, 9, 61
Rigid drawing up, Pangymnasti'n 190
Side charge, simultaneous, ring ex 9
Side charge, alternate, ring ex'se 9
Side stretching, Pangymnastikon 145
Shoulder swing, Pangymnastikon 114
Standing inclination, Pangymnas 114
Stirrup swinging, Pangymnasti'n 115
Summerset movement, Pangym'n 189
Tossing from back with both hands, bag exercis....61
Tossing from back with one hand, bag exercise....61
Tossing from side with forearm,..62
Tossing from back of head with hands, bag exercise....62
Tossing from elbow with hands, 52
Tossing from chest, bag exercise, 61
Tossing from shoulder, bag exerc 61
Twisting in front, ring exercise, 8
Twisting at back, ring exercise, 9
Twisting from side to side, ring 9
Tunnel circling, Pangymnastikon 115

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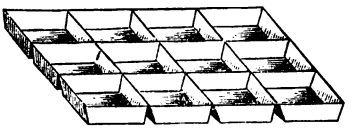
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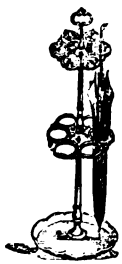
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