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1853.

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ECLIPSES IN THE YEAR 1853.

There will be two Eclipses of the Sun, and one Eclipse of the Moon, this year.
 I. There will be an Eclipse of the Sun on Monday, June 6th, at the time of New Moon in the afternoon, invisible in all the northern portion of the United States. It will be visible on the Sun's southern limb at the following cities:

South-western Cities.	Beginning.		Greatest Eclipse.		End.		Duration.		Magnitude.
	H.	M.	H.	M.	H.	M.	H.	M.	
Tuscaloosa,	3	8	3	34	4	0			Digits.
Milledgeville,	3	43	3	57	4	11	0	52	0.50
Jackson,	2	45	3	21	3	56	1	23	0.15
Natchez,	2	32	3	16	3	57	1	11	0.93
Mobile,	2	49	3	33	4	14	1	25	1.26
Austin,	1	44	2	42	3	35	1	25	1.33
New Orleans,	2	33	3	23	4	10	1	37	2.14
									1.82

The Eclipse will be central and annular on the meridian in longitude $119^{\circ} 54'$ west from Greenwich, and latitude $0^{\circ} 33'$ north.

II. There will be an Eclipse on the Moon's northern limb on the 20th and 21st of June; visible. Duration, 1 h. 36 m. Magnitude, 2.45 digits.

Cities.	Beginning.			Middle.			End.		
	D.	H.	M.	D.	H.	M.	D.	H.	M.
Boston,	21	0	29 mo.	21	1	17 mo.	21	2	5 mo.
New Haven,	21	0	21 mo.	21	1	9 mo.	21	1	57 mo.
New York,	21	0	17 mo.	21	1	5 mo.	21	1	53 mo.
Washington,	21	0	5 mo.	21	0	53 mo.	21	1	41 mo.
Richmond,	21	0	3 mo.	21	0	51 mo.	21	1	39 mo.
Charleston,	20	11	53 ev.	21	0	41 mo.	21	1	29 mo.
Detroit,	20	11	41 ev.	21	0	29 mo.	21	1	17 mo.
Cincinnati,	20	11	35 ev.	21	0	23 mo.	21	1	11 mo.
St. Louis,	20	11	15 ev.	21	0	3 mo.	21	0	51 mo.
New Orleans,	20	11	13 ev.	21	0	1 mo.	21	0	49 mo.
San Francisco.	20	9	5 ev.	20	9	53 ev.	20	10	41 ev.

III. There will be an Eclipse of the Sun on the 30th of November, at the time of New Moon; invisible in North America. It will be central and total on the meridian in longitude $110^{\circ} 18'$ west from Greenwich, and latitude $11^{\circ} 20'$ south.

CHRONOLOGICAL CYCLES.

Dominical Letter, B; Golden Number, or Lunar Cycle, 11; Epact, 20; Solar Cycle, 14; Roman Indiction, 11; Julian Period, 6566.

EQUINOXES AND SOLSTICES FOR 1853.

EQUINOXES AND SOLSTICES.	London.		Boston.		Washington.		Cincinnati.		S. Francisco.	
	D.	H. M.	D.	H. M.	D.	H. M.	D.	H. M.	D.	H. M.
Vernal Equinox . . . March	20	4 25 ev.	20	11 41 mo.	20	11 17 mo.	20	10 47 mo.	20	8 17 mo.
Summer Solstice . . . June	21	1 23 ev.	21	8 39 mo.	21	8 15 mo.	21	7 45 mo.	21	5 15 mo.
Autumn Equinox . . . Sept.	23	3 36 mo.	22	10 52 ev.	22	10 28 ev.	22	9 53 ev.	22	7 28 ev.
Winter Solstice . . . Dec.	21	9 12 ev.	21	4 28 ev.	21	4 4 ev.	21	3 34 ev.	21	1 4 ev.

When it is noon at London, it is 6h. 52m. in the morning at Washington; and when it is noon at Washington, it is 5h. 8m. in the evening at London.

The Sun is in *Perigee* Dec. 30, 1852; in *Apogee*, July 3, 1853; in *Perigee*, January 1, 1854.
 Venus will be Morning Star until May 13, then Evening Star until February, 28, 1854.

MEMORANDA FOR 1853.

JAN. 1, Circumcisior; 2, 2d S. aft. Christmas; 6, Epiphany; 9, 1st S. aft. Epiph.; 16, 2d S. aft. Epiph.; 23, Septuagesima; 25, Conv. St. Paul; 30, Sexagesima. FEB. 6, Quinquagesima; 9, Ash-Wednesday; 13, 1st S. in Lent; 20, 2d S. in Lent; 24, St. Matthias; 27, 3d S. in Lent. MARCH 6, 4th S. in Lent; 13, 5th S. in Lent; 20, 6th S. in Lent; 25, Good-Friday; 27, Easter Sunday. APRIL 3, 1st S. aft. Easter; 10, 2d S. aft. Easter; 17, 3d S. aft. Easter; 24, 4th S. aft. Easter; 25, St. Mark. MAY 1, 5th S. aft. Easter; Sts. Philip and James; 5, Ascension-Day; 8, S. aft. Ascension; 15, Whit-Sunday; 22, Trinity-Sunday; 29, 1st S. aft. Trin. JUNE 5, 2d S. aft. Trin.; 11, St. Barnabas; 12, 3d S. aft. Trin.; 19, 4th S. aft. Trin.; 24, St. John the Baptist; 26, 5th S. aft. Trin.; 29, St. Peter. JULY 3, 6th S. aft. Trin.; 10, 7th S. aft. Trin.; 17, 8th S. aft. Trin.; 24, 9th S. aft. Trin.; 25, St. James; 31, 10th S. aft. Trin. AUG. 7, 11th S. aft. Trin.; 14, 12th S. aft. Trin.; 21, 13th S. aft. Trin.; 24, St. Bartholomew; 28, 14th S. aft. Trin. SEPT. 4, 15th S. aft. Trin.; 11th, 16th S. aft. Trin.; 18, 17th S. aft. Trin.; 21, St. Matthew; 25, 18th S. aft. Trin. OCT. 2, 19th S. aft. Trin.; 9, 20th S. aft. Trin.; 16, 21st S. aft. Trin.; 18, St. Luke; 23, 22d S. aft. Trin.; 28, Sts. Simon and Jude; 30, 23d S. aft. Trin. NOV. 5, All-Saints; 5, 24th S. aft. Trin.; 13, 25th S. aft. Trin.; 20, 26th S. aft. Trin.; 27, Advent-Sunday; 30, St. Andrew. DEC. 4, 2d S. in Advent; 11, 3d S. in Advent; 18, 4th S. in Advent; 21, St. Thomas; 24, Christmas; 25, St. Stephen; 27, St. John; 28, Innocents.

1st Month.

JANUARY, 1853.

31 Days.

MOON'S PHASES.		BOSTON.	NEW YORK.	BALTIMORE.	CHARLESTON.	SUN ON MERID.
Last Quarter.....	D. 2	H. M. 5 10 ev.	H. M. 4 58 ev.	H. M. 4 47 ev.	H. M. 4 34 ev.	D. 1 H. M. 8. 4
New Moon.....	9	11 9 mo.	10 57 mo.	10 46 mo.	10 33 mo.	19 0 7 37
First Quarter.....	17	0 45 mo.	0 33 mo.	0 22 mo.	0 9 mo.	25 0 10 35
Full Moon.....	25	0 59 mo.	0 47 mo.	0 36 mo.	0 23 mo.	25 0 12 45

CALENDAR FOR BOSTON, N. ENGLAND, WISCONSIN, AND IOWA.		CALENDAR FOR N. YORK CITY, PHILA., Conn., N. Jersey, Pa., OHIO, INDIANA, & ILL'S.		CALENDAR FOR BALTIMORE, Va., Kentucky, AND MISSOURI.		CALENDAR FOR CHARLESTON, N. Caro. Tenn. & Missis. AND LOUISIANA.	
Sun rises	Moon rises	H. M.	H. M.	Sun rises	Moon rises	H. M.	H. M.
1 Sa	1 Sa	7 27	4 41	7 23	4 45	7 55	3 11
2 B	2 B	7 27	4 42	7 23	4 46	7 55	3 11
3 M	3 M	7 27	4 43	7 23	4 47	7 55	3 11
4 Tu	4 Tu	7 27	4 44	7 23	4 48	7 55	3 11
5 W	5 W	7 27	4 45	7 23	4 49	7 55	3 11
6 Th	6 Th	7 27	4 46	7 23	4 50	7 55	3 11
7 Fr	7 Fr	7 27	4 47	7 23	4 51	7 55	3 11
8 Sa	8 Sa	7 27	4 48	7 23	4 52	7 55	3 11
9 B	9 B	7 26	4 49	7 23	4 53	7 55	3 11
10 M	10 M	7 26	4 50	7 23	4 54	7 55	3 11
11 Tu	11 Tu	7 26	4 51	7 23	4 55	7 55	3 11
12 W	12 W	7 26	4 52	7 23	4 56	7 55	3 11
13 Th	13 Th	7 26	4 53	7 23	4 57	7 55	3 11
14 Fr	14 Fr	7 26	4 54	7 23	4 58	7 55	3 11
15 Sa	15 Sa	7 25	4 55	7 23	4 59	7 55	3 11
16 B	16 B	7 25	4 56	7 23	5 0	7 55	3 11
17 M	17 M	7 24	4 57	7 23	5 0	7 55	3 11
18 Tu	18 Tu	7 24	4 58	7 23	5 0	7 55	3 11
19 W	19 W	7 24	4 59	7 23	5 1	7 55	3 11
20 Th	20 Th	7 24	5 0	7 23	5 1	7 55	3 11
21 Fr	21 Fr	7 24	5 0	7 23	5 1	7 55	3 11
22 Sa	22 Sa	7 24	5 0	7 23	5 1	7 55	3 11
23 B	23 B	7 24	5 0	7 23	5 1	7 55	3 11
24 M	24 M	7 24	5 0	7 23	5 1	7 55	3 11
25 Tu	25 Tu	7 24	5 0	7 23	5 1	7 55	3 11
26 W	26 W	7 24	5 0	7 23	5 1	7 55	3 11
27 Th	27 Th	7 24	5 0	7 23	5 1	7 55	3 11
28 Fr	28 Fr	7 24	5 0	7 23	5 1	7 55	3 11
29 Sa	29 Sa	7 24	5 0	7 23	5 1	7 55	3 11
30 B	30 B	7 24	5 0	7 23	5 1	7 55	3 11
31 M	31 M	7 24	5 0	7 23	5 1	7 55	3 11

Day of Week	Day of Month	Sun's decl					
1 Sa	1 Sa	22 58	43	7 32	4 36	11 17	3 18
2 B	2 B	22 53	18	7 32	4 37	morning	4 6
3 M	3 M	22 47	27	7 32	4 38	0 28	5 0
4 Tu	4 Tu	22 41	8	7 32	4 39	1 41	6 2
5 W	5 W	22 34	21	7 32	4 40	2 55	7 13
6 Th	6 Th	22 27	9	7 32	4 41	4 11	8 25
7 Fr	7 Fr	22 19	29	7 32	4 42	5 26	9 31
8 Sa	8 Sa	22 11	24	7 32	4 43	6 36	10 28
9 B	9 B	22 2	53	7 32	4 44	sets	11 24
10 M	10 M	22 53	55	7 31	4 45	5 54	morning
11 Tu	11 Tu	21 44	32	7 31	4 46	7 3	0 12
12 W	12 W	21 34	43	7 31	4 47	8 11	0 58
13 Th	13 Th	21 24	30	7 30	4 48	9 17	1 40
14 Fr	14 Fr	21 13	51	7 30	4 49	10 20	2 22
15 Sa	15 Sa	21 2	49	7 29	4 51	11 21	3 2
16 B	16 B	20 51	22	7 29	4 52	morning	3 42
17 M	17 M	20 39	31	7 28	4 53	0 21	4 24
18 Tu	18 Tu	20 27	17	7 28	4 54	1 19	5 7
19 W	19 W	20 14	40	7 27	4 55	2 21	6 3
20 Th	20 Th	20 1	40	7 27	4 57	3 21	7 9
21 Fr	21 Fr	19 48	17	7 26	4 58	4 22	8 18
22 Sa	22 Sa	19 34	33	7 25	4 59	5 21	9 25
23 B	23 B	19 20	27	7 25	5 0	6 17	10 18
24 M	24 M	19 6	0	7 24	5 0	7 19	11 4
25 Tu	25 Tu	18 51	12	7 23	5 0	8 15	11 4
26 W	26 W	18 56	3	7 22	5 0	9 15	11 4
27 Th	27 Th	18 20	34	7 21	5 0	10 12	12 4
28 Fr	28 Fr	18 4	45	7 20	5 0	11 9	13 8
29 Sa	29 Sa	17 48	36	7 19	5 0	12 0	14 20
30 B	30 B	17 32	10	7 18	5 0	11 32	15 1
31 M	31 M	17 15	24	7 17	5 1	morning	16 3

2d Month.

FEBRUARY, 1853.

28 Days.

MOON'S PHASES.		BOSTON.		NEW YORK.		BALTIMORE.		CHARLESTON.		SUN ON MERID.	
	D.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	D.	H. M. S.	
Last Quarter	1	1 17 mo.	1 5 mo.	0 54 mo.	0 14 mo.	0 54 mo.	0 14 mo.	0 54 mo.	1	9 0 13 53	
New Moon	6	0 50 mo.	0 33 mo.	0 27 mo.	0 14 mo.	0 27 mo.	0 14 mo.	0 14 mo.	9	0 14 13	
First Quarter	15	10 23 ev.	10 16 ev.	10 5 ev.	9 52 ev.	10 5 ev.	9 52 ev.	9 52 ev.	17	0 14 17	
Full Moon	23	2 40 ev.	2 23 ev.	2 17 ev.	2 4 ev.	2 17 ev.	2 4 ev.	2 4 ev.	25	0 13 16	

CALENDAR FOR BOSTON, N. ENGLAND, N. Y. State, Mich'n. WISCONSIN, AND IOWA.		CALENDAR FOR N. YORK CITY, PHILA. Conn. N. Jersey, Pa. OHIO, INDIANA, & ILL'S.		CALENDAR FOR BALTIMORE, Va. Kentucky, AND MISSOURI.		CALENDAR FOR CHARLESTON, GEO., N. Caro. Tenn. Fla. MISSIS. AND LOUISIANA.	
Day of Week.	Sun's decl. g.	Sun rises	Sun sets	Sun rises	Sun sets	Sun rises	Sun sets
1 Tu	16 58 19	7 16 5	7 12 5	7 12 5	7 10 5	7 10 5	7 8 5
2 W	16 40 57	7 15 5	7 11 5	7 11 5	7 9 5	7 9 5	7 7 5
3 Th	16 23 18	7 14 5	7 10 5	7 10 5	7 8 5	7 8 5	7 6 5
4 Fr	16 5 20	7 13 5	7 9 5	7 9 5	7 7 5	7 7 5	7 5 5
5 Sa	15 47 8	7 12 5	7 8 5	7 8 5	7 6 5	7 6 5	7 4 5
6 Su	15 28 38	7 11 5	7 7 5	7 7 5	7 5 5	7 5 5	7 3 5
7 M	15 9 53	7 9 5	7 5 5	7 5 5	7 3 5	7 3 5	7 1 5
8 Tu	14 50 51	7 8 5	7 4 5	7 4 5	7 2 5	7 2 5	7 0 5
9 W	14 31 36	7 7 5	7 3 5	7 3 5	7 1 5	7 1 5	6 55 5
10 Th	14 12 6	7 6 5	7 2 5	7 2 5	7 0 5	7 0 5	6 48 5
11 Fr	13 52 21	7 5 5	7 1 5	7 1 5	6 58 5	6 58 5	6 41 5
12 Sa	13 32 24	7 4 5	7 0 5	7 0 5	6 57 5	6 57 5	6 34 5
13 Su	13 12 12	7 3 5	6 59 5	6 59 5	6 56 5	6 56 5	6 27 5
14 M	12 51 48	7 2 5	6 57 5	6 57 5	6 55 5	6 55 5	6 20 5
15 Tu	12 31 12	7 1 5	6 56 5	6 56 5	6 54 5	6 54 5	6 13 5
16 W	12 10 25	7 0 5	6 55 5	6 55 5	6 53 5	6 53 5	6 6 5
17 Th	11 49 24	6 56 5	6 54 5	6 54 5	6 52 5	6 52 5	5 59 5
18 Fr	11 28 14	6 55 5	6 53 5	6 53 5	6 51 5	6 51 5	5 52 5
19 Sa	11 6 52	6 54 5	6 52 5	6 52 5	6 50 5	6 50 5	5 45 5
20 Su	10 45 21	6 52 5	6 51 5	6 51 5	6 49 5	6 49 5	5 38 5
21 M	10 23 39	6 50 5	6 50 5	6 50 5	6 48 5	6 48 5	5 31 5
22 Tu	10 1 48	6 49 5	6 49 5	6 49 5	6 47 5	6 47 5	5 24 5
23 W	9 39 48	6 47 5	6 47 5	6 47 5	6 45 5	6 45 5	5 17 5
24 Th	9 17 39	6 46 5	6 46 5	6 46 5	6 44 5	6 44 5	5 10 5
25 Fr	8 55 23	6 44 5	6 44 5	6 44 5	6 42 5	6 42 5	5 3 5
26 Sa	8 32 57	6 42 5	6 42 5	6 42 5	6 40 5	6 40 5	4 56 5
27 Su	8 10 24	6 41 5	6 41 5	6 41 5	6 39 5	6 39 5	4 49 5
28 M	7 47 45	6 39 5	6 39 5	6 39 5	6 38 5	6 38 5	4 42 5

3d Month.

MARCH, 1853.

31 Days.

		MOON'S PHASES.												BOSTON.		NEW YORK.		BALTIMORE.		CHARLESTON.		SIGN ON MERID.	
														H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	D.	H. M.	H. M.	H. M.
	Last Quarter	D.												8 56 mo.	8 44 mo.	8 33 mo.	8 33 mo.	8 20 mo.	0	0 12 32			
	New Moon	11 22												3 35 ev.	3 24 ev.	3 12 ev.	3 59 ev.	2 59 ev.	9	0 10 41			
	First Quarter	7												6 50 ev.	6 38 ev.	6 27 ev.	6 14 ev.	6 14 ev.	17	0 8 27			
	Full Moon	25												1 36 mo.	1 24 mo.	1 13 mo.	1 0 mo.	1 0 mo.	25	0 6 1			
	Last Quarter	31												4 58 ev.	4 46 ev.	4 35 ev.	4 22 ev.	4 22 ev.					

		CALENDAR FOR CHARLESTON, GEO., N. CARO., TENN., MISS., AND LOUISIANA.											
		Sun	Sun	Moon	H. W.	W.	ris	sets	H. M.				
1	Tu	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
2	W	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
3	Th	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
4	Fr	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
5	Sa	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
6	Sp	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
7	M	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
8	Tu	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
9	W	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
10	Th	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
11	Fr	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
12	Sa	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
13	Sp	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
14	M	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
15	Tu	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
16	W	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
17	Th	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
18	Fr	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
19	Sa	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
20	Sp	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
21	M	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
22	Tu	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
23	W	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
24	Th	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
25	Fr	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
26	Sa	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
27	Sp	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
28	M	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
29	Tu	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
30	W	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47
31	Th	6 30	5 56	morn.	11 22	6 28	5 57	0 40	ev.	5	6 27	5 58	1 47

		CALENDAR FOR BALTIMORE, Va., Kentucky, AND MISSOURI.											
		Sun	Sun	Moon	H. W.	W.	ris	sets	H. M.				
1	Tu	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
2	W	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
3	Th	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
4	Fr	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
5	Sa	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
6	Sp	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
7	M	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
8	Tu	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
9	W	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
10	Th	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
11	Fr	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
12	Sa	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
13	Sp	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
14	M	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
15	Tu	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
16	W	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
17	Th	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
18	Fr	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
19	Sa	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
20	Sp	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
21	M	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
22	Tu	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
23	W	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
24	Th	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
25	Fr	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
26	Sa	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
27	Sp	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
28	M	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
29	Tu	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
30	W	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5
31	Th	6 35	5 51	morn.	11 22	6 33	5 52	0 56	6 30	5 57	0 40	ev.	5

		CALENDAR FOR N. YORK CITY, PHIL. A., Conn., N. Jersey, Pa., OHIO, INDIANA, & ILL.											
		Sun	Sun	Moon	H. W.	W.	ris	sets	H. M.				
1	Tu	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
2	W	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
3	Th	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
4	Fr	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
5	Sa	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
6	Sp	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
7	M	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
8	Tu	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
9	W	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
10	Th	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
11	Fr	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
12	Sa	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
13	Sp	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
14	M	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
15	Tu	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
16	W	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
17	Th	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
18	Fr	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5 52	2 10	1 59
19	Sa	6 36	5 50	morn.	ev. 22	6 34	5 51	0 59	1 5	6 33	5		

4th Month.

APRIL, 1853.

30 Days.

		MOON'S PHASES.		BOSTON.		NEW YORK.		BALTIMORE.		CHARLESTON.		SUN ON MERID.			
				H. M.		H. M.		H. M.		H. M.		D. H. M. S.			
	New Moon	16	0	7	13	7	13	6	50	6	37	1	0	3	52
	First Quarter	23	33	16	0	11	49	11	38	11	38	9	0	1	32
	Full Moon	30	23	23	10	10	16	10	5	9	52	17			morning.
	Last Quarter	33	33	2	7	1	55	1	44	1	31	25			11 57 48

		CALENDAR FOR CHARLESTON, GEO., Vt. Caro, Tenn. Mo. MISSISS., AND LOUISIANA.													
		Sun rises sets		Moon H. W. rises		H. M.		H. M.		H. M.		H. M.		D. H. M. S.	
1	Fr	5	50	19	1	44	ev.	43							
2	Sa	5	48	6	19	2	37	1	59						
3	Sa	5	46	6	20	3	22	3	35						
4	Fr	5	47	6	20	4	1	5	3						
5	Fr	5	41	6	25	4	13	5	6	5					
6	Tu	5	43	6	22	5	6	6	50						
7	Th	5	42	6	23	5	34	6	28						
8	Fr	5	41	6	24	sets.									
9	Sa	5	39	6	24	7	37	8	33						
10	Fr	5	38	6	25	8	32	9	2						
11	Fr	5	37	6	26	9	28	9	32						
12	Tu	5	36	6	26	10	23	10	1						
13	Th	5	34	6	27	11	18	10	29						
14	Th	5	32	6	28	sets.									
15	Fr	5	31	6	29	1	2	11	44						
16	Sa	5	30	6	30	1	48	0	35						
17	Fr	5	29	6	31	2	31	1	47						
18	Th	5	28	6	31	3	21	1	47						
19	Tu	5	27	6	31	3	16	3	17						
20	Tu	5	26	6	31	3	10	4	38						
21	Th	5	25	6	32	4	5	4	35						
22	Fr	5	24	6	33	4	21	5	41						
23	Fr	5	23	6	34	5	15	6	26						
24	Sa	5	22	6	34	5	10	6	26						
25	Tu	5	21	6	35	6	2	7	9						
26	Tu	5	20	6	35	6	2	8	30						
27	Th	5	19	6	36	7	1	8	30						
28	Th	5	18	6	36	7	1	8	30						
29	Fr	5	17	6	37	8	1	8	30						
30	Sa	5	16	6	38	8	1	8	30						

		CALENDAR FOR BALTIMORE, Va. Kentucky, AND MISSOURI.													
		Sun rises sets		Moon H. W. rises		H. M.		H. M.		H. M.		H. M.		D. H. M. S.	
1	Fr	5	46	22	2	4									
2	Sa	5	45	6	23	2	55								
3	Sa	5	43	6	24	3	38	4	1						
4	Fr	5	42	6	25	4	13	4	1						
5	Fr	5	40	6	26	4	14	5	6	5					
6	Tu	5	38	6	27	5	11	5	6	50					
7	Th	5	37	6	28	5	36	5	36						
8	Fr	5	35	6	29	sets.									
9	Sa	5	34	6	30	7	44	5	39	6	24	7	37	8	33
10	Fr	5	32	6	31	8	43	5	38	6	25	8	32	9	2
11	Fr	5	31	6	32	9	41	5	37	6	26	9	28	9	32
12	Tu	5	29	6	33	10	40	5	36	6	26	10	23	10	1
13	Th	5	28	6	34	11	37	5	34	6	27	11	18	10	29
14	Th	5	26	6	35	sets.									
15	Fr	5	25	6	35	sets.									
16	Sa	5	23	6	36	1	21	5	32	6	28	0	12	11	44
17	Fr	5	22	6	36	1	21	5	31	6	29	1	2	11	44
18	Th	5	20	6	37	2	6	5	30	6	30	1	48	0	35
19	Tu	5	19	6	38	2	6	5	29	6	31	2	31	1	47
20	Tu	5	18	6	39	2	46	5	28	6	32	2	31	1	47
21	Th	5	17	6	40	3	21	5	27	6	33	3	16	3	17
22	Fr	5	16	6	40	3	53	5	26	6	32	3	46	4	38
23	Fr	5	15	6	42	4	24	5	25	6	32	4	21	5	41
24	Sa	5	14	6	42	4	24	5	25	6	33	4	21	5	41
25	Tu	5	13	6	43	4	54	5	24	6	33	4	56	6	26
26	Tu	5	13	6	44	4	54	5	23	6	34	4	56	6	26
27	Th	5	12	6	45	5	26	5	23	6	34	4	56	6	26
28	Th	5	11	6	45	5	26	5	23	6	34	4	56	6	26
29	Fr	5	11	6	46	5	26	5	23	6	34	4	56	6	26
30	Sa	5	10	6	47	5	26	5	23	6	34	4	56	6	26

		CALENDAR FOR NEW YORK CITY, PHILA. Conn. N. Jersey, Pa. Ohio, Indiana, & Ills.																		
		Sun rises sets		Moon H. W. rises		H. M.		H. M.		H. M.		H. M.		D. H. M. S.						
1	Fr	5	45	6	23	2	9	1	43											
2	Sa	5	44	6	24	2	59	2	59											
3	Sa	5	44	6	25	3	41	3	35											
4	Fr	5	42	6	25	3	41	4	35											
5	Fr	5	40	6	26	4	16	6	3											
6	Tu	5	38	6	27	4	46	7	50											
7	Th	5	37	6	28	5	12	7	50											
8	Fr	5	36	6	29	5	36	8	28											
9	Sa	5	34	6	30	sets.														
10	Fr	5	32	6	31	7	45	9	33											
11	Fr	5	31	6	32	8	45	10	2											
12	Tu	5	29	6	33	9	45	10	32											
13	Th	5	28	6	34	10	44	11	1											
14	Th	5	26	6	35	11	41	11	29											
15	Fr	5	25	6	36	sets.														
16	Sa	5	23	6	37	sets.														
17	Fr	5	22	6	38	0	36	0	4	15	Fr	0	15	Fr	0	15				
18	Th	5	20	6	40	1	25	0	44	16	Sa	1	35	17	Fr	1	35			
19	Tu	5	19	6	40	2	10	1	35	17	Fr	2	49	18	Tu	2	49			
20	Tu	5	18	6	42	2	49	2	49	18	Tu	2	49	19	Tu	2	49			
21	Th	5	17	6	42	3	24	4	17	19	Tu	3	24	20	Th	3	24			
22	Fr	5	16	6	43	3	55	5	38	20	Th	3	55	21	Th	3	55			
23	Fr	5	14	6	44	4	24	6	44	21	Th	4	24	22	Fr	4	24			
24	Sa	5	13	6	45	4	53	7	26	22	Fr	4	53	23	Sa	4	53			
25	Tu	5	11	6	46	5	11	6	46	23	Fr	5	11	6	46	23	Fr	5	11	
26	Tu	5	10	6	47	5	23	8	9	24	Fr	5	23	8	9	24	Fr	5	23	
27	Th	5	8	6	48	6	48	9	30	25	Tu	6	48	9	30	25	Tu	6	48	
28	Th	5	7	6	49	10	56	10	30	26	Tu	7	6	49	10	30	26	Tu	7	6
29	Fr	5	6	6	50	sets.														
30	Sa	5	4	6	51	0	22	11	45	28	Th	5	4	6	51	0	22	11	45	
		5	3	6	52	0	57	ev.	38	29	Fr	5	3	6	52	0	57	ev.	38	
		5	2	6	53	1	43	1	34	30	Sa									

5th Month.

MAY, 1853.

31 Days.

		CALENDAR FOR BOSTON, N. ENGLAND, N. Y. State, Mich'n, WISCONSIN, AND IOWA.				CALENDAR FOR N. YORK CITY, PHIL'A. Conn., N. Jersey, Pa. OHIO, INDIANA, & ILL'S.				CALENDAR FOR BALTIMORE, Va., Kentucky, AND MISSOURI.				CALENDAR FOR CHARLESTON, GEO., N. Caro., Tenn., Ala., MISSISS., AND LOUISIANA.				MOON'S PHASES.		BOSTON.		NEW YORK.		BALTIMORE.		CHARLESTON.		SUN ON MERID.																	
Day of Week	Sun	rises	sets	H. M.	H. M.	rises	sets	H. M.	H. M.	rises	sets	H. M.	H. M.	rises	sets	H. M.	H. M.	rises	sets	H. M.	H. M.	rises	sets	H. M.	H. M.	rises	sets	D.	H. M.	H. M.	S. S.														
1	1	4 57	6 58	2 24	5 48	5	0 6	54	2 20	2 48	5	14	6 40	2 3	1 48	7	11	22	ev.	16	1	13	mo.	12	6	8	ev.	29	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
2	2	4 56	6 59	2 53	7 18	4	59	6 55	2 51	4 18	2	M	M	5	13	6	41	2 38	3 18	19	1	1	1	mo.	26	6	8	ev.	26	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55
3	3	4 54	7 0	3 19	8 34	4	58	6 56	3 17	6 34	3	Tu	4	12	6	41	3 10	4 34	20	2	2	2	mo.	16	6	8	ev.	27	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
4	4	4 51	7 3	3 42	9 35	4	57	6 57	3 41	6 35	4	W	5	12	6	42	3 39	5 35	19	3	3	3	mo.	16	6	8	ev.	28	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
5	5	4 48	7 24	4 10	10 19	4	56	6 58	4 5	7 19	5	Th	6	11	6	43	4 6	6 19	19	4	4	4	mo.	16	6	8	ev.	29	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
6	6	4 45	7 34	4 26	10 58	4	54	6 59	4 28	7 58	6	Fr	7	10	6	44	4 34	6 58	19	5	5	5	mo.	16	6	8	ev.	30	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
7	7	4 42	7 44	4 49	11 29	4	53	7 0	sets.	8 29	7	Sa	8	9	6	44	sets.	7 29	19	6	6	6	mo.	16	6	8	ev.	31	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
8	8	4 39	7 57	5 7	11 41	4	52	7 1	7 37	9 2	8	1	10	6	45	7 34	5	8	6	6	7	7	mo.	16	6	8	ev.	32	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
9	9	4 36	8 10	5 33	12 5	4	51	7 2	8 37	9 33	9	2	11	6	46	7 33	5	9	7	7	8	8	mo.	16	6	8	ev.	33	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
10	10	4 33	8 23	6 0	13 10	4	50	7 3	9 35	10 4	10	3	12	6	47	7 32	5	10	8	8	9	9	mo.	16	6	8	ev.	34	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
11	11	4 30	8 36	6 40	14 1	4	49	7 4	10 31	10 34	11	4	13	6	48	7 31	5	11	9	9	10	10	mo.	16	6	8	ev.	35	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
12	12	4 27	8 49	7 44	14 28	4	48	7 5	11 22	11 8	12	5	14	6	49	7 30	5	12	10	10	11	11	mo.	16	6	8	ev.	36	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
13	13	4 24	9 0	8 41	15 1	4	47	7 6	12 11	11 44	13	6	15	6	50	7 29	5	13	11	11	12	12	mo.	16	6	8	ev.	37	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
14	14	4 21	9 13	9 34	15 16	4	46	7 7	12 20	12 1	14	7	16	6	51	7 28	5	14	12	12	13	13	mo.	16	6	8	ev.	38	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
15	15	4 18	9 26	10 52	15 23	4	45	7 8	12 28	12 8	15	8	17	6	52	7 27	5	15	13	13	14	14	mo.	16	6	8	ev.	39	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
16	16	4 15	9 39	11 26	15 30	4	44	7 9	12 35	12 17	16	9	18	6	53	7 26	5	16	14	14	15	15	mo.	16	6	8	ev.	40	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
17	17	4 12	9 52	12 45	15 37	4	43	7 10	12 42	12 29	17	10	19	6	54	7 25	5	17	15	15	16	16	mo.	16	6	8	ev.	41	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
18	18	4 9	10 5	13 54	15 44	4	42	7 11	12 49	13 1	18	11	20	6	55	7 24	5	18	16	16	17	17	mo.	16	6	8	ev.	42	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
19	19	4 6	10 18	14 51	15 51	4	41	7 12	12 56	13 8	19	12	21	6	56	7 23	5	19	17	17	18	18	mo.	16	6	8	ev.	43	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
20	20	4 3	10 31	15 58	15 58	4	40	7 13	13 5	13 15	20	13	22	6	57	7 22	5	20	18	18	19	19	mo.	16	6	8	ev.	44	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
21	21	4 0	10 44	16 5	16 5	4	39	7 14	13 12	14 21	21	14	23	6	58	7 21	5	21	19	19	20	20	mo.	16	6	8	ev.	45	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
22	22	3 57	10 57	16 12	16 12	4	38	7 15	13 19	15 28	22	15	24	6	59	7 20	5	22	20	20	21	21	mo.	16	6	8	ev.	46	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
23	23	3 54	11 10	16 19	16 19	4	37	7 16	13 26	16 35	23	16	25	6	60	7 19	5	23	21	21	22	22	mo.	16	6	8	ev.	47	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
24	24	3 51	11 23	16 26	16 26	4	36	7 17	13 33	17 42	24	17	26	6	61	7 18	5	24	22	22	23	23	mo.	16	6	8	ev.	48	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
25	25	3 48	11 36	16 33	16 33	4	35	7 18	13 40	18 49	25	18	27	6	62	7 17	5	25	23	23	24	24	mo.	16	6	8	ev.	49	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
26	26	3 45	11 49	16 40	16 40	4	34	7 19	13 47	19 56	26	19	28	6	63	7 16	5	26	24	24	25	25	mo.	16	6	8	ev.	50	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
27	27	3 42	12 2	16 47	16 47	4	33	7 20	13 54	20 6	27	20	29	6	64	7 15	5	27	25	25	26	26	mo.	16	6	8	ev.	51	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
28	28	3 39	12 15	16 54	16 54	4	32	7 21	14 0	20 13	28	21	30	6	65	7 14	5	28	26	26	27	27	mo.	16	6	8	ev.	52	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
29	29	3 36	12 28	17 0	17 0	4	31	7 22	14 7	20 20	29	22	31	6	66	7 13	5	29	27	27	28	28	mo.	16	6	8	ev.	53	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
30	30	3 33	12 41	17 7	17 7	4	30	7 23	14 14	20 27	30	23	32	6	67	7 12	5	30	28	28	29	29	mo.	16	6	8	ev.	54	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	
31	31	3 30	12 54	17 14	17 14	4	29	7 24	14 21	20 34	31	24	33	6	68	7 11	5	31	29	29	30	30	mo.	16	6	8	ev.	55	0	55	ev.	0	43	ev.	0	32	ev.	0	19	ev.	25	11	56	55	

6th Month.

JUNE, 1853.

30 Days.

		CALENDAR FOR BOSTON, N. ENGLAND, N. Y. State, Mich'n. WISCONSIN, AND IOWA.				CALENDAR FOR N. YORK CITY, PHIL'A. Conn., N. Jersey, Pa. OHIO, INDIANA, & ILL'IS.				CALENDAR FOR BALTIMORE, Pa., Kentucky, AND MISSOURI.				CALENDAR FOR CHARLESTON, GEO., N. Caro., Tenn., Ala., MISSISS., AND LOUISIANA.				SUN ON MERID.		
Sun's decl. N.	Day of Week.	Day of Month.	Sun rises sets		Moon H. W. rises sets		Sun rises sets		Moon H. W. rises sets		Sun rises sets		Moon H. W. rises sets		D.	H. M.	S.			
			H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.						
0	W	1	4 28	7 29	4 33	7 22	4 33	7 22	4 33	7 22	4 33	7 22	4 33	7 22	1	11	57			
22 6 55	Th	2	4 27	8 28	4 32	7 23	4 32	7 23	4 32	7 23	4 32	7 23	4 32	1	11	58				
22 14 45	Fr	3	4 27	9 28	4 32	7 24	4 32	7 24	4 32	7 24	4 32	7 24	1	11	59					
22 22 12	Sa	4	4 27	10 28	4 32	7 25	4 32	7 25	4 32	7 25	4 32	7 25	1	11	59					
22 29 15	Su	5	4 26	11 28	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
22 35 55	M	6	4 26	12 28	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
22 42 11	M	7	4 25	1 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
22 48 3	M	8	4 25	2 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
22 53 37	Th	9	4 25	3 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
22 58 37	Th	10	4 25	4 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 3 16	Fr	11	4 25	5 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 7 32	Sa	12	4 24	6 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 11 23	Sa	13	4 24	7 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 14 40	M	14	4 24	8 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 17 51	Th	15	4 24	9 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 20 28	Th	16	4 24	10 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 22 40	Fr	17	4 24	11 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 24 28	Sa	18	4 24	12 29	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 25 51	Sa	19	4 24	1 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 26 50	Su	20	4 25	2 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 27 23	M	21	4 25	3 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 27 31	M	22	4 25	4 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 27 16	Th	23	4 25	5 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 26 35	Th	24	4 25	6 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 25 29	Fr	25	4 26	7 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 23 59	Sa	26	4 26	8 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 22 14	Sa	27	4 26	9 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 20 43	Su	28	4 26	10 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 16 59	M	29	4 25	11 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 13 50	M	30	4 25	12 30	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					
23 10 17	Th	31	4 25	1 31	4 31	7 26	4 31	7 26	4 31	7 26	4 31	7 26	1	11	59					

MOON'S PHASES.	BOSTON.	NEW YORK.	BALTIMORE.	CHARLESTON.	SUN ON MERID.
New Moon	16 3 19 ev.	3 7 ev.	2 56 ev.	2 43 ev.	9 1 11 57 31
First Quarter	14 10 43 mo.	10 81 mo.	10 20 mo.	10 7 mo	1 11 58 55
Full Moon	21 1 27 mo.	1 15 mo.	1 4 mo.	0 51 mo.	17 ev. 0 34
Last Quarter	28 1 52 mo.	1 40 mo.	1 29 mo.	1 16 mo.	23 25 1 48

7th Month.

JULY, 1853.

31 Days.

MOON'S PHASES.		BOSTON.		NEW YORK.		BALTIMORE.		CHARLESTON.		SUN ON MERID.	
	D.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	D.	H. M.	H. M.
New Moon.....	6	6	10 mo.	5	58 mo.	5	47 mo.	5	34 mo	1	0 3 30
First Quarter.....	13	5	31 ev.	5	19 ev.	5	8 ev.	5	45 ev.	9	0 4 53
Full Moon.....	20	9	10 mo.	8	58 mo.	8	47 mo.	8	34 mo.	17	0 5 48
Last Quarter.....	27	5	16 ev.	5	4 ev.	4	53 ev.	4	40 ev.	25	0 6 10

CALENDAR FOR BOSTON, N. ENGLAND, N. Y. State, Mich'n, WISCONSIN, AND IOWA.											
Day of Month.	Day of Week.	Sun rises	Sun sets	Moon rises	Moon sets	H. M.		H. M.		Sun's decl. N.	O.
						Bost'n	N. Y.	Bost'n	N. Y.		
1	Fr	4 29	7 38	1 22	7 49	4 34	7 33	1 25	4 49	23 6	20
2	Sa	4 29	7 38	1 48	8 50	4 35	7 32	1 52	4 50	23 1	53
3	Sp	4 30	7 38	2 18	9 44	4 35	7 32	2 23	6 44	22 57	12
4	M	4 30	7 38	2 53	10 30	4 36	7 32	2 59	7 30	22 52	3
5	Tu	4 31	7 37	3 35	11 13	4 36	7 32	3 42	8 13	22 46	29
6	W	4 31	7 37	sets.	11 50	4 37	7 32	sets.	8 50	22 40	31
7	Th	4 32	7 37	8 53	morn.	4 38	7 31	8 48	9 28	22 34	10
8	Fr	4 33	7 36	9 31	0 28	4 38	7 31	9 26	10 5	22 27	25
9	Sa	4 33	7 36	10 3	1 5	4 39	7 31	10 0	10 39	22 20	17
10	Sp	4 34	7 35	10 31	1 39	4 39	7 30	10 29	11 19	22 12	46
11	M	4 35	7 35	10 57	2 19	4 40	7 30	10 56	11 59	22 4	52
12	Tu	4 36	7 34	11 22	2 59	4 41	7 29	11 23	morn.	21 56	35
13	W	4 37	7 34	11 48	3 43	4 42	7 29	11 49	0 43	21 47	56
14	Th	4 37	7 33	morn.	4 32	4 42	7 28	morn.	1 22	21 38	54
15	Fr	4 38	7 33	0 15	5 29	4 43	7 28	0 18	2 29	21 29	29
16	Sa	4 39	7 32	0 47	6 33	4 44	7 27	0 51	3 33	21 19	44
17	Sp	4 40	7 31	1 26	7 37	4 45	7 26	1 31	4 37	21 9	36
18	M	4 40	7 31	2 13	8 45	4 45	7 26	2 19	5 49	20 59	7
19	Tu	4 41	7 30	3 11	9 55	4 46	7 25	3 17	6 55	20 48	17
20	W	4 42	7 29	rises.	10 54	4 47	7 24	rises.	7 54	20 37	6
21	Th	4 43	7 28	8 50	11 47	4 48	7 24	8 46	8 47	20 25	34
22	Fr	4 44	7 28	9 24	ev. 38	4 49	7 23	9 21	9 39	20 13	41
23	Sa	4 45	7 27	9 52	1 24	4 50	7 22	9 50	10 24	20 1	29
24	Sp	4 46	7 26	10 16	2 6	4 51	7 21	10 16	11 6	19 48	56
25	M	4 47	7 25	10 39	2 47	4 51	7 20	10 40	11 47	19 36	3
26	Tu	4 48	7 24	11 2	3 29	4 52	7 19	11 34	ev. 29	19 22	51
27	W	4 49	7 23	11 24	4 11	4 53	7 19	11 27	1 11	19 9	19
28	Th	4 50	7 22	11 50	4 53	4 54	7 18	11 53	1 53	18 55	29
29	Fr	4 51	7 21	morn.	5 45	4 55	7 17	morn.	2 45	18 41	19
30	Sa	4 52	7 20	0 18	6 49	4 56	7 16	0 23	3 49	18 26	61
31	Sp	4 53	7 19	0 51	7 55	4 57	7 15	0 57	4 55	18 12	5

CALENDAR FOR BALTIMORE, Va., Tenn., Mo., AND MISSOURI.											
Day of Week.	Day of Month.	Sun rises	Sun sets	Moon rises	Moon sets	H. M.		H. M.		Sun's decl. N.	O.
						Balt'more.	Tenn.	Balt'more.	Tenn.		
1	Fr	4 38	7 28	1 28	7 57	4 39	7 27	1 37	8 49	23 6	20
2	Sa	4 39	7 28	1 56	8 44	4 40	7 27	2 05	9 44	23 1	53
3	Sp	4 39	7 28	2 27	9 27	4 40	7 27	2 34	10 39	22 57	12
4	M	4 40	7 28	3 4	10 13	4 41	7 27	3 03	11 34	22 52	3
5	Tu	4 40	7 28	3 47	10 56	4 42	7 27	3 32	12 29	22 46	29
6	W	4 41	7 27	sets.	11 44	4 42	7 27	sets.	13 13	22 40	31
7	Th	4 42	7 27	8 44	12 27	4 43	7 27	8 44	13 0	22 34	10
8	Fr	4 42	7 27	9 23	1 9	4 43	7 27	9 23	1 9	22 27	25
9	Sa	4 43	7 26	9 57	2 17	4 43	7 26	10 0	2 17	22 20	17
10	Sp	4 43	7 26	10 27	3 5	4 44	7 26	10 27	3 5	22 12	46
11	M	4 44	7 26	10 56	4 27	4 44	7 26	10 56	4 27	22 4	52
12	Tu	4 45	7 25	11 23	5 10	4 45	7 25	11 23	5 10	21 56	35
13	W	4 45	7 25	11 51	5 58	4 45	7 25	11 51	5 58	21 47	56
14	Th	4 46	7 24	morn.	6 49	4 46	7 24	morn.	6 49	21 38	54
15	Fr	4 47	7 24	0 21	7 42	4 47	7 24	0 21	7 42	21 29	29
16	Sa	4 48	7 23	0 55	8 36	4 48	7 23	0 55	8 36	21 19	44
17	Sp	4 48	7 23	1 35	9 30	4 48	7 23	1 35	9 30	21 9	36
18	M	4 49	7 22	2 24	10 24	4 49	7 22	2 24	10 24	20 59	7
19	Tu	4 50	7 21	3 23	11 17	4 50	7 21	3 23	11 17	20 48	17
20	W	4 51	7 21	rises.	12 10	4 51	7 21	rises.	12 10	20 37	6
21	Th	4 52	7 20	8 42	13 0	4 52	7 20	8 42	13 0	20 25	34
22	Fr	4 53	7 19	9 18	13 49	4 53	7 19	9 18	13 49	20 13	41
23	Sa	4 54	7 18	9 48	14 36	4 54	7 18	9 48	14 36	20 1	29
24	Sp	4 55	7 17	10 40	15 17	4 55	7 17	10 40	15 17	19 48	56
25	M	4 56	7 16	11 5	16 0	4 56	7 16	11 5	16 0	19 36	3
26	Tu	4 57	7 15	11 5	16 44	4 57	7 15	11 5	16 44	19 22	51
27	W	4 58	7 14	11 30	17 29	4 58	7 14	11 30	17 29	19 9	19
28	Th	4 59	7 13	12 0	18 13	4 59	7 13	12 0	18 13	18 55	29
29	Fr	4 59	7 12	12 27	18 58	4 59	7 12	12 27	18 58	18 41	19
30	Sa	4 59	7 12	1 1	19 42	4 59	7 12	1 1	19 42	18 26	61
31	Sp	5 0	7 11	1 2	20 26	5 0	7 11	1 2	20 26	18 12	5

CALENDAR FOR NEW YORK, N. Y., Pa., AND MISSOURI.											
Day of Week.	Day of Month.	Sun rises	Sun sets	Moon rises	Moon sets	H. M.		H. M.		Sun's decl. N.	O.
						New York.	Pa.	New York.	Pa.		
1	Fr	4 38	7 28	1 28	7 57	4 39	7 27	1 37	8 49	23 6	20
2	Sa	4 39	7 28	1 56	8 44	4 40	7 27	2 05	9 44	23 1	53
3	Sp	4 39	7 28	2 27	9 27	4 40	7 27	2 34	10 39	22 57	12
4	M	4 40	7 28	3 4	10 13	4 41	7 27	3 03	11 34	22 52	3
5	Tu	4 40	7 28	3 47	10 56	4 42	7 27	3 32	12 29	22 46	29
6	W	4 41	7 27	sets.	11 44	4 42	7 27	sets.	13 13	22 40	31
7	Th	4 42	7 27	8 44	12 27	4 43	7 27	8 44	13 0	22 34	10
8	Fr	4 42	7 27	9 23	1 9	4 43	7 27	9 23	1 9	22 27	25
9	Sa	4 43	7 26	9 57	2 17	4 43	7 26	10 0	2 17	22 20	17
10	Sp	4 43	7 26	10 27	3 5	4 44	7 26	10 27	3 5	22 12	46
11	M	4 44	7 26	10 56	4 27	4 44	7 26	10 56	4 27	22 4	52
12	Tu	4 45	7 25	11 23	5 10	4 45	7 25	11 23	5 10	21 56	35
13	W	4 45	7 25	11 51	5 58	4 45	7 25	11 51	5 58	21 47	56
14	Th	4 46	7 24	morn.	6 49	4 46	7 24	morn.	6 49	21 38	54
15	Fr	4 47	7 24	0 21	7 42	4 47	7 24	0 21	7 42	21 29	29
16	Sa	4 48	7 23	0 55	8 36	4 48	7 23	0 55	8 36	21 19	44
17	Sp	4 48	7 23	1 35	9 30	4 48	7 23	1 35	9 30	21 9	36
18	M	4 49	7 22	2 24	10 24	4 49	7 22	2 24	10 24	20 59	7
19	Tu	4 50	7 21	3 23	11 17	4 50	7 21	3 23	11 17	20 48	17
20	W	4 51	7 21	rises.	12 10	4 51	7 21	rises.	12 10	20 37	6
21	Th	4 52	7 20	8 42	13 0	4 52	7 20	8 42	13 0	20 25	34
22	Fr	4 53	7 19	9 18	13 49	4 53	7 19	9 18	13 49	20 13	41
23	Sa	4 54	7 18	9 48	14 36	4 54	7 18	9 48	14 36	20 1	29
24	Sp	4 55	7 17	10 40	15 17	4 55	7 17	10 40	15 17	19 48	56
25	M	4 56	7 16	11 5	16 0	4 56	7 16	11 5	16 0	19 36	3
26	Tu	4 57	7 15	11 5	16 44	4 57	7 15	11 5	16 44	19 22	51
27	W	4 58	7 14	11 30	17 29	4 58	7 14	11 30	17 29	19 9	19
28	Th	4 59	7 13	12 0	18 13	4 59	7 13	12 0	18 13	18 55	29
29	Fr	4 59	7 12	12 27	18 58	4 59	7 12	12 27	18 58	18 41	19
30	Sa	4 59	7 12	1 1	19 42	4 59	7 12	1 1	19 42	18 26	61
31	Sp	5 0	7 11	1 2	20 26	5 0	7 11	1 2	20 26	18 12	5

CALENDAR FOR CHARLESTON, GEO., Va., Tenn., Mo., Missis., and Louisiana.											
Day of Week.	Day of Month.	Sun rises	Sun sets	Moon rises	Moon sets	H. M.		H. M.		Sun's decl. N.	O.
						Charleston.	Va.	Charleston.	Va.		
1	Fr	4 38	7 28	1 28	7 57	4 39	7 27	1 37	8 49	23 6	20
2	Sa	4 39	7 28	1 56	8 44	4 40	7 27	2 05	9 44	23 1	53
3	Sp	4 39	7 28	2 27	9 27	4 40	7 27	2 34	10 39	22 57	12
4	M	4 40	7 28	3 4	10 13	4 41	7 27	3 03	11 34	22 52	3
5	Tu	4 40	7 28	3 47	10 56	4 42	7 27	3 32	12 29	22 46	29
6	W	4 41	7 27	sets.	11 44	4 42	7 27	sets.	13 13		

8th Month.

AUGUST, 1853.

31 Days.

MOON'S PHASES.	BOSTON.	NEW YORK.	BALTIMORE.	CHARLESTON.	SUN ON MERID.
New Moon.....	D. 4	H. M.	H. M.	H. M.	D. 1
First Quarter.....	H. M. 7 22 ev.	H. M. 7 10 ev.	H. M. 6 59 ev.	H. M. 6 46 ev.	H. M. 6 59
Full Moon.....	D. 11	H. M. 10 53 ev.	H. M. 10 43 ev.	H. M. 10 32 ev.	H. M. 10 19 ev.
Last Quarter.....	D. 18	H. M. 6 11 ev.	H. M. 5 59 ev.	H. M. 5 48 ev.	H. M. 5 35 ev.
	D. 26	H. M. 10 54 mo.	H. M. 10 42 mo.	H. M. 10 31 mo.	H. M. 10 18 mo.

Day of Month.	Day of Week.	CALENDAR FOR BOSTON, N. ENGLAND.				CALENDAR FOR N. YORK CITY, PHILA., & Conn., N. Jersey, Pa., Ohio, Indiana, & Ill's.				CALENDAR FOR BALTIMORE, Va. Kentucky, & Missouri.				CALENDAR FOR CHARLESTON, GEO., N. Caro., Tenn., Ala., MISSISS., AND LOUISIANA.				Sun on Merid.
		Sun rises	Moon H. W. rises	H. M.	sets	Sun rises	Moon H. W. rises	H. M.	sets	Sun rises	Moon H. W. rises	H. M.	sets	Sun rises	Moon H. W. rises	H. M.	sets	
1	M	4 54	1 31	9 4	4 58	1 37	6 4	4 4	4 57	1 42	5 15	6 57	2 2	5 4	5 15	6 57	2 2	5 4
2	Tu	4 55	1 16	2 17	4 59	1 22	7 50	4 4	5 0	1 29	5 16	6 56	2 50	6 4	5 16	6 56	2 50	6 4
3	W	4 56	1 15	3 12	5 0	1 13	8 33	4 4	5 1	3 23	5 16	6 55	3 43	6 50	5 16	6 55	3 43	6 50
4	Th	4 57	1 14	sets.	5 1	10 sets.	8 33	4 4	5 2	sets.	5 17	6 54	sets.	7 33	5 17	6 54	sets.	7 33
5	Fr	4 58	1 13	8 5	5 2	9 11	9 11	4 4	5 3	7 58	5 18	6 53	7 46	8 11	5 18	6 53	7 46	8 11
6	Sa	4 59	1 12	8 34	5 3	8 32	9 47	4 4	5 4	8 59	5 19	6 52	8 21	8 47	5 19	6 52	8 21	8 47
7	Su	4 59	1 12	9 1	5 4	7 9	10 23	4 4	5 5	9 27	5 20	6 51	9 26	10 0	5 20	6 51	9 26	10 0
8	Mo	4 59	1 11	9 26	5 5	9 26	11 0	4 4	5 6	10 23	5 20	6 50	9 58	10 38	5 20	6 50	9 58	10 38
9	Tu	4 59	1 10	9 52	5 6	10 18	2 38	4 4	5 7	11 0	5 21	6 49	10 31	11 18	5 21	6 49	10 31	11 18
10	W	4 59	1 9	10 18	5 7	10 21	morning	4 4	5 8	11 38	5 22	6 48	11 7	morning.	5 22	6 48	11 7	morning.
11	Th	4 59	1 8	10 48	5 8	10 52	0 18	4 4	5 9	11 25	5 23	6 47	11 48	0 1	5 23	6 47	11 48	0 1
12	Fr	4 59	1 7	11 23	5 9	11 25	1 1	4 4	5 10	12 12	5 24	6 46	12 31	1 1	5 24	6 46	12 31	1 1
13	Sa	4 59	1 6	12 4	5 10	12 1	1 53	4 4	5 11	13 3	5 25	6 45	1 31	1 56	5 25	6 45	1 31	1 56
14	Su	4 59	1 5	1 56	5 11	12 56	0 11	4 4	5 12	14 13	5 26	6 44	2 31	3 15	5 26	6 44	2 31	3 15
15	Mo	4 59	1 4	2 17	5 12	1 56	1 4	4 4	5 13	15 15	5 27	6 43	3 33	4 38	5 27	6 43	3 33	4 38
16	Tu	4 59	1 3	3 38	5 13	2 55	2 6	4 4	5 14	16 16	5 28	6 42	4 51	5 52	5 28	6 42	4 51	5 52
17	W	4 59	1 2	4 52	5 14	4 52	17 W	4 4	5 15	17 18	5 29	6 41	6 20	6 52	5 29	6 41	6 20	6 52
18	Th	4 59	1 1	6 51	5 15	6 51	7 45	4 4	5 16	18 Th	5 30	6 40	7 38	7 42	5 30	6 40	7 38	7 42
19	Fr	4 59	1 0	8 17	5 16	8 17	ev. 26	4 4	5 17	19 Fr	5 31	6 39	8 40	9 7	5 31	6 39	8 40	9 7
20	Sa	4 59	1 0	9 40	5 17	ev. 26	1 7	4 4	5 18	20 Sa	5 32	6 38	9 40	9 7	5 32	6 38	9 40	9 7
21	Su	4 59	1 0	10 17	5 18	10 17	3 26	4 4	5 19	21 Su	5 33	6 37	10 18	10 18	5 33	6 37	10 18	10 18
22	Mo	4 59	1 0	11 39	5 19	11 39	4 45	4 4	5 20	22 Mo	5 34	6 36	11 15	ev. 9	5 34	6 36	11 15	ev. 9
23	Tu	4 59	1 0	12 48	5 20	12 48	4 4	4 4	5 21	23 Tu	5 35	6 35	12 10	10 52	5 35	6 35	12 10	10 52
24	W	4 59	1 0	1 17	5 21	1 17	ev. 26	4 4	5 22	24 W	5 36	6 34	1 15	ev. 9	5 36	6 34	1 15	ev. 9
25	Th	4 59	1 0	2 40	5 22	2 40	10 54	4 4	5 23	25 Th	5 37	6 33	2 11	ev. 9	5 37	6 33	2 11	ev. 9
26	Fr	4 59	1 0	4 10	5 23	4 10	11 31	4 4	5 24	26 Fr	5 38	6 32	3 11	ev. 9	5 38	6 32	3 11	ev. 9
27	Sa	4 59	1 0	5 25	5 24	5 25	11 31	4 4	5 25	27 Sa	5 39	6 31	4 11	ev. 9	5 39	6 31	4 11	ev. 9
28	Su	4 59	1 0	6 39	5 25	6 39	11 31	4 4	5 26	28 Su	5 40	6 30	5 11	ev. 9	5 40	6 30	5 11	ev. 9
29	Mo	4 59	1 0	8 10	5 26	8 10	1 4	4 4	5 27	29 Mo	5 41	6 29	6 26	1 33	5 41	6 29	6 26	1 33
30	Tu	4 59	1 0	9 37	5 27	9 37	1 6	4 4	5 28	30 Tu	5 42	6 28	7 27	1 43	5 42	6 28	7 27	1 43
31	W	4 59	1 0	10 52	5 28	10 52	1 6	4 4	5 29	31 W	5 43	6 27	8 27	1 43	5 43	6 27	8 27	1 43

9th Month.

SEPTEMBER, 1853.

30 Days.

		MOON'S PHASES.			BOSTON.	NEW YORK.	BALTIMORE.	CHARLESTON.	SUN ON MERID.	
		sets	rises	sets	H. M.	H. M.	H. M.	H. M.	D.	H. M. E.
	New Moon	0	3		6 53 mo.	6 46 mo.	6 35 mo.	6 32 mo.		11 morning
	First Quarter	10	4		4 14 mo.	4 2 mo.	3 51 mo.	3 38 mo.	9	11 57 7
	Full Moon	17	5		5 29 mo.	5 16 mo.	5 5 mo.	4 52 mo.	17	11 54 19
	Last Quarter	25	5		5 49 mo.	5 37 mo.	5 26 mo.	5 13 mo.	25	11 51 31

CALENDAR FOR CHARLESTON, GEO., N. CARO., TENN., MISS., AND LOUISIANA.											
		Sun		Moon		H. W.		H. M.		Chtn.	
		rises	sets	rises	sets	rises	sets	rises	sets	rises	sets
1	Th	5 29	6 23	3 12	3 29	6 28	6 28	5 36	6 23	3 29	6 28
2	Fr	5 30	6 28	4 18	5 36	6 22	4 31	7 12	5 37	6 21	sets.
3	Sa	5 31	6 26	sets.	5 37	6 21	sets.	7 50	5 37	6 21	sets.
4	Su	5 32	6 25	7 29	5 38	6 20	7 27	8 25	5 38	6 20	7 27
5	Mo	5 33	6 23	7 57	5 38	6 19	7 59	9 1	5 38	6 19	7 59
6	Tu	5 34	6 22	8 25	5 39	6 17	8 32	9 36	5 39	6 17	8 32
7	W	5 35	6 20	8 57	5 40	6 16	9 8	10 14	5 40	6 16	9 8
8	Th	5 36	6 18	9 32	5 40	6 14	9 47	10 53	5 40	6 14	9 47
9	Fr	5 37	6 17	10 14	5 41	6 13	10 32	11 35	5 41	6 13	10 32
10	Sa	5 38	6 15	11 3	5 41	6 12	11 24	morn.	5 42	6 12	11 24
11	Su	5 39	6 14	morn.	5 42	6 10	morn.	0 28	5 42	6 10	morn.
12	Mo	5 39	6 12	0 1	5 43	6 9	0 23	1 35	5 43	6 9	0 23
13	Tu	5 40	6 10	1 6	5 43	6 8	1 27	3 4	5 43	6 8	1 27
14	W	5 41	6 9	2 16	5 44	6 6	2 33	4 38	5 44	6 6	2 33
15	Th	5 42	6 7	3 25	5 45	6 5	3 39	5 52	5 45	6 5	3 39
16	Fr	5 43	6 4	4 33	5 45	6 4	4 43	6 45	5 45	6 4	4 43
17	Sa	5 44	6 2	5 46	5 46	6 2	5 46	7 29	5 46	6 2	5 46
18	Su	5 45	6 0	7 6	5 46	6 1	7 8	8 7	5 46	6 1	7 8
19	Mo	5 46	6 0	7 31	5 46	6 0	7 36	8 40	5 46	6 0	7 36
20	Tu	5 47	5 59	7 56	5 48	5 58	8 6	9 13	5 48	5 58	8 6
21	W	5 48	5 58	8 24	5 49	5 57	8 37	9 45	5 49	5 57	8 37
22	Th	5 49	5 56	8 55	5 49	5 55	9 11	10 15	5 49	5 55	9 11
23	Fr	5 50	5 54	9 31	5 50	5 54	9 31	10 46	5 50	5 54	9 31
24	Sa	5 51	5 53	10 12	5 51	5 53	10 33	11 21	5 51	5 53	10 33
25	Su	5 52	5 51	11 0	5 51	5 51	11 21	ev.	5 51	5 51	11 21
26	Mo	5 53	5 49	11 55	5 52	5 50	morn.	0 55	5 53	5 49	11 55
27	Tu	5 53	5 48	morn.	5 53	5 48	morn.	1 3	5 53	5 48	morn.
28	W	5 54	5 46	0 55	5 54	5 46	0 55	2 17	5 54	5 46	0 55
29	Th	5 55	5 44	1 59	5 55	5 44	1 59	3 47	5 55	5 44	1 59
30	Fr	5 56	5 43	3 6	5 56	5 43	3 6	5 17	5 56	5 43	3 6

CALENDAR FOR BALTIMORE, Va., Kentucky, and Missouri.											
		Sun		Moon		H. W.		H. M.			
		rises	sets	rises	sets	rises	sets	rises	sets		
1	Th	5 29	6 23	3 12	3 29	6 28	6 28	5 36	6 23	3 29	6 28
2	Fr	5 30	6 28	4 18	5 36	6 22	4 31	7 12	5 37	6 21	sets.
3	Sa	5 31	6 26	sets.	5 37	6 21	sets.	7 50	5 37	6 21	sets.
4	Su	5 32	6 25	7 29	5 38	6 20	7 27	8 25	5 38	6 20	7 27
5	Mo	5 33	6 23	7 57	5 38	6 19	7 59	9 1	5 38	6 19	7 59
6	Tu	5 34	6 22	8 25	5 39	6 17	8 32	9 36	5 39	6 17	8 32
7	W	5 35	6 20	8 57	5 40	6 16	9 8	10 14	5 40	6 16	9 8
8	Th	5 36	6 18	9 32	5 40	6 14	9 47	10 53	5 40	6 14	9 47
9	Fr	5 37	6 17	10 14	5 41	6 13	10 32	11 35	5 41	6 13	10 32
10	Sa	5 38	6 15	11 3	5 41	6 12	11 24	morn.	5 42	6 12	11 24
11	Su	5 39	6 14	morn.	5 42	6 10	morn.	0 28	5 42	6 10	morn.
12	Mo	5 39	6 12	0 1	5 43	6 9	0 23	1 35	5 43	6 9	0 23
13	Tu	5 40	6 10	1 6	5 43	6 8	1 27	3 4	5 43	6 8	1 27
14	W	5 41	6 9	2 16	5 44	6 6	2 33	4 38	5 44	6 6	2 33
15	Th	5 42	6 7	3 25	5 45	6 5	3 39	5 52	5 45	6 5	3 39
16	Fr	5 43	6 4	4 33	5 45	6 4	4 43	6 45	5 45	6 4	4 43
17	Sa	5 44	6 2	5 46	5 46	6 2	5 46	7 29	5 46	6 2	5 46
18	Su	5 45	6 0	7 6	5 46	6 1	7 8	8 7	5 46	6 1	7 8
19	Mo	5 46	6 0	7 31	5 46	6 0	7 36	8 40	5 46	6 0	7 36
20	Tu	5 47	5 59	7 56	5 48	5 58	8 6	9 13	5 48	5 58	8 6
21	W	5 48	5 58	8 24	5 49	5 57	8 37	9 45	5 49	5 57	8 37
22	Th	5 49	5 56	8 55	5 49	5 55	9 11	10 15	5 49	5 55	9 11
23	Fr	5 50	5 54	9 31	5 50	5 54	9 31	10 46	5 50	5 54	9 31
24	Sa	5 51	5 53	10 12	5 51	5 53	10 33	11 21	5 51	5 53	10 33
25	Su	5 52	5 51	11 0	5 51	5 51	11 21	ev.	5 51	5 51	11 21
26	Mo	5 53	5 49	11 55	5 52	5 50	morn.	0 55	5 53	5 49	11 55
27	Tu	5 53	5 48	morn.	5 53	5 48	morn.	1 3	5 53	5 48	morn.
28	W	5 54	5 46	0 55	5 54	5 46	0 55	2 17	5 54	5 46	0 55
29	Th	5 55	5 44	1 59	5 55	5 44	1 59	3 47	5 55	5 44	1 59
30	Fr	5 56	5 43	3 6	5 56	5 43	3 6	5 17	5 56	5 43	3 6

CALENDAR FOR N. YORK CITY, PHILA., Conn., N. Jersey, Pa., Ohio, Indiana, & Ill's.											
		Sun		Moon		H. W.		H. M.			
		rises	sets	rises	sets	rises	sets	rises	sets		
1	Th	5 29	6 23	3 12	3 29	6 28	6 28	5 36	6 23	3 29	6 28
2	Fr	5 30	6 28	4 14	8 12	14	8 12	14	8 12	14	8 12
3	Sa	5 30	6 28	sets.	8 50	sets.	8 50	sets.	8 50	sets.	8 50
4	Su	5 31	6 26	7 29	9 05	7 29	9 05	7 29	9 05	7 29	9 05
5	Mo	5 32	6 24	7 56	10 7	5 32	6 24	7 56	10 7	5 32	6 24
6	Tu	5 33	6 23	8 23	10 36	5 33	6 23	8 23	10 36	5 33	6 23
7	W	5 34	6 21	8 54	11 14	5 34	6 21	8 54	11 14	5 34	6 21
8	Th	5 35	6 19	9 28	11 53	5 35	6 19	9 28	11 53	5 35	6 19
9	Fr	5 36	6 18	10 9	morn.	5 36	6 18	10 9	morn.	5 36	6 18
10	Sa	5 37	6 16	10 58	0 35	5 37	6 16	10 58	0 35	5 37	6 16
11	Su	5 38	6 14	11 56	1 23	5 38	6 14	11 56	1 23	5 38	6 14
12	Mo	5 39	6 13	morn.	2 35	5 39	6 13	morn.	2 35	5 39	6 13
13	Tu	5 40	6 11	1 4	4	5 40	6 11	1 4	4	5 40	6 11
14	W	5 41	6 9	2 11	5 23	5 41	6 9	2 11	5 23	5 41	6 9
15	Th	5 42	6 8	3 22	6 52	5 42	6 8	3 22	6 52	5 42	6 8
16	Fr	5 43	6 6	4 31	7 43	5 43	6 6	4 31	7 43	5 43	6 6
17	Sa	5 44	6 4	5 46	8 29	5 44	6 4	5 46	8 29	5 44	6 4
18	Su	5 45	6 3	7 5	9 7	5 45	6 3	7 5	9 7	5 45	6 3
19	Mo	5 46	6 1	7 29	9 40	5 46	6 1	7 29	9 40	5 46	6 1
20	Tu	5 47	5 59	7 54	10 13	5 47	5 59	7 54	10 13	5 47	5 59
21	W	5 48	5 58	8 21	10 45	5 48	5 58	8 21	10 45	5 48	5 58
22	Th	5 49	5 56	8 51	11 17	5 49	5 56	8 51	11 17	5 49	5 56
23	Fr	5 50	5 54	9 26	11 46	5 50	5 54	9 26	11 46	5 50	5 54
24	Sa	5 51	5 53	10 7	ev.	5 51	5 53	10 7	ev.	5 51	5 53
25	Su	5 52	5 51	10 55	1 1	5 52	5 51	10 55	1 1	5 52	5 51
26	Mo	5 53	5 49	11 50	1 55	5 53	5 49	11 50	1 55	5 53	5 49
27	Tu	5 54	5 47	morn.	3 17	5 54	5 47	morn.	3 17	5 54	5 47
28	W	5 55	5 46	0 50	4 47	5 55	5 46	0 50	4 47	5 55	5 46
29	Th	5 56	5 44	1 50	6 7	5 56	5 44	1 50	6 7	5 56	5 44
30	Fr	5 57	5 42	2 59	10 1	5 57	5 42	2 59	10 1	5 57	5 42

CALENDAR FOR BOSTON, N. ENGLAND, W. V. State, Mich'n., Wisconsin, and Iowa.											
		Sun		Moon		H. W.		H. M.			
		rises	sets	rises	sets	rises	sets	rises	sets		
0	"										
1	Th	8 9	45	5 26	6 33	2 10	28	5 28	6 31	3 8	7 25
2	Fr	7 47	50	5 27	6 29	4 10	11	5 29	6 28	4 14	8 12
3	Sa	7 25	48	5 28	6 29	sets.	11 50	5 30	6 28	sets.	8 50
4	Su	7 38	38	5 29	6 28	7 29	morn.	5 31	6 26	7 29	9 05
5	Mo	6 41	22	5 30	6 26	7 55	0 25	5 32	6 24	7 56	10 7
6	Tu	6 18	58	5 31	6 24	8 21	1 1	5 33	6 23	8 23	10 36
7	W	5 56	29	5 33	6 22	8 50	1 36	5 34	6 21	8 54	11 14
8	Th	5 33	54	5 34	6 21	9 23	2 14	5 35	6 19	9 28	11 53
9	Fr	5 11	14	5 35	6 19	10 3	3 53	5 36	6 18	10 9	morn.
10	Sa	4 48	28	5 36	6 17	10 51	3 35	5 37	6 16	10 58	0 35
11	Su	4 25	37	5 37	6 15	11 49	4 28	5 38	6 14	11 56	1 23
12	Mo	4 2	42	5 38	6 14	morn.					

10th Month.

OCTOBER, 1853.

31 Days.

		MOON'S PHASES.			BOSTON.		NEW YORK.		BALTIMORE		CHARLESTON.		SUN ON MERID.	
		D.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	D.	H. M.	H. M.	D.	H. M.	H. M.
New Moon	2	9	5 34	5 22	5 22	5 11	5 11	1	4 58	4 58	1	11 49	11 33
First Quarter	9	2	10 42	10 30	10 30	10 19	10 19	9	10 6	10 6	9	11 47	11 33
Full Moon	16	7	7 47	7 35	7 35	7 24	7 24	16	7 11	7 11	17	11 45	11 21
Last Quarter	25	0	36	36	36	0 13	0 13	24	12 0	12 0	25	11 44	11 44

		CALENDAR FOR CHARLESTON, GEO. N. Caro. Tenn. Ala. MISS. AND LOUISIANA.			CALENDAR FOR BALTIMORE, Va. Kentucky, AND MISSOURI.			CALENDAR FOR NEW YORK CITY, PHIL'A. Conn. N. Jersey, Pa. OHIO, INDIANA, & ILL'S.			CALENDAR FOR BOSTON, N. ENGLAND, W. V. State, Mich'n. WISCONSIN, AND IOWA.			
		Sun rises	Sun sets	Moon rises	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Sa	5 55	4 3	4 12	7 42	6 58	5 41	4 10	4 22	6 42	6 15	5 40	4 10	4 22
2	Fr	5 56	4 2	6 25	8 21	5 59	5 39	6 22	11 57	6 05	38	6 05	38	6 05
3	Th	5 57	4 1	7 57	8 57	6 05	37	6 24	10 30	6 15	37	6 22	11 57	6 05
4	W	5 58	4 0	9 49	9 32	6 15	36	6 53	9 32	6 25	35	6 50	10 30	6 15
5	Tu	5 59	3 59	11 41	10 09	6 25	34	7 27	10 10	6 35	33	7 22	12 02	6 35
6	Th	6 00	3 48	1 43	11 32	6 35	33	8 6	10 49	6 45	31	8 1	10 6	6 45
7	Fr	6 01	3 37	3 36	12 13	6 45	31	8 53	11 32	6 55	30	8 47	1 49	6 55
8	Sa	6 02	3 26	5 28	1 13	6 55	29	9 49	12 13	7 05	28	9 42	3 32	7 05
9	Th	6 03	3 15	7 20	1 53	7 05	28	10 53	0 17	7 15	26	10 46	5 17	7 15
10	W	6 04	3 04	9 12	2 27	7 15	26	12 0	1 13	7 25	25	11 55	4 13	7 25
11	Tu	6 05	2 53	11 04	3 02	7 25	25	0 1	2 27	7 35	24	1 6	5 27	7 35
12	Th	6 06	2 42	12 56	3 36	7 35	23	1 11	4 3	7 45	23	2 6	6 16	7 45
13	Fr	6 07	2 31	14 48	4 10	7 45	21	2 19	5 36	7 55	21	3 16	7 06	7 55
14	Sa	6 08	2 20	16 40	4 44	7 55	20	3 26	6 40	8 05	20	4 9	6 40	8 05
15	Th	6 09	2 09	18 32	5 18	8 05	18	4 31	7 25	8 15	18	5 1	6 25	8 15
16	W	6 10	1 58	20 24	5 52	8 15	17	5 36	8 05	8 25	17	6 1	6 10	8 25
17	Tu	6 11	1 47	22 16	6 26	8 25	15	6 41	8 51	8 35	15	7 0	6 55	8 35
18	Th	6 12	1 36	24 08	7 00	8 35	14	7 46	9 36	8 45	14	7 59	7 40	8 45
19	Fr	6 13	1 25	26 00	7 44	8 45	12	8 51	10 21	8 55	12	8 57	8 25	8 55
20	Sa	6 14	1 14	27 52	8 28	8 55	11	9 56	11 06	9 05	11	9 55	9 10	9 05
21	Th	6 15	1 03	29 44	9 12	9 05	9	10 51	12 01	9 15	9	10 50	9 55	9 15
22	W	6 16	9 52	31 36	10 00	9 15	8	11 46	12 56	9 25	8	11 45	10 50	9 25
23	Tu	6 17	9 41	23 28	10 44	9 25	7	12 41	1 51	9 35	7	12 40	11 45	9 35
24	Th	6 18	9 30	25 20	11 32	9 35	6	13 36	2 46	9 45	6	13 35	12 40	9 45
25	Fr	6 19	9 19	27 12	12 20	9 45	5	14 31	3 41	9 55	5	14 30	1 35	9 55
26	Sa	6 20	9 08	29 04	1 08	9 55	4	15 26	4 36	10 05	4	15 25	2 30	10 05
27	Th	6 21	8 57	30 56	1 56	10 05	3	16 21	5 31	10 15	3	16 20	3 25	10 15
28	W	6 22	8 46	32 48	2 44	10 15	2	17 16	6 26	10 25	2	17 15	4 20	10 25
29	Tu	6 23	8 35	34 40	3 32	10 25	1	18 11	7 21	10 35	1	18 10	5 15	10 35
30	Th	6 24	8 24	36 32	4 20	10 35	0	19 06	8 16	10 45	0	19 05	6 10	10 45
31	Fr	6 25	8 13	38 24	5 08	10 45	0	19 51	9 11	10 55	0	19 50	7 05	10 55

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BY R. T. TRALL, M.D.

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THE WATER-CURE ALMANAC.

THE WATER-CURE SYSTEM.

BY R. T. TRALL, M.D.

THE term Water-Cure has led many persons to believe that Hydropathy is a one-idea or one-remedy system. Medical journals of other schools, too, are industriously laboring to fix this mistake upon the public mind. The people who thus believe are excusable in their ignorance. But the writers of the journals aforesaid know better, and therefore deceive intentionally; and for no better reason than to perpetuate the drug-traffic, and thus secure a larger area of professional business.

If there is any one-idea medical system in the world, it is the drug-system; for, although a hundred or a thousand drug-preparations are employed, the whole theory of the thing is resolved into the single idea of removing one evil by the introduction of another. All the medical drugs in creation are poisons, and nothing but poisons, in relation to the human organism; and the notion that there can be no better way of doctoring folks than by poisoning out their diseases, is not only a one-ideaism but an arrant and transparent absurdity. *Poisons are not medicines* in any philosophical sense; nor would they become such, were the whole human race to be poisoned to death by drugs.

Now the Water-Cure system, within the scope of its remedial influences, comprehends every thing *except* poisons. It rejects the one prevailing idea of all other systems, and approves every thing else. It adopts, as remedies, all the conditions, influences, and agents known in nature's pharmacopœia; all the processes and powers which nature employs in forming, developing, and sustaining living organisms, and rejects only one class—poisons—which nature knows only in the light of adversaries to all her operations. Where, then, is the one-idea system?"

Water, though charged upon us as constituting the whole of our one-idea system, is but one of many agents of our materia medica, and frequently the less important one in our system. Our remedies are air, light, water, food, sleep, exercise, temperature, clothing, the regulation of the excretions, and the governance of the passions—each of which is an essential element of hygiene, and all together constituting the true Philosophy of Life and Health. In some diseases, air or light is the leading measure

of medication. In many complaints, diet is the principal remedy. In other cases, exercise is the most important remedial influence; and in other cases still, water is the most prominent curative agent, etc. etc. But in all cases, each and all of these agents are to be duly regulated, and apportioned to the existing conditions and circumstances.

What more would any rational physician have? What more can he ask? What is there in existence for him to add? Drug-poisons, of course! And this is all. And this druggery is his system; his whole materia medica, his one-idealism. The Water-Cure system is predicated on a knowledge of the laws of life; the drug-system is based upon the expediency of rendering evil for evil; of poisoning the whole body through and through in the hope that by some interposition of Providence, or some auspicious operation of chance, the disease may get the worst of it. Can any intelligent mind doubt which system is destined to endure, and which is ere long to be buried among the rubbish of the past?

WATER-TREATMENT IN FEVERS.

BY ROLAND S. HOUGHTON, A.M., M.D.

THE frightful mortality from FEVERS of different types in various parts of the United States, especially during the earlier part of the year 1852, has suggested to me the propriety of embodying in the limits of a brief article, a few of the principles of the HYDROPATHIC PRACTICE in such cases:—a simple mode of treatment, one which, if generally adopted, would furnish the means of saving many lives of value.

Varieties.—There are numberless varieties of FEVERS, as every one is aware;—for instance, the “simple,” “continued,” “nervous,” “typhoid,” “typhus,” “ship-fever,” “intermittent,” “remittent,” “vernal,” “autumnal,” “bilious,” “congestive,” “miasmatic,” “malarial,” “marsh,” “malignant,” etc. etc. Volumes have been written for the purpose of distinguishing these varieties, one from the other; and every conceivable theory has been started by way of accounting for their CAUSE; but hitherto no satisfactory view of the origin of fevers would seem to have been derived by the “standard” authorities in medicine. My business, however, is not now with this branch of the subject; for I desire these observations to be as *practical* and concise as the nature of the topic will permit.

Usual Symptoms of Fever.—Setting aside the technical signs by which the different varieties of FEVERS are distinguished from each other, the reader is requested to grasp firmly in his mind the bare idea of a simple, uncomplicated INFLAMMATORY FEVER: he will afterward find it easy to discover some tangible clew to the proper treatment of the various other types. The old definition of FEVER is this: “a disease characterized by an increase of heat, an accelerated pulse, a foul tongue, and an

impaira state of several functions of the body." Thus: the ordinary heat of the body is 98°; while laboring under feverish excitement, it is increased to 100°, and sometimes to 104°, and the skin, to a bystander, feels *very* hot, dry, and pungent—much more so, in fact, than the actual increase would verify when tested by the thermometer. The average pulse of grown-up, healthy persons, is 70, or thereabouts; while in fever it rises to 100 or 104; and in dangerous cases to 130 or 140. The *steadiness* of the pulse is of more consequence than the frequency, however, in very many cases, as the latter condition may often be ascribed to some peculiar irritability of the system—especially in the young, and in weak and delicate persons. The "foul tongue" is indicative of loss of appetite, nausea, and disordered action of the stomach, liver, and bowels; while the functions of THE SKIN, as well as of the kidneys, are likewise greatly impaired. The sensations of the patient while laboring under fever are *as if his whole body were on fire*. At first he usually "feels chilly and feeble; but soon the temperature of the whole of the surface rises, the skin becomes hot and dry, the pulse more frequent, and fuller and harder than is usual; lassitude comes on, with headache and wandering pains in the limbs. The patient is unable or unwilling to exert himself, and finds that he is unapt for any mental effort; he cannot command his attention, gets confused and restless, and sleeps ill; he loses his appetite, his tongue becomes white, his mouth is parched, *he is unusually thirsty*, and the various secretions of the body are deranged and diminished." Such are the symptoms of *Inflammatory Fever*. When they are neglected or improperly treated, the following train of symptoms (which have been denominated *Typhoid*) are apt to arise:—"The patient grows more and more feeble, and delirious; he has involuntary startings of the tendons of the voluntary muscles; his pulse is weak and very frequent; his tongue becomes dry, brown, and tremulous; his lips are black with accumulated sordes; his countenance is shrunk, haggard, damp, and ghastly; and his stools and urine escape from him without his appearing to be conscious that they do so." Hence the controlling necessity of *treating fever-cases promptly* whenever it is decided to make use of *Water*; for under *its* administration the INFLAMMATORY FEVER is most effectually quenched; the fire is *put out* with the most appropriate element; and there is no risk whatever of the symptoms degenerating into the typhoid stage—especially when *Water* is employed WITHIN THE FIRST TWENTY-FOUR HOURS.

Principles of Treatment.—The symptoms being as we have at first described, it will be the object of the judicious practitioner to cool down the unnatural heat, reduce the frequency of the pulse, and correct the disorders of the digestive system. Should the sensation of nausea and headache, however, chance to be excessive, the patient should be made to drink abundantly of blood-warm water for the purpose of cleansing out the stomach. Injections of tepid water should also be thoroughly administered for the purpose of unloading the constipated bowels. The remaining indications (to lower the temperature, and to reduce the pulso

may be accomplished by means of *Water*, in a great variety of ways, but in accordance with the same principle. Thus, the *cold affusion* was most successfully employed in Dr. CURRIE'S time—about fifty-five years ago:—the patient being extended at full length, and several pails of water being quickly poured over him. In this way the febrile paroxysm was most promptly and effectually broken up; but the same effects can be brought about in a more gentle way, by means of the modern hydropathic appliances: for instance, by a succession of dripping sheets; by short, cooling wet-sheet packings, followed by the half-bath; by immersion in the plunge-bath until the heat of the armpits corresponds with that of the rest of the surface; and by other processes which I need not waste room by specifying here. The great point is—whatever process happen to be selected—to make thorough work of it, and not to run any risk by half-way measures. The efficacy of the water-treatment in cases of fever is entirely beyond dispute, when it is judiciously and vigorously employed; indeed, some of its most brilliant triumphs have been in this class of cases—so powerful are the REFRIGERANT, SEDATIVE, and TONIC virtues of this simple element, in competent hands. It will lower the pulse, it will reduce the heat, it will cleanse the stomach, and it will purge the bowels; and I scarcely need add that a remedy which will accomplish all this is more than a match for any ordinary fever. *Water-drinking*, of course, should be specially encouraged—of a temperature from 60° to 70°, so as not to chill the stomach. When its temperature is not lower than 60°, it may be swallowed in large quantities, and with the most beneficial effects: the fluid which is thus introduced into the system circulating with the blood (of which it forms the principal part) throughout every part of the body, and aiding materially to lower the temperature and febrile excitement. It is scarcely necessary to say that the *diet*, in fever-cases, should be as sparing as possible:—the patient's loathing of all kinds of food will render this no deprivation. And even when the appetite begins to return, nothing but the simplest and most unconcentrated food should be allowed to the patient; lest a relapse should be brought on by the inability of the digestive organs to dispose of "*hearty food*." Under such a mode of treatment as I have thus indicated, although briefly and imperfectly, many an attack of fever can be broken up in one or two days with the utmost ease, and the majority within a week: always provided that the patient has a good nurse or attendant, who will see that the water is used faithfully from the outset, and that reasonable precautions are taken to prevent a return; for instance, by causing the patient, even after the first effectual process, to continue to take *cooling* baths of some kind, at least twice a day, as well as an occasional *cooling* wet-sheet, and to wear the wet-bandage the greater part of the time.

It is PERFECTLY SAFE to employ the affusion of cold water, the dripping-sheet, the cooling wet-sheet, the half-bath or plunge, in the treatment of fever, at any time of the day, "*when there is no sense of chilliness present; when the heat of the surface is steadily above what is nat-*

ural, and when there is no general or profuse perspiration," caused by any violent or prolonged exertion. One would think that these restrictions were simple enough to ensure their ready comprehension by physicians in any quarter: and yet the majority of them blindly disbelieve in the efficacy of Water-Treatment in Fevers, or else regard its various processes as so intricate and complicated as to require the nicest skill for their proper administration. It is surely easier to give a cup of water than to bleed—or a bath than to blister!

The SHIP FEVER, which has caused so many deaths of late years, could be completely blotted out of existence, were the principles of the Water-Cure generally observed. Such a disorder would not even be known, for ships, as well as houses, would be perfectly VENTILATED, in that case, instead of being so shockingly neglected as now; and pure air would be considered as essential as food to the health of the body. When hordes of poor emigrants are crammed into a close and confined steerage, which, during a long voyage, must inevitably present many of the minor horrors of "the Black Hole of Calcutta," the wonder is—not that so many of them die, but that so many survive. AIR—light—food—water—temperance and CLEANLINESS—surely these form the appropriate *materia medica* for Ship Fever!

The MALIGNANT FEVERS of the South and West would seem to furnish a wide field for successful hydropathic practice; and the growing popularity of the Water-Cure in those quarters encourages the belief that it may often SAVE LIFE whenever it is seasonably and judiciously employed. The cold affusion, half-bath, and wet-sheet will be found invaluable remedies in all such cases: they will cool the system; they will allay excitement; they will overcome internal congestions; they will quicken the action of the skin; they will restore and augment all the secretions and excretions, and they will, lastly, invigorate THE VITAL PRINCIPLE.

Harrodsburg, Ky., May 17, 1852.

GYMNASTICS FOR WEAK LUNGS.

BY R. T. TRALL, M.D.

PERSONS with narrow, contracted chests, and weak lungs, and those who are predisposed to consumption from any cause whatever, may derive great benefit from such muscular exercises as tend to invigorate the respiratory muscles, expand the chest, and thus enlarge the area of breathing room. This practice, it is true, is directly opposite to the orthodox method of blistering, plastering, pustulating, and cauterizing the chest in lung diseases, all of which measures are calculated to restrain the motions of the respiratory system still more, and still more engorge the overburdened blood-vessels; yet it has the recommendation that it is always beneficial, whereas the popular plan is invariably injurious.

The philosophy of this matter may be easily understood. In Fig. 1, the

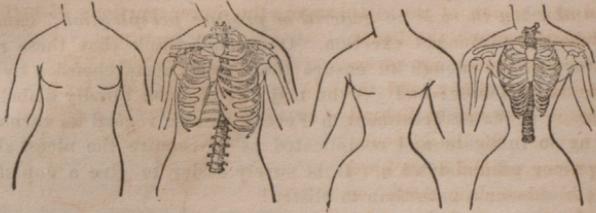


FIG. 1.

first and second cuts on the left show the outlines of the chest and abdomen,



FIG. 2.

with the shape and situation of the ribs in a natural and healthful development; while the third and fourth cuts represent them diminished to one half their natural diameter. It is evident to the most casual observer, that no weakly or consumptive person, whose vitals are so compressed from tight lacing, crooked bodily positions, or any other cause, can ever regain health and vigor without first restoring the form, shape, size, and breathing capacity.

Let us look at this subject in a still stronger light. Fig. 2 represents a fashionably but most unphysiologically and suicidally dressed female (a copy of the waxen caricatures on female beauty as exhibited in numerous shop windows in Broadway). Now let us see what effect this outside arrangement to secure a "delicate tapering waist" [waste!] has on the machinery of life within.

Fig. 3 shows the relative size and situation of the vital organs. A, Heart; B B, Lungs; C, Liver; D, Stomach; d, Diaphragm; E, Spleen; m m, Kidneys, etc. When the lungs are "corsetted," the chest is corset-

around the region of the diaphragm, the lower portions of both lungs are pressed against the heart. The liver and spleen are pressed toward each other, and the stomach is crowded in behind them against the back bone; and by being pushed down hard upon the descending aorta, or great blood-vessel of the abdomen, often occasion a painful beating or throbbing in that region.

Dyspeptics, too, who have weakened the abdominal muscles by sedentary or other unhealthful habits, are liable to a contracted chest, and are frequently tormented with a painful and exceedingly annoying pulsation near the pit of the stomach, which has, in many instances, been mistaken for a disease of the heart. This beating or throbbing sensation is felt most disagreeably while lying on the back, and is frequently so distressing as to render quiet sleep impossible, and also to excite the most troublesome dreams. It is also always aggravated by any sudden or violent exercise.

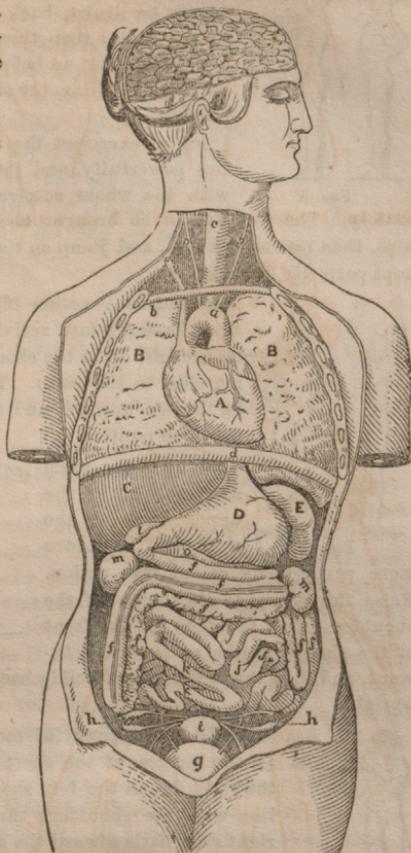


FIG. 3.

Many ways of expanding the chest may be devised by the ingenious physiologist. Some of the best gymnastic exercises for the purpose are the following:

Bring the arms up quickly in front, as high as the shoulders—nails turned upward—(fig. 4), then swing them forcibly backward, at the same time turning the nails backward, keeping the body perfectly upright.

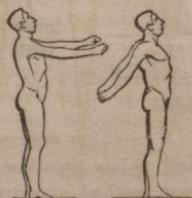


FIG. 4.

After the above action is mastered, the next (fig. 5), will call the res-

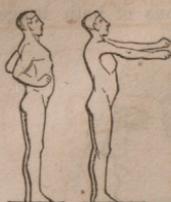


FIG. 5.

piratory muscles into still stronger play. The elbows are to be drawn back so that the fists may be close to the sides; then throw the arms straight forward, and then back as before. When this action becomes easy and familiar, the succeeding ones are very readily acquired.

Fig. 6 exercises the muscles of the lower extremities powerfully, and the abdominal muscles with the whole respiratory apparatus moderately. The feet are to be brought close, the hands on the hips, then rise on the toes, and jump on the toes with the knees kept perfectly straight.



FIG. 7.

In the next action (fig. 7), the arms are again brought into activity. The fists are to be brought up to the shoulders, the elbows being close to the sides. The arms are then to be thrown upward, and then brought back again to the previous position.

In fig. 8 the arms and muscles of the upper part of the chest and back are more particularly called into action. Raise the elbows to the height of the shoulders, with the fists on the front of the shoulders, the nails turned inward, and then throw the arms forcibly back, the body being kept perfectly upright.

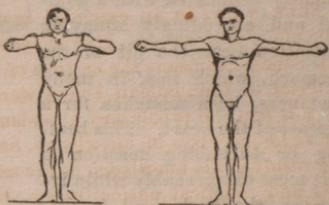


FIG. 8.



FIG. 9.

A still more powerful method of giving full activity to all the muscles of the chest is represented in fig. 9. Bring the right fist on the left shoulder; extend the left arm in a line with the shoulder; throw the right arm toward the right side, nails toward the ground; then bring the left fist to the right, thus alternating several times.

The next action (fig. 10), calls into play those muscles of the back most intimately connected with respiration. Open the hands; then raise the arms sideways, and touch the back of the hands over the head.

A circular motion of the arms (fig. 11), striking the wrists and palms together as the hands pass in front, is an excellent method of expanding the air-cells, by bringing the principal action upon the diaphragm and pectoral muscles.



FIG. 6.



FIG. 10.

This kind of exercise may be improved upon, by inflating the lungs with a full inspiration, and then holding the breath while half-a-dozen circular motions are made as rapidly as possible. And the best time to practice these gymnastics forcibly, is just after the morning bath, while the body is but partially dressed. All sedentary persons, and all the pent-up denizens of cities, who do not enjoy the benefit of a walk before breakfast in the open air, can find an excellent substitute in these muscular exercises.



FIG. 11.

PHYSICAL EDUCATION OF CHILDREN.

BY JAMES C. JACKSON, M.D.

EDUCATION, in an extended sense, means formation of character. To educate is to *d-aw out*, give shape or form to. Critically speaking, physical education means the culture of the physical powers. At some period anterior to this, human beings were of larger physical frame than now. Of this fact the proofs are abundant. This is not greatly to man's credit, for as he increases in knowledge, he should advance in stature. Such is the result of his knowledge of the animal creation. As men become scientific and practical agriculturists, better breeds of horses, cattle, sheep, swine, fowls, dogs, etc., are seen, but poorer breeds of men and women. They are less developed, less vigorous, less beautiful, than in former periods. I can account for it only on the supposition that in the ardor which marks the pursuit of knowledge, care for the body is not taken. To be an adept in mathematics, is to secure notice. To know and be skillful in all those exercises which require physical strength, is of no credit. So gradually then arises distaste for the physical in man, and a sort of impression that it connects one with the brute. This is a very mistaken notion. Other things being equal, the boy of the noblest physical parts will wear the laurel in any intellectual struggle. The life of a man is his *blood*. All departments are dependent for vigor upon due quantity and quality of blood being conveyed to them. One means of promoting the circulation of the blood, and carrying it with proper *impulse* to the extremities, is by *muscular contractions*. He whose muscles are the most vigorous, can and will have the best circulation. The brain is the seat of thought, and for its activity must have blood sent to it as much so as any other organ. The man with weak, flabby muscles, cannot propel blood to the brain as can the man with round, hard, well-developed muscles. How, then, can he think? Or if he has thought till fatigue or even exhaustion of brain ensues, how can he invigorate his brain by sending fresh or increased currents of blood to it, if his muscular contractility is very feeble? It

cannot be done Physical culture is therefore a great aid to intellectual culture, and this always precedes moral culture. For the order of Providence in human development is, first the physical, second the intellectual, third the moral. Perception comes before reflection, and this before the evolution of principles. The first needs training, the second needs cultivation, the last needs consecration—the whole makes a *full MAN*.

Children are badly educated at the present day. Of girls is this very especially true. Parents have *nochild hood* for their sons and daughters. Children, in this country, are fast passing out of date, and in their stead a class of persons whose years are inside of twelve—who are prodigies in mathematics, the art of writing and speaking the English language correctly, in botany, and various other accomplishments, such as “music, embroidery, painting, etc.” But what do they know about tending lambs, or milking cows, or feeding calves, or riding horses, or washing sheep, or hatching chickens, and raising young turkies, or going to mill on horseback, or turning grindstone when haying comes on; and many other things well calculated to give strength and elasticity to their bodies? For boys or girls would not these be better than algebra and astronomy, parsing and philosophy? Aye! vastly better. Their school-house should be walled in by the horizon, and the canopied heaven should be its roof. Where the breezes blow, and the birds sing, where sensation has its fill to the uttermost should their place of study be. Then the hour of their lives when reflection shall come, will find them able to bear it, their nervous systems will be competent to the task set; and the facts with which their memories are stored will be of use in enabling them to theorize correctly. Whatever may be the views of others as respects the spheres which the sexes should fill, a little thought will satisfy the most fastidious, that while nature seeks specially to cultivate the physical system, girls should have ample field for development. No mother has a right to keep her daughter at *housework* till she has passed the period of adolescence. By so doing she jeopardes the child's life. Out of doors, in the fields, and in active employment, girls should be placed. *Nature*, who is stronger than custom or flat-footed authority, will, at the proper time, send the girl to the house. It must be a wretched education that can kill woman's *instincts*. They are mighty in her, and when left free to utter their voice, in ninety of an hundred cases sway her into her right position. Give girls physical freedom. Keep them at light tasks *out of doors*. Keep them from the school-house till their bodies are developed, and the babe of this day may see women and men of our girls and boys who shall ennoble physical man and womanhood by their strength, beauty, and grace, and who shall have the *necessary* and the *useful* parts of an education, as well as the “*accomplished*” and the *ornamental*.—*Glen Haven Water-Cure*.

DRUGS.

BY S. O. GLEASON, M. D.

DRUGS, as articles from the three kingdoms, viz., animal, vegetable, and mineral, that are introduced into the human system as remedial agents, are numerous, besides being compounded in thousands of ways to suit the fancy of any given practitioner. The results of combinations of various articles upon each other and upon the human organism, cannot, with any degree of certainty, be told. The amount of injury done by such uncertain combinations cannot be arithmetically calculated. But it requires no labored argument to show that the harm accruing from such mixtures, is immense to the human family. Daily some new medicines, or new combination of old articles, is being presented, either to private individuals or to the public in general. Experiment is the order of the day in the drug-practice. The rise, progress, and downfall of various medical preparations fully confirm the fickle and uncertain nature of medicinal treatment. What to-day is a "cure-all" for all the diseases incident to human existence, to-morrow is of no use, and is cast aside as pernicious and hurtful. What can be expected from such a state of affairs but uncertainty, perplexity, absolute injury to the victims of the drug-practice?

The alarming adulterations of the different articles used as medicines, has called the attention even of statesmen to the subject. Rigorous measures have been taken to arrest this evil, but as yet little success has crowned the efforts of those appointed to superintend this department. Even if they pass the custom-house in good condition, the process of adulteration is actively going on in the large wholesale shops of the city. The country gets but few articles called medicines in a pure state. Money must be made at the expense of life—at the risk of a nation's health. The West receives more than its full share of impure medicine, as well as poisonous liquors. I am inclined to think that the amount of active medicine consumed in the Western States has as much to do in the production of invalids as the malaria of the climate. The history of many cases from those States confirms me in this opinion.

Physicians of the highest rank in the country complain of the uncertainty of drugs, from the fact of the immense amount of foreign articles used in the process of adulteration. They say they cannot rely upon medicines as in former times. Such being the fact, in regard to medicinal substances in all of our markets, what can be expected but evil from their use, so long as the physician himself is uncertain as to the nature of the articles used in the process of adulteration?

Even if the drug-system was a good one for the treatment of the sick, it could not be relied upon as safe and effectual even in the most skillful hands. This state of things will more or less continue till men shall regard the life and health of the nation more than they do dollars and cents. The drug trade is so extensive, the opportunity for adulteration so readily

seized upon, so easily concealed is this practice, that it must continue till drug doctors and dealers become more highly developed—more benevolent than they are at this time.

The uncertainty of the exact amount necessary, or even safe, for a dose in any given case, renders the practice doubtful, and often in the highest degree injurious. Not long since, a fine boy, some six years old, came to me with nearly one half of his upper jaw in his hand—a piece containing *five* teeth—which came out from one overdose of mercury. He must always be deformed, nay, sadly disfigured, while his speech must be, so long as he lives, extremely difficult and disagreeable. Cases might here be multiplied to almost any extent, but all are aware of the existence of such or similar cases, as they are to be found in all parts of our country.

Poisoning is almost daily the result from mistaking medicines—using a different article from the one intended.

The irritating character of the articles used, upon all the delicate tissues of the human frame, is a serious evil, from which the system does not recover often in many years. The process of absorption takes up and carries into all parts of the body particles of acrid articles, and they continue to be sources of annoyance for years after the administration of medicines. The Water-Cure processes have demonstrated this statement beyond even the shadow of a doubt. The observations that I have made upon thousands of invalids, confirms me in the opinion, that drugs are not sufficient to cure disease, and that they are extremely uncertain and inefficacious.

The Water-Cure can control acute as well as chronic diseases. This I have had the pleasure of demonstrating in many of the most severe diseases to which we are subject. The recovery is more rapid, health is much sooner gotten, than by the drug practice. I trust the world will in due time abandon old uncertainties, for what is simple, effectual, and entirely safe in the treatment of disease.—*Elmira Water-Cure.*

PHILOSOPHY OF WATER-CURE.

[From Dr. Trall's Hydropathic Encyclopedia.]

RELATIONS OF WATER TO THE HEALTHY ORGANISM.—Before we can clearly comprehend the remedial relations of pure water to the morbid conditions of the body, we must understand its physiological or vital relations to the healthy organism. These may be stated most succinctly, and remembered most easily, in the form of distinct propositions.

1. Water constitutes the greater portion of the entire bulk of the body.
2. Water composes more than three fourths of the whole mass of blood; more than seven eighths of the substance of the brain, and more than nine tenths of the various colorless fluids and secretions.
3. Water is the only vehicle by which nutrient matters are conveyed to the blood, and through the blood to all parts of the system for its growth and replenishment.

4. Water is the only medium through which waste or effete particles, or extraneous ingredients, are conveyed from all parts of the system to the excretory organs to be expelled.

5. Water is the only solvent, diluent, and detergent in existence, for animal and vegetable alimentary and excrementitious matters.

6. Water is the only material capable of circulating in all the tissues of the body, and penetrating their finest vessels, without vital irritation or mechanical injury.

7. The only morbid effects of water result from improper temperature, and over-distension of the hollow viscera, or circulating vessels, from excess of quantity—effects never necessarily unavoidable.

GENERAL RULES FOR HYDROPATHIC BATHING.—1. No bath should be taken on a full stomach. General baths, as the wet-sheet, plunge, douche, shower, etc., should not be taken until the process of digestion is nearly or quite completed—from three to four hours after a full meal. Local baths, as the hip, foot, hand, leg, etc., may be taken in an hour after a light, and two hours after a hearty meal. Bandages may be applied at any time.

2. Patients should not eat immediately after a bath. An hour is soon enough after a full, and half an hour after a local bath.

3. All patients who are able, should exercise moderately previous to a bath, unless at the bath time the body is already in a warm glow; and after a bath, according to muscular strength. The more exercise short of absolute fatigue the better. By absolute fatigue I mean that degree of exhaustion which is not readily recovered from on resting.

4. In very warm weather, the most active exercise should be taken before breakfast; and during the heat of the day it should not be crowded beyond what is perfectly agreeable.

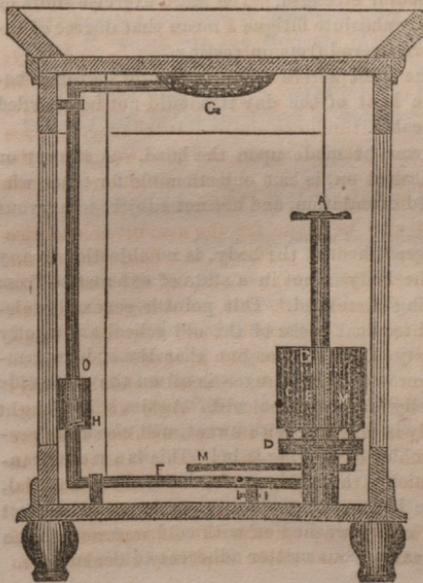
5. No strong shock should ever be made upon the head. A shower or pail-douche, poured but not dashed on, is not objectionable for those who enjoy a tolerably well-balanced circulation, and are not subject to nervous headache.

6. Profuse perspiration, or great heat of the body, is no objection to any form of cold bath, provided the body is not in a state of exhaustion from over-exertion, nor the breathing disturbed. This point is generally misunderstood by physicians, and medical books of the old school are wholly in error about it. The majority of people imagine that the sudden transition from cold to hot is dangerous. The danger is all on the other side—in applying cold when the body is already too cold. Again, it is thought that a cold bath, when the body is dripping with sweat, will *check the perspiration*, and do immense mischief by driving it in! This is a mere phantasy. The matter of perspiration is a viscid, waste, dead, effete material, and its presence on the surface has nothing whatever to do with the effect of a cold bath. It may be as safely washed off with cold water when the body is hot, as can any other extraneous matter adherent to the surface.

But persons *are* often injured by going into cold water when the body is hot and perspirable. Granted. I have known several young men made cripples for life by this practice. Now what is the explanation? Either the body was too cold, or in a state of exhaustion, or the respiration was materially disturbed, or the stomach was loaded, or all of these conditions existed together. There is a reciprocal relation between circulation and respiration, which cannot be greatly disturbed without injury. If a person jumps into cold water when out of breath from violent exercise, he endangers his health, because the intimate sympathy between the action of the heart and lungs will prevent reaction to the surface, and the result is internal congestion. Under all other circumstances, a warm or hot skin is favorable to any cold application, while the state of perspiration is a matter of no sort of consequence one way or the other. Dr. Johnson remarks: "Being in a state of perspiration is no objection to taking any bath, except the sitz, foot, and head bath." If the rules I have laid down are duly observed, there can be no force in the objection of Dr. Johnson.

7. When full treatment is prescribed, as three, four, or five baths a day, the patient should take the most powerful, or those which produce the greatest shock, on rising, and in the early part of the day.

8. Wetting the head, and even the chest, is a useful precaution before taking any full bath, and especially important for patients who are liable to head affections.



The cut is a representation of an apparatus invented by Mr. Jeremiah Essex, of Bennington, Vt., which combines the cold shower, warm shower, and vapor-bath.

This figure is an inside elevation of Mr. Essex's bath, showing the arrangement by which a person can take a cold or warm shower, or a vapor-bath at pleasure. The outside casing is the box of the bath, which may have screen sides, like the common kind; and the tubes below, as they are small, and lying on the floor (the one, F, may run below the floor), can be of no inconvenience. C is a small circular vessel of water surrounding the

tube, E, seen in section, and communicates with it by a small opening inside, near its bottom. When the tube, E, is nearly filled, the vessel or chamber, C, contains water to the same height. F is a conducting pipe extending up into the tube, E; and A is the handle of a piston, which extends down into E, having its lower end made to force the water up through the pipe, F, past the valve, H, into the shower vessel, G. This gives a cold shower-bath. To make a warm-bath, D is a lamp placed under the vessel, E, which heats the water, when it may be forced up as in the cold shower.

To make a vapor-bath, the pipe, M, seen partly in section, is attached near the top of the vessel, C, and it has holes at its lower end to let the vapor escape into the chamber. When used for a vapor-bath, the piston should be withdrawn, and the inside hole in the vessel, C, closed up, when the lamp will generate the steam in a short time. The top of the vessel, C, to the tube, E, is made of a funnel shape, as represented by B, to allow the water to be easily poured in. I is a faucet to drain off the water that may be in the pipe, and there is an attachment to the outside of the valve-case, O, to lift the valve, H, to drain off the water above.

WATER-DRINKING.—The indiscriminate drinking of large quantities of water, as has been the custom at some establishments, is not to be commended. The amount that can be taken to advantage varies greatly according to disease, temperament, exercise, diet, etc. Persons of large chest and abdomen, of florid complexion and active capillary circulation, can drink with satisfaction, and require, while under treatment, a free use of water as drink—from twelve to twenty tumblers. On the contrary, those of thin, spare body, nervous temperament, and especially if the skin appears bilious, and the pores, as it were, glued together, cannot take, with profit, more than three to six tumblers daily. In the former case the water is rapidly absorbed from the stomach, and thrown off by the skin; in the latter case it lies, as it were, like a dead weight in the first passages, and is finally carried off mainly by the kidneys.

Considerable allowance must also be made for the amount of exercise the patient can take, and the kind of food partaken of. The greater the amount of exercise, the more cutaneous transpiration, and the more water required. Those who use much animal food, salt, or other seasonings, grease of any kind, or concentrated farinaceous food, require a much larger quantity of water—other circumstances being equal—than those who restrict themselves to a plain vegetable diet. Patients should always drink to the extent of thirst; but for a general rule while under treatment, water should be taken most freely early in the morning, after the bath, and again about the middle of the forenoon; a less quantity still in the afternoon, and little or none in the evening. Very little should be drank at meals.

There are some few dyspeptics whose stomachs are so contracted and sensitive, whose livers are so torpid, and whose capillary circulation so

diminished, that even a single tumbler of cold water produces a painful heaviness and distressing chilliness of the stomach. Such invalids should begin with half a tumbler, or even less, and gradually but carefully increase the quantity, as it can be borne without producing unpleasant sensations. In such cases, too, the water drank should never be very cold; the best temperature is from 55° to 65°.

Drs. Gully, Johnson, Wilson, and Rausse, very severely and very justly repudiate the indiscriminate practice of large water-drinking, which is so highly and extravagantly recommended in some works on Water-Cure. I have seen not a little mischief result from it; in home practice water-drinking is particularly liable to be overdone. Some persons have boasted of the "ravenous appetite" produced by drinking twenty or thirty tumblers of water a day; but I cannot understand the advantage of ravenous appetites; they are generally indicative of excessive morbid irritation in the stomach.

The rule for those who have not an intelligent hydropath to advise with, is to follow the sensations of the stomach; take all that produces pleasurable sensations, and no more. More or less water should always be taken after each bath. Exercise should succeed water-drinking, and, as already intimated, it should be proportioned to the amount of water taken

FOOD OF INFANTS.

BY R. T. TRALL, M.D.

Dr. Trall's Encyclopedia, a work which ought to be, and which we shall try hard to place in every family circle in the United States, discourses as follows on this most important subject.

Greater errors are committed in this department of infantile nursing than in any other, unless it be in that of drugging. Indeed, I know of no subject in relation to which our American women are so ignorant, or, rather, so full of errors as this. The women of England are far more intelligent in the method of rearing children healthfully; and the animadversions of some of them upon the foolish habits which prevail in this country, of stuffing and gorging young children on complicated dishes, sweet cakes, candies, and the like, though very severe, are perfectly just. No American mother could be induced to feed her child in the way children are generally fed in this country, if she knew the consequences.

Not long since a gentleman and his wife, from a neighboring state, were under treatment at one of my establishments. A child happened to be present which had been thus far reared hydropathically, and was a perfect picture of health and happiness. During a conversation about this child, she went to her trunk, and then exhibited the daguerreotypes of three beautiful children she had lost. They were all fine, healthy children, and grew hopefully; but alas! at two, three, and four years of age they suddenly *died of convulsions!* After inquiring into her habits of

feeding them, I could only wonder how they lived so long. Poor, childless mother! she still weeps for the lost ones; but I fear if others are born unto her, they will be lost in the same way, so difficult is it to teach a mother that *her* artificial appetite is no guide to the natural diet of a child.

The mother's milk, it is known, is the appropriate food during the first few months; but in cases where the breast does not yield a supply at first, a little sweetened milk and water is the best substitute. It must be remembered that, in the great majority of cases, the breast will yield the food as soon as there is any real necessity for it on the part of the child. Nurses generally commence giving solid food too soon—as early as the third or fourth month. The first appearance of the teeth, about the seventh month, seems to indicate that as the natural period for commencing the employment of solid food. It is a great mistake to suppose that all the food taken into the tender and delicate stomach of the infant should be fine, concentrated, divested of all innutritious matter, and very nutritious. It is, on the contrary, even more important for children than for adults, that the food should be unconcentrated and unobstructing, as well as simple and uncomplicated. Farina, corn starch, fine flour, and refined sugar, are the fashionable materials for the infant dietary; but a worse selection could hardly be made. Graham flour, mush, cracked wheat, coarse Indian meal, hominy, boiled rice, brown bread soaked in milk, boiled potatoes, stewed squash or pumpkin, roasted, baked, stewed, or boiled apples, etc., are the proper solid food for infants from the first moment that they are able to take any kind. This plan of dieting will secure the child against dysentery, cholera infantum, colics, gripes, spasms, convulsions, scrofulous swellings, skin diseases, painful teething, etc., etc., which annually sweep off so many thousands to their graves.

Improper diet has a vast deal to do with making children cross, fretful, and ugly-tempered, as well as dull, sickly, and stupid. The most healthy children may be stuffed so outrageously as to suffer continually from cramps, colics, and all sorts of aches and pains; and so feeling bad, will act bad, in spite of good counsel, parental authority, the nurse's lullaby, or the barbarian's rod.

The practice of learning or forcing children to swallow flesh-meats, before they can properly masticate it, is deserving the severest reprehension. Scarcely any thing, in my humble judgment, has a more injurious effect upon its body or mind than this miserably foolish fashion. Two or three years is early enough, and several years later is still better, for any child to first taste of flesh. But many mothers, perhaps the majority, stuff fat, grease, and flesh into their mouths before they are even weaned. Such children are always full of foul humors, or liable to severe inflammatory or febrile diseases every time they take a little cold; all of which may be avoided by feeding the child on such plain, simple, vegetable food as it always relishes, and will always be satisfied with, until its parents or nurses, in their deep, dark, and pitiable ignorance, pervert and deprave its natural appetite.

After being weaned, the usual time of which is at the end of nine or ten months, the child should be trained to regularity in the habit of eating; never allowed to eat between meals, nor after going to bed at night, until the next morning's breakfast-time.

The practice of feeding children simply to amuse them, or keep them quiet, is also deserving severe reprobation; yet it is one of the fashions of these days. Those who travel much on our railroads or steamboats will, if they are of observing habits, notice that a large proportion of all the children aboard, from one year old upward, have their hands full of candies, sweet cakes, or some other eatable; and if their observing habits are close, they will also notice that those same children are crying, kicking, and yelling with teething, headache, stomachache, and bellyache, a good portion of the time. If the mothers of those children understood the connection between these causes and effects, they certainly never would be the instruments of inflicting so much misery on their little ones.

PHYSIOLOGICAL LACONICS.

BY T. L. NICHOLS, M. D.

THE BLOOD.

"THE blood is the life." In itself it contains bone, cartilage, tendon, fat, muscle, membrane, nerve, brain; the most dense, the most volatile; the lowest and highest form of life.

In the blood may be found all aliments, and the matter of all secretions. Whatever is digested or absorbed—food, water, poisons—is in the blood.

From the blood is formed saliva, gastric juice, bile, the pancreatic fluid, mucus, tears, sweat; and from it also are separated urine, fecal matter, and other excretions.

The blood, moreover, is the direct source of the matter from which the female ovum is formed, as well as the fecundating spermatozoa of the male.

Not less is the blood the source and continual pabulum of the highest organs of the mental and moral faculties.

Shall we not keep the blood pure?

Shall we not give to it a pure and simple aliment?

Shall we make it feverish with flesh, stimulants, and condiments; or poison it with narcotics?

For be sure that pure blood comes from pure aliment and right habits of living; pure nutrition comes from a pure blood, pure secretion, and pure thoughts, feelings, and actions.

"For the pure all things are pure." That is, all things *must be* pure. The food must be pure, the drink must be pure, the air we breathe must be pure, the whole body must be pure; for purity is health, and health is purity.

THE NERVOUS POWER.

Yet there is something higher than the blood, though of it, belonging to it, and nourished by it. This is the animal spirit, or nervous power.

The nervous power, first of all, forms the blood. It presides over all its secretions. It is by its intelligent and creative force that from the same blood is made here bone, there flesh, and elsewhere nervous fiber.

It is by the directing influence of the nervous power that we have saliva from the parotid gland, milk from the mammary, tears from the lachrymal, bile from the liver, and urine from the kidneys.

The nervous power is strengthened by exercise, and weakened by both indolence and exhaustion. Excess and impurity diminish its energy; and whatever deranges or impairs the nervous power injures all the functions of life.

Life is a collection of uses. What we do not use we soon lose. What we use too much we also lose.

THE HARMONY OF LIFE.

The law of life is harmony. The perfect man is he who gives due exercise to every organ of his body and every faculty of his soul.

This harmony pervades all nature, and the true life of every organized being consists in the due and regular performance of all its functions.

This harmony is health, and there can be no true health without this full and harmonious action. Discord is disease.

In a true life there must be the regular performance of all bodily functions; the exercise of the whole muscular system; intellectual pursuits and enjoyments; and passional gratifications. These, in their strength and variety, make up the *fullness of life*.

FORM OF PATIENT'S REPORT

PERSONS who consult a hydropathic physician by letter, or ask advice through the Water-Cure Journal, should state particularly the Age—Sex—Past habits of life—Present occupation and general health—Dietetic habits—Previous diseases or injuries—Probable bodily or mental causes of present malady—Color of skin and eyes—Any enlarged glands, scars, or eruptions—Any weak or painful bodily position—General temperature of skin—Moist or dry—Yellowness of eyes or skin—Cold hands and feet, or burning sensations in them—Temperament—Spine, straight or crooked—Abdomen, full or gaunt—Any tenderness on pressure—Temper—Disposition—Memory—Any derangement of hearing, seeing, smelling, tasting or feeling—Despondency—Fond of society or otherwise—Sleep, disturbed and dreamy, or quiet—Ever had fits, and what kind—Chest, full or contracted—Neck, short or long—Any peculiarity of voice—Difficulty in

breathing—Palpitation—Expectoration—Cough—Spitting of blood—Frequency and force of pulse in the morning and in the evening—Blueness of lips or cheeks—Distention of abdomen—Flatulence—Nausea—Tongue coated—Taste in the mouth—Appetite—What medicines have been taken—Ever salivated—Ever been bled—Ever had blisters on the chest—Piles, now or heretofore—Action of the bowels—Pain in the kidneys or bladder—Difficulty or pain in relieving the bladder—Any unnatural secretions or discharges—Falling of the bowels, or womb—History of the origin of the present malady, with the order of its succession of symptoms—Present most prominent symptoms.

SUGGESTIONS TO WOMEN.

BY MRS. R. B. GLEASON, ELMIRA, N. Y.

THE rapid physical deterioration of American women, makes the *cause* a matter of important inquiry. Our mothers at forty have a long list of infirmities, scarce a twinge of which our grandmothers at eighty ever felt. Our girls at sixteen can endure less labor than our women at sixty.

Why is it, with the improvements of the arts in general, the art of enjoying good health is so rapidly on the retrograde? Is it not, because in our transition from the reign of instinct to that of art, we have been regardless of the physiological laws of our being, taking fancy and fashion for our sole guide.

For instance, a fashionable *waist* is a wicked *waste* of life and strength. Gradual and continued compression throw the flouting ribs inward, when they should turn outward.

I know no lady "*dresses tightly*;" nevertheless, *it is true*, that the mass of them do not half breathe. Ability to take a full inspiration, without the *slightest* resistance, is the correct standard for fitting of a dress. But most persons when showing their clothing to be loose, expire or throw out all the air possible; thus making the chest small, instead of inhaling and expanding it as much as possible.

The lungs themselves have no muscles by which to inspire and expire; this work being carried on by those of the chest and abdomen. The diaphragm is depressed, the ribs thrown upward and outward, by which the cavity of the thorax is increased, a vacuum is formed, and air rushes in to fill the place. Hence, when the action of the abdominal muscles and those of the chest are interfered with, the lungs, *especially* the lower portion, are imperfectly filled with air. If blood is not well oxygenized it will not pass through the small capillary vessels readily, and slow congestion of the lungs is often the result. Moreover, the amount of padding required to form elevations and fill depressions, so as to make the bust conform to a fashionable standard, renders the chest *too* warm.

Heat being a stimulant, disease and debility of animal tissue are the results of its long continuance.

Plasters, braces, inhaling tubes, and pulmonary remedies are called for to cure chest difficulties, which a rational mode of dress would have prevented, and will now palliate, and perhaps cure.

Long, unyielding points, together with the pressure of heavy shirts on the abdominal viscera, will cause more derangements and displacement of organs, more pelvic pains, than the whole race of abdominal supporters will ever cure. A change of dress, in this respect, I have known to cure diseases of this type, or rather allowed nature to repair former injuries.

Unnecessary clothing over the back has caused much debility, much spinal irritation. No more clothing than is necessary to maintain warmth of body should ever be worn on any part.

Limbs imperfectly protected, thin hose, and paper shoes, while the neck and chest are clad in fur, is a mal-distribution of the "good things." Those parts farthest from the center of circulation, need to be *best* rather than *least* protected. A chill of the extremities, closing the capillary vessels, is likely to cause congestion of some of the internal viscera.

Want of fresh air is another cause of the early decay of the women of this age. In earlier times, fresh air rushed in through many a chink and crevice, and foul air was carried off by the draft of the huge chimney and the open fire-place. But now, dwellings well-nigh air-tight, together with Dickens' "household demon," in the shape of an air-tight stove, have closed these *early*, but *efficient* ventilators, and science has not yet systematically opened others. Women, from this want of proper ventilation, suffer more than men, because of their in-door habits.

The impression, that manual labor is degrading, instead of ennobling, as it truly is, has done much to bring on this general effeminacy.

In the education of young ladies, little attention is given to secure a good physical development; the great effort being for improvement of mind and refinement of manners. Our young misses are too weak to walk or work—the very reason why they should do both, for strength of muscle is never gotten by waiting for, but by working for.

Our married ladies lose rank if they do their own work, and so cannot receive and return morning calls, make and attend large parties; and it not being customary for women here to walk, as in England, many of them do not get exercise enough to keep them in good health.

From a style of dress oppressive, and sedentary habits, a host of neuralgic pains are induced, which a brisk walk, or some active work in loose apparel, would remove.

Much of our food is such a complex mixture as few human stomachs know what to do with. Our ladies vie with each other for variety in culinary compounds, forgetting that simplicity is the great law of healthy cookery.

"Living well," in "common parlance," means eating and drinking that which will make one sickly, nervous, and helpless, the soonest possible.

In hydropathic, or rather hygienic language, it means partaking of that which will make one *feel well*. Besides this, household duties are greatly

magnified and multiplied by these bad dietetic habits. Many a woman is sick to-day, because yesterday she "made preserves," jellies, tarts, rich cakes, and a host of fancy fixtures for food, which will also make the eaters *sickish*.

The senseless strife after rank, popularity, and personal admiration, causes much nervous excitement, much of envy, jealousy, and pride, which is very unfavorable for *length* and *strength* of days. Fashionable gatherings do much toward ruining health of body, little toward gaining strength of mind or purity of morals. Lamp-light has faded more faces than sunlight, though the latter has called forth much artificial bloom. Nightly dissipation is wasting more strength than daily labor. This going to parties, when one should "go to bed," is one of the foolish follies of the age. Gathering our friends to feast them at midnight, when they have been fed to the full during the day is a *worse* than waste of the luxuries of life. Infinite Wisdom says, "When thou makest a feast, invite the lame, the maimed, the halt, the blind, for they cannot recompense thee, but thou shalt be recompensed at the resurrection of the just."

Physiological law says, "If thou make a feast of unhealthful food, at unseasonable hours, thy recompense, and that of those that eat with thee, shall be 'infirmity of flesh,' and 'vexation of spirit.'"

To fill this cup of evil, comes a life-long train of drugging, to relieve aches and pains, neuralgic twinges, nervous feelings, induced by bad dress, bad diet, bad air, excessive excitement, etc.

The amount of treatment, regular and irregular, of practice reformed and unreformed, of medicines with a patent and without a patent, form an army more numerous than that of Xerxes, and all to cure what the bad habits of our women alone cause.

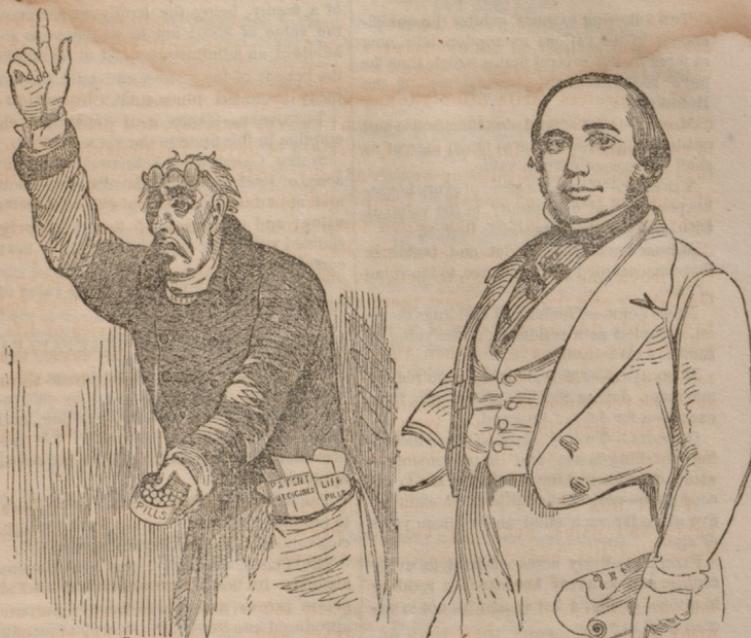
A WESTERN WOMAN ON BABIES AND BLOOMERS.

A WOMAN, whom no man East or West, we will venture to say, need be ashamed of, writes from Fayetteville, Indiana: "Why do not you say more in the Journal about the dear babies? What are the lives of men and women compared to theirs? If they can be raised and educated hydropathically, how different will the next generation be!

"We have worn the short dress since last fall, and would on no account exchange it for the long one, although we encounter much ridicule. I see a great deal in the papers about the advantages of the Bloomer dresses in walking, riding, etc., according to the experience of the Eastern ladies. Now, let a Western farmer's wife just hint at their convenience in doing housework, running after little children, carrying about a baby without stepping on one's own dress, getting over fences, weeding the garden dropping corn, etc., etc."

FACT.

NO FICTION.



THE man who has taken "ever-so-much" patent medicine, together with any quantities of "pure, genuine cod-liver (whale) oil," at a cost of many dollars and cents, and so convinced is he of their fattening qualities, that he is now permanently engaged in the sale of the same. "Beware of counterfeits," none genuine except those with the name of the "maker" blown in the cork of the bottle. Recommendations from five hundred thousand distinguished individuals, who can neither read nor write, but who have "tried" these Methuselah medicines. *Only 25 cents a box. No cure no pay. Cod-liver oil, just imported from Cincinnati, only one dollar a bottle.*

 The Rockingham (Va.) *Register* states, that Mrs. Dietrick, wife of Mr. Jacob Dietrick, residing near Mount Crawford, in that county, was frightened to death a few weeks since. Her little daughter, for sport, threw a tree frog upon her lap, which began jumping up toward her face, and so frightened her that she soon died.

THE man who never took any patent medicine, cod-liver (fish) oil, lamp oil, castor oil, nor any other kind of oil, but who believes in the laws of life and health, as developed by Hydropathy through the WATER-CURE JOURNAL. This man neither chews, smokes, nor snuffs tobacco. Neither drinks tea, coffee, rum, gin, nor brandy. Has never been sick a day in his life. His father and mother were models of temperance, lived to a green old age, and passed away without pain, having avoided both drugs and doctors. The portrait before us is from a living example of sobriety, cheerfulness, hope, with a hearty good will for all the reforms in eating, drinking, sleeping, and living.

DEATH FROM CHLOROFORM.—We regret having to record another instance of the fatal effects of chloroform. We understand that Mrs. Weed, of Darien, Connecticut, died under the administration of this article, a few days since, while in the hands of a Stamford physician, who was extracting a tooth.

HOMESTEAD EXEMPTION.

The following extracts exhibit the qualifications of the various exemption bills now in force in the several States which thus far have recognized the inviolability of the Homestead:

MAINE.—A lot of land, dwelling-house and out-buildings thereon, or so much thereof as shall not exceed \$500 in value.

VERMONT.—The homestead of every house-keeper, or head of a family, to the value of \$500, and the yearly products thereof.

MASSACHUSETTS.—The lot and buildings thereon, occupied as a residence, to the value of \$500.

NEW YORK.—The lot and buildings thereon, occupied as a residence, to the value of \$1000.

MARYLAND.—All real estate acquired by marriage, during the life of the wife, from execution for debt of husband.

GEORGIA.—Twenty acres of land, including dwelling-house and improvements—value of house and improvements not to exceed \$200—and the additional amount of five acres for each child under fifteen years of age.

FLORIDA.—Forty acres of land to every farmer, and to every housekeeper residing in a town or city, a house and lot not to exceed \$300 in value.

ALABAMA.—Forty acres of land when not in any town or city, and provided such does not exceed in value \$400.

TEXAS.—Two hundred acres of land when not in any town or city, or town and city lots, not to exceed in value \$2000.

OHIO.—Every family a homestead not exceeding \$500 in value.

MICHIGAN.—Forty acres with dwelling-house and appurtenances, when not in town or city; if in a town or city, a lot and dwelling-house not to exceed in value \$1500.

ILLINOIS.—Lot of ground and buildings thereon, occupied as a residence, not exceeding in value \$1000.

IOWA.—Forty acres of land, not in a town or city, or houses and lot in a town or city, not exceeding \$500.

WISCONSIN.—Forty acres of land not in a town or city, or a town or city lot, not exceeding in amount one fourth of an acre.

CALIFORNIA.—The homestead, consisting of a quantity of land together with the dwelling-house thereon and its appurtenances, and not exceeding in value the sum of \$5000,

NEW JERSEY.—A homestead to each head of a family, being the family residence, to the value of \$500; not to be assets in the hands of an administrator, but to remain for the benefit of the widow, and until the maturity of the last minor child.

TENNESSEE.—There is a homestead exemption in this State to the value of \$500.

SOUTH CAROLINA.—A homestead of fifty acres of land, including the dwelling-house and appurtenances, not to exceed \$500 in value; and not to extend to any property situated within the limits of any city or town corporate.

LOUISIANA.—A homestead to the value of \$1000.

ORIGIN OF FRUITS & VEGETABLES.

The common bitter and astringent **CRAB** is the parent of all apples, and by cultivation, seeding improvements, grafting, and lastly, by hybridation, its quality has improved, and the quantities of these improved apples increased.

The seeds of garden fruits are more likely to produce good sorts than orchard seeding, cultivation in all cases improving quality.

The **Peach**, originally, was a poisonous fruit, its fleshy parts were then used to poison arrows, and it was for this purpose introduced into Persia; the transplanting and cultivation, however, not only removed its poisonous qualities, but produced the delicious fruit we now enjoy.

The **Nectarine** and **Apricot** are natural hybridations between the peach and the plum.

The **Cherry** was originally a berry-like fruit, and cultivation has given each berry a separate stem and improved its quality; the common mazzard is the original of most of the present kinds of cherries.

The common wild **Pear** is even inferior to the choke pear; but still, by cultivation, it has come to rank among our finest fruits.

The **Cabbage** originally came from Germany, and it is nothing more than common sea kale. Its cultivation has produced the present cabbage, and its different acclimatizing the different kinds; while its hybridation with other similar plants has produced the **Cauli-flower**.

The **Cooly Rauber**, or **Cabbage Turnip**, is a hybridation between the cabbage and turnip, and has lately been introduced into America. The *Brassica Rapa*, *Brassica Napus*, *Esculenta Navet* and other similar

vegetables, have been produced by similar means.

Celery, although so tender and fine flavored, is the same plant as the wild celery on the borders of the rivers emptying into the Chesapeake Bay, and is the natural food of the canvass-back ducks.

The original Potato, which is not an edible vegetable, is a native of Central America, and requires three years cultivation before it is fit for use—first introduced into England by Sir Walter Raleigh.

THE WIFE'S BLAST AGAINST TOBACCO.

He sits in the corner from morning to night,

'Tis smoke, chew, smoke,

He rises at dawn his pipe to light,

Goes puffing and chewing with all his might,

Till the hour of sleep. 'Tis his delight,

To smoke, chew, smoke.

The quid goes in when the pipe goes out,

'Tis smoke, chew, chew ;

Now, a cloud of smoke goes up from his throat,

Then, his mouth sends a constant stream afloat,

'Tis chew, chew, chew.

He sits all day in a smoke or fog,

'Tis puff, puff, puff ;

He growls at his wife, the cat and dog,

He covers with filth the carpet and rug,

And his only answer when I give him a jog,

Is puff, puff, puff.

The house all o'er from end to end,

Is smoke, smoke, smoke,

In whatever room my way I wend,

If I take his clothes to patch and mend,

Ungrateful perfumes will ever ascend,

Of smoke, smoke, smoke.

At home or abroad, afar or near,

'Tis smoke, chew, smoke ;

His mouth is stuffed from ear to ear,

Or puffing the stump of a pipe so dear

And his days will end I verily fear,

In smoke, smoke, smoke.

MORAL.

Young ladies beware, live single indeed,
Ere you marry a man that uses "the weed ;"
Better that husbands you should ever lack, O,
Than marry a man that uses tobacco.

THE MAN IN THE "WET SHEETS."

He is so rejoiced, having escaped the allopathic doctors, who were on his track, almost sure of their "game," that he cannot find words to express his joy. He is in ecstasies. His happy countenance sets all the company in a "roar." They forget their sorrows, "join in," and have a real good time of it. It is now an established fact, that one "hearty laugh" is better than a dose of physic, any time. If there is "a time for all things," there *must* be a time to "laugh and grow fat," and the man whose physiognomy we here present, fully believes in this doctrine. Those of our readers overs'ocked with mirthfulness should guard against excess. But we do feel assured that it is *not* wicked to laugh when one "really feels good."



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