

48.

THE  
**FAMILY**  
**ALMANAC**  
 AND  
**Guide to Health.**

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**A Valuable Book Given Away.—A New Work in Press.—  
 Agents Wanted.—See Third Page of Cover.**


**BY S. S. FITCH, A. M. M. D.**  
 714 BROADWAY, NEW YORK  
**1857**  
 S. S. Fitch & Co. NEW YORK. 714 Broadway.

These Almanacs to be had gratis of our Agents, and  
 at our Office.

# THE ANATOMY OF MAN'S BODY.

As governed by the twelve constellation, according to ancient astrology.  
The Head and Face,  ARIES.



The Feet,  PISCES.

## Astronomical Calculations for the Year of our Lord 1857:

Being, until July 4th, the 81st year of Independence of the United States.

CHRONOLOGICAL CYCLES AND ERAS.		BEGINNING AND LENGTH OF THE SEASONS.	
Dominical Letter.....	D.	Winter Solstice (1856).....	Dec. 21, 9 h. 31 mo.
Lunar Cycle (Golden Number).....	15	Spring Equinox (1857).....	March 20, 10 h. 37 mo.
Jewish Lunar Cycle.....	12	Summer Solstice.....	June 21, 7 h. 18 mo.
Epact (Moon's Age, Jan. 1st).....	4	Autumnal Equinox.....	Sept. 22, 9 h. 25 ev.
Solar Cycle.....	18	Winter Solstice.....	Dec. 21, 8 h. 9 ev.
Roman Indiction.....	15	Sun in Winter Signs.....	89 d. 1 h. 6
Dionysian Period.....	186	Sun in Spring Signs.....	92 d. 20 h. 41
Julian Period.....	6570	Sun in Summer Signs.....	93 d. 14 h. 17
The 5618th of the Jewish Era, com. Sept. 19.....	1857	Sun in Autumnal Signs.....	89 d. 17 h. 44
The 1274th of the Hegira com. Aug. 22.....	1857	Tropical Year.....	365 d. 5 h. 33
Year of the World (Usher).....	5361	Sun North of Equator.....	186 d. 10 h. 43
Year of the World (Jews).....	5617	Sun South of Equator.....	178 d. 18 h. 50
Year of the World (Septuagint).....	7364	Difference.....	7 d. 15 h. 58


**ECLIPSES FOR 1857.**—There will be two Eclipses this year, both of the Sun.

I. A Total Eclipse of the Sun, March 25th. Invisible east of the meridian of Washington; east of which the eclipse will be partial and visible—commencing at sunset, at Washington, and just before sunset west of that city.

II. An Annular Eclipse of the Sun, Sept. 17th, at about midnight in the U. States, and hence invisible.  
**MORNING AND EVENING STARS.**—Venus will be Evening Star until May 10th, then Morning Star the balance of the year. Mars will be Evening Star until June 1th, then Morning Star the rest of the year. Jupiter will be Evening Star until April 11th, then Morning Star until November 8d.

## SPECIAL NOTICE.

I have no assistant, partner, associate, or representative, absent from my own office. I am not myself absent from home, have not recently been, and do not intend to be. Whatever advertisements or announcements may appear of the presence of "Dr. Fitch" elsewhere, do not relate to me; and all pretensions of any present or past professional partnership or association with me, by any person absent from my own office, of whatever name, are untrue. My treatment can be obtained only on application to me, at 714 Broadway, personally or by letter.  
S. S. FITCH, M. D.

 All business letters should be addressed to S. S. FITCH & Co. Letters for medical advice, &c., should be addressed to Dr. S. S. FITCH, 714 Broadway, New York. Patients and others addressing Dr. S. S. FITCH, who desire or expect replies, will inclose stamps to prepay postage on replies. Always give address, Post-office, County, and State, in full.

# A GUIDE TO HEALTH.

BY

SAMUEL S. FITCH, A. M., M. D.,

AUTHOR OF "SIX LECTURES ON CONSUMPTION—ITS CAUSES AND CURE:" THE FIRST PHYSICIAN IN THIS COUNTRY WHO TAUGHT AND DEMONSTRATED THE CURABILITY OF CONSUMPTION.

There is everywhere a vast amount of unnecessary sickness. Indeed, as a general rule, we can all have good health, if we choose. The means for securing and preserving health, when we have it, and of restoring it when it is lost, are usually within our reach. We are made sick, most commonly, by abuse of ourselves—by violating the laws of our being; sometimes through wilful recklessness, more frequently through thoughtlessness or ignorance. And the diseases thus produced constitute much the largest proportion of those which prevail in every community. The various fevers, and the many infectious, contagious, and epidemic disorders, which result from hidden causes over which we have no direct control, are sometimes, it is true, very destructive of human life; but still they attract our attention, not so much because of the number of deaths they occasion, as because of the violence and comparative suddenness with which they cut down their victims. Our bills of mortality show us that much the larger proportion of deaths occurring in our midst, result from what are called *chronic* diseases, or the gradual prostration of the body from repeated, habitual violation of the laws which govern it. Even very many of the *acute* diseases are caused directly by imprudence, carelessness, or disobedience in some form to the rules of health;—such, for instance, as colds, inflammation of the lungs, croup, pleurisy, quinsy, inflammation of the brain, liver, stomach, bowels, kidneys, and other of the vital organs—diarrhoea, dysentery, &c., &c. These disorders may, in nearly all cases, be traced to some plain departure from known laws of health, which sufficient information and care, on the part of the victim, might have avoided.

## DISEASES CALLED CHRONIC.

As it is not impossible to preserve health, so we may ordinarily restore it when impaired. There are very few diseases that are not curable. This is true even of nearly all those tedious, wasting, annoying, painful diseases denominated *chronic*; such as Asthma, Bronchitis, Consumption, Heart Disease, Liver Complaint, Dyspepsia, Chronic Diarrhoea, Dropsy, Gravel, Stricture, Rheumatism, Spinal Complaints, Skin Diseases, Female Disorders, &c., &c.; and yet, almost one-half of every community are more or less sufferers from these complaints in some of their many forms, without being able to find effective relief when they apply to their physicians. There are many readers of these pages who will be able to attest, from a painful personal experience, to the truth of what I say. It is not creditable to our profession that these chronic disorders so generally baffle such medical effort as is made to cure them. But that they do baffle, and too often defeat it, is lamentably true.

NEW YORK, March 4, 1856.

DR. S. S. FITCH: Dear Sir—Some years ago I found myself an invalid, and scarcely knew how or why. I had a constant sense of faintness and weakness, a sinking, and as you have in your Lectures well expressed it, distressing all-gone feeling at the stomach. Standing or walking about wearied me excessively. I had a tired, dragging feeling about the chest and shoulders. These difficulties rendered me unfit for business or labor, and my life miserable. In this condition I was induced to get one of your Abdominal Supporters. I was relieved as soon as I put it on. I have worn it constantly since, and would not be without it for its weight in gold. Why do not more who need just this instrument for falling of the bowels, wear it? I desire to thank you for the very great relief and benefit I have derived from it.

Yours respectfully,

MERRITT MARTIN, 781 8th av., N. Y.

A lady was travelling in a stage-coach with a troublesome barking dog on her lap. A gentleman, a fellow-passenger, complained of the annoyance. "Dear me, sir!" exclaimed the lady with an air of astonishment—"I wonder you complain of my dog; everybody admires it; it is a real *Peruvian*." "I don't complain of your *Peruvian dog*, ma'am, but I wish he would give us less of his *Peruvian bark*."

"Dr. Porson," said a gentleman to the great "Grecian," with whom he had been disputing, "Dr. Porson, my opinion of you is most contemptible." "Sir," returned the doctor, "I never knew an opinion of yours that was not contemptible."

*Sharp and Sensible*.—In a certain reading-room in this city the following notice was stuck up by a wag: "Gentlemen learning to spell are requested to use yesterday's papers."

## PHYSICIANS USUALLY TOO INDIFFERENT.

In fact, these disorders, as a general thing, receive too little of the physician's attention, and the suffering they occasion is too lightly estimated. How often does the chronic invalid, after describing his case to his physician, and detailing to him the exhaustion, the sinking, the restlessness, the debility, and the suffering, which render life a burden, feel that he has not succeeded in exciting his sympathy, or in making him believe that "there is much the matter." Some slight remedy is perhaps prescribed, with the off-hand, almost indifferent remark, "I have seen many sicker men than you; pluck up courage, and you will soon be well." The poor sufferer turns away sad and hopeless, knowing that he has obtained no efficient help, and that he must suffer on.

It is my desire to render these few pages useful to this class of invalids by pointing out the means of care when health is lost, and giving some general rules by which health may be preserved.

## HOW HEALTH MAY BE RECOVERED WHEN IT IS LOST.

"Nature" is sometimes said to be the "*Great Physician*." It is a maxim that has done vast mischief. In one sense it may be true, but in the sense in which it is usually understood, it is false. It is just because nature cannot and does not cure disease, that the assistance of art is required. Nature is of course always in attendance in every case, and does what she can; and all the sickness and death that occur, take place *in spite* of her. Indeed, it is the very triumph over nature that constitutes disease.

Let it be remembered, then, that **REMEDIES cure disease**; so too there are few diseases for which there are not remedies. The natural laws which govern the system must, it is true, be observed in medical treatment; otherwise *medicines* are not *remedies*, but *poisons*. But when such medicines are thus used, disease is cured, and the cure is due to their remedial power.

## DISEASES THAT MAY BE CURED, AND HOW.

**I. CONSUMPTION.**—I mention this first because it causes more deaths than any other two diseases which prevail in our midst; and also because it is too generally regarded as incurable. I desire, if possible, to remove this false impression, and inspire the consumptive invalid with a rational hope of escape. I *know* that it is not incurable, for I have witnessed its cure in hundreds of instances in my own practice. I cannot be mistaken about it. It may always be prevented; it may generally be cured in its earlier, and frequently in its advanced stages. It is eminently a *curable* disease, not merely in the sense that it is sometimes cured in rare cases, by a strange, unusual effort of nature; but its cure may be effected as the *result of medical treatment*. Will the reader turn over a few leaves, and read the statements of those who have been cured?

**EARLY SYMPTOMS.**—While consumption is not always necessarily incurable in its advanced stage, yet it is terribly hazardous to disregard its earlier symptoms. One very common cause of its fatality is, that it creeps upon its victim unnoticed. As the lungs are but little susceptible to pain, they may become extensively diseased before the patient suspects danger. Now, to put the invalid on his guard, I will describe some of the early symptoms, which should, when they appear, instantly give the alarm.

**1st. SHORTNESS OF BREATH.**—When this is felt by one of a consumptive family, there is cause for alarm. At first it may be felt only after some sudden exercise, walking rapidly or running, going up hill or up stairs, lifting a heavy weight, &c. As the disease progresses,

**RECIPES. Painters' Colic.**—It is a fact not generally known, that what is called lemon syrup, made from sulphuric acid, is an effectual preventive of the disease known as the "painters' colic." Those who labor in white-lead manufactories ought never to be without it, for where it has been used that terrible disease is unknown. So says the celebrated German chemist, Liebig.

**Cure for Warts.**—Wet the warts, and apply a little saleratus; repeat this a few times, and it will cure the most obstinate warts.

**Chapped Hands.**—After washing, drop a few drops of honey, and rub the hands together till the stickiness is entirely removed.

**To prevent Lamps from Smoking.**—Soak the wick in strong vinegar, and dry it well before you use it. It will then burn sweet and pleasant.

## INCIPIENT CONSUMPTION CURED.

FREDERICK, Montgomery Co., Penn., }  
July 8th, 1855.

DR. S. S. FITCH: Dear Sir—I wrote a statement of my case to you, I think, in the latter part of July, 1854. You sent me medicines, Shoulder Braces, Abdominal Supporters, and Inhaling Tube. I used the medicines and instruments according to your direction, and soon experienced a decided relief and benefit from them. After using them about two months I had fully regained my health. Since then I have been less troubled with colds and bronchitis than I had been for some years before. Perhaps I ought to state that I am somewhat predisposed to consumption, but although I had all the beginning symptoms, they have entirely left me, and I am now in the enjoyment of good health, and able to perform as well as ever. I think I do not overrate

this symptom increases, until it appears on even moderate exercise, and at last may become constant.

2d. **WASTING OF THE FLESH AND STRENGTH.**—When a person of a consumptive family finds that his flesh and strength are slowly diminishing, without any assignable reason, and although he takes as much food as usual, he should be alarmed. His lungs are not fully doing their duty, and completing the process of digestion and nutrition. He should have his lungs examined without delay, and take measures to arrest the disease.

3d. **A LITTLE HACKING COUGH.**—When tubercles are being deposited, they usually irritate the lungs more or less, and produce a dry hacking cough. When this appears, and no cause can be assigned for it, or when it follows a slight cold, be alarmed.

4th. **SPITTING OF BLOOD.**—This may continue for years before the disease becomes active. It does not, indeed, always indicate Consumption. The blood may come from the throat. But it should not be neglected. The chances are, that disease is burrowing in the lungs.

5th. **PROFUSE BLEEDING FROM THE LUNGS.**—When this takes place, the patient needs never to be told that he is in danger. He is usually too much alarmed, even. If the person is in ordinary health, it does not, however, indicate Consumption as much as "spitting blood" does. It is often caused by congestion, a too full habit, straining, or injury to the lungs. Disease, however, often follows bleeding. The lungs are left weak, the circulation feeble, and tubercles are often deposited after an attack. The patient should at once fortify the lungs against this result.

These are the earlier symptoms. The later symptoms—the deep hollow cough, the hectic fever, the night-sweats, the distress for breath, and the pale, wasted form—none can mistake.

**THE TRUE CAUSE AND NATURE OF CONSUMPTION.**—The immediate cause of Consumption is invariably to be found in the blood. It is there as a poison, an impurity or humor; or as an imperfection—by which is meant an absence of some one or more of its healthy constituents. This poison and imperfection may result from any one of a variety of causes, and possess various characteristics. It may be an hereditary taint, transmitted from parent to child, as eczema, salt rheum, scrofula, &c.; or it may result from imperfect digestion and nutrition, or deranged action of the heart, the liver, the kidneys, the bowels, the sexual organs, &c., or from the effects of some infectious, contagious, or malarial disease, or from a simple cold, checking perspiration, and throwing the effete or waste matter back upon the blood and upon the lungs, or from breathing impure or insufficient air, &c. From any of these causes poisons or humor in the blood may result, which may determine upon the lungs and produce consumption. It eats into them in the form of ulcerations, or disturbs and throws into confusion the healthy circulations and secretions, and thus occasions the deposition of poisonous or foreign matter in the form of tubercles; or inflames and disorganizes the lining membranes of the air passages or cells, as in bronchitis; or works mischief in some other way.

**TREATMENT FOR CONSUMPTION.**—It is impossible to do more here than indicate the leading principles of the practice which I have found successful in curing this disease.

1st. The first great want of the lungs is a **FULL SUPPLY OF PURE ATMOSPHERIC AIR.** This is at once their *food* and their *medicine*. Consumption cannot be cured without it. The contracted chest must be enlarged, and the shrunken lungs expanded. The disease itself reduces their capacity by the presence of tubercles and a destruction of their substance. The imperfect arterializing of the blood, and a loss of vital force in the system are at once the consequences. By forcible respiration, with suitable instruments to assist, we must correct this evil, and keep the lungs full and large. I employ the necessary means to effect this.

2d. Consumption is almost always two diseases, one located in the substance of the lungs, and one on the membrane lining the lungs. For the latter, I employ in most cases suitable **MEDICINAL INHALATIONS**, to soothe the irritation, assist expectoration, and remove the catarrhal or other humors that may be present, and heal ulceration, if there are

your remedies when I say that I am indebted to them for my present health.

Yours truly, JOSHUA PLACÉ.

P. S.—Some time before you treated me, you treated my wife for falling of the womb, and afforded her a great deal of relief, after she had been attended by the most skillful physician in the neighborhood for several months without success.

SOUTH CANTON, St. Lawrence Co., N. Y.,  
Aug. 11th, 1855.

DR. S. S. FITCH: Dear Sir—What information we have gained from your Guide and Lectures has enabled us to take care of our family for over eight years, with the exception of your help. I strive to induce every invalid to try your medicines, knowing their virtues.

MRS. C. MOTT.

**Church Pew.**—In the practice of politely bowing strangers out of a pew where there is still room to spare, is there not a lack of even worldly courtesy? "Have you not mistaken the pew, sir?" blandly said one of these Sunday Chesterfields, as with emphatic gracefulness he opened the door. "I beg pardon," replied the stranger, rising to go out, "I fear I have. I mistook it for a Christian's."

It is not poverty so much as pretence, that harasses a ruined man—the struggle between a proud mind and an empty purse—the keeping up a hollow show that must soon come to an end. Have the courage to appear poor, and you disarm poverty of its sharpest sting.

A fellow said to a Jew, "Do you know they hang Jews and jackasses together in England?" "I did not," replied the Jew; "but if it is true, it is fortunate that you and I are not there."

ulcers in this membrane. For the former I use CONSTITUTIONAL AND ANTIDOTAL REMEDIES to purify the blood, to improve its quality and infuse a fine life into it, and to build up the whole system; to remove disease or trouble of any other part than the lungs; to improve the digestion, cure dyspepsia, alleviate costiveness, arrest diarrhoea, stop night-sweats, place the kidneys, skin, and liver in a healthy, active state, and correct the circulation, regulate the heat, so that the blood may flow evenly and equally through all the system, thus preventing congestion and bleeding from the lungs. This free and healthy circulation becomes, as soon as established, a perfect medium for conveying remedies to every part, and thus effecting a cure. I use such mechanical remedies as the case may require to prevent sinking or falling of the bowels, by which much debility is felt at the pit of the stomach, and distress in coughing, and weak back.

**OTHER MEANS.—BATHING.**—I recommend washing the whole person daily in cold, strong salt and water, and once in each week in cold water, with soda, or potash, or soap, in lieu of salt. These baths are indispensable, and contribute vastly to keep up the strength, throw off fever, give activity to the skin, and strengthen the whole nervous system. (See my Lectures.) Bathing may be done at any time of day or evening most agreeable; morning is usually the best time. Be most thoroughly rubbed with a dry towel *both before and after* washing. There are persons who cannot at first bathe in cold water without injury, but perseverance will usually overcome all objections. Tepid water may be used if cold water chills or is disagreeable.

**DIET FOR CONSUMPTIVES.**—In the first stages of consumption, the diet should for a short time be very light. As soon as the fever and congestion are reduced, the patient should take a better diet as he can bear it; and should drink, constantly and freely, slippery-elm or flaxseed tea, mucilage of gum arabic, Iceland or Irish moss tea; they will materially help the other medicines. If, however, at first the patient is weak or debilitated, or the lungs ulcerated more or less, then he may eat as much as he can bear without fever, or great shortness of breath, or oppression in the stomach; he may live generously on perfect food, well cooked and always light; meats cooked with all their juices, so as to be perfectly tender and easily picked to pieces with the fingers. Avoid all old, tough, or half-cooked meat, that lies heavily or long on the stomach; all windy and half-cooked vegetables; all sour fruits, and, as a general principle, all fruits that cause wind. Fruits had better be cooked; avoid all nuts, walnuts, peanuts, etc.; all pickles, preserves, fresh bread, etc.; all acids, vinegar, &c. Baked pastry is usually bad if you eat much. In general, never load the stomach; do not allow yourself to get very hungry or exhausted for want of food. You may eat as much salt as you please with your food, stale bread, toast, plain pastry, light griddle cakes, well-cooked potatoes, well-cooked tender chicken, turkey, beef, mutton, veal, fresh fish, oysters, soft part of clams and their liquor, game, grits of wheat, rice, and hominy. Milk may be often allowed, especially to those accustomed to it. In case you know what does agree with you, use it; do not lose your own experience; take any thing that agrees with you; always go to the table with the family, if possible and agreeable. Any food that you know disagrees, avoid, and carefully observe the effects of food.—(See remarks in my "Lectures," on Diet.)

**DRINKS FOR CONSUMPTIVES.**—The consumptive may drink what he knows agrees with him; pure water, black tea, a little good French brandy and water, port wine, and London porter, if no fever is produced, are often excellent. Iceland or Irish moss, put in a dish and covered with cold water, after two or three hours makes a good drink, if thirsty. Avoid coffee. After ulceration of the lungs is fully established, the patient should eat and drink as much as he can bear. Exercise your best judgment, take sufficient time to form a correct judgment, and then pursue what best agrees. It is better to live too high than too low.—(See remarks in my "Lectures," on Diet.)

**RECIPES.** *To make Bologna Sausages.*—Take of beef suet, fresh pork, bacon, fat and lean, fresh beef and veal, each one pound—chop them fine: mix well together. Take a handful of sage leaves, powdered fine, with a few sweet herbs; season pretty high with pepper and salt. Take a large well-cleaned gut and fill it. Set a saucpan on the fire with water. When it boils, put in the sausage, first pricking it to prevent its bursting. Boil it one hour.

*To Sweeten Musty Casks.*—Fill the cask with boiling water, and then put in some pieces of unslaked lime—keeping up the ebullition half an hour. Then bung it down, and keep it until cold, when turn it out, and rinse well with water.

*To make Wood Fire or Water Proof.*—Take some gravelly earth, wash it clean from all heterogeneous matter, and dissolve it in a strong solution of caustic alkali. Spread this on the wood.

#### CASE OF E. C. WAMSLEY.

BUFFALO GROVE, Ozle Co. Ill.,  
June 14th, 1855.

DR. S. S. FITCH: Dear Sir—I will take the opportunity of writing to you, having some spare time, and wishing to inform you of the state of my health. I feel truly thankful to you for your remedies and advice, which have been so beneficial to me. I am now enjoying better health than I ever expected to, when I applied to you. My soreness in the throat has disappeared, and the terrible palpitation of the heart that I was so troubled with, together with a peculiar wheezing sound in my chest. In fact, I am well now, and can simply thank you for your attention, and treatment of my case. I would most earnestly recommend those afflicted with disease of the throat and lungs to try your treatment, and you are at perfect liberty to refer any one to me.

Truly yours,

E. C. WAMSLEY.

**EXERCISE FOR CONSUMPTIVES.**—(For this see remarks in my Lectures on Consumption.) Horseback exercise, carriage-riding, jumping the rope, dancing, moderate walking, are all excellent. Go out daily, if possible, and, above all, make your exercise regular. Do any light work; exercise for an object is worth more than without an object; to ride five miles on business is better than to ride ten miles for health merely; peddling, shopping, etc., are all excellent. Let all your habits be the habits of prudent, healthy persons, as far as possible.

**SLEEP.**—The consumptive should recollect that whatever breaks him down in any way will predispose to consumption, and much retard or prevent its cure. Nothing is better for him than refreshing sleep; on this account I never prescribe medicines to be taken during the night, but would most strenuously advise going to bed and rising at regular hours. Do not lie long in bed after awaking. Above all, avoid watching with the sick, or sitting up to study, etc., and all night-meetings. Sleep most when you sleep the best.

**TO ARREST BLEEDING FROM THE LUNGS.**—I employ, of course, medicines appropriate for bleeding. Besides these, the patient should wear constantly on the chest, a cloth wet in strong salt and water, cold, changed frequently. Avoid loud talking and singing. The patient may with benefit, if bleeding is obstinate, drink pretty freely of salt water. Do not be frightened to death by bleeding. It is an unpleasant symptom, and it is best to have the lungs in a condition not to bleed. But bleeding to death from the lungs is a very rare occurrence, and moderate bleeding is often not very injurious; sometimes it is positively beneficial.

**MEDICINAL INHALATIONS.**—All that is valuable in the treatment of lung diseases, by the inhalation of medicated vapors and airs, I employ in my practice. There are certain conditions of the lungs in which these vapors may be used with decided advantage, if employed in connection with constitutional remedies. By this mode the medicinal qualities with which vapor and air may be impregnated, are conveyed immediately into the lungs. But the range of remedial agents, which may be taken into the lungs with impunity, is so limited, and there is so little adaptation in the lungs to receive and appropriate foreign substances, that this treatment cannot be relied on alone, and when employed alone has proved a failure. It is a most valuable assistant and adjuvant of constitutional means; but as a specialty, and when used alone, should be classed among those "cure-alls," and "one-remedies," which swarm out from the Pandora Box of Quackery.

I repeat, that all that is valuable in this treatment I employ, and have done so for years. I have conveniently constructed Instruments for inhaling medicated vapors, and my various remedies are carefully prepared and adapted to the purpose of inhalation. The full benefit that can be derived from this treatment, the patient will find in my practice, while he will receive with it the equally or still more important advantages of remedies designed to improve the general constitution, eradicate the disease, and cure any derangements or ailments with which the lung disease may be complicated.

I have thus indicated the system I employ, with a few more special rules. I am fully satisfied, from a long practice, in which I have been consulted by over seventy thousand invalids, as well as from very extensive and careful investigations, both in this country and in Europe, that it is the only one known to the profession under which this dreadful enemy of the human race can be subdued.

**II. ASTHMA.**—This disease, which frequently occasions the most terrible suffering, and which is often fatal, is usually caused by a humor in the lungs. In some persons it appears as a seated affection, producing a constant difficulty in breathing, and a wheezing as though the air-passages were partially closed, as in fact they are. There is a humor spread on the internal surface of the lungs, which thickens the lining membrane, and thus partly fills up the

#### COMPLICATION OF DISORDERS CURED.

BURFORD, C. W., Nov. 16, 1854.

DR. FITCH: Dear Sir—It is with feelings of heartfelt gratitude that I am able to inform you of my good health at the present time. My health has steadily improved ever since I began to use your remedies—about one year since, although at that time I was in a very diseased state. I think I am now about as well as ever I was. I still continue to wear your Shoulder Braces and Supporters, and shall do so as long as I live, as I consider them of inestimable benefit. I have likewise purchased one of your Supporters for my wife, as I find, by studying your Guide to Invalids and book of Lectures, that she needs them.

Respectfully yours,

STEPHEN COON.

**Funny Definitions** (not far from correct).—*Parasol*.—A protection against the sun, used by ladies made of cotton and whalebone.

*Straps*.—An article wore under the boots of gentlemen made of calf-skin.

*Kites*.—Light frames covered with papers sent into the air by boys with tails to them.

One of the meanest and most contemptible acts on earth is to slander an unprotected or friendless woman. Yes, but there is one thing far meaner. It is for a woman, sheltered by the immunities of her sex, to outrage the feelings of a high-minded man.

A parent who sends his son into the world uneducated, and without skill in any art or science, does as great injury to mankind as to his own family; he defrauds the community of a useful citizen, and bequeaths to it a nuisance.

tubes and cells. In other persons it appears occasionally, or periodically, or from some exciting cause, coming on with great violence, lasting from two or three hours to as many days, and causing at times the most awful distress. The struggle for breath is frightful. It is called spasmodic asthma. In these cases a spasmodic contraction of the air passages takes place. Asthma is *curable*, entirely so. I adopt the same general treatment for this disease as for consumption, with such modification of special remedies as the peculiar circumstances require. There must be both a general and local treatment—and all the ailments that accompany it must receive attention.

**III. THROAT AFFECTION, OR BRONCHITIS.**—This is a most common disorder, and is often the forerunner of consumption. It is common among elergymen, lawyers, teachers, lecturers, etc.; those who use the voice very much, especially before large assemblies and in heated rooms; also, sedentary and dyspeptic persons, and those of a costive habit, are liable to it. Its symptoms are soreness of the throat, hoarseness, loss of voice, a sense of tightness across the chest, cough, in some slight, in others most distressing, weakness of the voice, great fatigue when talking, &c. In many cases there is swelling of the tonsils, and enlargement of the palate. In a large proportion of cases of these throat diseases, if of long standing, the lungs are also affected; almost always so, if the patient is highly predisposed to consumption. *But it may be cured in nearly all cases*, even after there is ulceration. Like consumption and asthma, it is both a constitutional and local disorder, and must be treated with both general and local remedies. In most cases it is a true humor fastened upon the throat, and merely suppressing the *eruption* there, does not cure it. Burning the throat with caustic, therefore, should never be resorted to unless the most active measures are taken to fortify the lungs, and renovate the system; otherwise the disease is almost certain to be driven upon the lungs. I have seldom found it necessary to use caustics at all. The disease yields, in most cases, without. The same general rules of diet, drinks, and habits of living, that apply to consumptives, apply in this disease.—(See remarks in my Lectures.)

**IV. CATARRH IN THE HEAD,** is a most disagreeable, annoying, sometimes painful disorder. It is an inflammation of the membrane lining the nose, extending sometimes into the front part of the head, down the back nasal passage to the throat, to the cheeks and eyes. It causes often offensive discharges from the nostrils, partially or wholly closing them, headache, a dull heavy pain over the eyes, confusion of mind, heat and pain about the nose, eyes, and cheeks; at times, frequent "hawking" to clear the nose and throat; impaired sense of smell, and sometimes taste and hearing. It should not be neglected, as it often extends to the lungs, producing catarrhal consumption. It is perfectly curable.

**V. DISEASE OF THE HEART.**—There is, perhaps, no disease, acute or chronic, which occasions to the invalid more alarm and apprehension than that of the heart. Thousands, from this cause, live in hourly fear of death. In this awful apprehension they suffer a thousand deaths.

Heart disease may be cured. There are very few cases indeed that will not yield to a proper medical treatment. I say so, because the fact has been demonstrated before my own eyes, and in my own practice, in repeated instances.

**SYMPTOMS OF HEART DISEASE.**—The most common form in which disturbance or disease of the heart is shown is simple palpitation. It is at first, perhaps, felt only occasionally. These spells may increase in duration. As it increases, it is accompanied by a little shortness of breath, perhaps an occasional sharp pain in the left side, running up to the shoulder and down the arm. In its progress there may be, at times, a distressing sense of fulness in the left side, and perhaps an indescribable feeling of misery, with periods of greater distress for breath.

**RECIPES.** *To make a Fire and Water Proof Cement.*—Put together milk and vinegar, each half a pint. Separate the curd, and mix the whey with the whites of five eggs, beat well together, and sift into it enough unslaked lime to make it the consistency of thick paste. Broken vessels mended with this cement will not separate, for it resists both fire and water.

*To preserve Houses from Vermin.*—Put half a drachm of corrosive sublimate, with a quarter of an ounce of spirits of salts, into one quart of spirits of turpentine. Shake well: with this wash the places where bugs resort—a sure exterminator. It is an active poison.

*To weak Glass in any required Way.*—Dip a piece of worsted thread in spirits of turpentine, wrap it round the glass in the direction required to be broken: then set fire to the thread.

#### DYSPEPSIA AND LUNG DISEASE.

BALLSTON SPA, Jan. 27, 1856.

DR. S. S. FITCH: Dear Sir—I would state that in September, 1849, I was afflicted with the dyspepsia, and became so debilitated that when at New York I could not walk across the Park without sitting down to rest. I called on you, at 707 Broadway, and procured your Shoulder Braces and Supporter, together with a variety of your medicine, the use of which, with your prescription, nearly restored me to health within a few weeks.

My wife about that time was attacked with the bronchitis in its worst form. Before leaving home, I procured for her the separate advice of three physicians, one of whom told her she had the consumption on the lungs; and when she told him she talked of going to New York to consult Dr. Fitch, he replied, that she would not like to hear what Dr. Fitch would tell her (meaning that she had the consump-



Going up hill or up stairs will bring on violent palpitations, and take away the strength and breath to a distressing degree. There is sometimes a feeling of weakness in the left side, which may extend to the left arm. Any sudden emotion, such as fright, or surprise, or pleasure, will set the heart fluttering like a frightened bird. At times the heart may seem to stop beating for an instant, with a kind of shock, and then as suddenly resume its action, with a bound and a flutter, lasting some minutes. At other times there is a sudden sensation of an indescribable rotary motion of the heart, as though it turned over. As the disease increases in violence, there may be distressing difficulty of breathing, amounting, in some instances, almost to suffocation, partial or total faintings. Sometimes, even in slight derangements of the heart, the sleep is disturbed by alarming dreams and frequent startings; and in more severe cases the invalid can scarcely lie down at all. In some cases there is most terrible pain in the heart—sometimes dull and heavy, at others sharp and lancinating. But there may be disturbance or disease of the heart without pain.

In some instances the general health or appearance is but little disturbed or changed by the diseased action of the heart; in others, a change in these respects is marked and peculiar; the countenance will be bloodless and livid, and the eyes swollen and watery. In some cases the palpitation will amount to only a slight increase in the rapidity and force of the pulse; and from this it varies in severity to a hard, violent throbbing, which may be seen to shake the whole person, and even the chair or bed on which the invalid may sit or recline. In some instances there will be a uniform, regular hard beating of the heart, and in others the pulse will be irregular and intermitting.

**TREATMENT OF HEART DISEASE.**—My treatment is directed to the cause of the disease. The disorders and diseases which produce or attend it are cured, and the whole system, by appropriate constitutional remedies, is restored to a condition of health. By specific remedies, addressed to the heart, its agitation and violent action are quieted and subdued, and the disorganization which is going on arrested. The condition of the system is regulated, and those distressing suspensions of circulation, which often cause sudden death, I take prompt and effectual means to prevent. If the disturbance is one caused by disease or irregularity elsewhere, the cause I remove by prompt and efficient remedies, applicable to the particular case. I always adopt efficient measures to guard the lungs against taking on disease—to enlarge and strengthen the chest and lungs—to build up and strengthen the whole system—to purify the blood, and restore the whole body to sound health.

**VI. LIVER COMPLAINT AND BILIOUS DISORDERS.**—Deranged action of the liver is very common; organic disease of this organ is not so common. The latter is usually indicated by heat, pain, and swelling in the right side—by obstinate costiveness, flatulence, or diarrhœa, and sometimes great pain in the bowels—more or less indigestion—sallow skin, yellow eyes, loss of appetite, or insatiable craving for food—loss of flesh and strength, great melancholy and depression of spirits, palpitation of the heart—in some cases cough—sometimes there is most distressing pain in the side and across the centre of the body, headache, dull, heavy, drowsy feeling. Many of these symptoms are present in mere torpidity of the liver. The latter is not, however, attended with swelling in the side, nor so much pain and heat in the region of the liver. Bilious derangement is often produced by want of exercise, irregular habits, sedentary employments, excessive study, confinement in-doors, colds, eating too much or too rich foods, particularly fats. It is promptly and perfectly curable.

**VII. DISEASES OF THE KIDNEYS.**—These are a common and painful class of affections. The usual symptoms are pain, heat, and tenderness in the small of the back; passage of water attended with heat, scalding, pain; sometimes with discharge of blood, &c.; urine variable—sometimes scanty and high-colored, at others clear and too abundant, often depositing red or white sediment, which adheres to the vessel or settles to the bottom. In some

tion, and that Dr. Fitch would tell her so). She and I called on you about the 20th September, 1849. You examined her case, and told her you could make her well enough to dance in four weeks. We took your medicine home with us, and in less than four weeks Mrs. Arnold was able to attend to all her household affairs. Your charges were reasonable, and your medicine truly saved her from an untimely grave. Very truly yours,

W. W. ARNOLD.

HINSDALE, N. H., April 11, 1856.

DR. S. S. FITCH: Dear Sir—I inclose \$2, for which please send (by express) your valuable Pulmonary Balsam, the best remedy for a cold, accompanied with a cough, bronchial or lung difficulty, that the world ever produced; as I happen to stand very much in need of it.

Respectfully, yours, JOHN HANCOCK.

**A Word to Boys.**—Begin in early life to collect libraries of your own. Begin with a single book; and when you find or hear of any first-rate book, obtain it if you can. After a while get another, as you are able, and be sure to read it. Take the best care of your books; and in this way, when you are men, you will have good libraries in your heads as well as on your shelves.

Dr. Johnson says, "*Resolves not to be poor.* Whatever you find, spend less. Poverty is an enemy to human happiness. It often destroys liberty, makes some virtues difficult, and some impracticable." Read that, ye lazy idlers, and go to work at something.

To die without accomplishing any thing: Always intend to do something great hereafter, but neglect the present humble opportunity of usefulness.

cases there are fever and a coated tongue. If the bladder is the seat of the disorder, there is pain, heat, or uneasiness in that region; frequently stricture and painful retention of urine; sometimes discharge of blood and mucus. Gravel results from diseases of the bladder and kidneys. These diseases are usually curable.

**VIII. RHEUMATISM.**—This painful affection is too well known to need description; and it is as well known that it is often regarded as incurable. Temporary relief is about all that is hoped for. When, however, the cause is known, and remedies employed that will reach that cause, a cure is perfectly practicable. Rheumatism results from a peculiar poison in the blood, which settles upon the membranes, covering the joints usually; sometimes it invades the muscles. Wherever it is, it causes inflammation, vitiates the secretions, and causes much pain. By proper local applications, together with such general remedies as are specifically adapted to eradicate the poison, there is scarcely any case that may not be cured. Decided relief can be given in nearly all cases.

**IX. SKIN DISEASES.**—Their name is legion. We are a poisoned race. To find a human being in Christendom, in whose veins flows no taint or poison, is probably an impossibility. These diseases occupy different parts of the surface of the body—the face, scalp, eyelids, the ear, internal and external, the throat, breast, limbs, hands, feet—in fact, all portions of the surface, producing in their various forms of development and location a vast catalogue of complaints which I have not space to enumerate, all proceeding from poison in the blood. All may be repelled from the surface to the internal organs, affecting one or all of them. It is very rarely that we meet with any skin disease of any type that cannot be cured by proper remedies, local and constitutional, in from six weeks to two months.

**X. DYSPEPSIA** is a Protean disease, assuming a thousand shapes and characters, and giving rise to a long train of distressing symptoms. Invalids find it difficult to cure. It is indeed often obstinate, but with suitable remedies, it will generally yield to treatment.

**XI. KING'S EVIL, OR TRUE SCROFULA**, whether in the form of lumps, or hard swellings about the neck, under the chin, on the cords of the neck, or elsewhere, or in the form of running scrofulous sores, &c., &c., is usually curable.

**XII. COSTIVENESS.**—Thousands suffer from habitual costiveness. It is a distressing disease in itself, and the parent of many others. Headache, sick-headache, confusion in the head, rush of blood to the head, apoplexy, palsy, throat disease, consumption, bleeding lungs, heart disease, dyspepsia, liver complaint, piles, skin diseases, nervousness, womb diseases, kidney complaints, &c., are sometimes produced, and always aggravated by it. It is curable.

**XIII. FEMALE COMPLAINTS.**—How many sufferers from this class of disorders challenge the sympathy of the humane physician! and the more so, as thousands suffer in silence, and without hope of relief. For the encouragement of such, we would say, your sufferings are unnecessary. In nine cases out of ten this is so. From that painful displacement of the organs, that weak back, deranged natural functions, and all their terrible attendant symptoms, of sinking, debility, palpitation, indigestion, pain in the head, back, hips, and limbs, costiveness, piles, painful retention of water, leucorrhœa, barrenness, cough, pain in the chest and sides, &c., &c., all of which are caused often by inflammation and ulceration of the neck of the uterus, which exists, perhaps, unknown to the sufferer, you may be relieved, and restored to health. It is here that my Abdominal Supporter is of great advantage, and should always be worn. (See my Lectures.)

**RECIPES.** *To preserve Eggs.*—Dissolve gum Arabic in water, making a thick solution. Coat your eggs with this, dipping them in one by one, and laying them out to dry. After they are dried, dip again the side on which they lay while drying, so as to coat them completely. When perfectly dried, pack them in powdered charcoal. An excellent process.

*To restore Wilted Flowers.*—Put the stems one third their length in scalding water; and let them stand until the water cools. Then cut off the scalded part of the stems, and put the flowers in cold water.

*To mend Cracks in Stoves, &c.*—Take wood ashes and common salt, equal parts, and mix with water to a thick paste. Fill the crack with this, whether the stove is hot or cold. It is a simple, cheap, but good cement.

**LETTER FROM SAMUEL L. CLARKE, M. D.**

MOUNT BLANCHARD, Hancock Co., Ohio, }  
July 7th, 1855. }

Dr. S. S. FITCH: Dear Sir—In June, 1848, I sent to you a statement of my case and a fee. I received in return medicine and counsel. After continuing the course prescribed five months, I found myself entirely well. I referred two of my companions to you after I recovered, and they also recovered from what their medical adviser called true consumption. I have received more advantage from reading your little work entitled Lectures on Disease of the Lungs, than from all the large volumes of other medical men. If you can send me any thing new on the treatment of lung disease, I shall be as glad to receive it now for the benefit of others, as I was seven years ago for myself. Yours truly and forever,  
SAMUEL L. CLARKE, M. D.

## HOW I TREAT DISEASE.

1st. I start with the fact, for a fact it is, that no person can have robust health with small lungs and a contracted chest; nor if the lungs are suffering from any disorder upon them. Here is the very citadel of life, from which all the vigor, vitality, and power of the system are obtained. The great office of the lungs is to supply power and vitality to the system. If they are on any account deficient, every organ of the body suffers and languishes in consequence. I aim, then, in all cases to secure in the patient a large chest, and healthy, well-developed, well-expanded lungs, and I take means, by Shoulder-Braces, Inhalers, &c., to secure these ends.

2d. In almost all chronic affections, where there is loss of strength, the *abdominal muscles* are more or less relaxed. This is especially the case in affections of the lungs and throat; also in dyspepsia, chronic diarrhoea, female disorders, &c., causing a sinking, heavy, "all-gone" feeling at the pit of the stomach, and a dragging sensation about the breast and shoulders. This I correct by a well-adjusted Abdominal Supporter, and appropriate local applications to the parts.

3d. I regard the *skin* as a *most important* organ, and by bathing, warm or cold, medicated or simple, as the case may require, I secure an active, healthy condition of the skin. I find the most beautiful effects from these baths in treating chronic complaints, and in the preservation of health.

4th. I give my patients a most complete regimen, as regards *exercise*, out-doors and in; *diet*, adapted to each case; sleep, clothing, and all other matters relating to their habits and mode of life.

5th. *I give them medicines*, external and internal, local and general, *adapted to cure them*. Here is the *grand remedial power of my system!* I find that there is a positive power in medicine unknown to those who employ only the crude drugs of the apothecary shop. By skilful combinations diseases can be cured that cannot be reached by any one medicinal agent alone. I employ remedies, all prepared most carefully under my own hand, which have specific tendencies to the various organs, and are true antidotes to the poisons which invade the system. There are none used that sicken, or reduce the strength, or cause pain or inconvenience. The treatment employed does not in any case interrupt or interfere with the patient's business or pleasures, if they are proper and innocent.

THE FOLLOWING LETTER illustrates the effect of my treatment in an interesting instance:

## INTERESTING CASE.

PEORIA, ILL., March 6th, 1855.

DR. S. S. FITCH: Dear Sir—I wish to inform you of the effect of your medicines, which my husband got of you last fall. I had been troubled with a bronchial affection in the throat, with more or less cough, and my tonsils were frequently swelling and breaking. At the time my husband was in New York I had inflammation of the lungs, which left me with the Asthma, so that every breath caused me great pain, and I had very severe coughing fits. I was unable to sit up much of the time. When I commenced taking your medicine I was astonished at the effect: the first dose helped me; I could breathe better. In three days I was able to sit up all day; in two weeks I felt like a new creature. The Braces strengthened my chest, and caused the pain to cease. The Supporters gave my back and hips new strength. I took the remedies as ordered; each did its own work, and altogether gave me good health in two months. I have no colds and cough, as I usually have in spring. In short, no one could believe what a change has taken place in my health, unless I was to be seen then and now. Believing, sir, that you were the means of my restoration to health, after thanking my Lord, I must gratefully thank you for all you have done for me.

Yours, &c.

PHEBE ANN KNOWLTON.

On subsequent pages I have mentioned some of these medicines, and would commend them to the attention of invalids.

## TENDENCY TO CONSUMPTION ARRESTED.

GRAFTON, Grafton Co., N. H., Dec. 31, 1855.

DR. S. S. FITCH: Dear Sir—When I applied to you in 1852 I was suffering from a severe cough, and all thought I was fast hastening to fill a consumptive's grave; and it may be that I shall yet, but not so soon as all then anticipated, for at the present time I am in the enjoyment of good health, without any indication of a disease on the lungs; and to you, instead of dame Nature, would I award the tribute of praise of my present state of health, for I had trusted to her and daily grew worse, until your "Lectures upon Diseases of the Lungs" accidentally fell into my hands. They inspired me with so much confidence that I immediately applied to you; and you will please accept my warmest thanks for your advice. Truly yours,

MISS O. H. FOLLANSBEE.

It has been a very common practice for jurors in the Boston courts, to sit with their feet resting on the railing in front of them, while the lawyers were addressing them. A distinguished attorney put an end to this custom for a time, by inquiring of the court on one occasion, in a very cool manner, *which end of the jury he was expected to address!* The judge replied that he must address their *understandings*, of course.

An Irish mile is 2240 yards; a Scotch mile is 1984 yards; an English or statute mile, 1760 yards; German, 1806; Turkish, 1826.

An acre is 4840 square yards, or 69 yards 1 foot 8 1/2 inches each way. A square mile, 1760 yards each way, containing 640 acres.

A New Zealand chief maintained that he had a good title to his land, because he had eaten the former owner.

## RULES FOR PRESERVING HEALTH.

It is not difficult to preserve GOOD HEALTH, if you will obey a few simple rules.

**FIRST.** You must have LARGE SOUND LUNGS. Without good lungs you cannot have robust health. The strength, power, vigor—all the vitality of the system, and of each organ of it—are derived from the lungs. But you may have good lungs if you choose (accidental mechanical injuries excepted). The person should be carried erect, the shoulders thrown and kept back off from the chest, the breathing should be habitually full and deep, and the chest kept large and full. Never allow yourself in the habit of *stooping*. *Stand and sit straight*, and don't fear being thought vain if you are erect, with chest thrown out, and shoulders back. Frequently take long full breaths, and get the *habit* of full, deep breathing. If necessary, wear shoulder-braces, and use an inhaling-tube. Never sit in a cramped, stooping, or confined position while writing, reading, sewing, or at any other employment. Never lace, or in any way confine the chest. As the first requisite to good health, then, secure a *full, broad chest, an erect figure, and large lungs*. YOU CAN DO IT.

**SECOND.** Take, at regular intervals, as much WHOLESOME, DIGESTIBLE FOOD and DRINK as the waste of the system requires, and NO MORE. This looks like a very simple rule, and so it is, if you will resolutely resolve to obey it. But there is none which is more generally and wretchedly violated. As a general rule, we eat *too much*. We too frequently eat to satiate our appetites and gratify our palates, and not to supply our wants. Special rules of diet are of but little use. Each person must be his own guide here; and he can be, if he will resolve to consult common sense—never to eat too much, or at unseasonable hours, or unwholesome food, or too rapidly. *Don't eat late suppers.*

**THIRD.** Keep the skin on the whole person clean and healthy. To do this, wash the whole person daily in water as cold as you can bear, and be warm and comfortable after the bath. Use much friction, with a coarse towel, both before and after the bath. Do not omit this, if you would have health.

**FOURTH.** Take brisk exercise daily in the open air. Nothing can take the place of this—absolutely nothing. You must have exercise. Walking, riding on horseback, laboring, or in some way. If you can't go out, then exercise in the house. Do something to exercise the muscles of the chest, particularly. *Take exercise daily!*

**FIFTH.** Take regular sleep, at seasonable hours. Retire in season, and rise early. Take sleep enough, but not too much. Sleep in a well-ventilated room, on a moderately hard bed, with covering enough to be just comfortable, and no more. Ventilate your room and bed well during the day.

**SIXTH.** Never expose yourself to take cold. You may suppose this impossible; but it is not. Recollect a "cold" is the result of a sudden closing of the pores of the skin, and is the effect of cold air upon the skin when it is warm, or the sudden lowering of the temperature of the body in some way. Going from heated into cold air, sitting in a draft, wetting the feet or person, &c., will, as everybody knows, give a cold. Avoid, under all circumstances, suddenly lowering the temperature of the body, and you will not take cold.

**SEVENTH.** Protect the person by proper clothing, and never sacrifice comfort and health to appearance. Keep the head cool, the feet warm, and the bowels free.

**EIGHTH.** Keep a cheerful temper. Don't let the heart be burdened by care or grief. Avoid the vices—all of them. Practice the virtues—all of them. Give some time to recreation. Don't wear yourself out, by exhaustive work or business. Study to know yourself, and in all respects obey the laws of your being. Inform the mind—cultivate the heart—Keep the "Commandments" so you shall have health and long life.

**RECIPES.** To make Welsh Rabbit.—Cut 1 lb. of cheese into small slices if soft—if hard, grate it down. Put it into a tin dish, with an ounce of butter, and set the dish over a spirit-lamp or a gas-tube fire. Have ready the yolk of an egg, whipped with half a glass of Madeira wine, or as much ale or beer. Stir your cheese, when melted, until thoroughly mixed with the butter; then add gradually the egg and wine. Keep stirring it till it forms a smooth mass. Season with cayenne pepper and grated nutmeg. To be eaten with a thin hot toast.

**Powder for Fumigating Sick-Rooms and Destroying Contagions.**—Take cascarrilla, reduced to a coarse powder, chamouille flowers, and aniseed, each equal parts—say 2 ounces. Put some hot cinders on a shovel, sprinkle this gradually on it, and fumigate the chambers of the sick. It takes away all smell and keeps off infection.

### TRUE CONSUMPTION CURED.

NEWARK, Caledonia Co., Vt., Jan. 1, 1855.

DR. S. S. FITCH: Dear Sir—On the 7th of June last I wrote to you describing my condition, and have since been using the remedies which you then prescribed for and gave me. I had then been out of health some six months. I had a hacking cough, severe pain in the chest and sides, also between the shoulders and under the shoulder-blades. My breath was short and oppressed, and I had daily a fever, and at night severe sweats. I was first attacked with inflammation of the right lung, which resulted in what the Doctor calls a partial hepatizing of the lungs. I had had the advice and assistance of several physicians, both in Boston and this place, which were of no benefit to me. I was told by two physicians that I probably had tubercles formed in the lungs, and if so, I must die—nobody could save me.

## DR. S. S. FITCH'S MECHANICAL & MEDICINAL REMEDIES.

USED BY HIM IN HIS PRACTICE AND FOR SALE BY HIS AGENTS.

### INTRODUCTORY REMARKS.

THE remedies employed by Dr. S. S. Fitch in his private practice, which are mentioned on the following pages, and which have now become well known to the country at large, are put into the hands of respectable druggists and others, both for the convenience of his patients and the benefit of the sick generally. They should not be classed with the multitude of *quack nostrums* that flood the country. They are not "*Patent Medicines*." They were not "got up to sell," nor are they *extemporised* compounds, put out in the hope that they will benefit somebody—nobody knowing whether they will or not. They are the remedies, carefully prepared by himself, by which Dr. Fitch has accomplished those cures of Consumption, Asthma, Dyspepsia, Disease of the Heart, Female Diseases, &c., which have given his practice its reputation. No one of them is pretended to cure all diseases; but it is claimed, by seeing their effects in an extensive practice, that they will do just what is promised for them in the various disorders for which they are severally recommended.

But the reputation of Dr. S. S. Fitch's remedies has become so thoroughly established that it is hardly necessary to say a word commending them to general favor; it may be proper, however, to point out the special advantages they possess over all others prepared for general use. We will name,

First, the fact that they have all been prepared by Dr. Fitch for his own private practice, and to meet the exigencies of diseases which he has been called upon to treat.

Second. They have been PERFECTED BY ABUNDANT EXPERIMENTS. The Doctor's large practice has given him the opportunity of witnessing, under his own observation, the effects of his remedies, to supply deficiencies, withhold redundancies, correct the proportions, and thus perfect and polish them, until they are perfect in their operations, and produce the specific result desired. He is now daily using these medicines in his practice. The advantage of having a medicine so prepared, tested, and proven, will be at once appreciated.

Third. The invalid using these remedies can always have DR. S. S. FITCH'S COUNSEL AND ADVICE, if it is desired, and without cost. The Doctor holds himself in readiness to reply promptly to all letters asking directions, from those who are using, or who desire to use, his remedies; as it is his earnest desire that these remedies shall be made efficient in relieving distress and curing the sick. He specially solicits those who have any doubt as to the nature of their complaints, or what medicines they should use, or how they should use them, to write him a statement of their cases, stating any facts necessary to a full understanding of their condition. He will promptly reply, stating the character of their complaints, the probability of a cure, and give them full prescriptions, directions, and advice.

The advantages of being able always to have, without cost, the counsel of the physician who has prepared the medicine employed, and who is devoting his attention exclusively to the treatment of the diseases for which the remedies are prescribed, cannot be overestimated. This feature constitutes Dr. Fitch's system of remedies an anomaly in medicine, differing from, and superior to, any others before the public.

☞ The Medicines and Mechanical Remedies may be had of our Agents, or at our office, 714 Broadway, New York.

S. S. FITCH & CO.

714 Broadway, New York, 1857.

I was a very sick man; at an event, I applied to you in June last for help, in this condition, and I got helped. I improved gradually under your admirable treatment, and am now nearly a well man. I have been relieved in a great measure of my cough, have no fever or night-sweats, and all alarming symptoms have disappeared. I have recovered my usual flesh and strength, and I am sure that I owe my life to your treatment and advice. You may be sure I feel grateful. If any doubt this, they will please to write me at this place. I will then convince them that this statement is strictly true.

Yours, &c., DUSTIN E. KIMBALL.

☞ LEWIS SAWYER, of Berlin, Mass., writes Dr. Fitch, March 15, 1855—"The SUPPORTER TRUSS you sent me answers my purpose admirably, and is worthy the recommendation you give it."

☞ *Life and Reputation.*—The two most precious things on this side of the grave are reputation and life; but it is to be lamented that the most contemptible whisper may deprive us of the one, and the weakest may take from us the other.

☞ "You had better ask for manners than money," said a finely dressed gentleman to a beggar boy who asked him for alms. "I asked for what I thought you had the most of," was the reply of the little mendicant.

☞ A beautiful lady was caressing and kissing her lap-dog. "Ah, Matilda!" exclaimed her foppish adorer, "why not grant me the favors you are wasting on Fidele?" "I don't kiss every puppy," replied the pouting fair.

☞ *Ethics.*—Never borrow the first red cent, while with good health, you have two strong hands to earn a dollar.

## MECHANICAL REMEDIES:

### ABDOMINAL SUPPORTER, SHOULDER BRACE, INHALING TUBE, AND SUPPORTER TRUSS.

I find these instruments all-important—in fact, entirely indispensable—in my practice; and I assure the invalid that if he will read what is here said in connection with each, he will see that he may derive benefit from their use.

#### THE INHALING TUBE.

The use of this beautiful little instrument is invaluable in the following states of the chest and lungs: all contractions of the chest, flat or sunken chest, stooping shoulders, pain in the chest; cough, expectoration, shortness of breath, where the chest does not expand well, in all cases where the person is conscious of a delicate or weak chest. Weak, delicate persons always have small lungs and chest; with these they cannot be robust. With large full lungs and chest, the chances are ten to one that you will have sound health. The use of this Tube will insure large lungs.

Where one is of a consumptive family, or inclined to consumption or throat disease, this Tube is invaluable. A person cannot ordinarily have consumption who habitually uses it. (See my Lectures on its use.)

#### ABDOMINAL SUPPORTER.

The following are the symptoms that indicate the need of an Abdominal Supporter: Weakness in the back or hips, a bearing-down, sinking sensation in the abdomen, all-gone feeling at pit of stomach, a dragging sensation about the shoulders and upper part of the chest, piles, costiveness, chronic diarrhoea, weakness of the bowels. It will give relief both to men and women. Ladies who are much on their feet, or who have to go up and down stairs much, and are much wearied and weakened by it, all who have falling of the womb, any female weakness, weak back, pain through the hips, &c., will find immediate relief by wearing my Supporter.

It should be recollected that it was myself who first introduced the general use of this beautiful instrument, which has now become so common, and has been so extensively copied. I have a host of imitators, but of course my Supporter still stands unrivalled. It is light, elastic, fits like a glove, causes no annoyance, and gives the most perfect support. It does not, in the slightest degree, interfere with the motion of the body; and one may walk, run, dance, ride on horseback, or perform any exercise, without knowing it is on the person, except from a delightful sensation of relief and support.

Read a few words of testimony as to its effects:

**Dr. S. S. FITCH:** Dear Sir—I have worn the Supporter almost constantly for five years, and would not be without it. I presume it has done more for me than medicine. I supposed at the time I wrote that Consumption was rapidly approaching, if not already seated, and cannot but feel very grateful to a kind Providence that you have been the means of restoring me to so comfortable a state of health.

IOWA CITY, IOWA, July 14th, 1855.

MRS. SYLVANUS JOHNSON.

**Mrs. S. A. WOODROOF,** of Poland, Ohio, says:

"Your Supporter is more to me than any one can describe. I feel like a new creature since I have been wearing it."

**RECIPES.** *To make Acorn Coffee* (a pleasant beverage).—Take sound ripe acorns—peel off the hull or husk, divide the kernels, dry them gradually, and then roast them in a close vessel. When roasted, add a little butter in small pieces, while hot, in the roaster. Grind like other coffee, and to each tea-spoonful, add a tablespoonful of common coffee. To be made and drank as common coffee.

*To make durable Black Ink.*—Take 4 pounds of nutgalls, powdered, one pound of gum Arabic, fourteen ounces of copperas, and one gallon of soft water: mix well together. This ink will endure for centuries.

*To remove Chilblains.*—Dissolve one ounce of white copperas in a quart of water, and apply the solution occasionally to the affected parts. It must not be used if the skin is broken, or it will do injury.

#### DYSPEPSIA.

[Mr. FAY applied to me in June, 1855, a bad dyspeptic. He suffered great distress from indigestion, with sour stomach, nausea, costiveness, pain in the breast, stomach, and bowels, pupitation of the heart, &c. In the December following, after employing my remedies, he writes me:]

CHESHIRE, Gallia Co., Ohio, Dec. 8, 1855.

**Dr. S. S. FITCH:** Dear Sir—I send you a few lines informing you of my health. I feel now but little distress in my chest. I have gained in flesh since I commenced taking your medicines twenty-five pounds. I think I am almost a well man, which I thought I could not be when I first wrote you. I have followed your prescription in every particular, and it all gives perfect satisfaction. I shall ever feel grateful to you for restoring me to health. Accept my thanks for your kindness. H. FAY.

Mrs. LUCY A. BARTON, of Warren, Maine, says:

"I like your Supporter very much. I did more work the third day I wore it than I had done for a fortnight, and with less fatigue than usual. I would not be without it on any account. I feel as if I could not say enough to urge those who are afflicted as I have been to get one."

Mr. ELAM FROST, of Quincy, Illinois, says:

"Your Shoulder Braces, Supporter, and Inhaling Tube have been of great service to me. I would not part, with them for any sum."

### SHOULDER BRACE.

This is a most important assistant in restoring symmetry to the human form, enlarging the chest, correcting the habit of stooping the shoulders, and in giving a fine erect figure. They are peculiarly suited to delicate persons, especially young persons, while at school, or engaged at occupations that are sedentary, or require stooping. Those predisposed to Consumption, or who have weak lungs, should not dare to do without them. There have been instances where the base of the chest has expanded six inches in circumference in six months, by using these Shoulder Braces, and by full, deep, breathing. The Braces are patented, and have Dr. Fitch's name stamped on them.

Mrs. MARY WHITESIDE, of Philadelphia, says:

"I cannot say too much for your Shoulder Braces. For a long time I have stooped terribly; indeed, it was impossible for me to sit straight, in consequence of weakness. I find they afford me a delightful support, without causing any uneasiness."

### SUPPORTER TRUSS.

Have you a Rupture? or have you a friend suffering from this great misfortune? If not, don't trouble yourself to read further. But if you are thus afflicted, I beg your attention to what is said below:

You have probably tried some one or more of the variety of trusses in use, and whether you have found them efficient or otherwise, you have observed this fact with regard to them all, viz: *that a very great amount of pressure was necessary to hold the rupture in place.* This invariably occasions more or less discomfort. Now, if you will apply the hand, or the ends of the fingers, to the rupture, and press gently upward and inward, you will be surprised to find how little force is required to prevent the intestine from passing through the ring. Not one-quarter of the pressure is necessary when applied by the hand that is requisite in the ordinary truss. The reason is, that the pressure by the truss is not applied in the right direction, while by the hand it is. An instrument, then, which is made to imitate the action of the hand, all will see, is what is needed to constitute a *perfect truss.*

There are many persons suffering from rupture, who, from other difficulties, need to wear an Abdominal Supporter. They find they cannot wear an ordinary truss and Supporter at the same time.

After much study and careful experiment, we have succeeded in most perfectly combining the two, and the SUPPORTER TRUSS, now presented to the public, is more easily and comfortably worn than either the ordinary Truss or Supporter separately. We specially call attention to this instrument.

The SILVER-PLATED SPRING PAD is used, and as a simple Truss, particularly for double rupture, it is absolutely perfect.

I append a single testimonial, which is to the point, and conclusive:

18 WALL-STREET, NEW YORK, May 2d, 1855.


DR. S. S. FITCH: Dear Sir—I take pleasure in saying that the Supporting Truss, which I obtained of you a few weeks since, is a most perfect instrument. Before using it, I had tried several of the most pop-


### BRONCHITIS TENDING TO CONSUMPTION.


Mr. ZION, N. J., Jan. 12, 1856.

DR. S. S. FITCH: Dear Sir—You have wondered undoubtedly what has become of your patient, No. 4930, for it is a long time since I have written. My last letter was not answered, and I therefore delayed writing until now. After a long time, some five weeks, I received your medicines, and began to take them. I improved rapidly, even though I was very irregular in the administration of the remedies. From the first of September last I have been quite well, and have labored excessively—preaching twice on Sabbath, and lecturing three or four evenings during the week. I shall always feel indebted to you for the good I have received from your counsel, and shall, as soon as opportunity offers, reward you materially for your services. This I send, informing you that you are not forgotten by

Your friend and well-wisher, J. E. BAKER.

 *A Happy Fireside.*—Home is the residence not merely of the body, but of the heart. It is a place for the affections to unfold and develop themselves; for children to play in; for husband and wife to toil smilingly together, and make life a blessing. The object of all ambition should be to be happy at home, if we are not happy elsewhere. It is the best proof of the virtues of a family circle, to see a happy fireside.

 Smith and Brown, running opposite ways round a corner, struck each other. "Oh dear," said Smith, "how you made my head ring!" "That's a sign it's hollow," said Brown. "Didn't yours ring?" said Smith. "No." "That's a sign it's cracked."

 The substance of a verdict of a recent coroner's jury on a man who had died in a state of inebriation, was, "Death by hanging—found a rum shop."

near Trusses in market. They all occasioned more or less annoyance, and none were entirely efficient. Yours is by far, in all the essentials of a Truss, very greatly superior to any I ever saw. I repeat, it is a most perfect thing, and I recommend all who need a Truss to use it.

Respectfully yours,

T. JONES, Jr.

This Truss may be had and fitted in my office, 714 Broadway, New York. It may also be inquired for at my agencies and all the respectable druggists in the United States and Canada.

For orders at a distance can be fitted by sending me the measure around the person just below the ribs, and stating the place and size of the rupture.

## MEDICINAL REMEDIES.

### THE ANTI-BILIOUS MIXTURE.

I wish to state, candidly and accurately, what this most efficient medicine will do. It was prepared for, and has been used in my own practice for many years; so that I know definitely its virtues, and will not overstate them. Those who need a remedy for the diseases named, may rely upon it with perfect confidence. And,

1st. I will say, generally, it is by far the most certain and efficient remedy that I have ever known for all that class of complaints termed "BILIOUS DISORDERS," wherever there is derangement of the liver or biliary system. In some the liver is *torpid* or *inactive*: there is not bile enough secreted, or the bile is retained in the liver, and is not discharged properly in the process of digestion. In such cases the bowels become costive; there is wind in the stomach and bowels, sometimes with much pain, particularly across the centre of the body, at the pit of the stomach, in the left side, &c., with perhaps acid stomach, heat and pain in right side, yellowness of the skin and eyes, depression of spirits, drowsiness, dullness, heavy oppressed feeling, headache, backache, pain in the bones, sometimes too much and sometimes too little appetite, dejection, lassitude, want of spirit and ambition, pressure in the head, dizziness, &c., &c. Sometimes there is too much bile, causing bilious diarrhoea, sudden attacks of sickness and vomiting, &c., prostration of strength, &c. In all these afflictions the ANTI-BILIOUS MIXTURE will most certainly, when taken as directed, give prompt and complete relief.

2d. I will specify more particularly other disorders, some of them proceeding from deranged liver, and some from other causes, which are cured by the Mixture.

(1.) A PLETHORIC, congested, sluggish condition of the system. Sedentary persons, who are "good livers," know what this is—sometimes called "too full habit." I never knew it fail in such a case.

(2.) For INDIGESTION, after too hearty a meal. Where there is dullness, drowsiness, tendency of blood to the head, danger of apoplexy, &c. Sometimes this is followed by costiveness, sometimes by diarrhoea. Hundreds are thrown into this state, while away from home; going from their own judicious tables, and their accustomed diet, to the hurtful varieties, the highly-seasoned, rich, and imperfectly cooked food of public eating-houses and hotels. This medicine would preserve from all unpleasant consequences.

(3.) SUMMER COMPLAINTS, in both children and adults, which are caused usually by various kinds of unripe food. It gives relief at once and perfectly.

(4.) SUDDEN COLDS, attended with pain in the bones and stiffness in the joints.

(5.) SICK HEADACHE. There are thousands who suffer terribly from this peculiar

**RECIPES.** If your flat-irons are rough and smoky, lay a little fine salt on a flat surface, and rub them well: it will prevent them from sticking to any thing starched, and make them smooth.

To prevent Metals from Rusting.—Melt together three parts of lard and one of rosin, and apply a very thin coating. It will preserve Russia iron stoves and grates from rusting during summer, even in damp situations.

Cedar Chests are best to keep flannels, for cloth moths are never found in them. Red cedar chips are good to keep in drawers, wardrobes, closets, trunks, &c., to keep out moths.

In laying up furs for summer, lay a tallow candle in or near them, and danger from worms will be obviated.

The best snuff is a snuff of the morning air.

### THE CASE OF MR. THOMPSON.

CAZENOVIA, N. Y., April 11, 1855.

Dr. S. S. FITCH: Dear Sir—Suffer me to trouble you with a few lines touching my own health. You doubtless have forgotten my visit to your office, four years, I think, last October, and my situation at that time; suffice it here to say that it was with great difficulty, and some assistance, that I was enabled to ascend the stairs to your rooms, at 707 Broadway. I was then laboring under all the symptoms of consumption, having been treated for it by various physicians in Madison county, N. Y., without any good result. I represented the facts of my case to you, and stated that if in your opinion there was any chance for me, I was desirous to know it, and if not, I was prepared for the worst. Your reply to me was nearly in these words: "I think, sir, you are badly situated, and your case exceedingly doubt-



affection, and probably they have been able to find no effectual relief. I do not know that this Mixture has failed to cure sick-headache in one instance where it has been fairly tried, and it has been tried in a large number in my own practice.

(6.) For OPPRESSION AT THE HEART, and palpitation or stoppage of the heart, from biliousness; for disturbed sleep, bad dreams, starting in sleep, sleeplessness, &c., it will give most delightful relief.

(7.) IT WILL PREVENT THE FEVER AND AGUE, jaundice, liver complaints, and those disorders incident to BILIOUS CLIMATES.

(8.) For COSTIVENESS. Here a mild, gentle, but efficient cathartic is required, which will not weaken the bowels, or lose its effect. This Mixture, while it acts specifically on the liver, combines, besides, a beautiful tonic with an efficient cathartic, thus operating to cure costiveness, and not merely to relieve it.

(9.) For SIMPLE DYSPEPSIA, I have given it with the most beautiful effect; also for stoppage of the circulation, disposition to palsy or apoplexy, numbness of the flesh, cold feet or hands, &c., for dropsy, and swelling of body and limbs.

(10.) For SPRING SICKNESS. Most persons in spring or early summer are inclined to "run down," to be bilious, weak, debilitated, &c. This Mixture will "right them up," renovate the system, and give them vigor, strength, and sprightly health.

(11.) For HUMORS, impurity of the blood, blotches, and sores on the face, and all skin diseases. It has a most powerful effect in these disorders. I have used it with success in many cases of humors and skin diseases.

(12.) Finally, as a FAMILY MEDICINE, to cure all those many forms of sickness and poor health, resulting from disordered liver, stomach, bowels, or blood, and for recent colds, I confidently recommend it.

Here is a formidable list of disorders to be met by a single medicine; but they all spring from a few causes, and this Mixture strikes at these causes, and does it effectually. I append a few extracts from letters addressed to me by those who have used it.

*A Lady writing me from New Brunswick, N. J., says:*

"I have been for years a great sufferer from *sick-headache*. My mother was subject to it. Nobody knows what I have endured from it. Its attacks came on about once in three or four weeks, first with a sort of blindness and confusion in the head, followed by terrible pain, and awful sickness, vomiting, &c. It lasted sometimes two days. No medicine seemed to do me any good. I could only go to bed, and let nature take her own course. About three months ago I was recommended by a friend to take your Anti-Bilious Mixture for it, and I bless the hour that I was. It has, I believe, entirely cured me. I have had only one slight attack since, and that was more than two months since. I wish all the many who suffer from this awful complaint, could know of this medicine and use it."

*A Gentleman writes me from Cleveland, Ohio:*

"Since I have used your Anti-Bilious Mixture I have been entirely cured of the costiveness which has troubled me for a long time, and my general health was never better."

*From Detroit, Michigan, one of my patients writes:*

"You will recollect that three years ago I called at your office on my way to the West. My health was then tolerably good; but I feared the effect of the climate here, as I am of a bilious habit. I am most happy to say that the Anti-Bilious Mixture you gave me has saved me from the fever and ague, and the other fevers of this region. I wish the people of this western country knew generally its virtues."

CLAIRMONT, C. W., June 6, 1858.

DR. S. S. FITCH: Dear Sir—I owe you a debt of gratitude for the benefit I have received from your Anti-Bilious Mixture. I have for years been troubled with a variety of bilious difficulties, my physician always giving me mercury for them, until the liver seemed diseased; in fact, I was pronounced to have a seated Liver Complaint. You gave me your Anti-Bilious Mixture about two months ago, and now I call myself a well man. It seemed to give me at once new life. It is truly an excellent medicine.

Yours, &c.,

JAMES HUNTINGTON.

ful; but I have remedies that will perhaps make you more comfortable for a while, yet I cannot say I believe they will effect a cure." In short, I obtained of you medicines for two or three months, and took them; at the end of which time I was in the enjoyment of good health, and have been ever since, with the exception of one attack of pleurisy, which prostrated me for some three months. My recovery is considered something very remarkable in Cazenovia. Respectfully,

D. W. THOMPSON.

Mr. OWEN T. WHIPPLE, of Nook, Oakland co., Mich., writes, January 31st—"I am very thankful that my wife has got up under your treatment. She used your mechanical apparatus and medicine, and she has commenced walking, which she has not done before in ten years."

☞ *True Contentment.*—It is right to be contented with what we *have*, but never with what we *are*, though the exact reverse is the case with most men.

☞ There is a green germ of goodness living in every human heart that beats. We may talk of the depravity of man, but there never was a felon in chains who had not some gleam of sunshine folded away within his breast.

☞ Never punish a girl for being a romp, but thank heaven, who has given her health and spirits to be one. 'Tis better to be a romp than to have a distorted spine or hectic cheek.

☞ We understand that an ingenious Yankee has put up a saw-mill in operation in a rural district that is driven by the *force of circumstances*.

☞ They have a right to censure that have a heart to help; the rest is cruelty, not justice.

## THE PULMONARY EXPECTORANT

FOR THE LUNGS.

The physician who undertakes to recommend a lung medicine for general use, assumes a great responsibility. Disease of the lungs cannot be innocently trifled with. A greater crime can hardly be committed than to induce persons who are tending to consumption to waste their time in making trial of worthless medicines. A cough, or any other symptom of diseased lungs or throat, should not be neglected one hour. The right remedy is needed now. And it is in view of these facts that I have put my PULMONARY EXPECTORANT in the hands of agents for sale, and confidently recommend it for COLDS, COUGHS, SORE THROAT, ASTHMA, CROUP, HOARSENESS, WHOOPING-COUGH, THE FIRST STAGE OF CONSUMPTION, for all affections of the lungs. I do not say that it will cure advanced or seated consumption—no single medicine can possibly do this. But from my long experience in treating disease of the lungs, being familiar with the effects of all the lung preparations before the public, and having as it were embodied my experience in this medicine, I know it is the best cough and lung remedy that there is for general use. If it were not, I should not put it out, but at once recommend that which I did consider best.

Let me say to the invalid, if you have a cough, or are liable to a cough on taking cold—or hoarseness, or sore throat, or a feeling of stricture across the chest, or short breath—or if you have a cold, or your child has the croup—or if you have that distressing complaint, the asthma, and do not wish to enter upon a full treatment for it,—in all these cases you will find that this PULMONARY EXPECTORANT will give you ready relief. I don't guess so, but I know it. It is a preparation designed for, and used in, my own practice, and not "got up to sell." I have given it to thousands of patients, and completely demonstrated its virtues. Those who use this remedy have the privilege of consulting me free of expense, so that in case there should chance to be any failure, I will advise how to secure relief. (See wrappers on the bottles.)

It is perhaps hardly necessary to add a few words of experience of others with the Pulmonary Expectorant:

NEW YORK, Feb. 5th, 1855.

DR. S. S. FITCH: Dear Sir—I take much pleasure in stating the great benefit my little daughter has derived from the use of your invaluable Pulmonary Expectorant. She had been suffering for several months from severe cough, and being naturally a delicate child, we were apprehensive that something serious might result from it. She suffered from loss of appetite and general debility. I had tried many remedies without any beneficial result, till a friend of mine (whose child had been cured of a long and seated cough) recommended your Pulmonary Expectorant. After using it a few days, I noticed a decided change for the better, and before one bottle was consumed, she was entirely restored to health. I recommend this medicine to parents as having a wonderful effect on children; and allow me, dear sir, to present you my grateful and sincere thanks.

FRANCIS OWENS, 136 Leonard-street.

A Physician residing in Worcester, Mass., in a letter to me, dated April 19, 1856, says:

"You are aware that in our climate lung and throat affections greatly prevail. They are the most formidable enemies we have to meet. You have conferred a great favor upon the profession and your patients in providing them with a most efficient medicine for these diseases. It is indeed a true Expectorant. Many of my patients, to whom I have recommended it, have derived the greatest benefit from it. It seems to act with remarkable efficiency upon the pulmonary organs. I shall continue to recommend it, deeming it my duty to do so."

Another Physician in Washington, Penn., says:

"My first acquaintance with your admirable preparation, Pulmonary Expectorant, was in witnessing its effects on one of your patients, a resident of this place. I am her family physician. It is a consumptive family, and I have expected to see her follow her mother and two of her brothers to the grave before this time."

**RECIPES.** *Premium Rusk.*—Take one cup of sugar, a piece of butter (melted), the size of two eggs, six cups of flour, two cups of milk, four teaspoonfuls cream of tartar and two of soda, and two eggs—mix and bake immediately in a hot oven. Eat hot. A beautiful rusk.

*Almond Cake.*—One pound of sugar, three-fourths of a pound of butter, three-fourths of a pound of flour, three ounces of sweet almonds and one bitter almond (the almonds to be blanched, or put into hot water until the skin comes off, and then pounded or rolled), and moistened with two teaspoonfuls of rose water—mix with the whites of seventeen eggs, and bake quick.

*Lemon Pie.*—Take one lemon, grated entire, one cup of sugar, three eggs, one tablespoonful of flour, and two cups of cold water—mix, make, and bake like custard pie. Very good.

### CONSUMPTION CURED.

TEMPLE MILLS, Franklin Co., Me., }  
Dec. 6, 1855.

DR. S. S. FITCH: Dear Sir—It is with great pleasure that I avail myself of this opportunity to inform you respecting my health. I think I can say it is as good as it ever was, since my remembrance. When I reflect upon what the state of my health was when I first wrote to you, two years ago, and what it now is, I am a wonder to myself. When I first received your lung medicine I was a great sufferer. My health had been failing for a long time, and for six weeks previous I did not draw a breath without great suffering. Pain in both sides and in my left shoulder, and finally could not raise my right arm without the aid of the other. I could not lie down at all, without great suffering, and fever and night-sweats, with a very bad cough, and expectoration that would im-

Some eighteen months ago she began to decline: a hacking cough set in: I prescribed the usual remedies, Cod Liver Oil, &c., but with little apparent effect. She became your patient about one year ago, and I watched with great interest the result of your treatment, but quite confident it would be of as little avail as mine had been. It is just I should make the acknowledgment to you that I have hitherto done you injustice. The lady rapidly improved, and in three months' time the cough had disappeared, her strength revived, and she is now apparently well. I was really surprised at the effect of the Cherry Pulmonic, particularly. Its soothing and healing influence on the lungs was marked and peculiar. Since that time I have, despite the prejudice in our profession against prepared medicines, used it largely and with very happy results in incipient Phthisis, Bronchitis, Laryngitis, Colds, Croup, &c. I have one asthmatic patient who finds more relief from it than any preparation he has ever tried."

## THE HEART CORRECTOR.

For the cure of PALPITATION OF THE HEART, any IRREGULAR ACTION OF THE HEART, jumping, throbbing, momentary stopping of the beating, with a shock and a fluttering, a sluggish circulation, oppression for breath, nightmare, bad dreams, pain or a heavy oppressed feeling in the left side, and all the forms of HEART DISEASE.

This beautiful remedy acts almost magically. Its effects are prompt, immediate, and most delightful. It controls and regulates the action of the heart, subdues its excited pulsations, and soothes and quiets it. If, however, the heart is weak, and circulates the blood too feebly, it gently stimulates it to action, and relieves all distressing symptoms. The HEART CORRECTOR has long been known to the public. Thousands have used it, and speak of it even with enthusiasm. Being aware how much suffering, of both mind and body, there is in the community from Heart Disease, I consider it a duty to spread as widely as possible the fact that there is a safe and efficient remedy for it.

### DISTRESSING PALPITATION CURED.

NATCOCK, Helderman Co., O. W., Jan. 9th, 1855.

DR. S. S. FITCH: Dear Sir—I feel a pleasure to be able to tell you that, by the blessing of God upon your excellent Heart Corrector, I am better than I have been for years. I have purchased one dozen bottles. I believe there is no medicine like your Heart Corrector for a disease like mine—terrible palpitation of the heart. I feel thankful that God has put relief within my reach. I would not like to be without it. Your kindness to me, dear sir, will not soon be forgotten.

Respectfully yours,

SUSAN WEDRICK.

### PALPITATION, COMPLICATED WITH OTHER DISORDERS.

ANDOVER CENTRE, N. H., March 6th, 1854.

DR. S. S. FITCH: Dear Sir—It has been about five months since I visited you at your office in New York city. My situation at that time, you know, was most distressing. I was troubled with severe palpitation of the heart of long standing. The Heart Corrector and other medicines you gave me, have entirely cured me. I have not been so well for twenty years. I am now forty-five years old. I believe your treatment and medicines the best in the world for the diseases I had.

Yours respectfully,

D. F. LANGLEY.

### A CLEAR CASE OF HEART DISEASE CURED.

No. 8 FORTY-FOURTH ST., New York, Jan. 20th, 1856.

DR. S. S. FITCH: Dear Sir—I do really desire that every one of the thousands who are suffering from disease of the heart, may be made acquainted with the fact that you can cure it. One year ago, I called upon you, with a disease of the heart which had been pronounced incurable by several physicians of this city. My mother had died of the same disease, and others of my relatives were affected with it. I had the most distressing palpitation of the heart, with terrible pain in the side and chest; at times I had turns of fainting, when the heart would beat for a time most violently, and then seemed to cease beating altogether, and I was completely prostrated, and nearly deprived of consciousness. You gave me two bottles

mediately sink in water. I had nearly all the symptoms that are given in your Guide to Invalids of seated consumption. But my lungs now appear to be sound, healthy, free, and relieved. My liver is in a better state than it ever was before in my remembrance, and all other difficulties much improved. My throat and head are much better, and I think, with the blessing of God, still, and by following your directions in the Guide to Invalids, I shall enjoy better health than I ever have before. I have had occasion to take much medicine, but never found any treatment to equal yours. It has proved to do all for me it is recommended to do, and it will no doubt to all who faithfully follow it. I cannot speak too highly of your treatment; and with a grateful heart and many thanks,

I remain yours,

ELIZA KIPP.

☞ A learned clergyman in Maine was accosted in the following manner by an illiterate preacher, who despised education: "Sir, you have been to college, I suppose?" "Yes, sir," was the reply. "I am thankful," rejoined the former, "that the Lord has opened my mouth to preach without any learning." "A similar event," replied the latter, "took place in Balaam's time, but such things are of rare occurrence at the present day."

☞ James Hillhouse was challenged by a hot-headed Southern member to fight a duel. He replied that he would accept the challenge with the greatest pleasure, provided his antagonist would have the kindness to wait until he could send home to Connecticut for his "skunk gun."

☞ When we see worth clothed in rags respected and honored, and scoundrelism clothed in scarlet and gold despised, we shall say the world is honest.

of your Heart Corrector, and I took the medicine. The effect was truly astonishing. It seemed like magic; my distressing feelings were speedily relieved. In a word, the medicine cured me, and I have remained well. Let me say, too, that my aunt, Mrs. Mary Thompson, of West Haven, New Haven county, Conn., has also experienced the most marked relief from this same disease by the use of your Heart Corrector. I repeat the wish that all who need it should know the virtues of this wonderful medicine. I am satisfied that it would save hundreds of lives if it were only known as it deserves to be. Accept my warmest thanks for the renewed health you have been the means of giving me.

Respectfully yours,

MARY M. HURLBURT.

## VEGETABLE CATHARTIC PILLS.

FOR HABITUAL COSTIVENESS, WEAK BOWELS AND STOMACH, SLOW CIRCULATION, IMPURE BLOOD, PIMPLES ON THE SKIN, TOO FULL HABIT, DETERMINATION OF BLOOD TO THE HEAD, *Indigestion, Over-loaded Stomach, Disturbance of the Stomach or Bowels, from unripe or indigestible food; Palpitation of the Heart, from indigestion or wind; Torpid Liver, &c., &c.*

I have never known a person who, having once used these Pills, ever abandoned them for any other. They are, though gentle and mild, very efficient, carrying off the humors of the body, purifying the blood, correcting the stomach, giving activity to the liver, and a healthy, lively tone to the whole system.

*These Pills have one great and distinguishing peculiarity*—a virtue which has been long sought for in a cathartic, but has not, as we are aware, been hitherto found. There is not, probably, a single reader of these lines, if he has had occasion at any time to use cathartic medicine, who has not found by experience, that after its operation his bowels were more or less weakened for a time, indicated by subsequent costiveness. It is in the nature of cathartics to act thus. In this Pill there is combined a tonic which completely sustains the bowels and the system, while a cathartic influence is being produced. They therefore never lose their effect; never leave the bowels costive, and may be used by the most delicate person. For the diseases named, they act with complete efficiency, searching out and removing all impurities of the system, acting upon the whole alimentary canal, and restoring tone and vigor to the whole system. When once adopted they are never abandoned for any other.

Read a single word or two of testimony:

Dr. S. S. FITCH: Dear Sir—With regard to your Cathartic Pills, I feel bound especially to say, that as a mild, pleasant, and efficient purgative, I have never found their equal, although I have used Lee's, Cook's, Brandreth's, Moffatt's, and many others. It is gentle, yet sure and effectual, and for its purpose invaluable.

MOUNT VERNON, Ind., Jan. 10th.

REV. CHARLES FITCH.

Dr. S. S. FITCH: Sir—Please send me six boxes of your Cathartic Pills. They have cured me of a terrible humor in the blood which for years came out on my face, and was both distressing and mortifying. I wish to keep them on hand both for myself and my family.

NEW HAVEN, Conn., July 17th, 1856.

JAMES HARG.

Dr. S. S. FITCH: Dear Sir—I wish to tell you that until I began the use of your Pills I was afflicted with most obstinate costiveness. I am now most happily cured of it, so that I have seldom to resort to cathartics, and then I use nothing but your Pills. I have never seen any as good.

NEW YORK, Feb. 17th, 1855.

R. P. VANDYKE.

**RECIPES.** *Corn Muffins.*—One pint of milk, two cups of Indian meal, two of flour, two eggs, a piece of butter (melted), the size of an egg, two teaspoonfuls cream of tartar and one of soda—mix and bake on a hot griddle in muffin rings, turning them so as to bake on both sides.

*French Rolls.*—Take a spoonful of lard or butter, three pints of flour, a cup of yeast, and as much milk as will work it up to the stiffness of bread. Just before you take them from the oven, take a clean towel and wipe them over with milk.

*To cure Bots in Horses.*—Take of beeswax, mutton tallow, and loaf sugar, each eight ounces—put them into one quart of new milk, and warm it until all is melted. Then put it in a bottle, and give it just before the wax begins to harden. About two hours afterwards give a good dose of salts, or some other physic. The bots will be discharged.

## CONSUMPTION AND HEART DISEASE CURED.

PHILMONT, Columbia Co., N. Y.,  
July 31st, 1855.

Dr. S. S. FITCH: Dear Sir—I commenced taking your remedies, by your prescription, in May, 1852. I had been complaining, and confined to my room, for six months, attended by an allopathic physician, who said to many that I would never leave my room till I was carried to my grave: he called my disease consumption. I took your medicine but a few weeks before I was more regular than I ever had been, although I was twenty years old. I had also been troubled with heart disease, and never found any relief till I took your Heart Corrector. Never could any thing be more soothing than your medicines were. The trouble about my heart is relieved. I have recommended your Heart Corrector to others

A Physician writes me from London, C. W. :

"I have never used in my practice so beautiful a cathartic preparation as your Pills. They combine mildness of action with thoroughness, to a greater degree, than any I am acquainted with. I regard it as remarkable that you have succeeded so completely in securing great efficiency, without causing any pain, sickness, or even the slightest uneasiness, and without in any degree weakening the bowels, or leaving them constipated after the catharsis."

### FITCH'S LINIMENT.

There is a class of affections in which this admirable preparation gives immediate relief, such as PAIN or SORENESS IN THE SIDE, CHEST, BACK, SPINE, LIMBS, JOINTS, THROAT, STRICTURE ACROSS THE CHEST, CROUP, PLEURISY, BRONCHITIS; also in SPRAINS, BRUISES, &c. In RHEUMATISM it is magical, almost, in its effects. No child will have the CROUP when this is used in season; and when the Croup is fully developed, it will usually relieve it if faithfully applied. Thousands of families are using it, and none who become acquainted with it, permit themselves to be without it.

#### TESTIMONIAL.

DR. S. S. FITCH: Dear Sir—In February I applied to you, and you gave me two bottles of your Pulmonary Liniment. It has answered me for every shape of Rheumatism for which the country is celebrated. Sometimes I feel a little touch of the Rheumatism, but your Liniment has been sufficient to eradicate it at once. I should like to have you send me a dozen bottles. There are a number of my friends who have tried it, and it always cures.

SACRAMENTO CITY, Cal., June 14, 1854.

Yours, very respectfully,

F. B. CRAGAN.

### OTHER REMEDIES.

DR. FITCH always prepares all his own medicine used in his large practice. With many of his preparations, besides his medicines mentioned above, the public have become acquainted through that practice and his agencies. The following are some of them.

**The Pulmonary Balsam**, for the lungs, where there is profuse expectoration, or ulceration, or bleeding.

**The Pulmonary Expectorant**, for the lungs and colds, where there is not much fever; for Sore Throat, Bronchitis, &c.

**The Pulmonary Succedaneum**, for the lungs, where there is much loss of strength or flesh, or bleeding.

**Cough Pills**, for the lungs, where the cough is harassing and violent.

**The Nervine**, to give quietness, tone, and vigor to the nervous system.

**Pain Killer and Humor Corrector**, for all pain from humor, feverish action, Inflammation, internal or external, Sore Throat, Croup, for Humors on the Skin, Salt-Rheum, Tetter, &c.

**Depurative Syrup**, for all impurities of the blood, humors, and skin diseases.

**Pills for Bleeding Lungs and Diarrhœa**, a very efficient remedy.

**Drops for Dyspeptic Vomiting**, for sickness at stomach and vomiting before or after meals, whether cough or not.

**Anti-Dyspeptic Mixture**, for all cases of indigestion, with acid stomach, or heartburn.

**The Universal Tonic**, for all cases of debility and weakness. Most important remedy.

**Tonic Wash for Sore Throat**, for Chronic Sore Throat, especially if ulcerated.

that were troubled with heart disease; they found a great benefit. I beg you to accept my hearty thanks for your kindness, for you have been the means of relieving a world of suffering, and I pray that your life may be long spared to the world, wherein so many bless you.

CATHERINE SPICER.

**THE ANTI-BILIOUS MIXTURE AND UNIVERSAL TONIC.**—Mr. Geo. W. Swindler, of Pittsburg, Pa., writes to Dr. Fitch, June 3d, 1856: "Dear Sir—I wish you to send me one dozen of your Universal Tonic and half a dozen of your Anti-Bilious Mixture. The Universal Tonic my wife is taking for a general debility of the system, and finds it the best medicine she has ever used. The Anti-Bilious Mixture I find to be the best medicine I can use in case of derangement of stomach and bowels."

**Names.**—Emma is from the German, signifies a nurse; Caroline, from the Latin, noble-minded; George, from Greek, a farmer; Martha, from Hebrew, bitterness; the beautiful, though common name Mary, is Hebrew, and means a drop of salt, a tear; Sophia, from the Greek, wisdom; Susan, from Hebrew, a lily; Thomas, from Hebrew, a twin; Robert, from German, famous in council.

There have been many definitions of a "gentleman," but the prettiest and most poetic is that given by a girl in New York the other day. "A gentleman," said she, "is a human being, combining a woman's tenderness with a man's courage."

"I always think," said a reverend guest, "that a certain quantity of wine does a man no harm after a good dinner." "Oh, no, sir," replied the host, "it is the uncertain quantity that does the mischief."

**Catarrh Snuff**, for catarrh in the head, particularly if there is much discharge.

**Catarrh Specific**, for catarrh with much soreness, heat, dryness, and thick discharge, loss of smell, &c.

**Catarrh Liniment**, also an admirable medicine for Catarrh, very effectual in subduing the catarrhal inflammation.

**Vital Tonic**. A beautiful tonic in cases of great and protracted debility.

**Tetter Ointment**, for eruptions on the skin, particularly pimples and blotches on the face.

**Pile Ointment**. A very efficient remedy for Piles.

**Vermifuge**. For all cases of worms.

**Anti-Mucous Mixture**. For all mucous discharges, of whatever character, especially from the bladder, urethra, &c.

**Tonic Wash for Leucorrhœa**. A most effective remedy.

**Uterine Catholicon**. For all womb and kidney diseases, falling of the womb, &c.

**Gravel Specific**. For gravel, stricture, &c., and all urinary troubles.

**Female Corrective, Female Restorative, and Female Pills**. For disturbed menstruation.

**Cholera Specific**. A sovereign remedy in Cholera, Diarrhœa, "Summer Complaint," also for Colic, Wind, &c., &c.

☞ The above remedies may be found with our Agents, or may be had at our office, 714 Broadway, New York.

## CONSULTATION AND TREATMENT.

### HOW MY TREATMENT AND REMEDIES MAY BE OBTAINED.

I always prefer, if possible, to have the invalid, desiring my treatment or counsel, visit me, and give me the opportunity of making a personal examination. A more accurate knowledge of his or her true condition, especially where the lungs are the seat of the disease, can, of course, in this way be obtained. I would recommend, therefore, in all cases, where it is practicable, that the invalid visit me.

A personal examination is not, however, indispensable. I have had the pleasure of treating successfully great numbers of invalids by letter. A full statement should be written me, setting forth all the symptoms, circumstances, history, and condition in every particular. To aid in doing this, I give on the next page a series of questions. Reply to all of these that in any way relate to the case, and add any facts necessary to a full understanding of the case. On receiving such a statement, I will promptly reply, giving my candid opinion of the character of the disease, and the probability of a cure—stating also my terms and plan of treatment. My charges are moderate, my object being to make my system of treatment and remedies the instrument of curing the sick, and relieving the greatest possible amount of human suffering.

Remedies, with full instructions for using them, can be sent by express to any part of the country. My usual plan is to take the patient under my special charge, and furnish all needed remedies for a specified time. He is to write me frequently, and I guide and conduct his course, making any needed changes in the remedies, and give all required counsel

**RECIPES.** *To make Mock Turtle Soup.*—Take a fine calf's head, cut the meat clean from the bones. Then boil the bones in a quart of water, until the liquor is reduced to a pint; season it with cayenne, nutmeg, and mace; pour into it a pint of Madeira wine, and a little parsley and thyme.

*Mince Pies.*—To make mince pies without apples or cider, take the requisite quantity of meat, and one-third the quantity of beets that is commonly used of apples. Boil the beets, and let them pickle twelve hours. Chop them very fine, and add one-eighth of grated wheat bread. Sweeten and season with spices, &c., to taste.

*To Extinguish a Chimney on Fire.*—Put into the fire in the grate or fireplace, or in the stove, a quantity of sulphur. Continue to burn sulphur until the fire in the chimney is put out. It will require only a few moments.

### SERIOUS DISEASE OF THE LUNGS CURED.

CASSVILLE, Harrison Co., O., May 19, 1856.

DR. S. S. FITCH: Dear Sir—My health, by the blessing of kind Providence and the use of your remedies, has so much improved, that I flatter myself that I am almost well. My cough has left me, and I spit up very little matter, perhaps not more than a teaspoonful in forty-eight hours. I have not spit any blood for three or four months, or any bloody matter, and I feel like another man. I can perform any kind of labor on a farm without much fatigue, and I have a good appetite.

Yours respectfully,  
JOHN FULTON.

☞ HEART CORRECTOR, BRACES, AND SUPPORTER. Mrs. O. C. CRANKITE, of Le Grange, Dutchess Co., N. Y., writes Dr. Fitch, Jan.

in the course of the treatment. In this manner I find that invalids can be treated by me at their own homes, with the most satisfactory results.

In all cases where the patient requests it, I will send a prescription, with full directions, and then he can purchase the remedies of any of the agents of S. S. FITCH & CO., with whom my remedies are deposited. In such a case the patient pays the agent for the remedies.

**IN CONCLUSION.** May I urgently press upon the invalid, particularly if he is suffering from any disorder of the lungs, the inexpressible importance of doing now, at once, what should be done to arrest disease. *Do not delay. Do NOT DELAY! DO NOT DELAY!!* Ten thousand voices come up from our graveyards reiterating the admonition. Do not be cheated out of your life by the hallucination that there is no danger while any the least disorder clings to the lungs. Oh, if I could make the truth on this subject seen and felt as it really is, how many precious lives should I save, which will now be sacrificed to a fatal procrastination. But I can only repeat, *Do not delay!* You have in this little pamphlet all the admonition you need—will you heed it?

## QUESTIONS TO INVALIDS.

Persons desiring to consult me by letter, are requested to answer the following questions, and state any circumstances not embraced in them, necessary to a full understanding of the case presented.

Give name, age, residence, occupation? Family consumptive, or what complaints subject to? Where born and brought up? Married or single? Strong or delicate? Lean or fleshy? Tall or short? Straight or stooping, or deformed? Height, and size around the waist, two inches above the hips? Color of hair? Complexion? Have you any humor, scrofula, cancer, skin disease, headache, cough, asthma, rheumatism, or pain anywhere, loss of voice, hoarseness, catarrh, dropsy, expectorate much, raise blood, fever or night-sweats, chills, confined to bed or house, palpitation, nervous, fits, palsy, bad dreams, sour or sick stomach, dyspepsia, flatulence, distress at stomach, colic, all-gone feeling anywhere, costive, diarrhoea, appetite good or bad, piles, fistula, gravel, heat of urine, or scanty, or sediment? If a lady—married? had any children? any female complaints? irregularity? weak back? pain anywhere? any bloating? dropsy? bilious? worms? indigent or easy circumstances? any bad fit of sickness? taken much medicine?

## THE TESTIMONY

### OF A FEW OF DR. S. S. FITCH'S PATIENTS.

If the reader examines the statements contained in the following letters, and believes them to be true, he will find it difficult to escape the conviction that in the cases of several of the writers at least, Consumption has been cured; and that under the system of treatment described in the foregoing pages, a complete mastery is obtained over diseases of the lungs. Particular attention is also invited to the testimony furnished that that alarming complaint, "Heart Disease," is curable. A small space only is given to the testimony of a few who

9th, 1855—"Your HEART CORRECTOR is the stay and staff of my life. I don't know what I should do without it. \* \* \* It certainly is a valuable medicine for the heart disease. I have found it so, and I am willing to proclaim it to the suffering world. Sleep was almost a stranger to my eyes until I obtained it. What I have taken operates well. I have been free from pain and fluttering. The Supporter and Braces are invaluable to me."

Mrs. MARY WHITESIDES, of Philadelphia, says: "I cannot say too much for your Shoulder-Braces and Supporter. For a long time I have stooped terribly; indeed, it was impossible for me to sit straight in consequence of weakness. I find they afford me a delightful support without causing any uneasiness."

A well-known physician in town is very much annoyed by an old lady who is always sure to accost him in the street, for the purpose of telling over her ailments. Once she met him in Broadway, and he was in a very great hurry. "Ah! I see you are quite feeble," said the doctor: "shut your eyes, and show me your tongue." She obeyed, and the doctor, quietly moving off, left her standing there for some time, in this ridiculous position, to the infinite amusement of all who witnessed the funny scene.

If there is any man who may eat his bread at peace with God and man, it is he who has brought that bread out of the earth by his own industry. It is caskered by no fraud, it is stained by no blood.

Of all the actions of a man's life, his marriage does least concern other people, yet of all actions of his life it is most meddled with.

have been treated for other chronic disorders. As it has become now so well known to the public at large that the cure of these latter complaints is a matter of course when my treatment is faithfully and fully pursued, further proof on the subject is unnecessary.

If any person should doubt the genuineness of these letters, or the truth of the statements they contain, I ask them as a favor to address a note to the writers. If the facts stated are true, they cannot but be of the utmost possible interest to the invalid; and it will well repay them for the trouble of writing, to be made certain of their correctness.

#### STATEMENT OF MISS JANE GRAY, BROOKLYN, N. Y.

No. 6 PRINCE-STREET, BROOKLYN, Sept. 9th, 1856.

DR. S. S. FITCH: Dear Sir—I feel that I owe a debt of gratitude to you for the health I now enjoy, which I ought sooner to have acknowledged. In 1850, when I applied to you, I was not expected to live. I had had a bad cough some two years, and for several months had not been able to leave my room. My physician told me my lungs were seriously affected, and that he could do nothing for me. I was very much emaciated, had bled several times from the lungs, suffered much pain in the chest and under the shoulders, had fevers and chills daily, and most profuse night-sweats. My strength was so far gone that I could not walk across the floor without two persons supporting me. I expectorated profusely, and suffered great distress for breath. This had been my condition for over eleven months, and constantly sinking. I was lifted into an easy carriage, when I visited you. I had no hope at all myself, nor had my friends, that I could possibly survive long, for I had all the symptoms of true consumption far advanced. You encouraged me to hope, and I now have reason to be thankful that I was induced to put myself under your treatment. I made rapid improvement after the first week or ten days, and in five weeks I was able to walk a block. This improvement steadily continued, until at the expiration of about a year my health was quite recovered, and I have since remained well. It is now perfectly good, and my lungs are strong and sound. I feel that under a kind Providence I owe my life and my present good health to you. If there are any who need the aid which I received, and doubt the truth of these statements, for the sake of the suffering I will cheerfully reply to their inquiries. With most heartfelt thanks for the benefit I have received, I am

Respectfully yours,

MISS JANE GRAY.

#### NARRATIVE OF THE REV. RODOLPHUS BARD.

RAVENNA, Ohio, October, 1850.

DR. S. S. FITCH: Dear Sir—In looking over the history of the last two years of my life, I am filled with gratitude to God for his great goodness in so far restoring my health and giving me back to my family, after all hope had fled, and they could only look at me as already entering the grave. It has ever been to me a self-evident truth that the all-wise Creator always works by means, and it gives me great pleasure, my dear sir, to say that your remedies for the cure of consumption were the means, "the only means," of my recovery, as will more fully appear by the following statement of my case.

First, my family nearly all consumptive—my mother, brother, and also a large number of other relatives, died of consumption. From my childhood, my constitution was slender, and for the last twenty-five years regarded by all my friends as inclining to consumption. At the age of twenty-five years I commenced preaching the gospel, with but little prospect of living to the age of thirty. Lungs weak, a constant hoarseness and hacking cough, some expectoration, often night-sweats, and habitual costiveness, attended with frequent distressing nervous headaches. A change of climate from New York to Ohio operated favorably, and for twelve years I was able to act as pastor of the Baptist church in Brimfield. In the winter of 1844 I had a severe attack of erysipelas fever, which very much injured my constitution, and left me in a decline. In the winter of 1846 I took the charge of a protracted meeting in Mantua, laboring night and day for four weeks, at the close of which I found my whole system entirely prostrated—my lungs so weak it was with difficulty I could speak so as to be heard. My friends and ministering brethren became alarmed, and earnestly advised me to stop preaching. But I did not realize my danger, and continued to preach two or three times each Sabbath during the summer. In September I took a violent cold, and at once found myself on a sick bed, with a hard cough, large expectoration of light, frothy matter, daily chills, fever, night-sweats, loss of appetite, pain in the chest, shoulders, and limbs, palpitation of the heart, nervousness, &c. I tried the usual remedies, such as blistering, &c., to no benefit.

**RECIPES.** *To preserve Milk.*—Provide bottles, which must be perfectly clean, sweet, and dry. Put the milk warm from the cow into these bottles and as they are filled, immediately cork them well up, and fasten the corks with wire. Then spread a little straw on the bottom of a boiler, on which place the bottles, with straw between them. Fill it up with cold water. Heat the water, and as soon as it begins to boil, draw the fire, and let the whole gradually cool. When quite cold, take out the bottles, and pack them away in sawdust, and put them in a cool place, but where the milk will not freeze. Milk preserved in this way will keep perfectly sweet for years.

*To destroy Crickets.*—Put Scotch snuff upon the holes where they come out.

*To prevent the Creaking of a Door.*—Rub a bit of soap on the hinges.

#### A COMPLICATION OF DISORDERS CURED.

ISLE OF WIGHT Co., Va., Sept. 6, 1856.

DR. S. S. FITCH: Dear Sir—It is with pleasure and heartfelt gratitude to you and a kind Providence, that I inform you that I have so far recovered from my sickness that I can be about the house a little, and begin to do light work. I can sit up nearly half of my time. I am better now than I ever expected to be before I commenced with your remedies, and I do sincerely think if it had not been for the help of you and the blessings of God, I should have long since been in my grave.

About seven months previous to the date at which I commenced this letter, I was severely afflicted with what I supposed to be the falling of the womb, together with falling of the bowels. I had tried every thing I could hear of, together with the advice of one of the best physicians in the county, and



I went down rapidly, with increasing alarming symptoms, until the middle of November. All hope was gone, and the community considered me past recovery.

A copy of your Lectures, ~~sent~~ into my hands, the reading of which rekindled a spark of hope. I lost no time in applying to you, and on the first day of December, "of happy memory," received a full supply of your remedies. I followed your directions to the letter, and to the astonishment and joy of all my friends, my recovery was as rapid as had been my decline, so that on New-Year's Day I was able to visit my friends. I soon felt myself compelled to labor for the support of my family. During the summer I performed my usual amount of labor.

In October, 1846, I again found myself ailing. I called on Dr. A. Jackson Squire. He decided I had a chill fever—gave me medicine, which soon relieved. However, I imprudently went out too soon, which brought on a relapse. The disease concentrated its whole force on my lungs; my right lung till then was sound, but now both lungs were highly congested. Cough returned with great violence; lungs soon became loaded with thick, heavy matter, without the power to throw it off. I was out of your medicines, but, fortunately, I was able to borrow from one of your patients one bottle of Expectorant, one do. of Pulmonary Balsam, and a bottle of Anti-Mucous Mixture. After taking the Expectorant a few days, I raised large quantities of matter that would sink in the water almost as soon as lead. That bottle of Expectorant saved my life. I applied to you again; there was necessarily considerable delay in getting the medicines. My friends and physician said there was no hope in my case, and I, too, felt that my time to die had come—made arrangements to leave my family; and how could I think otherwise? I had a hard cough, raised large quantities of solid matter, distressing pains through my entire lungs, shoulders, bowels, and limbs, daily chills and fever, night-sweats, loss of appetite, flesh rapidly wasting away; and to crown the whole, swelled limbs and diarrhoea. Your letters, dear sir, to me were full of kindness and encouragement. You said you fully believed I would yet recover. You did not misjudge. My recovery was slow "but certain."

In May last I felt anxious to see you. My health still very poor, many of my friends thought me presumptuous in undertaking such a journey alone. On your examination of my lungs, you pronounced the entire front of my left lung and the top of the right ulcerated. This was no news to me; I had made the statement often to my friends, which I found to agree with your decision. You also said my lungs were in a healing state. I now acknowledge my doubts at that time, but have since found you correct.

In October last I was elected to the office of Recorder of Portage county. My political opponents said that writing would kill me, and some of my friends even feared it might prove true. I have now been in the office, writing from four to eight deeds per day, for four months, my health improving all the while. The secret of this is, you, sir, have learned me how to take care of my health. I am often asked, "Do you expect to be restored to perfect health?" I answer all such, "I never enjoyed perfect health; I have now almost gone through the winter without any serious attack of the lungs, and by care I hope yet to live to the common age of man." Dr. Earl, of Franklin, not long since said to me, "Sir, you are almost a miracle in the history of disease." Others have expressed themselves in the same manner. In conclusion, I will say, no man feels a deeper interest in consumptives than myself. To all such I honestly and conscientiously would say, "Try Dr. Fitch's remedies—try them faithfully; do not say you cannot follow his directions; but follow them perseveringly, and through the blessing of God you may yet live who would otherwise sink into an early grave."

In publishing the above statement I believe I am doing my duty to an afflicted public, and to you, kind sir, as a benefactor; and it shall ever be my prayer that peace, prosperity, and long life may be yours.

With sincere regard, I remain yours truly,

RÖDOLPHUS BARD.

August 1st, 1856.—Mr. Bard is at this date in good health.

Mr. Bard's present address is "BRIMFIELD, PORTAGE COUNTY, OHIO."

## TRUE CONSUMPTION CURED.

STATEMENT BY O. THAYER, ESQ., OF NEWARK, NEW JERSEY.

NEWARK, N. J., August 14, 1850.

DR. S. S. FITCH: Dear Sir—Having apparently recovered from the pulmonary diseases from which I have so long suffered, I feel it my duty to communicate the following brief particulars concerning my case, for the encouragement of the suffering. My difficulties commenced in the spring of 1833, with a hemorrhage from the lungs, and expectoration, attended with severe pain in the left side and breast, which soon extended to the right side, with slight cough, shortness of breath, night-sweats, inflammation

only obtained a temporary relief. In this state of suffering, I applied to you for advice, which you gave with such calm confidence, it encouraged and sustained me, or rather seemed to quiet me, for in my weak and highly excitable state the barest possibility of relief acted as a stimulant, and seemed to arouse every nerve within me. I willingly submitted myself to your treatment, and soon experienced its magic effects. In skill and science I am sure you have no equal. I have read your book of Lectures with pleasure, which I recommend most cordially, and particularly admire the liberal and generous tone so free from anything like professional exclusiveness. Permit me therefore to hope you will have health and happiness, beyond the reach of want, for the rest of your life, to compensate you for your benevolence and energy, so freely spent in the public service.

Yours truly and sincerely,

MARY ANN OUTCHENS.

**An American Reply.**—Two strangers recently visited Bunker Hill, and ascended to the top of the Monument. After they had asked a number of questions, which the superintendent answered them very politely, he told them it was customary to pay a small sum for ascending the monument. At this they were highly indignant, and said they thought it a free country, and this place should be free to all; they would not be a Yankee and *Englishmen* ought to be allowed to go free to such places, &c. The superintendent bowed very politely and said, "I wish that you had mentioned that you were *Englishmen* before, for they are the only persons that we admit free, considering that they paid dear enough for ascending this hill on the 17th of June, 1775."

**Every potato and clam that an idle fop has eaten, performs its duty in the world better than he.**

of the chest; emaciation and weakness ensued, and bleeding from the lungs continued. By the advice of an eminent physician, I spent a year in Virginia, and returned with improved health. During the following summer I raised blood again, which continued more or less until the 14th August, 1848, when I raised about a pint. I then gave up business. On the evening of the 15th, I raised, as was judged, more than a *quart of fresh blood from the lungs*. It was not till then that I gave myself up to the horrors of my situation—night-sweats wetting my bed through and through—and a distressing cough immediately commenced. I had copious expectoration, mingled with blood; shortness of breath, rendering it necessary to communicate my wishes by writing, as, on attempting to speak, my breath seemed gone, and instant hemorrhage ensued; my pulse one hundred and twenty-five per minute, with short pains through my lungs and chest. One physician said my heart was much diseased, as well as my lungs. Another, that the tops of both my lungs were ulcerated and gone; that he could give me no encouragement; I might continue a short time, but probably should not. Another said all my vital organs were diseased; heart and lungs very much; thought he ought not to give me any encouragement; said I might keep about a week or two, but was liable to die any minute; advised me to take simple remedies that would alleviate my pains, which was all I could expect to be done for me. An eminent physician in New York next gave his opinion that the bottom of both my lungs was destroyed and gone, lungs full of ulceration, my heart much diseased, and so much inflammation in my chest that my case was utterly hopeless—my speedy dissolution certain; said remedies for fever and ague would be as good as any thing for me, and recommended arsenic! About two weeks after this last decision I saw you, and on examination you told me that the centre of my right lung was badly diseased; and never shall I forget my feelings when you said you thought I might be restored. I had considered my doom certain. When I commenced taking your remedies, and saw their number, my heart sank within me. I doubted the propriety of taking so much medicine. I longed to see some one who had been restored by them—to behold with my own eyes the countenance where blushing health had gained the ascendancy over pale consumption. As if to add to the horrors which surrounded me, one advised one thing, another recommended something else—some said your remedies would certainly kill me—others, that I had better let all medicines alone, that I should suffer less—physicians all agreeing that consumption was incurable. I persevered with your remedies according to directions, and found relief. The morning cold bath, with the cloth wet with cold salt water laid upon my breast during the night, allayed the inflammation. The Cathartic and Cough Pills relieved me at once; the Heart Corrector and Pulmonary Balsam, I found priceless remedies for diseases of the heart and lungs. My health has greatly improved. The night-sweats, pains in my chest, cough, and hemorrhage, have all disappeared. I have gained nearly my original weight; can run up stairs or walk up hill without fatigue, and frequently walk many miles in a day. I am strongly impressed that walking out and exposure to the open air has had much, very much, to do with my present improved health, and expanding the chest, by inhaling all the air possible is also of immense benefit, especially where there is pain in the chest, and keeping the chest erect and thrown forward. Your Tube I could never use, but have expanded my chest by inhaling long breaths, very considerably. I feel as though a new life has commenced with me, and I may yet see the opening buds and sunny skies of many springs. My acquaintances view me with amazement; they supposed I should, long ere this, have been in my last repose. And here allow me to express my gratitude to you for your faithfulness and kindness to me, and, moreover, to the great Physician who blessed the means for my recovery, and also my entire confidence in the efficacy of your remedies for the cure of pulmonary diseases. If this hasty epistle should afford aid or comfort to the suffering, my object in writing will have been attained.

Very respectfully, your obedient servant,

O. THAYER.

July, 1856.—Mr. Thayer is in good health.

### A REMARKABLE CASE.

STATED BY THE PATIENT, CORNELIUS DE BEVERE.

[It is sometimes said that it is impossible to state of a person now in health that he *has had consumption*. His disease may have been something else, though the symptoms were those of consumption. It is true that only a post-mortem examination can positively demonstrate to the eye the condition of the lungs. Here is, however, a case in which, though the man is to-day in good health, there were circumstances attending his sickness that made it as certain that he had true consumption as dissection of the lungs could have done. That he was cured, he lives now to bear witness. Read the statement.]

#### RECIPES. *Curious Mode of Silvering Ivory.*

—Immerse the ivory in a weak solution of nitrate of silver, and let it remain till it has acquired a deep yellow color. Then immerse it in clean water for a few moments, and expose it to the rays of the sun. In about three hours the ivory becomes black; but the black surface on being rubbed, is at once changed to the brilliant silver.

*To remove Flies from Rooms*—Take half a teaspoonful of black pepper in powder, one teaspoonful of brown sugar, and one tablespoonful of cream—mix them well together, and place them in the room, on a plate, where the flies are troublesome. They will soon disappear.

*To bring Horses out of a Stable on Fire*.—Throw the harness or saddles to which they have been accustomed over the backs of the horses, and they will come out of the stable as tractably as usual.

#### HEART DISORDER AND DYSPEPSIA CURED.

WEST HEBRON, N. Y., Sept. 17, 1855.

DR. FITCH: Dear Sir—I here send you a few lines stating how I get along. I called on you last April, and you thought you could help me. I continued about the same for about a couple of weeks. I began to gain, and have been better than I have been in three years. I have got so well that I can work, and sleep nights, which I have not done since I was taken. I have reaped, mowed, and hoed, and stood it as well as any that worked with me. The heart complaint is almost gone. Sometimes I feel some of it, but not enough to mind it, I had so many complaints. My kidneys were not right; stomach sour, up to the top of the breast-bone—sometimes under my right breast and sometimes under my left; and my glands would fling up water as fast as

TARRYTOWN, N. Y., March 10, 1854

DR. S. S. FITCH: Dear Sir—I feel it to be a duty I owe to yourself and the community, to make a public acknowledgment of the fact that, under your treatment, by the blessing of God, I have been restored to comfortable health, after going down to the very borders of the grave with true *pulmonary consumption*.

As I am informed by physicians, it is nearly or quite impossible to determine, with absolute certainty, that any individual now in health ever had true consumption; that although consumption may be curable, still the fact of such cure can only be established by a post-mortem examination of the lungs. This may, in most cases, be true; but it is not in my case, as the circumstances which I will relate conclusively show.

Disease first began to develop itself in my lungs in 1842, by a cough, and the usually attending symptoms of decline in strength and flesh, pain about the region of the chest, through the shoulders, and under the shoulder-blades. The disease continued slowly, but steadily and obstinately, to progress. The best medical advice and assistance I could get appeared to oppose no check to it. By the year 1845, I had become very feeble, coughed much, expectorated largely, with all the ordinary indications of disease—wasting lungs. During the last-named year a new feature presented itself: a large abscess gathered in the left side and broke, discharging a great quantity of thick matter, resembling very much that which is coughed up. This discharge continued until I called on you in 1847. It proved to proceed from a cavity in the lungs. Ulcerous and tuberculous cheesy matter was discharged; but what showed conclusively that the opening was into the substance of the lungs was, that the air passed out from the lungs through the abscess. I could and did frequently blow out a lighted candle by placing it immediately before the opening, and making a sudden effort at expiration. Here was positive proof that extensive ulceration, involving the substance of the lungs, was going on. All my symptoms indicated consumption—cough, expectoration, great debility and emaciation, distress for breath, hectic fever, night-sweats, &c. My friends and my physician regarded me as certainly doomed to the grave by the disease which was on me as though I had been already in my coffin.

This was my apparently hopeless condition, when, in January, 1847, I most fortunately applied to you. I did so with very little hope of relief. You yourself did not express a very confident hope that you could rescue me from the grasp of a disease so firmly fastened, but still encouraged me by saying that you thought it possible I might be cured if I adopted and faithfully pursued your treatment. I did so, and, with gratitude to God for his blessing upon the means you employed, and with gratitude to you for your skill and kindness in treating me, I can say that I have been in the enjoyment of good health for the last four or five years. I pursue my ordinary business, have no cough, no pain, have my usual flesh, and nearly my usual strength. I do not suppose that I am as strong as I would be with lungs that had never been diseased. The front lobe of the left lung is nearly all gone.

My case may appear almost incredible to those who regard seated consumption as incurable. But if the skeptical will write or call on me at Tarrytown, N. Y., I can, I think, convince them that at least one such case has been cured by your admirable treatment. With the sincere wish that others similarly afflicted may apply to you and find relief,

I am, most gratefully, yours,

CORNELIUS DE REVERE.

## A DISTRESSING CASE OF HEART DISEASE.

New Lozs, Long Island, N. Y., Feb. 29, 1855.

DR. S. S. FITCH: Dear Sir—Having suffered exceedingly from that prevalent and truly alarming complaint, disease of the heart, I find words inadequate to express my gratitude for the benefit I have derived from your invaluable remedies. As a trifling remuneration for your benevolence and unceasing exertions, so freely spent in my behalf, as well as a duty to an afflicted community, I hereby make a public acknowledgment of the facts of my case, knowing of no better method of accomplishing my wishes or desires; and by doing so, can merely add another link to the long chain of testimony already produced in your favor for the treatment of chronic affections. If, however, by this brief communication, I should aid or alleviate suffering humanity, and cast a gleam of hope to those similarly afflicted, I shall not entirely fail of the object at which I aim. For years has this disease, with a complication of others, been making its fearful ravages upon my system, and picturing to me, time after time (the only encouragement a consolation to be derived from a vast majority of the medical faculty), that of death in one or another of its forms. I have been so reduced or debilitated as to be confined to the house for months at a time, and frequently to my bed. I have been under the treatment of various physicians, all of whom arrived at nearly the same conclusion, and left me, filled with the most terrible forebodings, to my fate. At

I could swallow it. Almost all these have left me and, with few exceptions, I enjoy good health.

With best respects, JOHN A. BUMP.

MEXICO, Oswego Co., N. Y., Nov. 1855.

DR. S. S. FITCH: Dear Sir—You will recollect, by reference to your notes, that I called on you for medical advice and medicine in the summer of 1849. I was then laboring under a chronic Bronchitis, which had threatened me with consumption in its tendency. But after taking your medicines, and using the Braces, &c., agreeably to your prescription, my health improved, and I was able to resume business as usual. And now, dear sir, I wish to state, in cordial respect to you, and for the benefit of others, that I entertain by far more confidence in your mode of treating consumption, and those diseases leading to it, than all others of which I have any knowledge.

Yours truly, H. T. WARNER, M.D.

☞ A Candid Lawyer.—“Do you think I’ll get justice done me?” said a culprit to his counsel. “I don’t think you will,” replied the counsel, “for I see two men on the jury who are opposed to hanging.”

☞ Themistocles, the great Athenian general, being asked whether he would choose to marry his daughter to an indigent man of merit, or to a worthless man of estate, replied that he would prefer a man without an estate, to an estate without a man.

☞ A convict who was about to be sent to the house of correction, was told they would set him to picking oakum. “Let ‘em try it, by gosh,” said he. “I’ll tear their darned oakum all to pieces.”

☞ Dr. Johnson was asked if he was fond of music. “No,” said he, “but of all noises I think music is the least disagreeable.”

present I am better than I have been for years, and every thing seems to indicate a steady course of improvement, so that I am led to believe that, with the blessing of God, I may yet walk the rosy path of life, so long to me unknown. To those that are suffering with this fearful malady, without being able to obtain relief, I would say, submit to the treatment of Dr. Fitch, and you will soon be convinced of the superiority and efficacy of his practice. It nevertheless requires unceasing care and good judgment on the part of the patient, and a strict compliance with his counsel or advice. And now, as I sincerely believe that you have been the instrument, through a kind Providence of restoring me to my present comfortable condition, permit me, therefore, to hope that you may have health and happiness beyond the average period allotted to man on earth, and that you may benefit many a desponding sufferer as greatly as you have me. I will close with my ardent wishes for your welfare and prosperity.

Respectfully yours,

A. H. W. VANSICLEN.

### A TRUE CASE OF CONSUMPTION CURED.

SOUTH NORWALK, Conn., May 10, 1855.

**D. S. S. FITCH:** Dear Sir—For the benefit of those afflicted with disease of the lungs, I wish to make statement of the effect of your treatment in my case. It is also an act of justice towards yourself.

I will first say that my family is a consumptive one. My father died of this disease, and I have lost one sister by it. Last autumn I was taken with a severe cough, which was induced by a cold, though my lungs had been weak for two or three years. The cough made rapid progress. The lungs became extensively diseased. In about four weeks I commenced bleeding at the lungs, and in the course of three months, I bled twelve times, some three or four tablespoonfuls at a time. I became much emaciated, and very weak. My friends regarded my case as perfectly hopeless. I had an ulcer break in my lungs in December, and discharge full half a pint of heavy thick matter. My cough was distressing. I suffered much pain in the chest, and through and under the shoulder-blades. I had severe night-sweats; in short, every symptom of positive consumption. I applied to you in January last in this condition. You encouraged me to hope for a cure, though it seemed like hope against hope. I immediately placed myself in your hands. You gave me your remedies, Shoulder Braces, Supporter, Inhaling Tube, together with medicines, and an Inhaler, with Inhaling Fluid, for the purpose of medicated inhalations. My cough soon showed signs of improvement. It loosened up and became easier. I had but one turn of bleeding after beginning the treatment. The cough gradually became less. I soon breathed easier and deeper. My strength and flesh gradually came back, until to-day I call myself well. I have better health than I had twelve months ago.

When you examined me, you will recollect that you found the front of both lungs extensively ulcerated and filled with tubercles, and also a large cavity in the front of the right lung. To your treatment, under Providence, I am sure I owe my life. My case certainly shows that consumption may be cured; and how any person who has disease of the lungs can hesitate or neglect to place himself in your hands and adopt your treatment, is surprising to me. Accept the expression of my gratitude for your treatment of my case.

Yours, &amp;c.

ALONZO W. STREET.

### A CLEAR CASE OF CONSUMPTION CURED.

NEW YORK CITY, Nov. 15, 1854.

**DR. S. S. FITCH:** Dear Sir—When a man feels that he owes his life to another, time only increases his admiration and strengthens his gratitude. This is the feeling I have towards you. In April, 1852, I was attacked with repeated and violent hemorrhages from my lungs, accompanied with much cough, soreness of the throat, &c. I also experienced great tightness and shrinking of my chest, short breathing, and nearly all the most alarming symptoms of consumption. My nearest friends viewed my case as exceedingly critical and dangerous. I applied at once to you, without endangering myself by any other advice. The result was a perfect and permanent cure. Your medicines, mechanical remedies, and inhalation, without reducing me, or disturbing in any manner my appetite or even interrupting my professional employment, and without any shock or violence, gently led me back to health. I have witnessed many other cases of consumption cured by you. In your hands medicine seems one of the exact sciences. In the whole course of my life I have never met any physician whose prescriptions and medicines seem so unerringly certain to cure. I most cheerfully give you leave to use my name, and refer any person to me who may wish further information.

Believe me, ever yours,

W. A. HILLYER.

Attorney at Law, No. 27 William-st., N. Y., house No. 69 Nassau-st., Brooklyn.

**RECIPES.** *To make Paper or Cloth Fire Proof.*—Dip it in a strong solution of alum water, and then dry it thoroughly. Neither the color or quality of the paper will be affected. In this it will be fire proof.

*To Renovate Manuscripts.*—Take a hair pencil and wash the part which has been effaced with a solution of prussiate of potash in water, and the writing will again appear if the paper has not been destroyed.

*Seidlitz Powders.*—Rochelle salt, one drachm; carbonate of soda, 25 grains; tartaric acid, 20 grains. Dissolve the first two in a tumbler of water, then add the latter, and drink without loss of time.

*When Cloths have acquired an unpleasant odor* by being from the air, charcoal, laid in the folds, will soon restore it.

### BRONCHITIS AND DISEASE OF THE HEART CURED.

HOPKINTON, St. Lawrence Co., N. Y., }  
July 4th, 1855. }

**DR. S. S. FITCH:** Dear Sir—My wife being troubled with Bronchitis, Palpitation of the Heart, pains under the shoulder-blades and upper part of the lungs, dyspepsia, falling of the bowels, we consulted you in the month of June, 1849. We received your Tonic Wash and Heart Corrector, with Supporter, &c. They were of great use to her; in fact, she has always felt she never could have got up, had it not been for your medicines. For a year past she has been able to do all the work for a family of three or four. Allow me to say, in conclusion, that we have more confidence in your treatment of lung and heart diseases than of any other used.

A. P. MOSHER.

MOON'S PHASES.

	D.	H.	M.
First Quarter .....	3	7	6 M.
Full Moon .....	10	4	0 M.
Last Quarter .....	17	11	42 E.
New Moon .....	23	6	18 E.

MOON'S PHASES.

	D.	H.	M.
First Quarter .....	1	8	12 E.
Full Moon .....	8	6	45 E.
Last Quarter .....	16	9	12 E.
New Moon .....	24	6	50 M.

CALENDAR FOR

BOSTON, NEW ENGLAND, N. YORK STATE, MICHIGAN, WISCONSIN, IOWA, AND OREGON.

CALENDAR FOR

N. YORK CITY, PHILADELPHIA, NEW JERSEY, PENNSYLVANIA, OHIO, INDIANA, & ILLINOIS.

CALENDAR FOR

BOSTON, NEW ENGLAND, N. YORK STATE, MICHIGAN, WISCONSIN, IOWA, AND OREGON.

CALENDAR FOR

N. YORK CITY, PHILADELPHIA, NEW JERSEY, PENNSYLVANIA, OHIO, INDIANA, & ILLINOIS.

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

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

Mercury will be visible in the west Jan. 12, May 5, Sept. 1, and Dec. 26; also in the east, in the morning, Feb. 28, June 23, and Oct. 13.

THREATENED CONSUMPTION ARRESTED.

NEW CASTLE, C. W., Nov. 6, 1855.

DR. S. S. FITCH: Dear Sir—As you wish to hear from your patients, and as I have received so much benefit from your medicines, I deem it my duty to comply with your request. It is two years last June since I went down to New York to see you. I fancied I was in a consumption, as I had a very distressing cough, attended with much pain in my side and chest. After taking your medicine for three months, I was entirely free from cough. My health during the past year has been very good. I still continue to wear your Supporters, and find them of much use; indeed, I do not think I could do without them.

Respectfully,  
MISS F. FOSTER.

Retort of Napoleon.—When Napoleon was only an officer of artillery, a Prussian officer said in his presence with much pride, "My countrymen fight only for glory, but Frenchmen for money." "You are right," replied Napoleon; "each of them fight for what they are most in want of."

"Do you ever play cards?" inquired George IV. of Horne Tooke. "Please your majesty," was the reply, "I am so little acquainted with court cards, as not to know a king from a knave."

A legal stone weighs 14 lbs., or the eighth of a hundred in England, and 16 lbs. in Holland.

The fathom, six feet, is derived from the height of a full grown man. A hand in horse measure is four inches.

MOON'S PHASES.			
	D.	H.	M.
First Quarter	9	11	23 E.
Full Moon	10	11	9 M.
Last Quarter	18	3	55 E.
New Moon	25	5	20 E.

MOON'S PHASES.			
	D.	H.	M.
First Quarter	1	8	26 M.
Full Moon	9	4	20 M.
Last Quarter	17	6	52 M.
New Moon	24	2	6 M.
First Quarter	30	7	10 E.

CALENDAR FOR  
BOSTON, NEW ENGLAND, N. YORK  
STATE, MICHIGAN, WISCONSIN,  
IOWA, AND OREGON.

CALENDAR FOR  
N. YORK CITY, PHIL-  
ADELPHIA, NEW  
JERSEY, PENNSYLV-  
ANIA, OHIO, IN-  
DIANA, & ILLINOIS.

CALENDAR FOR  
BOSTON, NEW ENGLAND, N. YORK  
STATE, MICHIGAN, WISCONSIN,  
IOWA, AND OREGON.

CALENDAR FOR  
N. YORK CITY, PHIL-  
ADELPHIA, NEW  
JERSEY, PENNSYLV-  
ANIA, OHIO, INDI-  
ANA, & ILLINOIS.

D.	D.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	PL	rises.	sets.	sets.	rises.	sets.	sets.
		a.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	D.	γ	6 23	5 32	morn.	6 26	5 34	morn.
2	M	δ	6 26	5 34	0 41	6 25	5 35	0 36
3	Tu	ε	6 25	5 35	1 55	6 24	5 36	1 48
4	W	ζ	6 24	5 36	3 0	6 22	5 38	2 53
5	Th	η	6 22	5 38	3 57	6 21	5 39	3 50
6	Fr	θ	6 21	5 39	4 44	6 19	5 41	4 38
7	Sa	ι	6 19	5 41	5 18	6 18	5 42	5 13
8	D.	κ	6 18	5 42	5 47	6 17	5 43	5 44
9	M	λ	6 16	5 44	6 8	6 15	5 45	6 6
10	Tu	μ	6 15	5 45	rises.	6 14	5 46	rises.
11	W	ν	6 13	5 47	7 13	6 13	5 47	7 12
12	Th	ξ	6 12	5 48	8 15	6 11	5 49	8 13
13	Fr	ο	6 11	5 49	9 17	6 10	5 50	9 14
14	Sa	π	6 9	5 51	10 21	6 9	5 51	10 17
15	D.	ρ	6 8	5 52	11 24	6 7	5 53	11 19
16	M	σ	6 6	5 54	morn.	6 6	5 54	morn.
17	Tu	τ	6 5	5 55	0 28	6 4	5 56	0 21
18	W	υ	6 3	5 57	1 30	6 3	5 57	1 23
19	Th	φ	6 2	5 58	2 23	6 2	5 58	2 16
20	Fr	χ	6 0	6 0	3 15	6 0	6 0	3 9
21	Sa	ψ	5 59	6 1	3 57	5 59	6 1	3 51
22	D.	ω	5 58	6 2	4 30	5 58	6 2	4 25
23	M	α	5 56	6 4	4 59	5 56	6 4	4 56
24	Tu	β	5 56	6 4	sets.	5 55	6 5	sets.
25	W	γ	5 55	6 5	6 20	5 54	6 6	6 19
26	Th	δ	5 53	6 7	7 37	5 52	6 8	7 35
27	Fr	ε	5 52	6 8	8 59	5 51	6 9	8 55
28	Sa	ζ	5 50	6 10	10 20	5 50	6 10	10 15
29	D.	η	5 49	6 11	11 44	5 48	6 12	11 37
30	M	θ	5 48	6 12	morn.	5 47	6 13	morn.
31	Tu	ι	5 46	6 14	0 55	5 46	6 14	0 48

D.	D.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	PL	rises.	sets.	sets.	rises.	sets.	sets.
		a.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	W	α	5 43	6 17	1 55	5 44	6 16	1 48
2	Th	β	5 42	6 18	2 43	5 43	6 17	2 37
3	Fr	γ	5 40	6 20	3 22	5 42	6 18	3 17
4	Sa	δ	5 39	6 21	3 51	5 41	6 19	3 47
5	D.	ε	5 38	6 22	4 16	5 40	6 20	4 13
6	M	ζ	5 36	6 24	4 36	5 39	6 21	4 34
7	Tu	η	5 35	6 25	4 54	5 38	6 22	4 53
8	W	θ	5 33	6 27	rises.	5 36	6 24	rises.
9	Th	ι	5 32	6 28	7 6	5 35	6 25	7 4
10	Fr	κ	5 31	6 29	8 10	5 34	6 26	8 7
11	Sa	λ	5 29	6 31	9 14	5 32	6 28	9 9
12	D.	μ	5 28	6 32	10 18	5 31	6 29	10 12
13	M	ν	5 26	6 34	11 20	5 30	6 30	11 14
14	Tu	ξ	5 25	6 35	morn.	5 28	6 32	morn.
15	W	ο	5 24	6 36	0 17	5 27	6 33	0 10
16	Th	π	5 22	6 38	1 10	5 26	6 34	1 3
17	Fr	ρ	5 21	6 39	1 58	5 25	6 35	1 51
18	Sa	σ	5 20	6 40	2 29	5 23	6 37	2 23
19	D.	τ	5 18	6 42	2 58	5 22	6 38	2 54
20	M	υ	5 17	6 43	3 24	5 21	6 39	3 22
21	Tu	φ	5 15	6 45	3 46	5 19	6 41	3 45
22	W	χ	5 14	6 46	4 9	5 18	6 42	4 9
23	Th	ψ	5 13	6 47	4 35	5 17	6 43	4 35
24	Fr	ω	5 12	6 48	sets.	5 16	6 44	sets.
25	Sa	α	5 10	6 50	9 14	5 15	6 45	9 8
26	D.	β	5 9	6 51	10 33	5 13	6 47	10 27
27	M	γ	5 8	6 52	11 43	5 12	6 48	11 36
28	Tu	δ	5 7	6 53	morn.	5 11	6 49	morn.
29	W	ε	5 6	6 55	0 39	5 10	6 50	0 38
30	Th	ζ	5 4	6 56	1 21	5 8	6 52	1 15

RECIPES. Composition for making Colored Drawings and Paints resemble Paintings in Oil.—Take of Canada balsam, 1 ounce; spirits of turpentine, 2 ounces; mix them together. The drawing or paint should be first sized with a solution of isinglass in water, and when dry, apply the above with a camel's-hair brush.

Cautions in visiting Sick-Rooms.—Never venture into a sick-room in violent perspiration, for the moment the body begins to cool, it is likely to absorb the infection and receive the disease. Never visit a sick person (especially if the disease be of a contagious nature) with an empty stomach, as this disposes the system more readily to receive the infection. While in the sick-room, do not stand, if it can be avoided, where a draft carries the air from the bed to you.

COLON, St. Joseph Co., Mich., }  
Oct. 10th, 1855. }

DE. S. S. FERRIS: Dear Sir—Your communication of Aug. 27th was duly received. I will endeavor to give you a brief history of my daughter's case, who was under your treatment two months in the summer of 1853 for a disease of the lungs. She had been in a feeble state of health for one year, caused by the measles and bronchitis. At the time I applied to you she had a constant cough and copious expectoration, with a daily fever, and renewed attacks of chills and fever, varying from one to three weeks successively, which greatly aggravated her cough. Nothing afforded her permanent relief, until she made use of your valuable medicines, and other remedies prescribed, which improved her health daily, through the summer and autumn. I am hap-

MOON'S PHASES.		D.	H.	M.
Full Moon.....		8	9	3 E.
Last Quarter.....		16	6	2 E.
New Moon.....		23	9	40 M.
First Quarter.....		30	8	4 M.

MOON'S PHASES.		D.	H.	M.
Full Moon.....		7	0	16 E.
Last Quarter.....		15	2	2 M.
New Moon.....		21	4	55 E.
First Quarter.....		28	11	12 E.

CALENDAR FOR  
BOSTON, NEW ENGLAND, N. YORK  
STATE, MICHIGAN, WISCONSIN,  
IOWA, AND OREGON.

CALENDAR FOR  
N. YORK CITY, PHIL-  
ADELPHIA, NEW  
JERSEY, PENNSYLV-  
ANIA, OHIO, IN-  
DIANA, & ILLINOIS.

CALENDAR FOR  
BOSTON, NEW ENGLAND, N. YORK  
STATE, MICHIGAN, WISCONSIN,  
IOWA, AND OREGON.

CALENDAR FOR  
N. YORK CITY, PHIL-  
ADELPHIA, NEW  
JERSEY, PENNSYLV-  
ANIA, OHIO, IN-  
DIANA, & ILLINOIS.

D.	d.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	Pl	rises.	sets.	sets.	rises.	sets.	sets.
		s.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Fr	☾	5 36	57	1 54	5 6	5 54	1 49
2	Sa	☽	5 26	58	2 20	5 5	5 55	2 17
3	D.	☽	5 16	59	2 42	5 4	5 56	2 39
4	M	☽	4 59	7	3 0	5 3	5 57	2 59
5	Tu	☽	4 53	7	3 18	5 2	5 58	3 18
6	W	☽	4 57	7	3 36	5 1	5 59	3 38
7	Th	☽	4 56	7	4 3 53	5 0	7 0	3 56
8	Fr	☽	4 55	7	5 rises.	4 59	7 1	rises.
9	Sa	☽	4 54	7	6 8 10	4 57	7 3	8 4
10	D.	☽	4 53	7	9 14	4 56	7 4	9 7
11	M	☽	4 51	7	10 13	4 55	7 6	10 6
12	Tu	☽	4 50	7	11 6	4 54	7 6	10 59
13	W	☽	4 49	7	11 53	4 53	7 7	11 46
14	Th	☽	4 48	7	12 morn.	4 52	7 8	morn.
15	Fr	☽	4 47	7	13 0 23	4 52	7 8	0 23
16	Sa	☽	4 46	7	14 0 58	4 51	7 9	0 53
17	D.	☽	4 45	7	15 1 24	4 50	7 10	1 21
18	M	☽	4 44	7	16 1 49	4 49	7 11	1 47
19	Tu	☽	4 43	7	17 2 9	4 48	7 12	2 9
20	W	☽	4 42	7	18 2 32	4 47	7 13	2 34
21	Th	☽	4 42	7	18 2 56	4 46	7 14	2 59
22	Fr	☽	4 41	7	19 3 26	4 45	7 15	3 30
23	Sa	☽	4 40	7	20 sets.	4 45	7 15	sets.
24	D.	☽	4 39	7	21 9 22	4 44	7 16	9 15
25	M	☽	4 38	7	22 10 26	4 43	7 17	10 19
26	Tu	☽	4 37	7	23 11 17	4 42	7 18	11 10
27	W	☽	4 37	7	23 11 54	4 42	7 18	11 49
28	Th	☽	4 36	7	24 morn.	4 41	7 19	morn.
29	Fr	☽	4 35	7	25 0 23	4 40	7 20	0 19
30	Sa	☽	4 34	7	26 0 45	4 40	7 20	0 43
31	D.	☽	4 34	7	26 1 5	4 39	7 21	1 3

D.	d.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	Pl	rises.	sets.	sets.	rises.	sets.	sets.
		s.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	M	☽	4 33	7	27 1 23	4 43	7 17	1 23
2	Tu	☽	4 33	7	27 1 41	4 43	7 17	1 42
3	W	☽	4 32	7	28 2 0	4 42	7 18	2 2
4	Th	☽	4 31	7	29 2 19	4 42	7 18	2 23
5	Fr	☽	4 31	7	29 2 44	4 41	7 19	2 49
6	Sa	☽	4 30	7	30 rises.	4 41	7 19	rises.
7	D.	☽	4 30	7	30 8 6	4 41	7 19	7 59
8	M	☽	4 29	7	31 9 2	4 40	7 20	8 55
9	Tu	☽	4 29	7	31 9 50	4 40	7 20	9 43
10	W	☽	4 29	7	31 10 28	4 40	7 20	10 22
11	Th	☽	4 28	7	32 11 1	4 39	7 21	10 57
12	Fr	☽	4 28	7	32 11 28	4 39	7 21	11 24
13	Sa	☽	4 28	7	32 11 51	4 39	7 21	11 49
14	D.	☽	4 28	7	32 morn.	4 39	7 21	morn.
15	M	☽	4 27	7	33 0 12	4 38	7 22	0 12
16	Tu	☽	4 27	7	33 0 34	4 38	7 22	0 35
17	W	☽	4 27	7	33 0 58	4 38	7 22	1 0
18	Th	☽	4 27	7	33 1 23	4 38	7 22	1 27
19	Fr	☽	4 27	7	33 1 54	4 38	7 22	2 0
20	Sa	☽	4 27	7	33 2 35	4 38	7 22	2 42
21	D.	☽	4 27	7	33 sets.	4 38	7 22	sets.
22	M	☽	4 27	7	33 9 4	4 38	7 22	8 57
23	Tu	☽	4 27	7	33 9 48	4 38	7 22	9 43
24	W	☽	4 27	7	33 10 22	4 38	7 22	10 17
25	Th	☽	4 27	7	33 10 47	4 38	7 22	10 44
26	Fr	☽	4 27	7	33 11 9	4 38	7 22	11 7
27	Sa	☽	4 27	7	33 11 28	4 38	7 22	11 28
28	D.	☽	4 27	7	33 11 47	4 38	7 22	11 48
29	M	☽	4 28	7	32 morn.	4 39	7 21	morn.
30	Tu	☽	4 28	7	32 0 2	4 39	7 21	0 4

py to say that I consider her health fully restored, by the timely use of your medicines, for which I feel very grateful to you, as does also my daughter.  
Respectfully,  
MRS. M. S. MATHEWS.

A CASE OF SEVERE HEART DISEASE.

BALTIMORE, Md., Sept. 25, 1855.

DR. S. S. FITCH: Dear Sir—It gives me great pleasure to say that my health is so far improved, by the use of your medicines, that I am enabled to engage in all the various exercises which were interdicted through the enfeebled state of my nervous system.

In haste, I remain, dear sir,

Very respectfully yours,

DAVID WHITMARSH.

☞ *Go-between.*—There is, perhaps, not a more odious character in the world than that of a go-between—by which I mean that creature who carries to the ear of a neighbor every injurious observation that happens to drop from the mouth of another. Such a person is a slanderer's herald, and is altogether more odious than the black-venomed slanderer himself.

☞ The celebrated Lord Faulkland being brought early into the House of Commons, a grave member objected to his youth, and said, "He looked as though he had not sown his wild oats." The young lord replied with great quickness—"Then I am come to the proper place, where there is a goose to pick them up."

☞ A loving heart incloses within itself an unfading and eternal Eden.

MOON'S PHASES.

	D.	H.	M.
Full Moon	7	1	86 M.
Last Quarter	14	7	48 M.
New Moon	21	1	4 M.
First Quarter	28	4	6 E.

MOON'S PHASES.

	D.	H.	M.
Full Moon	5	1	20 E.
Last Quarter	12	0	33 E.
New Moon	19	11	18 M.
First Quarter	27	9	57 M.

CALENDAR FOR BOSTON, NEW ENGLAND, N. YORK STATE, MICHIGAN, WISCONSIN, IOWA, AND OREGON.

CALENDAR FOR N. YORK CITY, PHILADELPHIA, NEW JERSEY, PENNSYLVANIA, OHIO, INDIANA, & ILLINOIS.

CALENDAR FOR BOSTON, NEW ENGLAND, N. YORK STATE, MICHIGAN, WISCONSIN, IOWA, AND OREGON.

CALENDAR FOR N. Y. CITY, PHILADELPHIA, NEW JERSEY, PENNSYLVANIA, OHIO, INDIANA, & ILLINOIS.

D.	d.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	Pl.	rises.	sets.	sets.	rises.	sets.	sets.
		s.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	W	☾	4 28	7 32	0 23	4 34	7 26	0 26
2	Th	☽	4 29	7 31	0 46	4 34	7 26	0 51
3	Fr	☿	4 29	7 31	1 14	4 34	7 26	1 19
4	Sa	☿	4 29	7 31	1 47	4 35	7 25	1 53
5	D.	☿	4 30	7 30	2 30	4 35	7 25	2 37
6	M.	☿	4 30	7 30	rises.	4 36	7 24	rises.
7	Tu	☿	4 31	7 29	8 29	4 36	7 24	8 23
8	W	☿	4 31	7 29	9 3	4 37	7 23	8 58
9	Th	☿	4 32	7 28	9 28	4 37	7 23	9 26
10	Fr	☿	4 32	7 28	9 56	4 38	7 22	9 53
11	Sa	☿	4 33	7 27	10 17	4 38	7 22	10 16
12	D.	☿	4 34	7 26	10 30	4 39	7 21	10 30
13	M.	☿	4 34	7 26	11 0	4 39	7 21	11 2
14	Tu	☿	4 35	7 25	11 24	4 40	7 20	11 27
15	W	☿	4 36	7 24	11 53	4 41	7 19	11 58
16	Th	☿	4 36	7 24	morn.	4 41	7 19	morn.
17	Fr	☿	4 37	7 23	0 30	4 42	7 18	0 36
18	Sa	☿	4 38	7 22	1 17	4 43	7 17	1 23
19	D.	☿	4 39	7 21	2 17	4 43	7 17	2 24
20	M.	☿	4 39	7 21	3 28	4 44	7 16	3 35
21	Tu	☿	4 40	7 20	sets.	4 45	7 15	sets.
22	W	☿	4 41	7 19	8 53	4 46	7 14	8 49
23	Th	☿	4 42	7 18	9 9	4 47	7 13	9 7
24	Fr	☿	4 43	7 17	9 29	4 47	7 13	9 28
25	Sa	☿	4 44	7 16	9 49	4 48	7 12	9 49
26	D.	☿	4 45	7 15	10 7	4 49	7 11	10 9
27	M.	☿	4 46	7 14	10 26	4 50	7 10	10 29
28	Tu	☿	4 47	7 13	10 48	4 51	7 9	10 52
29	W	☿	4 48	7 12	11 13	4 52	7 8	11 19
30	Th	☿	4 49	7 11	11 45	4 53	7 7	11 51
31	Fr	☿	4 50	7 10	morn.	4 54	7 6	morn.

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

RECIPES. To Destroy Superfluous Hair.—Take fresh stone lime, one ounce; pure potash, one drachm; sulphuret, one drachm. Reduce them to a fine powder in an earthen or glass mortar, and add enough soft water to make a thin paste. Then wash the hair in warm water, and apply the paste, by rubbing gently a little on the spot where you wish to remove the hair. As soon as the skin is much reddened, wash it off with strong vinegar. Do not let it remain on more than three to five minutes. Wash the place with a flannel cloth, and the hair will be removed. The skin will be softened and improved in appearance.

To take Ink Spots out of Linen.—As soon as the accident happens, wet the place with the juice of sorrel or lemon, or with sharp vinegar, and the best hard white soap.

ADMIRABLE EFFECT OF SUPPORTER AND BRACES.

Mt. HOLLY, Vt., Jan. 1st, 1855.

Dr. S. S. Fitch: Dear Sir—I have taken my pen to inform you of the benefit which I received from your Shoulder Braces, Supporters, and Medicines.

I was quite low before I received your medicines, and was not able to do anything. I could not sew but a few minutes before it would seem as though I could not take another stitch, there was so much pain through my lungs to my shoulder-blades, and the back of my neck. I received your remedies on Thursday evening. I put on your Shoulder Braces, and after a little while I felt quite relieved, and went to sewing, and was not as tired at night as I was in the morning. I wore them about three months, and do not have to wear them any more.



**MOON'S PHASES.**

Full Moon.....	D.	H.	M.
Last Quarter.....	8	11	59 E.
New Moon.....	10	5	42 E.
First Quarter.....	13	0	25 M.
	26	8	51 M.

**MOON'S PHASES.**

Full Moon.....	D.	H.	M.
Last Quarter.....	8	10	1 M.
New Moon.....	17	0	45 M.
First Quarter.....	10	4	30 E.
	25	8	57 E.

**CALENDAR FOR**  
 BOSTON, NEW ENGLAND, N. YORK  
 STATE, MICHIGAN, WISCONSIN,  
 IOWA, AND OREGON.

**CALENDAR FOR**  
 BOSTON, NEW ENGLAND, N. YORK  
 STATE, MICHIGAN, WISCONSIN,  
 IOWA, AND OREGON.

**CALENDAR FOR**  
 N. YORK CITY, PHIL-  
 ADELPHIA, NEW  
 JERSEY, PENNSYL-  
 VANIA, OHIO, INDI-  
 ANA, & ILLINOIS.

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

D.	d.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	P	rises.	sets.	sets.	rises.	sets.	sets.
		s.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Th	∩	6 12	5 48	3 25	6 11	5 49	3 27
2	Fr	∩	6 13	5 47	rises.	6 12	5 48	rises.
3	Sa	∩	6 15	5 45	5 34	6 14	5 46	5 36
4	D.	∩	6 16	5 44	5 59	6 15	5 45	6 2
5	M	∩	6 17	5 43	6 27	6 16	5 44	6 32
6	Tu	∩	6 19	5 41	7 7	6 18	5 42	7 13
7	W	∩	6 20	5 40	7 54	6 19	5 41	8 1
8	Th	∩	6 22	5 38	8 55	6 20	5 40	9 2
9	Fr	∩	6 23	5 37	10 2	6 22	5 38	10 9
10	Sa	∩	6 24	5 36	11 16	6 23	5 37	11 21
11	D.	∩	6 26	5 34	morn.	6 24	5 36	morn.
12	M	∩	6 27	5 33	0 29	6 26	5 34	0 33
13	Tu	∩	6 29	5 31	1 39	6 27	5 33	1 42
14	W	∩	6 30	5 30	2 48	6 28	5 32	2 50
15	Th	∩	6 32	5 28	3 51	6 30	5 30	3 52
16	Fr	∩	6 33	5 27	4 55	6 31	5 29	4 54
17	Sa	∩	6 34	5 26	sets.	6 33	5 28	sets.
18	D.	∩	6 36	5 24	5 19	6 34	5 26	5 22
19	M	∩	6 37	5 23	5 44	6 35	5 25	5 49
20	Tu	∩	6 38	5 22	6 16	6 36	5 24	6 22
21	W	∩	6 40	5 20	6 52	6 38	5 22	6 58
22	Th	∩	6 41	5 19	7 38	6 39	5 21	7 45
23	Fr	∩	6 43	5 17	8 31	6 40	5 20	8 38
24	Sa	∩	6 44	5 16	9 31	6 41	5 19	9 38
25	D.	∩	6 45	5 15	10 40	6 43	5 17	10 45
26	M	∩	6 47	5 13	11 50	6 44	5 16	11 54
27	Tu	∩	6 48	5 12	morn.	6 45	5 15	morn.
28	W	∩	6 49	5 11	1 1	6 46	5 14	1 4
29	Th	∩	6 51	5 9	2 13	6 48	5 12	2 14
30	Fr	∩	6 52	5 8	3 27	6 49	5 11	3 27
31	Sa	∩	6 53	5 7	4 43	6 50	5 10	4 41

I was troubled very much with weakness across my kidneys. I put on your Abdominal Supporter: within three days I was well as ever. I think it is the best thing a lady can wear, if she is troubled with any female weakness. Yours truly,  
 MISS HARRIET E. WILCOX.

**DR. S. S. FITCH'S SIX LECTURES.**

FRANKFORD, Pike Co., Mo., Feb. 6, 1856.

DR. S. S. FITCH: Dear Sir—Your Lectures have been received and read with the deepest interest. I am deeply impressed with their importance, so much so, that I have sent the volume to an afflicted daughter in another county. Having other married children, I want each of them to have a copy. Please send four copies. Yours, respectfully,  
 REV. JOHN M. JOHNSON.

A newly married lady, who was very fond of her husband, notwithstanding the extreme ugliness of his person, once said to a friend, "What do you think? my husband has gone and laid out fifteen guineas for a large baboon on purpose to please me!" "The dear little man!" cried the other; "well, it is just like him."

The editor of a western newspaper thus introduces some verses: "The poem published this week was composed by an esteemed friend, who has lain in the grave many years merely for his own amusement."

A young lady being at confession one day, after confessing crimes without apparent reserve, was asked her age. "Indeed, sir," she replied, "I hope that is not a sin, is it?"

MOON'S PHASES.				D.	H.	M.
Full Moon.....	1	7	49 E.			
Last Quarter.....	8	11	6 M.			
New Moon.....	16	10	46 M.			
First Quarter.....	24	0	25 E.			

MOON'S PHASES.				D.	H.	M.
Full Moon.....	1	5	49 M.			
Last Quarter.....	8	1	30 M.			
New Moon.....	16	5	53 M.			
First Quarter.....	24	1	28 M.			
Full Moon.....	30	4	25 E.			

**CALENDAR FOR**  
BOSTON, NEW ENGLAND, N. YORK  
STATE, MICHIGAN, WISCONSIN,  
IOWA, AND OREGON.

**CALENDAR FOR**  
N. YORK CITY, PHILADELPHIA, NEW  
JERSEY, PENNSYLVANIA, OHIO, INDIANA,  
& ILLINOIS.

D.	d.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	Pl	rises.	sets.	rises.	rises.	sets.	rises.
		s.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	D.	☾	6 54	5 6	ris.	6 51	5 9	ris.
2	M	☽	6 56	5 4	58	6 53	5 7	5 4
3	Tu	☽	6 57	5 3	5 41	6 54	5 6	5 48
4	W	☽	6 58	5 2	6 40	6 55	5 6	4 47
5	Th	☽	7 05	0	7 48	6 56	5 4	7 56
6	Fr	☽	7 14	59	9 4	6 57	5 3	9 10
7	Sa	☽	7 24	58	10 18	6 58	5 2	10 23
8	D.	☽	7 34	57	11 31	7 05	0	11 35
9	M	☽	7 44	56	morn.	7 14	59	morn.
10	Tu	☽	7 64	54	0 39	7 24	58	0 41
11	W	☽	7 74	53	1 45	7 34	57	1 46
12	Th	☽	7 84	52	2 48	7 44	56	2 47
13	Fr	☽	7 94	51	3 50	7 54	55	3 48
14	Sa	☽	7 104	50	4 52	7 64	54	4 49
15	D.	☽	7 114	49	5 55	7 74	53	5 51
16	M	☽	7 124	48	sets.	7 84	52	sets.
17	Tu	☽	7 134	47	4 51	7 94	51	4 57
18	W	☽	7 144	46	5 35	7 104	50	5 42
19	Th	☽	7 154	45	6 26	7 114	49	6 33
20	Fr	☽	7 164	44	7 25	7 124	48	7 31
21	Sa	☽	7 174	43	8 30	7 134	47	8 35
22	D.	☽	7 184	42	9 37	7 144	46	9 42
23	M	☽	7 194	41	10 46	7 154	45	10 49
24	Tu	☽	7 204	40	11 55	7 164	45	11 57
25	W	☽	7 214	39	morn.	7 174	44	morn.
26	Th	☽	7 224	38	1 4	7 174	43	1 4
27	Fr	☽	7 234	37	2 17	7 184	42	2 16
28	Sa	☽	7 244	36	3 33	7 194	41	3 31
29	D.	☽	7 244	36	4 53	7 194	41	4 49
30	M	☽	7 254	35	6 17	7 204	40	6 12

**CALENDAR FOR**  
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**CALENDAR FOR**  
N. YORK CITY, PHILADELPHIA, NEW  
JERSEY, PENNSYLVANIA, OHIO, INDIANA,  
& ILLINOIS.

D.	d.	D	Sun	Sun	Moon	Sun	Sun	Moon
M.	w.	Pl	rises.	sets.	rises.	rises.	sets.	rises.
		s.	H. M.	H. M.	H. M.	H. M.	H. M.	H. M.
1	Tu	☽	7 26	4 34	ris.	7 21	4 39	ris.
2	W	☽	7 26	4 34	5 25	7 21	4 39	5 32
3	Th	☽	7 27	4 33	6 40	7 22	4 38	6 46
4	Fr	☽	7 28	4 32	7 57	7 23	4 37	8 2
5	Sa	☽	7 28	4 32	9 14	7 23	4 37	9 18
6	D.	☽	7 29	4 31	10 27	7 24	4 36	10 29
7	M	☽	7 29	4 31	11 35	7 24	4 36	11 37
8	Tu	☽	7 30	4 30	morn.	7 25	4 35	morn.
9	W	☽	7 30	4 30	0 40	7 25	4 35	0 40
10	Th	☽	7 31	4 29	1 43	7 25	4 35	1 41
11	Fr	☽	7 31	4 29	2 45	7 26	4 34	2 42
12	Sa	☽	7 32	4 28	3 49	7 26	4 34	3 45
13	D.	☽	7 32	4 28	4 52	7 26	4 34	4 47
14	M	☽	7 32	4 28	5 45	7 27	4 33	5 40
15	Tu	☽	7 33	4 27	6 58	7 27	4 33	6 51
16	W	☽	7 33	4 27	sets.	7 27	4 33	sets.
17	Th	☽	7 33	4 27	5 29	7 27	4 33	5 26
18	Fr	☽	7 33	4 27	6 23	7 28	4 32	6 29
19	Sa	☽	7 33	4 27	7 29	7 28	4 32	7 34
20	D.	☽	7 33	4 27	8 37	7 28	4 32	8 41
21	M	☽	7 33	4 27	9 44	7 28	4 32	9 46
22	Tu	☽	7 33	4 27	10 52	7 28	4 32	10 53
23	W	☽	7 33	4 27	morn.	7 28	4 32	morn.
24	Th	☽	7 33	4 27	0 2	7 28	4 32	0 2
25	Fr	☽	7 33	4 27	1 13	7 28	4 32	1 11
26	Sa	☽	7 33	4 27	2 27	7 28	4 33	2 24
27	D.	☽	7 33	4 27	3 47	7 28	4 33	3 42
28	M	☽	7 33	4 27	5 7	7 27	4 33	5 1
29	Tu	☽	7 32	4 28	6 27	7 27	4 33	6 20
30	W	☽	7 32	4 28	ris.	7 27	4 33	ris.
31	Th	☽	7 32	4 28	5 29	7 26	4 34	5 35

**RECIPES.** *To make Beef Tea for the Sick.*—Take a pound of entirely lean beef, and cut it into small pieces. Put it into a gallon of water, with a piece, as large as your hand, of the under crust of a loaf of wheat bread, and a little salt. Let the whole boil till it is reduced to two quarts, and strain—when it is fit for use. This is for a patient not very weak.

*Another Method* (for a very weak patient).—Take the beef as above, pour on to it boiling water, cover it up and let it stand until cold. Then strain it off, and warm it as the patient requires, seasoning it a little with salt.

*Japanese Cement.*—This elegant cement is made by mixing rice flour intimately with cold water, and then gently boiling it. It is beautifully white, and dries almost transparent.

**LETTER FROM REV. PHINEAS CAMP.**

WHITESTOWN, Oneida Co., N. Y.,  
Nov. 1st, 1854.

Dr. S. S. FITCH: Dear Sir—With gratitude I acknowledge the receipt of your "Six Lectures." \* \* \* The acknowledged cure of consumption in the case of an acquaintance of mine in Trenton, a few miles distant from here, by your remedies, led me to apply to the Lectures. I also heard a brother minister, who officiates in a neighboring town, say, on seeing your book in my hands, "That book saved me from consumption." \* \* \* I have recommended persons to you, and shall gratefully do so in future—wishing and praying for your still greater success in future. \* \* \*

Yours truly,  
PHINEAS CAMP.

# A VALUABLE BOOK TO THE INVALID.

ALL BUT GIVEN AWAY.

## DR. S. S. FITCH'S SIX LECTURES

ON THE CAUSES AND CURE OF CONSUMPTION, AND THE LOSS OF LIFE.

A new and enlarged edition of this work has recently been issued for substantially gratuitous distribution among invalids and their friends, as well as those who desire to learn the art of preserving health.

It is now a volume of 880 pages, handsomely bound in muslin, with 80 engravings, and a steel portrait of the author. In it is explained the system of treatment by which Dr. Fitch has been enabled to cure consumption, and full instructions how to preserve and recover health.

This book is sold at the nominal price of 25 cents. It can be had at our office, 714 Broadway, or it will be sent by mail. It may be applied for by letter, inclosing 25 cents. Postage 15 cents, if prepaid. When 40 cents are sent for it, the postage will be prepaid.

S. S. FITCH & CO., 714 BROADWAY, NEW YORK.

### WHAT THE PRESS SAYS OF IT.

"S. S. Fitch & Co., 714 Broadway, have published an admirable work, which treats upon consumption, Rheuma, diseases of the heart, and various other coadjutant subjects, in a useful, able, and admirable style."—*New York Gazette of the Union*.

"His high position, combined with his large practical experience, would certainly recommend this work to the attentive perusal of our readers."—*Philadelphia Sat. Evening Post*.

"His book is readable practical in its details, and thoroughly conservative in its views."—*Philadelphia Public Ledger*.

## DR. S. S. FITCH'S HEART CORRECTOR,

AND

## DR. S. S. FITCH'S ANTI-BILIOUS MIXTURE.

These two great remedies are now being placed in the hands of all respectable Druggists and Apothecaries, throughout the United States and the British Provinces.

Those wishing to purchase either of them are requested to apply to the nearest Druggist or Apothecary. If it is not found, induce the one to whom you apply, to send to us at once and obtain a supply.

S. S. FITCH & CO., 714 BROADWAY, NEW YORK.

**AGENTS WANTED.**—Prompt attention will be given to applications for agencies to sell the above remedies, and other remedies of Dr. S. S. Fitch. Terms will be communicated, when applied for.

S. S. FITCH & CO.

### A NEW WORK IN PRESS

## HEALTH: ITS AIDS AND HINDRANCES.

BY S. S. FITCH, A. M., M. D.

We have now in press, and shall soon issue, a new work by Dr. S. S. Fitch, with the above title, and we are confident it will prove exceedingly valuable, not only to the young physician, but also to those who are seeking for themselves lost health, and all who, being in the possession of sound health, desire to preserve it.

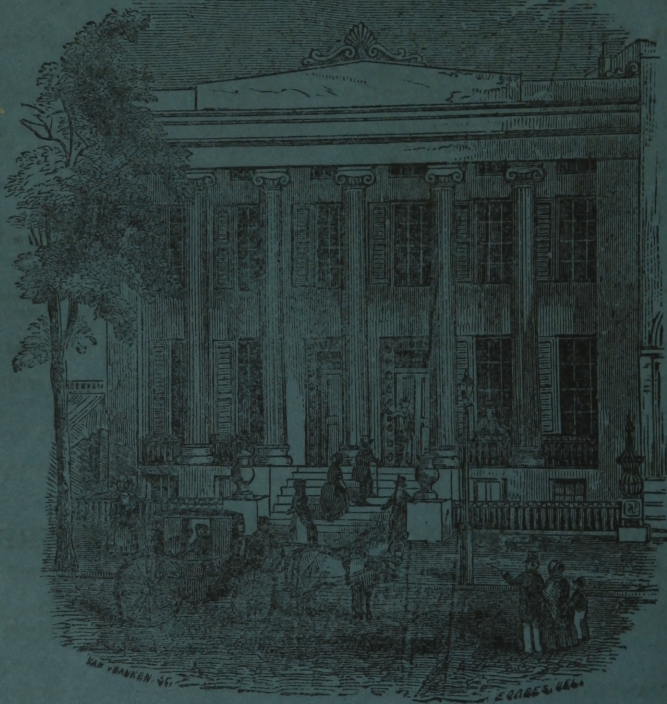
This work will embody the results of the experience and observation of the author's large medical practice. It is written in a plain, popular style, and is designed to be perfectly intelligible to the general reader. It will embrace not only a full exposition of diseases of the lungs, their sources, and mode in which they may be cured, but also the general range of all derangements, disorders, and disturbing causes, which interrupt or suspend the harmonious flow of physical life, and it is truly what its title imports, "HEALTH—ITS AIDS AND ITS HINDRANCES," so far as relates to the body.

We hope to have it out by the first of January, 1857. It may then be had by application to us at our office, 714 Broadway, New York, or to any of our agents.

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