

Ladies Physiological

Societies, Museums

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NINTH ANNUAL MEETING
OF THE
LADIES' PHYSIOLOGICAL INSTITUTE.

THE Ninth Annual Meeting of the Ladies' Physiological Institute was holden in "Mercantile Hall," on Wednesday, May 6, 1857.

The following persons were chosen as officers for the year, viz :

President. MISS HARRIOT K. HUNT, M. D.
Vice President. MRS. CATHARINE E. U. KIMBALL.
Cor. Secretary. MRS. CAROLINE M. SEVERANCE.
Rec. Secretary. MISS EMELINE F. SHEPARD.
Treasurer. MRS. REBECCA W. CLEVERLY.
Librarian. MRS. ELIZABETH DESHON.

BOARD OF DIRECTORS.

MRS. JANE T. WHITON,	MISS ABBY BRAY,
MRS. L. WHITE,	MRS. SARAH PARKS,
MRS. HANNAH K. HALL,	MRS. HANNAH EMERY,
MRS. HARRIET HALL,	MRS. ELIZA LINSOTT,
MRS. RICHARDSON,	MRS. EMELINE FROST,
MRS. HANNAH WHITNEY,	MRS. ELIZA CUTTER,
MRS. NANCY JOSLYN,	MRS. ELIZABETH BOYD,
	MRS MARIA CUSHING.

TRUSTEE.

MRS. SARAH BOARDMAN.

NINTH ANNUAL REPORT.

To the Members of the Ladies' Physiological Institute :

LADIES :—While passing onward in our course amid the varied and changing scenes of life, memory, true to her trust, like a faithful monitor, points me once more to the requirements of our constitution, which bids us pause, at the close of every year, to review and reflect upon the past. For that purpose you have, one and all, assembled here to-day ; laying aside for the hour your varied duties and domestic cares, to learn what has been our progress as an Institute, to listen to the result of your labors and efforts for the year. I would now ask your attention, while I read this, the Ninth Annual Report of this Institute.

The result of the annual meeting in May, 1856, was a change in the presiding officer of this Institute, while the other officers remained nearly the same as the previous year. At the first meeting of the Board of Directors, holden May 25th, it was suggested that a Committee be appointed to prepare rules of order for the Institute ; also to revise the Constitution and By-Laws. Mrs. C. H. Dall, Miss H. K. Hunt, Mrs. Caroline M. Severance, Mrs. J. T. Whiton, and Miss F. A. Buffum were chosen by the Board and accepted at a subsequent meeting by the Institute, as a Committee to prepare the same.

Mrs. Caroline M. Severance was nominated, and accepted by the Institute, as Corresponding Secretary ; that office being vacant by the resignation of Mrs. Frost, who was elected at the last annual meeting.

Mrs. S. W. Boardman was appointed Trustee in place of Mrs. E. Bell, who was elected as one of the Board of Directors.

At the same time a Lecture Committee was appointed, consisting of the following persons: Mrs. C. H. Dall, Mrs. Kimball, Mrs. Cleverly, Mrs. Crawshaw, and Mrs. Severance.

A Book Committee was also appointed, consisting of five members, viz: H. K. Hunt, C. U. Kimball, C. M. Severance, E. Deshon, and F. A. Buffum. At this time an enquiry was made as to the condition and requirements of our Library. It was found that the catalogues which had been published the previous year were incorrect, and it was thought expedient to correct and prepare new catalogues for publication; and accordingly it was referred to a Committee, who proceeded to prepare the same. They are now ready for distribution, as are also the Rules of Order, the Constitution, and By-Laws. I would here suggest that more attention be bestowed upon our Library, the increasing demands of the Institute requiring the same; a good Library being of great usefulness to us as individual members, reflecting credit and honor upon us as a body of ladies, and as an Institute. It is a center around which your care should cluster; to which much of your thought and action should be directed; from which great good may result. The addition of books has been less than on previous years; twenty-five dollars has been expended for books, and some eighteen volumes have been presented by members of the Institute. I would suggest that a larger appropriation be made the coming year, assuring you that a better or more profitable investment of your money could not be made. The number of books now in the Library is 330. We shall probably receive the work soon to be published upon "Natural History," by Professor Louis Agassiz, for which we have subscribed during the year. We anticipate much instruction and pleasure from reading the Natural History of our country as it comes from the pen of the great naturalist who has instructed us by his lectures upon Embryology, Botany, Geology, &c., to which I have listened with delight, hour by

hour, as he has unfolded by words and depicted by diagrams the order of creation ; showing the dependencies and harmony of nature. We feel that the work will be a valuable addition to our Library. Our Librarian, who has been connected with us as a member of our Institute from our first organization ; who for three years has faithfully performed her duties as Librarian ; being constant at her post, correct in the official discharge of the duties pertaining to her office, merits our approbation ; and we hope and trust that better accommodations will soon be provided for that department of our Institute, as suggested at the last meeting of the Board of Directors.

The Correspondence of the year has been filed, and placed with the papers of the Institute.

The apparatus belonging to the Institute remains the same as at your last Report. Our policy of insurance has been renewed, and all things pertaining to that department faithfully performed by the Trustee having the same in charge.

The Treasurer, Mrs. M. A. Joslin, merits our thanks for the fidelity with which she has discharged the duties entrusted to her care, for the interest she has manifested for the best good of the Institute.

We have maintained Lectures weekly through the year, with few exceptions ; having received lectures from the following persons, viz. : Drs. Hoyt, Walter Channing, Wm. F. Channing, Cornell, Rolfe, Rev. Wm. Jenks, D.D., Rev. Theodore Parker, Rev. O. A. Skinner, Rev. Wm. S. Studly, Rev. J. F. Clarke, Dr. Alcott, Otis Clapp ; from H. K. Hunt, M. D., Mrs. C. H. Dall, Mrs. Jane E. Locke, Mrs. C. M. Severance, Martha A. Sawin, M. D., Miss Zakresweska, M. D., also a poem from Mrs. Nowell, which was well received. The lectures have all been interesting and instructive. I would like, and had intended, to speak more at length upon several of the lectures which have been given us during the year ; but, upon reflection, we pause when we consider that much truth and instruction has been

given through all who have spoken to us. I forbear, also, that seeming injustice be done to none. That several of the lectures have been repeated speaks of their worth and of the interest which has been manifested on the part of our members to the truths they contained. All our lectures have been gratuitously given, for which we feel a debt of gratitude to all who have thus aided and instructed us. We would return our thanks to the above named persons, who have contributed so much to our instruction; trusting that they will continue to aid us in our work of spreading abroad a knowledge of Physiological Laws, thereby promoting the highest good of the race, by producing a sound mind in a sound body. "*Mens sana in corpore sano.*"

While we have received aid and instruction, we also have made some little effort for the assistance of others. An appeal was made to you, from our sister city, New York, for aid to establish a "Woman's Hospital," in which women, as physicians, could enter, and receive that practical instruction which can in no other way be attained. You all remember how eloquently that appeal was made to you by that woman so devoted to the cause, Miss Marie Zakresweska, M. D., Associate Physician of Elizabeth and Emily Blackwell; all of whom are graduates of regular medical schools, and are now, as we learn, in successful practice as physicians in New York. You responded to this appeal by the contribution of articles to the Fair which was holden in New York in December last to obtain funds. The articles contributed by you were valued at three hundred dollars, of which a report was made to you by Mrs. Kimball at the time. We learn that success has attended the efforts made to establish the Hospital; that it has been opened for the reception of patients, under the superintendence of Miss Zakresweska, whose whole energies are interested in the cause, and whose sympathies are with suffering humanity. From the thorough medical education which she has received, and the experience from successful practice which she has gained,

with requisite personal acquirements, she is fully competent to discharge the duties of the responsible place which she now occupies. The Hospital is located in Bleecker Street, New York, and has Elizabeth and Emily Blackwell as attendant physicians, and Drs. Parker and Taylor as consulting physicians. Among its patrons and friends are many ladies who have given amply of their means to establish the Institution.— Among its friends we see the name of Mrs. Wm. B. Astor, a lady of generous heart and ample means, who has contributed freely for its support, and we trust that others will come to its aid.

The number of members belonging to our Institute at the present time is 300; 152 of whom have become members since your last Annual Report. Several of the members of the last year have neglected to pay their annual assessment; but we hope that they will renew their tickets and continue with us. A number of persons have been proposed for membership, in accordance with our rules of admission, but have not taken tickets of membership. Nine persons, of the three hundred members, have received free tickets, in accordance with a vote of the Institute.

In referring to our members, we are reminded that some of our number have gone, to be with us here no more. Since your last Annual Report, disease, that fell destroyer of earth, has entered our circle, and three of our number have passed away from this earthly sphere, onward to the spirit-land whither we are all hastening. Mrs. Hersey, Mrs. Dunklee, and Miss Marsh, have one and all left these earthly scenes,—bidding adieu to companions, children and friends. No longer shall we listen to their voices here,—no more shall we behold their material forms; but who shall say that, by some eternal law pertaining to spirit and matter, operating through the forces of nature, they may not still guide and direct us in our work here,—speaking to us from their spirit-home, influencing us to proceed in this our work; urging us onward in the performance of duty;

speaking to us through the media of those harmonious laws of being which attract like to like, spirit to spirit, both in the material and spirit-world, silently and unseen. Like the whistling wind, we hear the sound thereof, but "know not whence it cometh, or whither it goeth." While we mingle our sympathies with the bereaved, let us be admonished to be also ready to meet the summons when it shall come to us to depart, to be here no more, saying, "He hath showed thee, O man, what is good. What does the Lord require of thee but to love mercy, to do justly, and to walk humbly with thy God?"

I have reviewed the year, giving you the few items of facts that have transpired since your last annual report; and here I would say that nine years have passed away since our organization as an Institute, having been organized in May, 1848, soon after which a charter was granted us by the legislature, giving us rights and privileges protected by law. Since our organization as an Institute, one thousand and fifteen persons have been members of our body, receiving instruction from our lectures and our Library. The money received by your Secretary, and paid into the Treasury has been \$3,703.-24. Expended, \$3,391.00; leaving in the Treasury, \$312.24.

Since our existence as an Institute many ladies of high intellectual culture, refined taste and moral excellence, have been of our number, giving tone and character to this our Institute. Many have gone to other fields of labor, while their places here have been filled by others whom, we trust, will labor for the good of this Institute as have those who have left us. In referring to our register of names, I find that few are with us to-day who assembled with us on our first anniversary. Of the three hundred members of to-day, not more than fifty have been with us more than three years. Of the former members of this Institute, some have left their New England homes, the pleasant and cheering associations connected therewith,—leaving the privileges

which they here, with us, enjoyed,—finding new homes and laboring in new spheres. Some, on our Pacific shore, are, as we trust, scattering the seeds of truth which have been gathered from our Institute, which, like the acorn embedded in the soil, germinates, producing the lofty oak ; so shall the truths imbibed from our Institute, scattered by its members, germinate, producing a tree whose “ Leaves shall be for the healing of nations.” Others there are who have gone from our number, finding a home on that virgin soil left sacred to freedom by the compromise of men since departed, who have striven nobly, as women, to save their homes from the evil of that deadly Upas which infects our otherwise fair Republic. While we have been mingling here, in pleasant scenes, surrounded by the luxuries of life, they have been struggling against the coils of that serpent whose grasp is death. From them has come to us an appeal, saying, “ Come over and help us.” Generously and nobly has New England responded to this appeal. Many, as individual members of this Institute, have responded to the call,—contributing of their substance as aid, for which we received the thanks of him, who said, (after faithfully exposing the Crime against Kansas,) “ Whatever Massachusetts has to give, let it be given to suffering Kansas !” and of whom said that true friend of humanity, Ralph Waldo Emerson, “ Let him know that every mother in the land thinks of him as the protector of families, the friend of Freedom !” By the all-powerful weapon of truth shall that hideous monster which has struggled so powerfully to grasp the homes of our sisters, slaying their husbands and sons, yet be crushed ; and the goddess of Liberty, with the ægis of truth, spread her wings triumphant over the land ; for God hath spoken it,—“ *Vox populi vox Dei.*” Several have gone from our number as teachers, both to the South and the West, to fulfill the responsible trust as educators of the young ; while others going out from us,—pursuing a course of scientific instruction, receiving a diploma as indicative of success,—are now in profitable and

successful practice in this city as physicians. They have returned to us with honor, laden with instruction from Paracelsus, Hippocrates and Hygea. Of their capabilities and attainments many of our lectures will testify. We thus see that many changes have occurred in our Institute; but the results of every year have encouraged us to proceed in our work, and now, at the close of another year, we still find encouragement to proceed, trusting that higher attainments and more noble results await us as the reward of our labor.

Ladies of this Institute, a great work is committed to your charge. The objects to which you look forward are of paramount importance. Pleasing anticipations are indulged, holy sympathies have been enlisted; how fully those anticipations shall be realized, or how long those sympathies retained, the future only will show. You stand here to-day, recognized by the laws of this Commonwealth as a corporation, invested with rights and privileges. You stand as a Physiological School, professing to teach scientific truth. It is no less than the science which relates to the laws of life; the study of the human body,—to learn its structure, its functions, its derangements,—to learn the means to correct those derangements and to prevent suffering,—to learn the laws which govern life and health, are the pursuits to which your attention has been turned. What pursuits more ennobling? What objects more entitled to support than ours? As we look about us, on either hand, we see disease marking its prey; taking for its victim the budding infant, the blooming youth, as well as the man of declining years; and, as the funereal note strikes our ear, we catch the words, “Mysterious Providence!” and then all is silence. In view of such facts, it becomes us, who have been engaged in the study of the laws of life,—who have learned the sources from which disease must unavoidably issue,—who have traced effects to their cause, to awaken our energies, and once more renew our exertions to spread light upon subjects like these. Upon you Ladies, members of this Institute,

a responsibility rests ; a responsibility vast, important, fraught with innumerable blessings resultant upon the rising generation, upon coming ages, upon humanity at large, if you but meet this responsibility as you may, if you but exert the influence within your power, and grasp the means already at your command. And here the inquiry naturally comes up, How shall this responsibility be met? The answer intuitively follows, By a practical life ; by living those principles which we advocate ; by using our influence to discard those false customs, those habits of daily occurrence, now so unseemly ; by instructing the rising generation ; by instilling into the young mind the principles of physiological truth ; by prevailing upon the young to live in accordance with those laws, thus developing their lives in harmony with the laws of creation. Although darkness and ignorance have enshrouded the past, yet light is breaking upon us. As the shipwrecked mariner in the darkness of the night, tossed to and fro by the waves of the ocean, waits with anxious expectancy for the dawn of the morning-light, that he may hail some signal of relief, so diseased humanity waits, longing for some signal of relief from the evils now so abundant and manifest in life. Our Society goes forth in its strength and its usefulness, armed with the power to afford this relief, and shall yet be hailed as the looked for signal, and acknowledged as replete with instruction to succor humanity and restore it to its pristine glory. Years may roll onward in their course ; persons now so nobly striving here for truth may pass away, ere truth shall have her triumph ; but her final success is sure. The better spirit in humanity is being instructed and brought into action, linking itself, in indissoluble ties, to justice and truth ; saying to error, stay thy course ; and the Goddess Hygea shall be held in veneration, as at ancient Athena, spreading here the ægis of her power. Proceed in your work and labor of love, and many of the evils which environ this life shall be mitigated or destroyed. While some are saying there is little that

woman can do, I would point you to Florence Nightingale in the Crimea, who, like an angel of mercy, going from camp to camp, on the battle-field amid scenes of carnage and blood, relieving the wants of the dying,—restoring the wounded, receiving blessings and respect from the heart of humanity; she has reflected honor upon the name of woman, and pointed out a sphere of usefulness. She has shown what woman can accomplish by perseverance and effort, by following her highest attractions; and as the chief saints are known in picture by the halo around their heads, so shall a rosy, lambent glory encircle her brow, and the pen of history record her deeds, which, we trust, others in the future will strive to emulate. Others there are who have worked nobly in other fields of labor,—who have labored to relieve suffering humanity, by spreading broadcast a knowledge of Physiological laws; striving to bring humanity into harmony with nature and with God. Many of you have listened to the eloquent tones of Mrs. Davis, Mrs. Johnson, and Mrs. Fowler, who have gone forth so nobly, who have done so much for the cause in which we are engaged. Long and well have they striven to instruct humanity, to spread light and knowledge upon the laws of life. Others there are who have gone forth in other spheres of labor, working diligently to promote the highest good of the race,—and humanity to-day stands indebted to them for their labors of love, and blessings remain to all who have been true to their highest convictions of duty. Once more, I say, proceed in your work. From the results of the past you have much to stimulate you to renewed labor and effort. Act according to your convictions of truth, and good results will follow. Let us receive instruction from the past, to guide us in our future course. With a surplus in the Treasury, we enter upon the year; and we trust that extended means will be granted us for future use.

And now, in conclusion, I would say, be united and harmonious in your future course; trusting that you all

see the importance of association in advancing the interests of this Institute.

“Blest be the tie that binds
Our hearts in Christian love;
The fellowship of kindred minds
Is like to that above.

Yes, we trust the day is breaking,
Joyful times are near at hand.
God, the mighty God is speaking,
By his Word in every land.
God is speaking—
Darkness flies at his command.

With the voice of joy and singing,
Let us hail the dawning ray;
Lo! the blessed day star bringing
O'er the earth a glorious day;
At His rising
Gloom and darkness flee away.”

Respectfully submitted,

FRANCES ATHERTON BUFFUM,

Secretary.

Boston, May 6th, 1857.

TREASURER'S REPORT.

LADIES' PHYSIOLOGICAL INSTITUTE, IN ACCOUNT WITH MARY
A. M. JOSLIN.

	<i>Cr.</i>
Balance in Treasury, May, 1856.....	\$358 62
Received of Secretary to May, 1857.....	251 07
Interest upon Deposits to July, 1856.....	16 25
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Total amount, ..	\$625 94

	<i>Dr.</i>
Advertising	\$51 85
Books for the Library.....	28 75
Insurance	6 00
Incidentals	12 35
Printing	14 75
Rent of Hall	200 00
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Total amount,.....	\$313 70
Balance on hand to new account.....	312 24
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\$625 94

Respectfully submitted,

MARY A. JOSLIN, *Treasurer.*

