

Graham (S)

THE

ÆSCULAPIAN TABLETS

OF THE

NINETEENTH CENTURY.

PUBLISHED BY
SYLVESTER GRAHAM,
PUBLIC LECTURER ON THE SCIENCE OF HUMAN LIFE.

An extensive and accurate acquaintance with the various kinds of aliment, and their peculiar effects on the body, and a true knowledge of the rules of diet, are principally necessary to form the physician, and qualify him to prescribe for the diseased. For whosoever is unacquainted with the rules of preserving health, cannot be capable of directing such as will be most proper to recover it.
Hippocrates.

The most eminent among the ancient physicians, particularly cultivated and improved the regimen of a proper diet, as of the utmost importance.
Celsus.

Let all persons be assured that by diligently observing and practicing correct rules of living, they may enjoy a good share of health, and seldom stand in need of physic or of physicians.
Galen.

The more you nourish a diseased body, beyond what is absolutely necessary to sustain it, the more you injure it.
Hippocrates.



PROVIDENCE:

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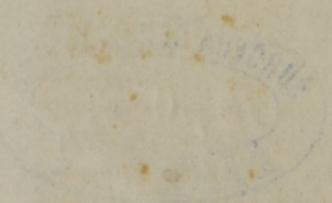
1834.

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ENTERED ACCORDING TO ACT OF CONGRESS, IN THE YEAR ONE
THOUSAND EIGHT HUNDRED AND THIRTY-FOUR,

BY SYLVESTER GRAHAM,

IN THE CLERK'S OFFICE OF THE DISTRICT COURT OF THE DISTRICT OF
RHODE-ISLAND.



ÆSCULAPIAN TABLETS.

‘ÆSCULAPIAN TABLETS?’ says the unlearned reader. ‘What is the meaning of Æsculapian Tablets?’ I will tell you. According to ancient mythology, Æsculapius was a very ancient physician, who, after his death, received divine honors, and temples were erected and dedicated to him, as the god of medicine. In many places those who had been very sick, and recovered their health, went into these temples and set up a pillar, or a table, on which they made a record of their case: giving a particular description of their disease, its various symptoms, and the means and mode of their cure. This was done for the benefit of others who were sick, that they might go or send to the temple, to ascertain whether there was any disease recorded there like their own, and learn how to cure it. It is said that Hippocrates, the Father of Medicine, drew a great deal of his knowledge from these consecrated tables; and he recommends physicians not only to observe carefully all symptoms, but, as far as possible, to learn the history of all cures which could be of use to them: and says, “I am persuaded that the whole art was first acquired in this manner.”

Herodotus informs us, that “the Babylonians obliged themselves by an express law, to carry their sick into streets or places of public resort, and to inquire of all who passed by, whether they ever had, or saw any such distemper as the sick person labored under, and what was done to remove it.” Strabo says that the same custom prevailed among the Egyptians.

Singular as these customs may seem, at the present period of the world, they are nevertheless founded on natural principles, and spring from the constitutional, and therefore permanent, qualities of our nature:—and hence, under all the changing *modes* of things, the same custom has virtually existed through all the generations of mankind; and so long as disease shall continue to result from the transgressions of mankind, so long will the same customs virtually exist. If any man is laboring under disease, and can hear that others have been affected in like manner, he will certainly be very curious to know by what means they were restored to health. And this is natural and reasonable. And were it possible to secure a correct interpretation to all the phenomena of such cases; could the true relations between disease and its causes and cures, be always ascertained, and recorded; an institution like that of the ancients would be infinitely more valuable to the human race than the present system of medicine.

But there was one grand defect in the ancient custom, which has continued through all time, and prevails without bounds, at present. In what we are pleased to call the darker ages, and more benighted portions of the world, mankind have always considered diseases as the immediate inflictions of their gods; and therefore they have felt it necessary to appease or propitiate their deities, by sacrifices, offerings and services. Well were it for the cause of truth—for the happiness of mankind—and for the dignity of the intellectual and moral nature of man—if such egregious, and I might justly say blasphemous, errors did not find their way into the superstitions of even the Christian world, under the name of the “*dispensations of Providence.*” One man gives himself up to the excesses of stimulation; another to gluttony; another to some other species of sensuality; and thus chronic or acute disease is induced. The subject suffers through days—months—years, and death prematurely closes his career:—and all this is the dispensation of Divine Providence. Well might our benevolent Father in Heaven demand of the whole human race, as he did of Job, “Will ye condemn me, that ye may be righteous?” “*Do yourselves no harm!*”

With the universal opinion, that all their diseases and sufferings were the direct and arbitrary and even vindictive inflictions of their God, or gods, mankind have cherished no other fear of disease than that which grows out of their gross superstition—a fear that God would send sickness and death upon them, independently of any laws which he has established in relation to health and disease. Therefore, as a general truth, it has never occurred to them that there is any relation between their own voluntary habits, customs, and indulgences, and the diseases with which they are afflicted. Consequently, they have never sought to find the causes of their diseases within the precincts of voluntary conduct; and have never taken any care to prevent disease by avoiding the causes. The whole drift, therefore, of the human world, in all generations, has been to this one point, on this subject,—the ascertainment of *remedies* for disease in every form. And hence the phenomena or symptoms of disease have been studied, even by physicians themselves, less, far less, for the purpose of ascertaining the nature of the disease in relation to its causes, than for the purpose of ascertaining what remedies are to be used. How could it be otherwise, amidst such errors, than that disease should soon and universally come to be considered as a thing distinct from its causes, and consequently be treated with little or no reference to the causes:—nay, indeed! the active causes be permitted to operate unsuspected; and yet worse, the causes be associated with the remedial agents; and worst of all, the very causes, themselves, be exhibited or administered as remedial agents in the case. Such a delusion necessarily has led to the deeper and more fatal error, that there is in *medicine* an *intrinsic* health-giving virtue; that it has the power absolutely to take away or kill disease and impart health! And this has led the way to that wide-sweeping evil which has spread, more calamitously than all the plagues of Egypt, over the whole *civilized* world:—the eternal and suicidal drugging! drugging! drugging! of mankind. Regarding disease as a thing apart from its causes; and believing medicine to possess an intrinsic, salutary potency; they have ignorantly and

eagerly gathered upon themselves the causes of disease, and sought a redemption from the painful consequences only in the virtues of medicine, which has too often proved more destructive than the original causes themselves, and in co-operation with those causes, has terribly accelerated the work of death. Without any of that discrimination and correctness of judgment, which an accurate knowledge of their own constitutional nature, and of disease, in relation to its specific, remote, and immediate causes, would have afforded,—to them the head-ache is *the head-ache*,—and the same, from whichever of the thousand causes it might have sprung. Whether sympathetic or idiopathic, it is still to them nothing but the head-ache; and therefore any medicine which they are told will cure the head-ache, is equally adapted to their case! and hence the melancholy fact, that throughout the world, human throats are set open, like common sewers, for the reception of every vile and filthy thing that the ingenuity and cupidity of man can torture into the form of medicine. Such an all-pervading delusion has well prepared mankind for the successful imposition of every species of quackery; and hence it is, that, in every age, those most detestable and abominable of human beings, the empirics and specific-mongers, have ridden triumphant over perverted and prostrated reason, in a more destructive career than the demons of war and pestilence. The pirates of the high seas are honorable and humane men, in comparison with these! Multiply all the murders committed annually in the civilized world, by ten, and yet the number will not amount to the tenth part of the number treacherously destroyed by these tolerated Judases. Enlightened and scientific gentlemen, of the medical profession, have, in all ages, perceived and deprecated this evil, and have not been able to overcome it. But let me respectfully ask the members of that learned and honorable profession, if they, as a body, have not largely contributed to this result. Have they not concealed their art in too much mystery, and thus led their patients to believe that their whole skill lay in devising and distributing their doses? and has not this, as a necessary consequence, led to the universal belief, that the only functional duty of the physician is to prescribe and administer medicine; and therefore, as medicine is the exclusive means of cure, it is of little importance whether it be prescribed by regular bred physicians, or by a quack, or by the patient himself? Is it not also true, that too large a portion of the regular Profession have at all times been little more than licensed quacks,—mere pill-giving, and blood-letting members of the fraternity? How else should such a man as the distinguished Hoffman, a physician of great eminence, gravely lay down, as one of his “Seven Rules of Health,”—“*Fuge medicos, et medicamentum si vis esse salvus!*” *Avoid medicine and physicians, if you value your health.*

Surely, so learned and skillful a physician could not intend to denounce the profession as absolutely unnecessary and pernicious. He must, therefore, when writing his seventh Rule of Health, have contemplated physicians as having degenerated into that predicament which I have already named,—that is, observers of symptoms, only with reference to the *medicine* to be prescribed, and therefore a mere drugging craft. In this character, beyond all question, phy-

sicians, as well as the *unlicensed* quacks, can only be regarded as terrible scourges of the human race. "All things, considered," says one of the most eminent English physicians of the present day, in reference to the modern practice of medicine, "it were better for mankind, if not a particle of medicine existed on the face of the earth."

But it is asked, What remains for the physician to do, and what need is there of a physician, if no *medicine* is to be given? The question is the offspring of ignorance and error, and shows how much the opinion of mankind has degraded that noble calling. What remains for the physician to do? The fulfilment of his enlightened and philanthropic and legitimate duties. To teach mankind the laws of life,—the nature, and the causes of disease: to guide their fellow-creatures in the way of health; and when diseased, to make them wise by making them acquainted with the causes of their sufferings; to remove those causes, and thus enable the relieved system to recover health; and, when it is *necessary*, to remove *immediate* obstructions, and throw off oppression; to administer medicine as a *necessary evil*, and therefore only to be used when ascertained to be *necessary* by a scientific and skillful physician, whose moral sensibilities, in relation to his duties, correspond with the responsibilities of his calling. Physicians of such stamp, are not to be avoided, but to be sought after, and sustained and esteemed and honored, as the noblest benefactors of mankind. In regard to medicine, the grand distinction between a true physician and a quack, is, that the former prescribes when *necessary*, and then expressly as a *necessary evil*, which, if not properly selected and applied, will do more harm than good; the latter prescribes it, as in itself a good, and therefore to be taken on all occasions, and for all symptoms,—and which, if it does no good, will do no harm.

Mankind ought to know that disease never results from the constitutional and legitimate operations of the human system. The end of every such operation is health, and only health; and therefore, if the body be in all respects correctly treated, it will continue, from birth till worn out with old age, free from disease and in the full enjoyment of health. If, then, the body becomes diseased, it is always the result of some disturbing, some offending cause; and the disease can only be kept up while such a cause continues to prevent the healthy operations of the system; and health can only be recovered by the healthy operations of the system. The system, therefore, does not require the application of any causes of *health*; for it exclusively possesses those in its own constitutional powers; and nothing but the omnipotent and miraculous power of the Creator, can substitute the vital economy of the living body, in the production of health. To remove, as far as human skill and means can do, the *causes of disease*, and to assist her in relieving herself from the effects, is all that nature asks, or can advantageously receive, from the physician; and every principle, in relation to health and life and human happiness, and the responsibilities of the physician, demands that this should be done, as far as possible, without the use of medicine or artificial means. And however learned in books a man may be, he yet knows little of the laws of life, and the vital economy of the living

body, who does not know, that, at least, ninety-nine cases out of a hundred of *chronic* disease, may be removed, and health restored, by correct regimen alone, without the use of a particle of medicine; or, at most, a single dose or two. What, indeed, as a general rule, is *chronic disease*, but the continued result of the continued action of disturbing causes. Remove the cause, or causes, and the result will disappear; and be assured, those causes are almost universally to be found within the precincts of our voluntary conduct,—and, for the most part, within the horizon of our dietetic habits. Artificial stimuli, pernicious preparations of food, excess in quantity, are among the most fruitful sources of disease; and although the healthy and vigorous body may, with active habits, long maintain health in the free use of animal food; yet the *diseased* body will find it difficult to recover health and entirely eradicate disease, while flesh continues to be a portion of its aliment.

In a work of this kind, it would be impossible to lay down a regimen, which would be specially adapted to the particular case of every invalid. Some very general Rules can, therefore, only be given, in relation to diet. In the first place, then, medicine of every kind, name, form, and quality, should be totally abstained from, unless a single dose should be rendered necessary by peculiar circumstances. Distilled spirits, wine, beer, cider, tobacco, opium, coffee, tea, pepper, mustard, and every other kind of artificial stimulants and narcotics,—fluid and solid—should be totally abandoned; and if the invalid is much diseased, he should totally abstain from all animal food, including butter and milk,—or taking the last in small and diluted quantities. Pure water, and toast water, and water gruel, should be the only liquids received into the stomach. The solid forms of food should be taken in the natural and simple state, and plainly prepared, or cooked with no other seasoning than a very little salt, and eaten in moderate quantities, at regular periods—not too frequently—well masticated or chewed, and swallowed slowly. The bowels should be kept regular by unbolted wheat meal bread and fruit. Let the last meal of the day be simple and light and at a good distance from bed time. Never sleep on a full stomach. Keep the skin clean, and exercise it well with a flesh-brush. The exercise should always be equal to the strength, and increase with the strength, &c. &c. Many other directions adapted to particular cases, may be required which cannot of course be given without a knowledge of the cases. But all this is the appropriate business of the enlightened physician. But the medical gentlemen reply, “we can do nothing in this line; it is in vain that we attempt to regulate the diet and regimen of our patients; and if we do not give them medicine, they will dismiss us, and fly to the quack for remedies.” I am fully aware of this; but it is owing to their ignorance on subjects which it is the appropriate duty of the medical profession to enlighten them on. It is because they suppose medicine to possess a virtue which it has not: and while they *feel* that the immediate effects of the medicine affords them a *sensible* momentary relief, they are totally unconscious that it is really aggravating the disease, and that its ultimate effect is death:—and until they are enlightened on this subject they will be the unfortunate dupes of every villainous quack in the world! “Stop! stop!

sir!" says the mercenary vender of specifics and patent medicines, "look at the wonders which have been performed by the Panacea, the Catholicon, the Hygiean Medicine, &c. &c. See the long list of certificates in the newspapers!" Yes, I see them, and my heart aches for suffering and outraged humanity! Go ask the grave-yards for their certificates! Were there a tongue to tell the secrets of the "narrow house," the ears of the specific-mongers would tingle with a revelation, infinitely more horrible than that which the ghost of Hamlet's father dared not tell to ears of flesh and blood. I know that in the thousands and thousands of cases where these specifics are used, it sometimes happens that an individual is apparently benefited by them: but, for this one instance, hundreds and thousands are hurried to the grave. The single apparent cure is trumpeted to the world, but the grave, in everlasting silence, swallows up its hecatombs of human sacrifices. It may be thought that I express myself too strongly on this subject; but the sufferings and the devastation which I have seen, resulting from these all pervading scourges of the world, wake up the fervent sympathies of my soul, and constrain me to speak out. Never was any thing more egregiously fallacious than this vile stuff that is told about these wonder-working medicines. In some instances, they may answer the effect of any other evacuating medicine, and thus afford a momentary relief to the oppressed system. In other cases, they may cause a morbid determination to the alimentary canal, and thus upon the principle of counter irritants, relieve some other locality of disease; but this relief is generally too dearly bought: the *disease* is cured, but the *patient* is killed; or if he lives, it is to drag out years of suffering, from a broken down and deranged state of the stomach and bowels. But, in a vast majority of cases, there is not even a *seeming* alleviation obtained from these medicines; and yet, too frequently, the deceived and wretched invalid is wheedled on to swallow box after box, or bottle after bottle, of these execrable things, until death closes his career; or until, in despair, he abandons this track of his delusion, to pursue some other. I know not how many of my unhappy fellow-creatures have come to me, in the most miserable condition of disease, which, if not originally caused, had been exceedingly aggravated by these patent medicines. The paltry jargon of these books and advertisements of Hygiean Medicine, about the "impurity of the blood," &c. &c. is a tissue of the most arrant misrepresentation, falsehood, and humbugging, that ever deceived mankind. Many, if not most, of their certificates of cures, are obtained while the patients are under the operation of their medicine; and while, upon principles easily explained, the *symptoms* of the diseases, for which the medicine is taken, disappear. But scarcely are the certificates written and in print, before the symptoms return, to prove that the disease itself has never been removed, but generally much aggravated. But this is not the proper place to discuss this question; I therefore only glance at it here: a better opportunity may soon be afforded.

Shall I be told that the following statements may be of the same fallacious character? What motive can there be for such a deception? These are not to illustrate and prove the wonder-working potency of any *patent medicine*. I

have no specific to sell; and therefore no money to make or lose, whether these statements are believed or not. But the cause of humanity has an immense interest in the issue of this matter. The *vis medicatrix* which I contend for, is none other than the renovating and conservative power of nature's own vital economy. The remedy which I propose, is in the reach of every human being, and demands no price. The appropriation of it to ten thousand individuals, would not enrich me a farthing; save in the grateful satisfaction I should experience, from the consciousness of having been the means of alleviating the sufferings of my fellow-creatures.

Most of the following statements were given in consequence of a general request made to my class. Several of them were taken down, by myself, from the lips of the individuals; and many were received in their own hand-writing. Every one may be strictly depended on. I have a great number more on hand, of the same interesting character; and hundreds of individuals in New-York, New-Bedford, Fall-River, Providence, and other places where I have lectured, stand ready to add similar statements.

Gentle Reader! hast thou long been afflicted with disease; and shouldst thou be induced to try the remedy which I propose? let me caution thee in the outset, to expect no magical, no miraculous effect. Remember that there is no stimulating, no wonder-working medicine employed, which treacherously lulls and soothes thy symptoms, while it strengthens thy disease. Thou throwest thyself entirely on the resources of thy constitution, assisted only by such natural and simple means as are conducive to its vital welfare, and tend healthfully to increase its renovating powers. Therefore be not surprised, nor disappointed, if thou shouldst for a while, at first, feel more unwell; if, in the commencement of thy new regimen, thy *symptoms* should become more troublesome. It is no proof that thy *disease* is growing worse: it rather indicates the absence of those artificial or improper means which have too long been used to keep down the *symptoms*, to the aggravation of the disease, and the great expense of thy vital powers. Therefore, patiently persevere! Obey the laws of thy nature rigidly; and be assured, if any earthly means will give thee health, thou wilt, in the end, recover and enjoy it.

PROVIDENCE, March 6, 1834.

S. GRAHAM.

MEDICINES.

“All nervous persons are uncommonly fond of drugs; and they are the chief consumers of advertised remedies, which they conceal from their medical friends. Among some well-meaning people, this inordinate desire for medicine, has frequently become, of itself, a disease. With many of them, physic, to be useful, must be clothed in mystery; and the moment a discovery is made of the composition, the confidence is lost. Medical attendants have too often brought this punishment on themselves. Were they unanimous in combatting the prejudices of mankind, by candor and openness of conduct, by a fair avowal of the imperfections of their art, and the honest confession that articles of *Materia Medica*, form but a small portion of its resources, they would not so frequently see their commands disregarded, or learn that their compounds have been thrown out of the window. This is the only way in which I can account for so many persons of good sense and discernment, consigning themselves and families, into the hands of impudent and illiterate quacks.

“When active medicines are long continued, and do not cure, it is very likely they may do mischief. But the remedy that cures one disease, if injudiciously administered, not unfrequently predisposes the body, and paves the way to another malady. Palliatives which tend most to give immediate ease, must inevitably have the effect of increasing the predisposition, and endangering the return of the complaint in a more aggravated form. If any fact more than another, has been proved in my own practice, it is that spirituous liquors, and all wines, with tea, opium, and all other narcotics, mercurial courses, and the sexual indiscretions, are the chief causes of the acquired predisposition to disease. *That society must be undergoing the last degree of vitiation, where the Faculty of Medicine receives gold and returns poison.*”—DR. TROTTER, ON NERVOUS TEMPERAMENT.

“We deceive ourselves, then, if we think that any thing, which is wrong in itself, can be made right by habit; or that, what is hurtful, if done seldom, will become innocent by being constantly repeated. By this repetition, we may become insensible to the momentary irritation; but only to suffer with the more severity ultimately.”—DR. LAMB.

[FROM THE GENIUS OF TEMPERANCE.]

GRAHAM MEETING.

We give below, the proceedings of the meeting of the friends of the Dietetic system, taught by Mr. Graham. These proceedings will serve as a memorial, at home and abroad, of the views of a portion of our citizens, on a subject which has elicited no small degree of feeling in this city, and elsewhere. To persons unaccustomed to notice the winding labyrinths of human nature, it would appear strange that the advocacy of a particular system of diet, should encounter the opposition, misrepresentation, and prejudice, that have recently been witnessed. The result now recorded, should serve as an encouragement to those who are called upon to advocate unpopular truths, and as a salutary warning to such as are liable to use, and—peradventure—*expend* their stock of influence, in the fruitless task of retarding popular improvement.

☞ MEETING OF THE FRIENDS OF MR. GRAHAM'S LECTURES.—The undersigned, a committee appointed for the purpose, hereby invite a meeting of the friends of the Dietetic System taught by Sylvester Graham, to be held at the lecture room in Clinton Hall, on Thursday evening, the 18th instant, at

half past seven o'clock, to adopt resolutions expressive of their regard for the principles taught by him in his late course of Lectures, and to afford him some testimonial of their high sense of his important labors.

Abraham Bell—Austin Dickinson—Walter Underhill—Arthur Tappan—Solyman Brown—Eleazer Parmly—James Hall—Robert G. Fairchild—Joseph Titcomb—Samuel J. Hunt—William Mitchell—John B. Jansen—Smith Lawrence—George Corlies—William Doane—F. L. Wilsey—James Smith—A Sanger—Henry A. Lambert—Albert Woodman—John West—R. Griffith—R. L. Smith—Abijah Smith—Mahlon Day—A. A. White—John Burden—A. A. Fairbanks—William B. Van Nortwick—Samuel Sloan—T. J. Sawyer—Jehiel Parmly—Truman Roberts—David Wood—Amos Keeler—Amos Pollard—Elihu Blake—R. N. White—Henry Fitz—A. B. Durand—Joseph Perkins—John Dodgson—Jonathan Thorn—John H. Ferris—Howard—H. R. Percy—William Goodell—J. C. Jenkins—Joseph Allen—Jarvis F. Hanks—R. I. Polhamus—William C. White.

NEW-YORK, April 16th, 1833.

Agreeably to the previous notice, the meeting was held at Clinton Hall.

ABRAHAM BELL, Esq. was called to preside, assisted by Messrs. ROBERT L. SMITH and WILLIAM B. VAN NORTWICK. Messrs. ELEAZER PARMLY, and JARVIS F. HANKS, were appointed Secretaries.

MR. SAMUEL J. HUNT, submitted to the meeting the following Resolutions, which were read by one of the Secretaries, and seconded by Mr. SOLYMAN BROWN, who sustained them in a beautiful and appropriate speech, when they were unanimously adopted by the meeting.

1. *Resolved*, That in the opinion of this meeting, the subject embraced in Mr. Graham's course of Lectures, is one of great and general interest to the human race; and more especially to the inhabitants of populous cities in which the prevalence of luxury, connected with the sedentary habits of most of the population, induces inevitable disease.

2. *Resolved*, That while we rejoice, as individuals of the great American family, at the progress of Temperance in our country, as relates to alcoholic liquors, it is the opinion of this meeting that the work of reformation should be prosecuted with equal zeal as to the quality and quantity of food, exercise, medicine, and other kindred subjects intimately connected with the health, the usefulness, and the happiness of man.

3. *Resolved*, That it is the sentiment of this meeting that Mr. Graham is not less happy in his general mode of illustration, than in the fortunate selection of his subject; and that he has shown himself to be eminently qualified, as well by nature as by education, to impart a deep and permanent interest to the science of dietetics and to those correlative sciences, so forcibly and beautifully illustrated in the progress of his Lectures.

4. *Resolved*, That whatever speculations may exist, in relation to abstract theories; and whatever shades of difference may obtain in men's minds, in respect to minute practical details; it is the decided opinion of this meeting, that the general doctrines and dietetic rules of Mr. Graham, are not only correct, but exceedingly important; and that actual experiments in this city, especially during the prevalence of epidemic diseases, has fully demonstrated this truth in triumphant ascendancy over the representations that have been made to the contrary.

5. *Resolved*, That the central position of this city, its easy communication with the east, the south, the north, and the west; its intimate connection with the interior, and with Europe; and the great number of its visitors, and transient population; render it the most commanding, eligible, and important location, in which the principles of Mr. Graham can be first established in consistent practice, and best communicated to our countrymen, and to the great family of man; and that it is therefore desirable that the important labors of Mr. Graham should be continued in this city.

6. *Resolved*, That these resolutions be signed by the President, and countersigned by the Secretaries of this meeting, and published.

On invitation, Mr. GRAHAM then entered the Hall, and was presented, by Mr. E. PARMLY, on behalf of the committee and meeting, with an elegant silver Pitcher, in token of their regard for his important services. Mr. PARMLY accompanied the presentation with the following short address:—

“MR. GRAHAM—The very pleasing duty of expressing to you the sentiments of the committee that organized the present meeting, has been assigned to me; and I perform the office with the more personal satisfaction, as it affords me a fit occasion to give my public testimony in favor of the system of dietetic regimen, inculcated and enforced in your Lectures.

“I can say, with the strictest veracity, that I esteem the various information I have gathered from your teaching, which has been impressed on my mind so strongly by the force of eloquence, as of inestimable value, in the regulation of my future life.

“The committee, whose names are here enclosed, have entrusted me to request you to accept a silver pitcher, as a testimony of their individual esteem and gratitude, and of their settled conviction of the great benefit which will result from a general dissemination of the doctrines of the new and beautiful science, so justly denominated the Graham System.

“That you may go on, in the labor you have so successfully commenced; and persevere in the doctrines you have taught with so much benefit to those who have heard and followed you; is, I am persuaded, the heartfelt wish of all whose names I now have the honor of presenting to you.”

On accepting the Pitcher, Mr. GRAHAM returned his thanks to the donors, on behalf of the *cause*, of which he was the servant; and entertained the audience some time, in advocating its claims.

The following certificate, attesting the personal benefits they had received from a conformity to the dietetic rules of Mr. GRAHAM, and commending his system to the attention of their friends and the public, was then read, and signed by more than a hundred individuals.

“The undersigned, citizens of New-York, having made personal trial of the mode of diet recommended by Sylvester Graham, and finding it eminently conducive to health, consider it our duty to attest the same, for the information of our fellow-citizens, earnestly recommending to them an examination of his doctrines, and a practical trial of his system.”

The meeting was then adjourned, *sine die*, after having proved a very pleasing entertainment for above two hours.

N. B.—See, at the close of the book, the account of a similar meeting in Providence.

N. B.—The reader of this work, will, of course, be aware that it does not pretend to contain any thing like an exhibition of what is called the “Graham System.” It is only intended to exhibit the effects of that System, in its application to invalids.

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ÆSCULAPIAN TABLETS.

[NO. I.]

PHILADELPHIA, 10th Month, 31, 1831.

Esteemed Friend—

It may afford thee some satisfaction to know that thou hast been instrumental in relieving the sufferings of one of thy fellow creatures, and I therefore take a pleasure in informing thee of the effects of thy course of Lectures, at the Franklin Institute, eight months since, on my own health.

From my earliest recollections, I have been afflicted with frequent turns of very severe head-ache. In my childhood it was so distressing and so frequent that my parents consulted some of the most eminent physicians in the city concerning it, and used every means they knew of, for my relief. But all to no good effect. The turns continued to come upon me with somewhat increasing frequency and severity as I grew up to manhood. Myself and friends believed it to be constitutional and incurable.—For many years past, the recurrence of my turns of head-ache, has been as often as once a week, and sometimes more frequently; and my suffering has been so intense and prostrating, that when the turns came upon me, I have been wholly unable to attend to any business, and have generally been obliged to take to my bed for the day, and often have been so completely overcome that all my strength left me, and I became exceedingly relaxed in my whole frame, and pale as a corpse. After having been thus afflicted for more than twenty years—after having failed to find any relief in any of the numerous remedies which had been recommended—and after having pretty much given up all expectations of ever being entirely relieved from my afflictions—I attended thy course of Lectures, at the Franklin Institute last Spring, and pretty strictly adopted the system of diet which thou didst recommend. After I commenced this course, I had my regular turns of the head-ache, but less severe than usual. When the time came round again, the pain was very light, and when the third time came, the pain was scarcely perceptible. Since then, nearly eight months have passed, during which time I have been entirely free from the head-ache, and all other pains, and enjoyed the best of health. That thou mayest be as successful in thy benevolent and philanthropic labors, as thy soul desires, is the sincere wish of

Thy Friend,

J. K.

PHILADELPHIA, 11th Month, 2d, 1831.

Esteemed Friend—

I feel almost overcome with embarrassment in attempting to address thee, and have several times shrunk from the undertaking, with unconquerable diffidence ; and perhaps also I feel an excessive cautiousness lest there might be some impropriety in my giving to thee any account of my own case, as effected by the course of lectures, delivered at the Franklin Institute early last spring ; but I yield to thy importunity in spite of my own misgiving, and perhaps the more *prudent* advice of some of my friends.

It is more than five years since my health began to fail, and although I was not attacked with any definite disease, yet I gradually declined:—Suffering first a loss of appetite—then a general languor and debility, and sense of weariness, and occasional depressions of spirits,—pains in my head, chest, side, &c. I did not for sometime at first, consider my indisposition of a character sufficiently serious to require medical treatment, but after a considerable time, finding myself becoming more and more unwell, I thought it advisable to consult a physician, and to submit to his prescription. Medicine however proved exceedingly delusive,—continually exciting hopes, and continually disappointing them.—In spite of all prescriptions I continued to grow more unwell—my appetite became poorer and more capricious—my body more emaciated and feeble,—the sense of lassitude and inertness more excessive, and the general languor and disquietude and depression of spirits, and bodily pain and distress, almost daily increasing. Various tonics were prescribed to increase my strength, but still I grew weak. I was told to eat what I found to relish best, and to take nourishing food : but nothing seemed to please my palate nor to nourish my body. I literally waited upon my appetite, and continually strove to please it, but nothing tasted good. Thus I continued on, becoming worse and worse, till I was hardly able to be about ; and became shrouded in the deepest and most cheerless melancholy. I had not the least enjoyment of life, and my existence was a burden to me. I consulted several eminent physicians, and tried their prescriptions, but without receiving the least benefit. I at length became so feeble that I was not able to sit up the whole day, but was obliged to lie down at least once, and sometimes oftener, during the day ; and if I walked out, I was obliged to calculate my distance, which seldom exceeded the length of a single block ; and if I walked two or three blocks, to see a friend, I was obliged to lie down and rest two or three hours before I was able to return. And when I was on my bed or in my chair, I felt as though I had not power to rise, and as though I had no resolution to make the effort. The weariness and distress of my body were habitual, and the despondency and gloom of my

mind were excessive. I felt as though nothing rendered life desirable to me, and thought I should never again enjoy it.

Such was my situation and such the state of my health when thou didst commence thy course of Lectures at the Franklin Institute, in the early part of the present year. Feeble and miserable as I was, I resolved on hearing what thou hadst to say, concerning life and health; though I confess I did not cherish any very strong expectations of being benefitted in regard to my own health. Being favored with lodgings near the Franklin Institute, I was able to attend thy whole course; and I assure thee, I listened to thy instructions with the deepest interest and the liveliest sensibilities. I was fully convinced of the truth of thy doctrines, and believed that an observance of those doctrines would be exceedingly salutary to myself; but it did not seem to me possible that I could conform to them. At the close of thy concluding lecture, I retired home with my friends, painfully oppressed with a conviction of the truth of what I heard, and with a *feeling* of my inability to comply with thy rules. I was very much emaciated, and extremely feeble, and as pale as a corpse, and had all the appearance and feelings of one near the close of life. I told my friends that I verily believed that what thou hadst told us was true, and that if I could obey it I should recover my health.—“But oh!” said I, “how *can* I do it? Here I have been for years studying what nice dish, what delicate morsel would please my palate and awaken an appetite for food, that I might eat enough to nourish my body and give me strength; and for years have I been seeking relief from my sufferings, in the use of various medical remedies,—and now to abandon the whole—anodynes, tonics, stimulants &c. and instead of soliciting my appetite to select what is most gustful,—to teach it—nay to compel it, to be satisfied—to be pleased with that which now appears wholly unsavory and forbidding,—to submit for months—and I know not how much longer, to such an intolerable course of self-denial, and comfortless abstinence!—indeed, I cannot do it. No! notwithstanding I fully believe I should recover my health by it, yet I feel that I have not resolution even to make the beginning, much less, to pursue a course, long enough to be benefitted by it.” Filled with such mental conflicts and painful sensibilities, I retired to rest, and without coming to any determination in my mind, I fell asleep. In the same unsettled and irresolute state, I sat down to the breakfast table in the morning; and without any fixed purpose I declined my cup of coffee, and took milk and water in its stead. When the meal was finished, I said, I have made a beginning and found it no hardship, and think I shall now go on.

From that time I continued more and more to adopt thy system of living till I got on to thy strict regimen:—taking thy bread with a cup of milk and water, and perhaps a little plain fruit, for my breakfast—the bread, with plain, boiled rice, good potatoes or some other plain and simply prepared vegetables for dinner—and

supper, the same as breakfast. This plan of diet, with such little varieties as are consistent with the dietetic principles taught in thy Lectures, I have now strictly followed more than six months; except on two occasions, when I could not well avoid it, I took a cup of tea. I have also in other respects carefully conformed to thy instructions. I had not long pursued this course, before I began to experience sensible benefits from it. The various pains, and indispositions, and lassitude, which I had so long suffered, gradually forsook me, and my appetite and strength increased; so that I was able in a short time, to walk three or four miles without fatigue. The darkness and despondency of my mind also disappeared, and I became serene and cheerful. In all respects of body and mind, my health improved, even beyond my expectations: and I am now, and have been for a considerable time, enjoying the most perfect and uninterrupted health. I have gained much flesh—my cheeks are full and have sufficient color—and my countenance has the aspect of ruddy health:—presenting a most striking contrast with what it was when I first commenced thy system of living. The habitual cheerfulness of my spirits, clearness of my mind, vigor and elasticity of my body and buoyancy of my feelings, are such as no one can conceive of, who has not experienced them. I often feel, when walking across my room, or in the open air, a desire to skip and jump about with bounding steps, as I used to, in the romping buoyancy of my childhood. But there is one point of deeper interest than all. Thou saidst in thy Lectures, that they who would make the highest attainments in spiritual things, and have the clearest perceptions of the beauty of holiness, must learn to bring under their body and keep it in subjection, and crucify its improper passions and appetites. I assure thee that this important consideration took the strongest hold on my feelings, and was one of the most powerful motives which induced me to adopt thy system of living: and verily I have realized much of the promised benefits; for I never before had so clear and full a sense of that scripture which saith, “O, worship the Lord in the beauty of holiness;” nor could I before imagine that the spirituality of the mind was so much connected with the state of the body and the character of the diet.

I will not close this communication, without saying that I have proved the truth of another of thy doctrines, which at first appeared to me almost incredible: and that is this—“The plainer and simpler our diet, the greater our gustatory enjoyment.” I have found this strictly true. Uninviting and forbidding as thy system of diet at first appeared to me, I have not only become reconciled to it, but love it, and can truly say that I never in my life enjoyed my food better than I now do.

That thou mayest be greatly blessed with success in thy benevolent and truly philanthropic undertaking, and enjoy a large share

of that health and happiness thyself, which thou art so ardently and laboriously endeavoring to secure to others, is the sincere desire of

Thy grateful friend,

G.

[NO. III.]

NEW-YORK, April 20, 1833.

Mr. Graham,

SIR—Justice to the cause of temperance, and philanthropy to my own sex, induce me to place this in your hands, to be used in a manner you may think most proper. I look back upon the precipice I have escaped, with an almost enthusiastic gratitude; for truly, my feet had well nigh slipped.

From infancy, my health was delicate, and violent fits of sickness were my lot, through my whole childhood. Being inclined to study, I was kept constantly in school, and when at a proper age, placed from home. Applying myself closely to study, exercising but little, and eating the most hearty food, I was afflicted with a lassitude, especially through the summer, which kept me low, and unable to sit up through the middle of the day. I commenced teaching in early life, and then I thought my excessive labor called for *good living*, and the frequent use of the dearly *beloved, blessed beverage, tea*; and this I considered the more necessary, as I had an utter hatred to all alcoholic stimulants, and could not use milk; neither could I drink cold water, without being seriously affected by it. I soon became subject to melancholy, continuing days in succession; and if, by the “sadness of the countenance, the heart is made better,” I should have had a very *good one*. This kind of sanctity was kept up, till, what with fatigue during the day, and intensesness of study at night,—with but five hours’ rest,—tea, pastry, sweetmeats, &c. &c.—I had more the appearance of a rigid nun, doing penance, than an enlightened Christian; and was eventually thrown into what was pronounced a confirmed consumption. It was then, for the first time in my life, that a plain diet was recommended, with the entire exclusion of tea. Partial health returned, and I gradually relapsed into all my former habits; and a settled daily head-ache came on, which baffled all medical skill, and all pronounced it a pressure of blood upon the brain; though I have since learned it was a pressure of tea, coffee, and their necessary appendages, on the nerves. Thus I continued, till advised to open a boarding-school, hoping different exercise might be salutary. Here I learned, by constantly observing some hundreds of scholars, that not one who was peculiarly fond of eating, and took much animal food, was a good scholar. I then gave no meat in the middle of the day; but I had not

yet come to the knowledge of the truth. In a few years, care, and multiplied sorrows rolled over my head;—I sunk in the deep waters of affliction;—my tears were my meat, day and night; and I never expected more to see good in the land of the living. A palpitation of the heart and increased distraction of the head, admonished me, that the narrow house would soon shut me from all living—and I had no confidence in Physicians or medicine: but the solicitations of friends prevailed; and one was called. I told him he could not raise me, but I would follow all his directions. He proved himself a man of common sense:—a most rigid course of diet, with little medicine—exercise when able, and change of room and circumstances, as far as practicable, were his prescriptions.

Now it was, a little light began to shine into my benighted mind. The truth I had long been seeking, began to dawn. In a few weeks, I was able to walk; adhering still to the same rigid course of diet, with the promise, from my physician, that I might soon return to the good things of this life. Here was the rock on which I split, and this was the *false kindness* of my physician. The least precaution, would have saved me; still, I feel much indebted to him, however, as he was the pioneer to all I now enjoy.

Scarcely had I begun again to enjoy health, when a good neighbor manifested her kind feelings, by making a dinner, to break my long fasting, on first going out. I partook sparingly of all her dainties, but the *delicious chicken pie*, who could withstand? I was awaked at four o'clock the next morning, in great distress, succeeded by a violent fit of the cholera morbus. Death seemed inevitable, and my folly unpardonable. This was a salutary lesson. I returned to the plainest food, but made free use of tea, and coffee. In May, 1829, I came to this city, much improved in health, and entered into my favorite employment, determining to adhere to a plain diet, and discipline my pupils to the same. In this attempt I found much difficulty. Eating was the *primum-umbile*—the *Alpha* and *Omega* of all *happiness*. I boarded at a moderate price, specifying my reasons that principle would not allow me to prepare such rich food, and such a motley profusion, at the same time. All was unavailing. Gentlemen who had lived *well*, could not be brought to a plain dinner; and ladies,—*but I forbear*, with barely naming a circumstance, which may serve as a little admonition. Two ladies were members of my family, whose excessive use of strong tea and coffee, truly alarmed me. One of the two used butter, most extravagantly; and was so afflicted with blains upon the skin, that one might have supposed a return of ancient leprosy. She complained much of nervous affection; and often in a cold winter's night, have I been called to her room, and found her in all the horrors of a delirium—begging me to stay by her, saying that she saw strange sights; sometimes feeling upon the wall, or bed-clothes; with every appearance of *delirium tremens*. The other was afflicted with violent palpitation of the heart, and so se-

vere as often to deprive her of the power of speech. In one instance, she was called to breakfast, and, not appearing, I went to her room and called, but received no answer. The door was burst open, and she was found in a kind of fit, which was succeeded by a week of severe sickness. She told us that this was not unusual, and that her only remedy was *black drops*.

I then began to think seriously of the dangerous tendency of tea; and when this beverage was dismissed from my family, I resolved that strong *tea* should not be brought to my table; but *coffee! coffee!* it was my *meat* and my *drink*, and no one had ever told me it was pernicious; yet I found my health failing,—my headache returning,—and the palpitation of my heart quite severe. As this increased, my attachment to coffee strengthened; and, to my sorrow I say it, I used it four times a day. This was a year ago the past winter. My invariable rule was, between the hours of ten and eleven at night, to make a fresh cup of coffee, to take at retiring. This had been a three months' practice, when a reproof from a tipler broke the charm, and I abandoned my nightly drams of coffee.

About the same time, I saw a paper containing a communication respecting a Mr. Graham, who was lecturing in Philadelphia on the Science of Human Life.

I know not why, but never did such a joy, such a gratitude, burst upon my soul on reading any communication whatever. I handed it to a friend, saying—this is another link in the great chain of events, to advance the millenium—to prepare the way for that longevity, which is so much promised in Holy Writ. I examined every paper to gain light on the subject. In the mean time, the folly and madness of living only to eat, so harrassed me, I resolved to dismiss my boarders, which I did accordingly,—living most temperately myself, except my coffee—which I now began seriously to fear, was injuring me, as the palpitation of my heart immediately followed a free use of it. My glad ears were now saluted with the intelligence that Graham had arrived. I was a hearty proselyte, before seeing him; but when I traced him through all his reasonings, comparing them with the experience of my own sad pilgrimage, truth in all its splendor burst upon me, and I was resolved no longer, to be a fool! I went from the Hall, making the firm resolve, to tear the last idol from my lips, and bade a final adieu to my beloved coffee: and when this desperate resolve was made, I think it was forever! But O the horrors of the following day; ye, who have “tarried long at the wine,” may best understand me! A *mist*, a *drowsiness*, a *gloom*, a *darkness*, came over me, unknown before, even in my most melancholy mood. This insipid milk and water, recommended, was tried, and a wretched substitute it was. The next morning came, the fumes of the coffee, passed like an exhilarating morning breeze, across the table, but I withstood the temptation; and, to conclude this long detail, would say, as briefly as possible. My

sleep soon became sweet; no horror of imagination has ever come over me, by day, or by night; the pain of my head, and palpitation of my heart took their leave in a short time, and have never made a call since. For six months, cold water has been my beverage, which I could never use for the last nineteen years. Even an attempt to take two or three swallows of cold water, would affect me like the paroxysms of hydrophobia; I had ever supposed warm drink necessary, even when going into the cold; but the past severe winter, I have been out *more*, and suffered less than any winter of my life. In short I am a wonder to myself, for I had never thought of uninterrupted health, either in body or in mind. But the most valuable of the whole is, the clearness of the mind. To those who love study, I would say, if the cords are still about you, I would entreat you to make one desperate effort and break them asunder. Most of all, do I regret, those months I have lost, in chasing shadowy ideas, flitting before me, which I longed to secure, but in vain, till the fogs and mists were dispelled; and often have I arisen, at dead of night, to pen some thought I had been pursuing, lest the truant should make its escape forever. *Not so now.* My thoughts, such as they are, flow on impeded by no clogs, by night, or day. Finally, I am in theory, and in practice, a thorough convert to the *best*, and most *rational manner of living* in the world—the Graham System.

ASENATH NICHOLSON.

[NO. IV.]

Mr. Graham,

SIR—I am a native of Massachusetts, and was brought up on a farm. When a child I was not very robust, but enjoyed ordinary health. My dietetic habits were such as are common to farmers' children. At the age of fifteen, I had some symptoms of the asthma, which however passed away, and I concluded that I had nothing further to apprehend from the affection: but the symptoms returned upon me, at considerable intervals, until my eighteenth year, when the disease fully manifested itself. I continued to be afflicted, and often very seriously, with this complaint, for about ten years;—frequently so seriously as not to be able to sleep with any comfort for a week at a time. I have applied to a great many physicians; and followed their prescriptions;—tried a great many quack medicines, and all to no good effect. Smoking tobacco, was among other things, recommended; and this for awhile afforded me a temporary relief from my paroxysms of distress, but it soon lost its effects, as an anodyne and antispasmodic, and only aggravated the disease. My physicians finally told me that my disease was incurable, and that I could only hope for temporary relief from the effects of medicine.

On the 7th of March, 1832, I commenced attending your Lectures at Clinton Hall, and soon after began to adopt a rigid system of diet;—principally of unbolted wheat-meal bread, and water. Since that time I have not had the slightest symptoms of asthma.

Yours Truly,

ALVAN CLARK, JUN.

NEW-YORK, May 5, 1832.

“I have recovered wonderfully. I am heavier than I ever was before; and never before was I so uniformly well.”

NOVEMBER, 13, 1832.

“My health, since I wrote you last, has been uniformly as good as any mortal could desire to possess, unless he desired some un-earthly thing. My whole living now is bread and milk, with some apples. My muscular power continues to increase.”

FALL-RIVER, January 7, 1833.

“I have gone thus far through the winter, without any thing of my old complaint, I am about five pounds heavier than you ever saw me, and were I to judge from my own feelings I should suppose myself a very sound man.”

FEBRUARY 5, 1833.

“My health remains good, and since I wrote you last, I have increased much in weight. I now weigh over 150 pounds, which is more than I ever weighed before in my life.”

DECEMBER 16, 1833.

[NO. V.]

NEW-YORK, January 2d, 1832.

Mr. Graham,

SIR—You will probably recollect that in June, 1831, I applied to you for advice concerning my health; and that I then informed you that I had long been laboring under great infirmities and disorder of body,—had suffered exceedingly from head-ache, and was afflicted with continual and severe pain in the breast, inso-much that I was often obliged to desist from my employment, and walk about for relief. I was at that time very feeble and thin in flesh, and had been so for a considerable time. For ten months previous to my calling on you, I had been very abstemious in my use of animal food, except butter; but I had not been equally careful to avoid seasonings and stimulants. I drank coffee freely. After hearing your Lectures, and receiving your advice, I abandoned the use of tea, coffee, and all other kinds of sitmu-

lating and heating substances ; and was careful to observe your rules in other respects so far as they were particularly applicable to my peculiar case. My health soon began to improve ; and I continued to become more and more strict in my regimen, till I got on to a diet of Graham bread and rain water exclusively. This regimen I observed rigorously through the whole cholera season, and not only became wholly freed from all my pains and ailments, but recovered and enjoyed the most entire and perfect health ; feeling strong, active, and cheerful. My sleep is as sweet as a babe's, and when I rise in the morning, I always feel fresh, and clear, and vigorous, and sprightly, as ever I did in my boyhood.

During the cholera season, I was very much among the sick of that terrible disease. Several times a day I visited a family (No. 62, James-street.) who occupied a house belonging to me, and of which five members died. I stood over the beds of the sick,—handled their bodies, assisted in taking care of them, &c : and after the death of five, and the house was deserted, I went into the house,—took up the beds, clothes, and other things appertaining to the rooms, from which the dead bodies had been removed, and carried them out of the house, and was there three or four times a day, handling the things, &c.

After this I visited the remnant of the same family, who were still sick of the cholera ; and visited at least, four other families, who were sick of the same disease. I sat beside the sick, by the hour,—watched with them, rubbed them, lifted them, &c., yet through the whole cholera season, I had not the least touch of the complaint, nor the slightest indisposition of any kind.

Among others, I was called to watch with my neighbor Dr. Whiting, No. 37, Mott-st., who was very sick with the cholera. I was ordered to give the patient a tea-spoonful of brandy or wine, with about six times the quantity of water, every half hour. I found the patient unable to speak above a whisper, and so very restless that it was exceedingly difficult to keep any bed-clothes on him for a minute. I rubbed him,—helped him up and down, stood over him &c. &c. He asked me if I was not afraid of taking the disease ! I told him that I was not in the least afraid of it :—that I considered my regimen a perfect security against it. I then told him how I lived, and how I had been exposed &c. He expressed a wish to have some of my rain water. I told him he should have some of it, and immediately I took a pitcher and ran over to my cistern and filled it. I gave the patient a small quantity of the water, without any of the wine or brandy “O !” said he, “that is exceedingly refreshing ! it reminds me of the sweet draughts I used to take from the running brooks in the days of my boyhood ! Do give me a little more !—I yielded to his request and gave him a little larger quantity, which still more revived him and increased his importunities for more. I continued to indulge him, and gradually increased the quantity to half a tumbler at a

time. The patient soon became very quiet and serene, and his voice improved rapidly. I therefore gave him nothing but the rain water during the rest of the night. Before daylight, he was able to speak in his natural voice, and in the morning he got up and dressed himself. My neighbor, Mr. Everett, the electrician, No. 4 Mott-st, also had the cholera pretty severely. He was attended by two physicians, both of whom told him he must take calomel and opium, by all means, or he would probably lose his life. The patient however refused to follow their prescriptions,—sent for me,—took a mild purgative and followed it up with the rain water alone, and very soon got well. I had five daughters who remained with me in the city, and who observed the same regimen that I did, and enjoyed the best health through the whole season, without a touch of the cholera or any other indisposition.

During the summer season, I walked twenty-five miles in six hours, one day, when the roads were very muddy, to see my son, who was in very ill health and did not expect to recover. I found him quite sick and very much cast down. I sat down by his bedside and pulled out my coarse cracker and began to eat my supper. He asked me what I was eating; and I gave him some of it, with some water, which seemed to refresh him very much. I then put him strictly upon this regimen, and he soon began to improve, and was able to return with me to the city; where I kept him on in the same way, and in a little while he was restored to health.

But what will you say to me, when I acknowledge, that after all this practical proof of the truth and *excellence* of your System, I have so far backslidden, since the cholera has passed away, that I am now actually indulging in the use of things which I know to be pernicious, and which have already impaired my health.

Yours, respectfully,

DAVID S. BURGER.

[NO. VI.]

NEW-YORK, January 7th, 1833.

Mr. Graham,

SIR—In compliance with your request, I will relate to you a few facts concerning myself and family, in reference to your Lectures in this city. My own health has been quite delicate, from my childhood; and I have always been very subject to colds and coughs. I have suffered much from weakness and pain in the breast; and have been habitually inclined to costiveness. Though a man of active habits, I never could endure much fatigue, and was easily exhausted. I never considered myself decidedly an invalid; and yet I have long been apprehensive that I

had hanging about me, those little ailments and susceptibilities which would, sooner or later, terminate in a fatal consumption.

In January, 1832, I commenced attending your Lectures, in Mulberry-street; and about the same time adopted, pretty strictly, your system of diet and general regimen. My health began to be better, very soon, and has continued to improve, ever since. Now, I never take a cold, though I expose myself much more than I used to;—I have no cough; and am much more robust, and able to labor, than I ever was before. Formerly, if I over-exerted myself a little, and put forth my whole strength, on any occasion, I was sure to suffer for it, and sometimes seriously;—but now I can exert all my powers, without any sensible injury or fatigue. My bowels are perfectly regular,—my spirits good,—and my health uniform.

My wife was tolerably healthy, till she was twenty years old; from that time her health began to fail; and she became more and more unwell and feeble, and seemed running into a consumption; her body was habitually and incorrigibly constipated, so that she was continually under the necessity of taking cathartic medicine, to obtain relief. Severe cough—violent sick head-ache—great weakness and pain in the back—good deal of pain in the side—flatulency—depression of spirits—general debility—and withal, a great deal of tooth-ache, and languor, and very distressing weakness and trembling, and sinking faintness at the pit of the stomach—together with many other complaints—made up the terrible catalogue of her sufferings for nine or ten years. During this time, she took an abundance of medicine; and, among other things, a great deal of cayenne pepper—sal volatile—lavender, &c. &c.; but she found that the more she took of these things, the more she required; till they sometimes ceased to have any alleviating effect. A very little exercise fatigued her exceedingly; and her appetite was generally poor.

Such was the state of her health, when she commenced living on the Graham System, about the same time I did. Her health began, almost immediately, to improve. Her long-standing costiveness was overcome—her sick head-ache entirely left her—her strength increased—and her appetite became uniform and good. Her trembling and distress at the pit of her stomach—pain in her side and back—cough, tooth-ache, depression of spirits, &c. &c. all gradually disappeared, till every ailment and disorder was gone:—and for nearly a year past, she has enjoyed uninterrupted health. She is at present healthy, cheerful, and strong; and can walk miles, or employ herself in her household duties and labors all day, and walk more than a mile to the Lecture and back again in the evening, with very little fatigue. Indeed, she has become remarkably bright, elastic, and sprightly; and seems to enjoy a new existence.

My sister, Susan M. Fisher, who is a member of my family, and is now eighteen years old, has from her childhood been ex-

ceedingly feeble, nervous and sickly. She never used any coffee and very little tea; but was fond of animal food, gravies, pastry, sweetmeats, &c. &c.

She has always been subject to colds, and severe attacks of lung fever, during the winter season, and has often been brought very low with this complaint. She was habitually costive, and always excessively nervous. Her sleep was very unsound and unrefreshing, and much disturbed. She often woke up in the night in great agitation, and thought some frightful creatures had come to carry her away; and imagined that her head was swelled enormously large, and that her tongue was so big that she could not talk. She was exceedingly weak and could bear no fatigue; a very little fatigue or excitement during the day, was sure to bring on restless and distressing turns at night. Her spirits were much depressed and she was seldom cheerful; but most of the time dejected and melancholy. She continued in this miserable state of health, until about one year ago, when, at the age of seventeen, she adopted your system of diet, strictly; and in a very short time her health began to improve in all respects, and continued to improve until it became completely established. Her nervous complaints are all gone; all her ailments and disorders have left her; and she is now every way well and hearty and strong, and uniformly cheerful, and enjoys life very much. In fact, one would not think, from her personal appearance, that she had ever been out of health. Neither myself, wife, nor sister, has eaten any animal food or flesh, since we adopted the System. We spent the past summer in the city, and never enjoyed better health than we did through the whole cholera season. That dreadful disease was all around us, (next doors) and cut off many of our neighbors; and I was much amongst the dying and dead, and assisted in laying out several dead bodies, (twelve, at least,) and in putting them in to their coffins; yet none of us had the least premonitory symptom of the cholera, nor any other illness. Our mother, who did not live on the System, had an attack of the cholera.

This much I feel it my duty to say, and from our own experience I am induced to believe, that if your System were generally adopted, it would be highly beneficial to mankind.

Please accept the tribute of grateful hearts, for the instruction which we have received from you.

Your very obedient servant,

EVANDER D. FISHER.

[NO. VII.]

NEW-YORK, January 7th, 1833.

Mr. Graham,

SIR—In compliance with your wishes, and in accordance with my own feelings of gratitude for the benefits I have

received, I will give you an account of the effects of your System of diet on my health.

I enjoyed pretty good health till I was near twenty-one years of age. I was then quite sick for a while with fever and ague, and took a good deal of medicine, and tried various remedies, to rid myself of that troublesome and distressing complaint. After I had succeeded in breaking the chills, and began, as I thought, to get better, I was most grievously afflicted with a great many biles, which were very painful and sore, and would not heal up, but long continued to run. I applied to a physician, who gave me something which healed them up; but very soon after this, I was taken with great oppression and dizziness of the head; this was followed by general debility, great weakness in the lower limbs, and severe pain about the sockets of my eyes, which, at times, almost rendered me blind. My eyes became very much inflamed, and so weak that I could not use them to read, without great pain. If I attempted to read, even a few minutes, the anguish and distress of my eyes became intolerable, and compelled me to desist. I was continually and inveterately costive; and was very sensible to the various changes of the weather, and very easily took a cold. My mind was also much affected, and I suffered a great deal from depression of spirits and despondency.

Between three and four years ago, I commenced keeping bachelor's hall, and continued in this way nearly a year; during which time my diet was very simple, and I ate very little animal food. While I lived in this manner, my health improved exceedingly, and I thought my complaints were about taking their leave of me; but it did not once occur to my mind, at that time, that the improvement of my health was in any way or degree connected with my diet. Finding it somewhat inconvenient to live in this way, I therefore took board in a boarding-house; and, without being aware of any impropriety in doing so, I indulged freely in the different kinds of food placed upon the table; and ate flesh very freely indeed. My old complaints soon returned upon me, worse than ever; and although I did not at the time suspect that this was in any way caused by my diet, yet I am now very much inclined to believe, that the quantity of flesh which I ate had much to do with the return and aggravation of my diseases. However, I continued to live on like other people, and learnt very little from my own experience. About two years ago last fall, my afflictions were increased by the addition of a severe cough, which soon became very bad. I tried many prescriptions and remedies, in hopes to obtain relief; but all to no good effect. My cough continued incorrigible; and after a while I began to suffer an intolerable gnawing at my stomach. With this complication of disorders and sufferings, I became, as you may well suppose, exceedingly emaciated and weak. I raised a great deal of offensive matter from my lungs; and at length began to bleed at the lungs, considerably.

In this miserable condition, I left the city and went home to my parents in the country. There I consulted several physicians, who considered my disease to be a bad case of pulmonary consumption. I was very low, and all my friends regarded my case as perfectly hopeless, and believed I was rapidly hastening to the grave. After spending three or four months in the country, however, and finding myself no worse, but somewhat more comfortable, I returned to the city, where I continued to take medicine constantly, for my cough, which seemed at times to be better, and then much worse, with frequent and copious bleeding at the lungs, and a discharge of a great deal of very bad and offensive matter. The oppression and dizziness of my head, and violent pain and inflammation of my eyes, continued very distressing: and nothing seemed to afford me any relief. Such was my wretched condition when I was induced to adopt the mode of living which is called the Graham System, after having heard a few of your lectures in Mulberry-street, in January, 1832. But I had hardly got accustomed to my new regimen, before I was taken with the measles, which, though of the worst kind, was very light—owing, as I fully believe, to my reformed manner of living. Before I had entirely recovered from this last disease, I very imprudently went out and exposed myself, and took a bad cold; and this brought on inflammatory rheumatism, which was exceedingly painful. I however took very little medicine, but dieted myself on gruel and wheat-meal hominy, and in about one week found myself relieved from my rheumatic complaints; and I now fully believe that the Graham System saved my life in this emergency; for all my friends thought that I certainly must die, when they saw me so taken down after the measles. After recovering from the measles and rheumatism, I found myself much relieved also from my other complaints, and was in all respects much better than I had been for a long time before. I then went into the country again, on a visit to my parents. When they saw how I was living, they were much alarmed, and gave me no peace till I consented to abandon my new regimen, and live as they did, on what they called good nourishing food. I had not long indulged in their good things, however, before I broke out with biles, like another Job. My cough and bleeding at the lungs returned, and I was every way much worse than when I came into the country. At the expiration of three months, I returned to the city, far more unwell than when I left it. My head and eyes were as bad as ever they had been.

On my return to the city, I again commenced living pretty strictly on the Graham System, and soon began to improve very much in my health. In about six weeks, the bleeding at my lungs entirely ceased, and has not since returned, (now six months.)—My cough gradually left me, and for some time past has wholly disappeared; the oppression and dizziness of my head are fast wearing away, and already nearly gone; the pain and inflamma-

tion and weakness of my eyes, are entirely gone; so that I can now sit down and read by candle-light, as long as I wish to, without the least pain or weariness of my eyes. My strength is very much improved, and my spirits are good.

I remained in the city during the past summer, and although the cholera was all around me and even next door, and I was much amongst it, yet I had no symptoms of it.

Some of my good friends profess great concern for me, and have taken much pains to convince me that I am certainly killing myself by this mode of living. But really, it appears to me that a regimen which enables one to throw off so many old and distressing complaints, after six or seven years' dreary, and at times hopeless endurance, is a very strange kind of killing one's self.

While I have lived on your System, I have used no animal food, that is, no flesh: but I have subsisted principally on Graham bread and hominy, made of the coarse wheat-meal, potatoes, some rice, a little milk, sugar-house molasses, some fruit, such as apples, pears, peaches and berries, in the season of them.

With most sincere acknowledgments of gratitude to you, as the instrument in the hands of God in raising me as it were from the grave, and restoring me to health, I subscribe myself,

Very respectfully, yours, &c.

W. T.

[NO. VIII.]

NEW-YORK, January 8th, 1833.

Mr. Graham,

SIR—For the benefit of others; as well as for the sake of affording you that satisfaction, which every philanthropic mind must feel from the consciousness of having been instrumental in alleviating the sufferings, and increasing the comforts of his fellow creatures; I yield with gratitude and pleasure, to the promptings of my sense of duty, in communicating to you a frank and simple statement of my own case in relation to your Lectures on the Science of Human Life.

Until I was fifteen years old, I enjoyed good health, and supposed that I had a sound and vigorous constitution:—from that time, however, my health began to fail; and I began to be troubled with pain in the stomach, and other disagreeable symptoms of indigestion, which continued to increase upon me, in spite of the various medical prescriptions and remedies, which distress and the ill-judged advice of friends induced me to have recourse to, for relief. This state of things continued to become gradually worse and worse, for fifteen years. Habitual and inveterate constipation of body, rendering aperient medicine necessary every few days;

great debility, languor, nervous irritability and dejection of spirit; together with an almost incessant and intolerable head-ache, rendered my existence truly miserable. At length I began to feel great soreness and pain in my right side and shoulder; I became exceedingly debilitated, so that I was unable to sit up from morning till night, but was obliged to lie down once or twice during the day. My general languor and prostration of energy, and depression of spirits continued to increase; and my head-ache became so violent as often to cause a temporary derangement of my mind. I took a great deal of medicine, according to medical advice; but it only seemed to afford me a very momentary relief, and that only to a partial degree. Finally, a cough set in, which soon became very severe and incorrigible; and in this miserable condition, which seemed to be beyond the reach of medicine, I began to despair of ever being any better. At this juncture however, after having been a stranger to health for more than fourteen years,—feeble and miserable as I was, I was induced to go and hear your Lectures at the Baptist Meeting House in Mulberry-st. last winter. I was fully convinced of the correctness of your doctrines, and determined immediately to reduce them to practice, so far as I considered them applicable to my own peculiar case. I accordingly put myself at once, on a rigid diet of the bread which you recommended, with milk and water, and observed such other rules which you laid down, in regard to general regimen, as the state of *my health* and circumstances would allow.

My health began almost immediately to improve:—in ten days the pain in my head, stomach and side began to be less severe:—my cough became better; my appetite and strength and the general tone of my system and serenity of my mind, greatly increased, and I was in a very short time, able to attend to business all-day without lying down. I continued my regimen very strictly, and my health continued to improve, till I felt myself perfectly well. I was strong, active, free from pain, cheerful, had a good appetite, and could attend to my business through the day without weariness, and with a clear and active mind.

In this manner, I was going on well and continuing to improve, when the cholera appeared in our city, and the general hue and cry was raised in every direction, against the Graham System. Almost every acquaintance I met, assured me that I would certainly die of the cholera, if I did not abandon the Graham System, and take a more generous diet. The Medical Council for the Board of Health, also, recommended animal food; and I confess that I was weak enough to be frightened from that course which had in so short a time, been astonishingly beneficial to me. I returned to the use of animal food, and indulged to a moderate extent in what is commonly called a more *nourishing* diet. But, however well advised such a diet may be, in regard to the cholera, it certainly was far from proving beneficial to me in other respects; for my health suffered almost immediately from the change:—my

strength declined—my cough and the pain in my side, &c. returned—my spirits became depressed; and all the symptoms and sufferings of my worst years of sickness began to come back upon me.

Since the cholera has passed away, I have generally lived more strictly upon your System; and have always found that the more rigidly I adhered to your doctrines, the better my health has been: and when I have occasionally deviated and indulged for a few days in animal food, &c. I have invariably felt the symptoms of my old complaints returning upon me. In short; I am now fully convinced, by my own experience, of the entire truth of your system, so far as it regards my own case: and I have not the least doubt but that an undeviating perseverance in it, would secure to me, good and uninterrupted health. Indeed, Sir, I do sincerely assure you, that two thousand dollars would be no temptation for me to part with the information and benefit I have received from your Lectures, if I could not obtain them again. My health is now uniformly good, except when I foolishly, against my own judgment, indulge in the use of articles of diet which I know to be injurious to me. This however, I do not carry beyond a slight indisposition; when I take the hint and return to my conservating regimen:—so that in comparison with people generally, I am what may be called well; and able to attend to my business without interruption, and generally with vigor and cheerfulness.

While addressing you on the subject of health as connected with your lectures, I will also narrate to you the case of my sister, Jane, who, until about three years since, enjoyed very good health. At that time she took a severe cold, which settled on her lungs, and was attended with a violent cough. For a considerable time she suffered it to run on, without doing anything more to remove it, than to use the ordinary domestic remedies, thinking all the time it would soon leave her. But in this she was disappointed. The violence of her cough increased, and she became more and more unwell; until, at length, it was thought advisable to call a physician. He blistered her pretty freely, and administered considerable medicine, but all to no good effect; and he told the patient that her mother had better nurse her, as his medicine would do her no good, for she had the consumption, and the less medicine she took, the better.

At this time her cough was exceedingly severe, and she began to raise blood from the lungs. It was now the heat of summer, and yet she was constantly complaining of the cold, and required as much clothing as she used to wear in the winter. The discharge of blood from her lungs increased, and she began to suffer a severe pain in her breast and shoulder. A second physician was called, who gave her some mild palliatives and left her. A third physician was called to see her, who informed the family that he did not think it best to do anything for her more than to nurse her well, as he did not think anything could help her; and he

should not be surprised to hear she was dead, in three weeks.— A fourth physician agreed with the third in opinion. But my sister thought while there was life there was hope, and she therefore came to New-York, and applied to a Vegetable Doctor.— He said she had the consumption, and he did not think she could be cured; but if anything could help her, his medicine would.— She was now so diseased, that if she rose suddenly from her chair and walked hastily across the room, the blood would gush from her lungs, and she would spit out mouthful after mouthful of clear blood. She was about three months under the care of the Vegetable Doctor, and his medicine did her more good than anything else had done. Her cough became somewhat less severe, and the bleeding was considerably diminished.

She now left the city, and went about forty miles into the country, to visit a sister, where she was soon taken with chills and fever, and her cough became more violent, and the bleeding of her lungs returned as bad as ever. The physician of the place was called in, and he gave her medicine which broke her chills once or twice; but they returned again, and she was not at all benefited by anything she was taking. She therefore came back to the city, and applied to another physician, who ordered a strengthening plaister and some syrup. These afforded a momentary alleviation, but no permanent benefit. She was now continually suffering a severe pain in her side, which sometimes extended up to her shoulder and breast. She went again into the country, and there applied to another physician; but finding no relief from his prescriptions, she went to Albany to see her friends, and there applied to a steam doctor. He told her if she would follow his prescription, he would cure her. He steamed her powerfully every day, and gave her his medicines, and she considered herself greatly benefited by his treatment, although she used often to faint on entering and leaving the bath. Her cough was much softened, her bleeding was not so copious, and the pain in her side much relieved. In short, she thought she left him pretty nearly cured, and in a fair way to recover her health. But she had not been long out of his hands before her chills and fever returned, and all her old ailments began to come back upon her. In April, 1832, she came down from Albany to this city, and was brought to my house in a carriage. She was then in so debilitated a state, that she had to be carried from the carriage to the bed. She had now been sick more than two years, and had been taking cathartics, emetics, and other medicine, almost continually, during the whole time. I immediately told her she must now try the "Graham System," from which I had myself derived so much benefit. She begged most heartily that she might be allowed her tea and coffee, and a few other things that she loved; but I persuaded her to abandon them all, and put herself strictly on the "Graham System." Her health began almost immediately to improve; and in six weeks she was able to devote the whole day to active industry.

Her health has continued to improve in a ratio precisely corresponding with the strictness with which she has confined herself to your regimen. But to confess the whole truth, she regards it as a self-denying manner of living, and is by no means disposed to allow it any more credit than it deserves. She thinks it is much more agreeable to eat and drink what she likes, and to be steamed and physicked out of the bad consequences, than to prevent those consequences by foregoing her indulgences; but in this she is by no means peculiar. Had she been the only delinquent in this respect, your system would have been saved from much discredit, which it has been made to suffer from the defection of your professed followers. My sister is however at present enjoying very good health, and able to go through her daily employment, without the help of medicine of any kind. Her cough, bleeding at the lungs, pain in her side, &c. &c. are all gone.

Wishing you all success in your truly philanthropic undertaking, I am very respectfully and gratefully

Yours,

JACOB H. WYCKOFF.

[NO. IX.]

NEW-YORK, January 9th, 1833.

Mr. Graham,

SIR—At the age of five years, I was put out to live at a place where I was kept up late nights, and my food and clothing were very poor, and my meals were very irregular; and my health was quite delicate. At the age of seven years, I was taken from this place, in a very poor state of health, and was not able to do anything for nearly a year. During the two succeeding summers, my health was miserable. At the age of ten, I left the city of New-York, and went into the country, where I remained laboring on a farm, till I was fourteen years old. Here I lived well; but I still continued feeble, and all my friends thought I would never be able to do any thing. At the age of fourteen I returned to the city and went to the plumber's trade, which is by no means a healthy employment. My health did not improve any here; and I therefore continued in this business only about one year. At the age of fifteen I went again to the country; and in the spring of the year I entered as an apprentice to the carpenter's trade. Through the summer I was very feeble; but my health improved a little during the winter:—I was generally sick two or three weeks, sometimes six, every summer. While the warm weather lasted, I had a continual head-ache. My health continued delicate through the six years of my apprenticeship:—the last two years of which time, I was much troubled with rheumatic

complaints. During the whole six years of my apprenticeship, I ate freely of animal food, and generally three times a day: and among other things, I ate a good deal of pork: and most of the time my head-ache was severe and continual. I believed that it was entailed, and did not expect ever to be freed from it. At the age of twenty-one years, I came once more to the city, and labored at the carpenter's trade for one year. My health was still very delicate:—I was troubled much with rheumatism: and so severely at times that I was obliged to quit work till it left me.

When I walked fast, I always had a severe pain in my side. I was severely and continually troubled with alternate costiveness and diarrhœa; and was obliged to take medicine, as often as once in six or eight weeks. I was very fond of my good coffee in the morning and tea in the evening. I lived well, was fond of warm cakes, pastry, &c. &c.

Finding my health still feeble, and despairing of ever having it any better, I quit the carpenter's trade, and took up the business of wood engraving, at the age of twenty-two. Here I continued my former habits of what I then considered good living. When I thought that I needed it as a medicine, I occasionally took a glass of gin, or brandy and sugar. My health continued quite poor, and I became much more weak and languid: and very soon found myself unable to stand up and work:—and was finally obliged to sit down at my work, all day.

My head-ache became much more severe and distressing. My eyes were very weak; and I tried to benefit them by the use of glasses; but without success. In the autumn of 1832, I had the scarlet fever about two weeks. After recovering from this, I commenced attending your Lectures at Clinton Hall, and was taken with the Influenza, and had it pretty severely. I took a good deal of medicine for it, but to no good effect. I then put myself on water gruel only, and in a few days found myself free from the Influenza. I then adopted the Graham System quite strictly—avoiding all artificial stimuli of every kind. After adopting this regimen, for about two weeks at first, I felt pretty weak, but otherwise better. My health and strength then began to improve; and I was soon able to stand up and work part of the day:—and after three weeks I could stand up and work all day. My head-ache diminished rapidly, and soon left me entirely, except when I overeat, in which respect I have too often transgressed.

I have a wife and one child,—an infant nearly a year old. My wife lives as I do, and her health is excellent. Before she commenced living on the Graham System, she was always complaining. She now says, she never felt so well in her life before, as she does at present. Our child is remarkably healthy, and sleeps all night, and seldom wakes once through the night.

We remained in the city through the cholera season;—ate no flesh during the prevalence of that terrible epidemic; and although we had much of that disease all around us, and a family in

the same house had it; yet, neither myself, wife, nor child, had the slightest premonitory symptoms, during the season.

It is now more than a year since I commenced living on the Graham System, during which time, I have taken no medicine of any kind; and my health is now good,—my spirits cheerful, and my mental powers, clearer and more vigorous than ever before. I can now walk fast without a pain in my side—my eye sight is now very good; and I have no head-ache excepting occasionally, in a slight degree when I over-eat.

In short, I am free from complaints, and am able to pursue my employment, with strength and ease; and I now enjoy myself, and family, and friends.

With sentiments of most sincere respect and gratitude, I present you with this simple but accurate statement, hoping that it may not only afford you much satisfaction in knowing that you have been instrumental in promoting the welfare and happiness of a fellow creature, but also that it may serve, in your hands, as an evidence of the truth of the important doctrines which you teach.

Very Respectfully Yours,

ROSWELL N. WHITE.

[NO. X.]

NEW-YORK, January 17th, 1833.

Mr. Graham,

SIR—Agreeably to your request, that those who had been benefitted by adopting your System of diet, would hand you a communication to that effect, I shall endeavor to make a brief statement of my own case.

For seven years, I had been afflicted with the Jaundice; and to you, who no doubt are acquainted with this disease, I need not enter into a description of the distressing head-aches, back-aches, and various other aches, which are attendant upon this complaint. Suffice it to say, I had it severely; the complaint was *seated*; and my physician, a man who stands among the highest in his profession, candidly told me, that medicine would not remove it. Still, I was continually trying every new thing I heard recommended, for I was indeed leading a miserable existence, “dragging at every step a lengthening chain;” but it was to no effect. I experienced no relief, until I was induced by a friend to attend your course of lectures last winter. Being convinced there was *truth* in what you said, I was *resolved* to *try* if I could not be benefitted by following your advice. From that time I have thrown aside all medicines, tea and coffee, pastry, warm bread, meat, and various other articles of which you disapprove; and I have in consequence thrown aside the Jaundice, and all disagreeable symptoms attend-

ing it. I feel as if my youth was renewed. And what is the sacrifice at which I have obtained all this amount of good? A mere momentary gratification, not worth naming. To be sure, I am obliged to endure the laugh and ridicule of many of my friends, and by others I am called an enthusiast; but all these things move me not. I am the one to laugh. But I do not laugh—I pity. I remember the days of my own ignorance. My prevailing feeling is gratitude to you, and to the great First Cause of all benevolent effort, the great and good Being who first inspired you with the wish of benefitting mankind.

I am aware you have many enemies; you have also many friends, and among them none more grateful, than

ELIZA G. HUNT.

[NO. XI.]

NEW-YORK, January 27th, 1833.

Mr. Graham,

SIR—It is with pleasure and gratitude that I communicate to you the following information concerning the effect of your Lectures on myself and family. I am now about forty years old, and during the last half of my life, my health has been very poor. I have been habitually and inveterately costive, and suffered a great deal from distressing dizziness in the head, causing vomiting, sometimes every day, for five or six years.

For a considerable number of years past, I have been troubled with many symptoms of consumption: such as weakness of the lungs, hoarseness, cough, and raising from the lungs a great deal of bad matter. I have also suffered much from billious habits; and my liver has been considerably affected. Besides all this, I have been subject to severe rheumatic pains in my head and limbs; and sometimes so intensely severe in my lower limbs, as to cause my shin-bones to bend, and become as crooked as my elbow.—Seven years ago I was under treatment, by Dr. Y., for consumption, but received very little benefit. The same physician, when my liver was affected, advised me to diet myself on bread and milk; but I received no just notions of the importance of a correct regimen. For seven years past, I have taken emetics once a month, and cathartics twice a week. I have been exceedingly feeble, and felt unable to attend to any business at all. For five years past, my eye-sight has been very poor indeed, and at times, so bad, that I was unable to endure any continued application of my sight to any object.

Such were the complicated disorders of my feeble body, when I was induced by a friend to put myself on what is popularly called “the Graham System,” about the first of June, 1832. In a very

short time my health began to improve. My costiveness was removed, and my bowels became regular: the dizziness of my head left me; my lungs became stronger; the hoarseness disappeared; and my health and strength generally improved. I soon became able to attend to my business through the day without fatigue, and was relieved from all my aches and pains. I used to be troubled much with deafness; but now I have nothing of it; and my sight has continued to improve ever since I adopted my present regimen. I have scarcely taken a dose of medicine since I have lived on the System. On the whole, my health is every way much improved, and continues to improve.

My wife has, from her childhood, been rather feeble, until she was eighteen years old, when her health became much poorer and continued so till she was twenty-three years of age. After that, it was various,—sometimes a little better, sometimes much worse,—till she was twenty-seven. On every occasion of exposure, she was sure to take cold, and this was always attended with a violent and distressing cough. She had almost constantly a severe pain and soreness in her side,—soreness and pain in the chest,—and was very weak and languid. She was also troubled a great deal with soreness and pain across the small of her back. Her appetite was very capricious and unstable; sometimes very craving, and sometimes none at all. She lost her mother, and two brothers, and two sisters, with the consumption, within seven years; two of whom have died within the last three years. In February, 1832, she was induced to adopt the Graham System, pretty strictly. Her health began, almost immediately, to improve. She grew stronger;—her appetite became uniform and good. She has taken no cold, though equally or even more exposed. Her cough has left her; her soreness and pain in the side and chest are gone, save, very rarely, slight symptoms of the old complaint in the side, which, however, soon pass off; and she is in all respects quite healthy.

She is the mother of two children. Previous to the birth of the first, she was very feeble; and for two months before her confinement, she was not able to do any kind of work, and scarcely able to walk across the room. Previous to the birth of her second child, (since she has lived on the Graham System,) her health was fine. She was able to be about, and attend to her own household affairs, with great ease and comfort, till the very last day before her confinement. Her sufferings were twelve hours longer, and much more severe, at the former birth, than at the last; and in three weeks after the birth of her last child, she was able to dismiss her nurse, and to be about and attend to all her domestic concerns; whereas she was obliged, before, to keep extra help all the time. Her last child, now four months old, is remarkably healthy, and has not had a sick moment, nor cried from pain or uneasiness, since its birth. And my wife says she feels perfectly *able* to do her own work, *washing and all*.

My little daughter about eleven years old has from her infancy been very delicate and feeble. Her health has improved astonishingly on the Graham System. We all spent the cholera season in the city, and our neighborhood was very sickly. The cholera was all around us, and the people died on every side of us. One man died next door, so near to us, that I could reach my hand out of my window into his room, and the offensive smell of his body after death, came in and scented our house; and yet we none of us had anything of the disease.

I have two apprentices;—the elder one lived on the Graham System through the worst of the cholera season, without the least indisposition. He then went into the country, where he spent two weeks, and lived quite freely on animal food, pies, cakes, &c. and returned to the city and took the cholera immediately, and had three doctors to keep him alive. My other apprentice has improved in health very much indeed, since he has lived on the Graham System, and has become quite fleshy. He spent the summer in town, and enjoyed excellent health, and had not a symptom of the cholera.

Very gratefully yours,

EDMUND VAN YORK.

[NO. XII.]

NEW-YORK, February 1st, 1833.

Mr. Graham,

DEAR SIR—I ought long since to have communicated to you what I am now about to state, and I have continually been haunted with a sense of my injustice to you in neglecting it.

In 1828, I took up my residence in the city of New-York, in good health; having left a country life for that of a city. The only sickness I then knew, or had to encounter with fortitude, was that of the head-ache, which at times was very severe; so much so, indeed, as to cause me, during some of its paroxysms, to care but very little whether I lived or died. This pain in the head, I had been subject to, ever since my earliest recollection; and I am confident of my correctness in saying, that I have had it on an average, more than twenty-five times a year, for twenty-seven years of my life.

For the first two years after I became a resident in the city, I ate flesh quite freely, as I boarded at a house where it was served up at every meal; besides, I was extremely fond of gravy, which I used plentifully, I assure you. I also ate pudding, pies, &c., drank tea and coffee, and smoked a plenty of cigars; but never chewed tobacco.

The consequence of all this was, that I began to be dyspeptic; and as I became more so, I resorted to the remedies, recommended by various persons, as well as those prescribed by the physicians whom I consulted, to remove this tormenting disease. I felt a continual pressure at my stomach, and a weakness daily increasing. One advised me to carry cassia in my pocket, and every now and then, eat a little of it, and that would cure me. Another, a Druggist, advised me to use the dyspeptic bitters, for an infallible cure. (And by the way, let me here remark, that at this time, I was every now and then obliged to take medicine, and often, to go to bed for a day or two.) The third person, a physician, advised me to keep a bottle of dissolved epsom salts, and every morning to take a moderate dose, when I felt a pressure in the head and stomach, and it would relieve me. The fourth said, use a plenty of mustard on your meat. The fifth said, drink brandy and water with your dinner, that will assist digestion. The sixth said, you must eat no flesh at all. Another said, you must eat no vegetables. Another said, do not take so much food. Another said, eat more—stuff yourself full, and that will cure you. Another said, use a plenty of cayenne pepper, horse radish, &c. with your food. And thus prescriptions, too numerous to mention here, and of a diverse and contradictory character, were multiplied upon me. Suffice it, however, to say, that all these did not effect the cure, and I continually grew worse.

In August, 1831, I had become so very much reduced in health and strength, that I went into the country, and remained there about a month, during which time I ate nothing but vegetables, and improved so much, that I returned, as I supposed, in perfect health, and resumed my old method of living; which, however, I did not long pursue, before all my dyspeptic difficulties came back upon me, as bad as ever; and I continued to be tormented with them, with increasing severity, till I heard your Lectures. Previous to my taking tickets for your course, however, I had some warm debates concerning your System, with three or four of my fellow-boarders, who had attended your first course in the fall of 1831. They were convinced of the correctness of your doctrines, and defended them earnestly. I heard, what I then considered their nonsense, with a great degree of disgust. What! said I, do you think mankind have lived five thousand years, and have not before this found out how to live? Do you think that the wisdom and experience of all past ages, are now to be set at nought by this Mr *Graham*? Nonsense! nonsense! Depend upon it, he is humbugging you! Can you suppose it possible that all the wise philosophers and learned physicians of past times have lived and died in ignorance of what diet was best for man, and that Mr *Graham* is the first to make the mighty discovery? Pshaw! this is outrageous humbugging! You may go without your coffee, and tea, and flesh, and I will use them, and we will see who is the wiser for it.

Nevertheless, with all my prejudice against your System, I was at length, prevailed on by my friends, to go and hear what you had to say for yourself. I commenced with your second course, at the close of 1831, and gave the utmost attention to your arguments, and during the first Lecture I found my opposition so shaken, that I was unable to bring into existence one argument to gainsay what you advanced. I continued to be more and more convinced by the successive Lectures, till I became a complete convert to your doctrines, and began to advocate your System with as much zeal, and as openly and fearlessly, as I had ever opposed it. Yes, far more so! Nor did I only advocate:—I practised, also, strictly.

On the first of May, 1832, I left off coffee, tea, flesh, all kinds of spices, peppers, mustard, and the like; and in a great measure dispensed with all pastry, and discarded entirely, alcoholic liquors of every kind, and even went beyond your instructions and quit the use of salt, except what was in the little butter I used. I have not taken any salt upon my plate, nor put it upon my food for the last nine months.

Now let me tell you what I use for food. Most generally for my breakfast and supper, I have eaten rice and milk, hominy, and samp and milk, &c. For my dinner I have eaten Graham bread, potatoes, turnips, squashes, beans, cabbage, &c. My bread I generally use when it is two or three days old, because I know it is most healthy so. I never use cheese, as it does not agree with me.

Almost as soon as I commenced living on your system, my health began to improve, and I continued to grow better very fast, until all my symptoms and ailments left me, and I was restored to good health; and since then I have enjoyed the most perfect, uninterrupted health, to the present moment; and in no one instance have I felt the slightest indisposition, that I could not trace immediately to the violation of your rules.

Dyspepsia has long since left me; but not without leaving a deep and lasting impression upon my mind. I had been tortured with it for more than three years; and had concluded that I must quit business, and return to the country and get ready to die. My body being continually diseased, my mind became extremely melancholy, and every thing looked gloomy around me. When I sat down, I had no energy or resolution to get up; and when I retired at night, my eyes refused to sleep; and if I slept, I would wake in the morning, shivering in a cold sweat, even in July, when the thermometer indicated a temperature of ninety degrees. My memory was short and unfaithful—my nerves extremely weak and irritable—my vision dim and confused—and in fact, my whole system seemed completely disordered, both in body and mind.

I have all my life time been accustomed to the head-ache, as I have before mentioned, and have till very recently supposed, that it was constitutional and necessary; and as my mother was subject

to it, I believed that I had inherited it from her, and that I could no more get rid of it, than I could live without breathing. But, sir, let me assure you that your theory put into practice, has wholly removed this difficulty. I have never been free from a severe turn of the head-ache as often as once in a month, for the last twenty-seven years of my life, up to the first of May, 1832. Since that time, now nine months, I have felt it two or three times, in a very moderate manner; but when I did, I could always trace it to imprudence in eating; and to effect a cure, I always used with complete success, your remedy, *cold water*, instead of tea; and as soon as my stomach was relieved from its oppression, my head was well and I in good health.

I am now fully convinced that the head-ache seldom occurs, in any one, except from the abuses of the stomach. Indeed, I have looked around me and back upon my past life, to find some traces of a disease, that did not arise from the abuse of the stomach, and I confess, there is none within the scope of my view or limits of my knowledge, except those which arise from external violence.

I have had no occasion to use medicine of any kind, since I adopted your mode of living, other than *cold water*, which I use in all cases, whenever I feel the least indisposition; and always with the most perfect success.

During the cholera, last July and August, when thousands were afraid to eat vegetables, and some dared not eat even bread, lest it should give them the disease, nor even dared they drink cold water; yet I, amidst all this quackery and infatuation, continued to eat nothing but bread and milk and vegetables, and drink cold water, without feeling or fearing a symptom of that disease, or any other. I would fearlessly have slept in a house where there were a thousand cholera patients, if I could only have fresh air.

I fear that I have exhausted your patience by the length of my communication, and I will therefore close, by craving your pardon for having so long delayed this acknowledgment of the inestimable advantages I have derived from attending your Lectures.

Please accept, sir, this statement, imperfect as it is, as a cordial tribute of respect and gratitude, from him who is, and I trust ever will be,

Your very humble, sincere, and devoted servant,

TEMPLE FAY.

[NO. XIII.]

NEW-YORK, February 11th, 1833.

Dear Sir—From infancy until I attained to my sixteenth year, I was subject to a great deal of sickness. In the course of that time, I had several very severe attacks; and once or twice was

given over by the physicians. Between my fifteenth and sixteenth years of age, I was attacked with a very severe disease of the hip. On the 16th day of August, 1822, a physician was called in, who took a considerable quantity of blood from me, and I was put under a regular course of medicine. It was very warm weather, and I took powders every two hours, for several weeks. Under this treatment, I grew very weak; while the disease appeared to increase in strength. I was now reduced so low, as not to be able to help myself in the least; and my parents were given to understand, by the physician, that I was past all hope of recovery. I had ten ulcers below the knee—all running at this time—occasioned by some ointment, applied by the physician. I lay in this state for several months, in the most excruciating pain and misery that any human being could possibly suffer. I often wished for death to free me from my troubles. The Doctor appearing to be baffled with the disease, and my parents, wishing to relieve me in any way they possibly could, procured every thing that was recommended by my friends, who called to see me. Of course, for sometime I was a complete depository for every thing in the shape of poison, that they could possibly get. I took a great quantity of fourth proof brandy and horse-radish; likewise poke-berries and gin; with a variety of other drinks, of the same kind. As I grew worse and worse every day, if possible, I came to a resolution (weak as I was) to abstain from taking any kind of medicine; and used electricity. I now grew strong very fast; and in the course of a few weeks, I could walk about the room; and in two months from the time I refused medicine, and took nourishing food, I walked out in the street on crutches. About this time, which was ten months from the time I was first taken, I was strongly importuned to go to Connecticut, to a celebrated Dr. Sweet. I accordingly went, and was operated on; and I think he did me some good. A short time after returning from thence, my hip, and likewise my arm, began to swell, and became very painful; and I soon had four large ulcers on my hip, and three on my arm, which discharged a number of small pieces of bone. I was now advised to put myself under the charge of a Root Doctor, who had met with great success in such cases, as I was told. I left the city for his dwelling, in Westchester County, and resided with him five months, when I returned, but very little improved in health. I continued his practice for some time after I returned; but grew no better. I then commenced taking Swaim's Panacea; and continued until I had taken, as near as I can recollect, nine bottles. I was then advised to try Potter's Catholicon; and I persevered in this until I had taken thirteen bottles; but I grew no better. At this time I was able to go out occasionally, though part of the time sick and confined to the house. In reading a book one day, I was struck with a passage I saw, stating that dieting was the best medicine for any disease, and recommending some few things that struck me as being exactly what I ought to do, to obtain health. I immediately

commenced living on bakers' bread and molasses, and continued for twelve months, occasionally taking a small quantity of animal food. I abandoned the use of tea, but continued coffee; and improved very much in health, strength, and countenance. I now began to hope I should be able to enjoy myself, for a few years, in comparative health. About this time, I heard your first course of Lectures at Clinton Hall; and partially adopted the mode recommended by you. I abandoned the use of animal food, altogether, and improved very fast; although I still continued the use of coffee. I had been gradually improving, until about nine months since, when I totally gave up the use of coffee, which I had used to great excess; and I have really been astonished to find myself so much improved, in so short a time. My appetite is so much improved, that I have the greatest care to keep from eating more than I ought: in fact, I have to allowance myself, to keep within bounds. I am now in a great deal better state of health than any of my friends ever expected to see me; although I think there is great room for improvement, yet. I have bathed in cold water, winter and summer, for two years, in the morning; and I find great benefit from it. In fact, I find the nearer I approach to the rules you have laid down, I can assure you, I experience the greater benefit in so doing. I live in hopes of spending many happy years in the earth, yet; and shall always remember, with a heart full of gratitude, the lessons of *truth* I have heard in Clinton Hall.

I respectfully remain

Your sincere friend,

MR. S. GRAHAM.

W. DOANE.

[NO. XIV.]

NEW-YORK, February 16th, 1833.

Mr. Graham,

SIR—I am a native of Glasgow, in Scotland. By vocation, I am an Engineer. For sometime before I left my native country, my health was very poor;—I was habitually costive, and very subject to the head-ache, and was obliged to take a great deal of medicine: often had to take an emetic, and more frequently a cathartic. As my health continued to decline, it was thought advisable for me to cross the Atlantic, for the benefit of a sea voyage and a change of climate. I accordingly embarked for America in the autumn of 1831, and arrived in New-York in the month of November of that season. During the voyage, my health was very miserable. I was tormented with a continual head-ache, and was extremely weak; and was obliged to take, on an average, four hygean pills a day, as aperients, but experienced no improvement of my health. After landing in America, I found myself in no respect better than I was at home, but in some things worse. I

became very billious:—my costiveness and head-ache continued extremely severe and inveterate, and I was obliged to take rhubarb pills, daily, to procure a motion of my bowels. My sleep was broken, unsound, and unrefreshing, and I continued to be exceedingly weak and very irritable. As often as once a month, or six weeks, I was severely affected with the diarrhœa, which hung on a week or ten days, and was excessively debilitating. The winter after my arrival in this country, I spent in Brooklyn, on Long-Island, and in the spring of 1832, I came into New-York city, in wretched health of body and mind;—my spirits were dreadfully depressed, and I was continually tormented with morbid cautiousness, and haunted with indefinite fear and dread. My sufferings were very great, and I tried every means I knew of, to procure relief, but nothing seemed to benefit me.

In April 1832, I commenced attending your Lectures at Clinton Hall, and very soon after began to live according to your dietetic rules for invalids. In a very short time, my costiveness, diarrhœa, head-ache, nervous irritability, mental depression, &c. &c. all left me entirely, and in a few weeks my health became very fine.

Before adopting this system of living, I was not able to apply my mind at all: but in less than eight weeks, I could sit down at evening or any other time, and draw, or do any thing else that I wished to, with a clear and composed mind.

During the summer of 1832, I boarded at No. 24 Wat-street, near Varick. Through the whole season, my health was excellent: without the interruption of an hour's illness: and without an occasion for a single dose of medicine. While the cholera prevailed in the city there was much of that dreadful disease, in the neighborhood where I lived: and much of it at Hoboken, where I was employed in the construction of locomotives for a rail way, (for Robert Stevens.) Most of the other workmen, in the company, were, at one time, or another, sick with diarrhœa, cholera, &c.

The people in the house where I boarded, were constantly complaining and sick; but through the whole season I remained perfectly well, and had not the least indisposition, nor need of a particle of medicine. During the sickness, I lived entirely on Graham bread and water, and occasionally fruit. I increased much in strength, and became quite vigorous, and able to perform much more labor without fatigue.

Formerly, in Scotland, I used to take a cold on every slight exposure; and if I walked even a short distance about town, my feet would blister badly:—now I never take a cold, nor have my feet blister nor become sore, though I walk ever so far.

Having recovered my health so perfectly, and living in the enjoyment of the best of spirits, I am now about to return to "my own—my native land," where I hope, by teaching, and by exemplifying the excellencies of your doctrines, to be the means of relieving many of my afflicted kindred and friends, from those dis-

eases, under which they have long suffered. And would to Heaven, that you, sir, could go with me to that mother-land, to teach that other portion of the erring world, the way of salvation, from the thousand ills that flesh is heir to, by reason of the bodily depravities of the human race.

Though a stranger to you, and a stranger in your country, yet I *feel* an acquaintance with you, which I could not easily forget—and *would not*, if I could; and therefore my feelings would not suffer me to leave this interesting country, where I have been so greatly benefitted, without making to you, an acknowledgment of those benefits, and expressing the fervent sentiments of gratitude and esteem which I cherish towards you. Nor do I leave your country with the feelings of an alien, but rather with the spirit of adoption, which induces me to believe, that I shall sooner or later, return to make this western world my home.

May health, and happiness, and increasing success be yours.

Farewell,

JAMES WHITELAW.

[NO. XV.]

NEW-YORK, February 19th, 1833.

Mr. Graham,

SIR—It is with much satisfaction and fervent gratitude that I communicate to you, the following information concerning the effects of your System of diet on my health: and I sincerely hope, that this testimony may be in your hands, the means of good to others, who are suffering as I have suffered.

My health, from childhood, was very delicate, and became more and more so as I grew up. Indeed, I never knew what it was to enjoy health before I commenced living on your System. For twenty-four years past, I have been very feeble. In the morning, especially, I have felt so languid and weak, that I did not feel able to make any exertions; and could only walk a very short distance without being fatigued and exhausted. A severe head-ache continually afflicted me; and this was accompanied with violent and almost blinding distress in my eyes. My sight was so much afflicted at times, that I could scarcely see to sew at all. My body was habitually and exceedingly constipated, requiring the frequent use of cathartic medicine. Several other difficulties, of a very distressing nature, afflicted me dreadfully. With this congregation of disorders upon me, I led a most uncomfortable life, from about the age of eighteen, till I was forty years old; most of which time, I was to a greater or less extent, a subject of medical treatment, and endured a very great deal of misery. From the age of forty to forty-two, my health was ex-

tremely wretched. I was so feeble that I was obliged to be carried wherever I went. My appetite was very poor and irregular. I had seldom any inclination to eat in the morning or evening; but at noon I had generally a better appetite for my food. I was in the habit of drinking coffee pretty freely and pretty strong. I never cared much for tea.

It is now more than a year since I adopted the mode of living and system of diet, which you teach in your lectures, as applicable to invalids. For about four weeks after I commenced this system of living, my wretchedness was beyond all description. My whole system unstrung, and falling to pieces; the most intolerable faintness, and sinking, and lassitude, and undefinable distress, and depression of spirits seemed but the harbingers of approaching, and inevitable, and speedy dissolution. My friends all declared that I was destroying my life and continually remonstrated against the course which I was pursuing. And I confess, that my dreadful distress and their importunities, often shook my resolution: and I was more than once, on the point of giving up my new regimen. Yet, I thought to myself, shall I prove faint-hearted? Shall I throw down my cross before I have fairly tried its virtues? No! I will persevere a little farther at least. At length my distress left me as a dark cloud passes from the face of the sun, and the change in my feelings was truly astonishing! I have often told my friends that the change in my body was as great as it was in my soul when I was converted to the Lord. All my complaints began to leave me. My constipation, head-ache, distress of my eyes, pooriness of sight, and other more grievous difficulties, all began to forsake me, and my strength increased with wonderful rapidity. My sleep, which until now, had always been miserable, became sound, sweet and refreshing.

I soon found myself wholly relieved from all my complaints, and began to enjoy a degree of health, which I had ever before been a stranger to. In a few weeks I was able to walk a considerable distance with a firm and steady step; and in less than six months after I adopted my new regimen, I walked four miles before breakfast, without fatigue—took my breakfast with a good appetite, and went to work about my house, without any sense of weariness. Formerly, I used to take a cold on the slightest exposure; now I never take a cold. I used to be under the necessity of taking medicine very often; now I take none and need none. My sight has become perfectly good.

During the prevalence of the cholera, our family, all except myself, had more or less of that dreadful disease. Through the whole season, I had not the slightest indisposition. But what, in all probability, would have been my case, if that awful epidemic had found me in that condition of body, in which I was, before I adopted your system of living? I verily believed that but for you, I should not now be among the living on earth. But blessed be God!—I am not only living, but well! I have scarcely known an

hour's indisposition during the past year: and no one enjoys life better than I now do. Even my religion is sweeter and more consoling, and full of peace and joy in the Holy Spirit. None of my former despondency and gloom now remain to darken scenes of life and obscure the Heavenly prospects of eternity.

Indeed, as I have said before, the change in my body and my mind is almost incredible. I feel a lively sense of gratitude to God, that he has made you instrumental of so much good to me; and I must add, that I cannot easily express my feelings to you, as that instrument of Heaven's benefaction.

I pray God, that the greatest success may attend your labors of philanthropy, and you may receive many such testimonials as this, to afford you the rich satisfaction of knowing how much misery you have been the means of removing, and how many of your suffering fellow mortals you have been instrumental in restoring to health and the enjoyment of life.

It may still farther serve your purposes of benevolence, to be informed that my eldest daughter, who has been married about two years, became afflicted before her marriage, with some of her mother's most troublesome complaints, and continued to be so till she adopted your system of living, about the time I did; after which she was soon entirely relieved, and has in other respects experienced a great improvement of her health.

I am now healthy, active and strong, and able to attend to the domestic affairs of my family with great ease, comfort and cheerfulness.

Very gratefully yours,

H. WHEELER.

[NO. XVI.]

NEW-YORK, February 19th, 1833.

Mr. Graham,

SIR—With a deep, and I trust permanent sense of gratitude for the instruction and benefit which I have received from your interesting and valuable Lectures, I cheerfully give you a statement of my own case, in relation to your philanthropic labors in this city.

From my childhood, my health was considered rather delicate. At thirteen years of age, I was afflicted with inflammatory rheumatism for six months, so severely that I was not able to leave my room. After recovering from this complaint, my health continued delicate, and I was exceedingly nervous. In July, 1828, I began to be much more unwell; and grew worse very fast. I began to experience great difficulty in breathing; and to be very much distressed with palpitations of the heart. My sleep became

very unsound and broken, and my nights were so restless that I was obliged to get up and walk my room every night. To relieve me from the dreadful sinking turns which I often felt, I was advised by my physician (Dr. C——) to take cordials and stimulants, and I soon felt that they were indispensably necessary, and that I could not live without them. Our family physician, a man of much experience and reputation, whom we all regard with great respect and esteem, informed me that my complaint was dyspepsia; but he told my mother that it was an organic affection of the heart, and there was no hope for me but in my youth.

I had become so extremely nervous, that the very idea of going out, or of seeing company, completely overcame me. I consequently seldom went out at all; but kept myself secluded, in the most cheerless and excessive melancholy, while at the same time I suffered all but death, and I often thought even more than death, from the most excruciating and distracting head-ache. In the summer of 1829, I went, by the advice of my physicians, to the sea-shore on Long Island. Contrary to expectation, however, the situation did not agree with me at all: the air and every thing else seemed to have a most unhappy effect on my health: and I became so much worse, that my friends thought they would hardly be able to get me home alive. Indeed, I was extremely reduced. On returning to the city, my health improved a little: but I lingered on in great misery. A dreadful sick head-ache afflicted me beyond measure, two or three times a week, for which I was ordered to take a powerful dose of billious medicine, as often as once in two or three months; this seemed to afford a temporary relief, but it was very short. I was advised to use the white mustard seed to overcome inveterate constipation of body. The mustard seed seemed to have a happy effect for a while, and I took a great deal of it; but it soon lost its effect entirely. I continually endured the most intolerable languor and despondency. My physicians gave me a great deal of mercury and other medicine of different kinds: sometimes to reduce me and sometimes to stimulate: tonics were administered in abundance.

At times, my physicians thought that my lungs were affected: but they gave me very little satisfactory information, as to the nature of my complaint. They blistered me, and rubbed me with mercurial ointment, and said that if I did not get relief soon I should run into the consumption. They told me I must be careful as to the *quantity* of my diet, but gave me no other instruction concerning the *quality*, than that I must take such as I found to agree with me. They said nothing against tea and coffee, which I was fond of, and had indulged in from my childhood. I now, however, very well recollect that after drinking my coffee, my sight used to be dreadfully affected; so that I would see things shockingly distorted, and sometimes by halves; and then would follow my excruciating head-ache.

With all the advice and medicine of my physicians, I grew no better, but continued to drag out an unspeakably miserable existence;—suffering at times the most awful distress, from difficulty of breathing: and feeling in some of my paroxysms as though I should actually suffocate. These dreadful turns were attended with violent palpitations of the heart, and the most acute and severe pains shooting through my breast, like the piercing of a knife. And with all, I was subject to bleeding excessively at the nose.

My mind had become so much affected, that at times, I was not able to command my thoughts: sometimes I could not call things by their right names; and was often unable to tell what I wanted,—though I knew the things, but could not express myself as I wished to. This was very distressing. So I endured a living death for three long, comfortless years.

Hearing of your Lectures in Mulberry-street last winter, and residing but a short distance from the place, I determined,—weak and wretched as I was, to go and see if I could not find something applicable to my own case: but I did not think I should be able to sit through a whole Lecture. I however, became so deeply interested in the subject, that I was unconscious for the time of my bodily infirmities and distress, and heard the whole Lecture, and since that time, I have continued to attend all your Lectures in the city. When I commenced attending your Lectures, I also began by degrees to adopt your system of diet. I left off my coffee and tea the next day, and commenced eating the Graham bread; and continued to be more and more strict, until I got onto a pretty plain and simple regimen. After about a month I began to perceive a decided improvement in my health; and at the end of two months, my head-ache was almost entirely gone,—the palpitations of my heart had nearly left me; and in every respect my health was much better, and continued to improve, to the utter astonishment of my friends, physicians, pastor and all that know me. I became healthy, fleshy and rosy;—so that that they called me a picture of health:—and I have continued to enjoy excellent health, to the present time. Indeed, I am a new creature, in health, spirits and every thing. I am cheerful and even buoyant, and enjoy life very much.

My older sister, Mary L., though what is generally considered healthy and of good constitution, yet from her childhood, she had always been afflicted with weak and watery eyes; and had also been subject to frequent and sometimes very severe bilious attacks,—sickness of the stomach,—dizziness of the head, &c. For her weak eyes, our family physician had prescribed an eye-water, with which she used to wash her eyes, and from which she received a momentary relief, but no permanent benefit. She attended the Lectures with me, and we commenced the Graham System together, and pursued it together, hand in hand. Her health, also, improved exceedingly. Her eyes became much better, and her

bilious complaints and other ailments left her entirely. So we went on together, pleasantly and prosperously, for three or four months; when my sister, in the latter part of June last, went out to sit up with the corpse of a deceased friend, and was then prevailed on to take a cup of green tea. This revived her old appetite, and when she came to the breakfast table, the next morning, she told what she had done, and said the tea tasted so good that she must have some more with her breakfast. I expostulated and entreated in vain. She said her resolution was overcome by the tea she had drank the night before, and she could not deny herself. In spite of all I could say, she took her tea with her breakfast,—and, as a matter of course, she soon began to take her coffee again; and in a very short time, she was drinking her tea and coffee again, freely and very strong;—and so she retrograded, till she got back to all her former habits and indulgences. I remonstrated, with all my power, at every step; but it was in vain! she would not believe me, nor desist, but continued on till the 28th of July, in the midst of the cholera season, when she was taken with vomiting violently, and threw up every thing she took into her stomach, for three days in succession,—during the whole of which time, she said she felt no sickness at the stomach, at all. Her physicians ordered brown stout, port wine, Madeira wine, brandy, laudanum, peppermint, cinnamon, &c. &c. to settle her stomach. We also, according to their prescription, rubbed her all over very freely with mercurial ointment, and gave her a large pill of mercury every two hours. On the third day, at one o'clock, the doctor bled her; and at three o'clock, the same day, she rapidly grew worse, and before we could get the physician in, she was in what he pronounced a collapsed state of the cholera; and it was with the greatest difficulty that she was raised from it. During the whole of her sickness, I stood over her, and was constantly nursing her,—administering medicine,—rubbing her body, &c.—and several times, while she was in the collapsed state, she desired me to kiss her; I did so, knowing her condition,—and, without any fear, suffered her to kiss me in my mouth, a number of times. Yet neither then, nor at any time, did I have the slightest touch or symptom of cholera.

About the middle of August last, I went again to the sea-shore on Long-Island, where I before had become so much worse, and at my second visit I found an entirely different effect produced on me. The air was very salubrious, and my health continued to improve.

Since my sister recovered from the cholera, her health has been very poor indeed. Her constitution seems to have been much impaired, either by the disease or the treatment, or both; and yet she has not resolution sufficient to get back on to the Graham System,—notwithstanding she sees me as one raised from the dead, and enjoying the best of health,—a living example and preacher of the benefits of that System. She is now constantly taking med-

icine—has a great many unpleasant symptoms about her—and fears she shall die of the consumption, before a great while.

One other fact I will mention, which may be of interest to you. Always, until I adopted your system of living, if I took vinegar or any other acid into my stomach, it was sure to produce palpitation of my heart, and violent piercing pain in my chest—seeming as though I had a pointed steel in my heart. Now I can use acids with perfect pleasantness. I have used vinegar with my dinner, three days in succession, without experiencing the least unpleasant effect.

Sir, I trust I shall ever remember the invaluable instructions which I have received from you. Long may you be spared to bless mankind, and reap a rich reward for your exertions, in witnessing the blessed effects of your labors upon society in general. May you ever have the prayers of the righteous—the testimony of a good conscience—and the guiding influence of the Holy Spirit, to strengthen your heart and hands in the philanthropic work in which you are engaged.

I give you my signature with pleasure; and feel it an honor to sign myself

Your well-wisher,

ANNA MARIA PRIMROSE.

P. S.—Since the foregoing was written, my sister has been prevailed on to throw aside her medicine, and return strictly to the Graham System; and I rejoice to be able to say, that by it alone, she has again recovered very good health, and is still improving.

MAY 28, 1833.

A. M. P.

[NO. XVII.]

NEW-YORK, 2nd Mo. 19th, 1813.

Esteemed Friend,

My health in early life was what is ordinarily called good, and continued to be so until within about five years, including seven years of married life, during which time I have been the mother of three children.

About five years since my health began to fail—I began to experience loss of appetite, feebleness and general languor—constant costiveness,—headache almost continually, which disqualified me for all enjoyment. Great weakness and faintness at the pit of my stomach,—for which my physician prescribed Stoughton bitters, with good old wine,—also, beer and porter,—drank two ups of pretty strong coffee every morning—but was not very fond of tea,—used to eat whatever my appetite seemed to crave or relish best—but nothing seemed to taste good. This state of things continued to grow worse and worse,—my health gradually sink-

ing. I was obliged to take aperient medicines every few days—could not live without. Summer before last I went into the country, to try the benefits of the country air and riding—but this seemed to do no good—my appetite was exceedingly poor, and I was extremely wretched—I was very feeble and felt unable to endure any fatigue,—was easily overcome—felt great languor and much depression of spirits—head-ache constant—nothing seemed to afford relief or enjoyment. Still I kept up the use of my wine bitters, and felt that I could not live without them,—my beer was also continued. I thought these things benefited me very much—but yet, I continued to feel that distressing weakness, and sinking at the pit of my stomach, and increasing lassitude—every thing I did about my own house seemed fatiguing and burdensome to me, and irksome. Indeed, I felt that I had but very little enjoyment of life: and considered that mine was a hard and cheerless lot, doomed to suffer affliction and pain. So I lived on till I heard thy Lectures at the Baptist meeting-house, in Mulberry-street, in the latter part of January, 1832. In March I commenced eating the Graham bread, which in the course of about three weeks, relieved my costiveness, and with it my head-ache—at the same time, gave up the wine bitters and beer, cider, &c. and all high seasoned food. The weakness and faintness at the pit of my stomach left me; my languor and lassitude went off; my strength improved, very much; and my health became in every respect very much improved. During the cholera season we ate very little flesh indeed, but subsisted mostly on the Graham bread, plain boiled rice, potatoes, milk, &c. We had no touch of cholera in the family, but enjoyed very good health, through the whole season. My health has since continued to improve, and I can now truly say that I have not enjoyed better health in ten years.

Before I adopted thy System, I could with difficulty walk to meeting, or about an eighth of a mile—now I can walk four miles without fatigue, and feel every way well and strong, to attend to my domestic affairs.

MARY WHITE.

[NO. XVIII.]

NEW-YORK, February 11th, 1833.

Mr. Graham,

SIR—I enjoyed good health till I was twenty-two years old, when I began to be afflicted with head-ache, languor, capricious appetite, habitual costiveness, &c. Sometimes I could eat nothing, and sometimes when I did eat, I would throw up my food, a short time after eating. I drank very little alcoholic liquor of any kind, very little tea, and no coffee. When I ate

at all, it was of what was set before me, and such as is ordinarily upon our tables. I had recourse to a variety of remedies, and often, judging from the immediate effects on my feelings, thought I was benefitted by them. Still, however, my complaints continued to become worse and worse. My head-ache increased in severity, till it became extremely violent, especially in the morning. My spirits were dreadfully depressed, and the weakness and faintness and sinking at the pit of the stomach, were very distressing.— Thus I continued on for four years, in great misery; when (in March, 1825) I went to South America, where I lived on vegetables entirely. My food consisted principally of yam, casada, banana and plantain, with fruits, such as oranges, &c. I also took considerable exercise in the open air, spending eighteen months amongst seven different tribes of Indians. Here, and in this manner, I recovered my health entirely.

In July, 1826, I returned to New-York, in fine health, and considerably heavier than ever I was before. On my arrival in this city, I immediately commenced living as I had done before I went to the South, and was not conscious of any particular inconvenience from it, for about one year. Then I began to be constipated again, and soon became more inveterately so, than ever; going sometimes ten days without a motion of the bowels. My head-ache again became very severe, and so by degrees all my old symptoms came back upon me. My mind was awfully gloomy and desponding, my memory decayed, my sight was much impaired, my head became subject to turns of very distressing dizziness; and frequently my mind was much bewildered. But my appetite now continued good, and seemed to increase; yet for an hour after eating I felt a good deal of distress, and was extremely languid and stupid. In this manner I continued on, growing more and more unwell, until February, 1832, when I commenced attending your Lectures at Clinton Hall, and very soon after, began to adopt your system of diet. I left off my tea, and discarded my segar; used the Graham bread and took no flesh for breakfast; and so continued to drop off one thing after another, till, in the course of ten or twelve days, I began frequently to make my dinner without flesh, and in about six weeks I left off the use of flesh entirely, and abandoned all spices, gravies, seasonings and butter.

From the commencement of this dietetic change, my health began gradually to improve, and continued to do so, till my system became perfectly regular, and I was entirely relieved from all my complaints, and felt as well as ever I did in my life.

In August, 1833, I went into the country, where I sometimes took a little flesh for dinner, and smoked one segar after dinner. This indulgence I continued for one month, when I began to find my costiveness and head-ache returning upon me. I therefore abandoned my segar and flesh meat, and my complaints again forsook me. Since then, my diet has been principally Graham bread and milk, roasted potatoes, apples, and other fruit and vegetables,

and on this last regimen, I have been uncommonly and uninterruptedly well; and now enjoy as perfect health as a man can.

With sincere gratitude and respect, wishing you unbounded success in your philanthropic labors, I am, dear sir,

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Yours truly,

JOSEPH ALLEN.

[NO. XIX.]

NEW-YORK, February 19th, 1833.

Dear Sir,

In compliance with your request, I very willingly and gratefully communicate to you, a statement concerning the effect, which your system of diet, and regimen, has had on my own health. Some six or seven years ago, I went to Charleston, South-Carolina, where I spent some time in the mercantile dry-goods business.

While at the South, I became very bilious, and much out of health. Finding no relief from medicine there, I returned to New-York, in a very miserable condition of body, hoping that a change of climate might prove beneficial to me. But nothing seemed to have a salutary effect on me; my disorders continued to grow worse and worse, in spite of the variety of remedies, which according to medical prescription I tried. All my friends believed that I was fast sinking in an incurable decline. My wife wept much over what she considered the certain prospect of my fast approaching death.

But I lingered on between life and death,—scarcely living, and yet not actually dying; but gradually becoming more diseased, and feeble. I suffered excessively from head-ache, which was often so violent as to cause great dizziness and even at times, I used to be very much bewildered; and sometimes stagger like a drunken man when I was walking. At length I became so unwell, as to be a part of the time confined to my bed,—I was exceedingly bilious and had a great deal of fever, which at times was very high, and attended with severe chills. This caused general and extreme debility, and reduced me to a mere skeleton. I was habitually and inveterately constive, and obliged to take medicine very frequently. With all these, difficulties, however, I endeavored to keep up and attend to my daily vocations as much as possible; and that I might be able to do this the better, I, according to medical advice, used to drink one pint of port wine a day. This I thought absolutely necessary; and verily believed that without my wine I should not be able to sit up at all. Indeed it seemed to be my whole support, and I did not think that I could relinquish it but at the risk of my life.

About this time I heard of your Lectures at Clinton Hall, and with great difficulty and exposure, miserable as I was, I crawled down to the Hall and heard three of your Lectures in the first course. I immediately adopted what is called the Graham System of living, not however with the least expectation that I should find any particular relief in it from the complaint under which I was suffering;—but much to my surprise, in about one week I began to feel better, and found my health decidedly improving. I therefore attended the whole of your second course of Lectures: and continued to improve in health, till I was, in about two months, completely restored to good health; and from that time to this, now nearly one year, I have enjoyed excellent and uninterrupted health; notwithstanding my employment, cares and confinement, have by no means been calculated to promote health.

I spent the whole of the past summer in the city, and visited the sick of the cholera in the hospitals and elsewhere, and was much exposed; but had not the least symptom of that, nor of any other disease about me. My diet, during the prevalence of the cholera, was principally Graham bread and milk, and rice and milk.

My wife has for many years been quite delicate and feeble, and excessively troubled with constipation of body, and weakness in the back, &c. She also adopted your regimen to a considerable extent, soon after I did, and her health has been very much improved by it indeed. Our little boy likewise, about four years old enjoys the finest and most uninterrupted health, on the Graham System. We had no sickness at all in the family, during the cholera season, and we are all now in excellent health; for which we sincerely and gratefully feel that we are indebted to you, as the means in the hands of our merciful Father who is in Heaven.

May the richest blessings of Heaven reward you for your labors of philanthropy, and crown all your efforts with success.

Very gratefully yours,

ANSON WILLIS.

[NO. XX.]

NEW-YORK, February 19th, 1833.

Mr. Graham,

My health was ordinarily good till I was nineteen years old. At that period, in March, 1818, I was taken with the measles, and was very sick; and before I had recovered from the disease, I took a severe cold, by which means my lungs became seriously affected, and I was laid up with sickness until June, during which space of time I had a severe cough, and excessive night sweats. The principal medicine which I took, was hoarhound and

honey, which seemed to benefit me very much, and my cough gradually disappeared, till I thought my health pretty well restored again; when, sometime in the month of June, I imprudently went into the water, which caused me to have a very severe attack of pleurisy. I again came under the doctor's hands, and continued under medical treatment about nine months, during which time I went through a course of mercury. After recovering from this sickness, I removed from Albany to New-York, where I remained two years, and where I had the second attack of the pleurisy, which reduced me very low, and so much impaired my constitution, that I continued for ten years in a miserable state of health. Previous to this last attack, I had been entirely careless about my diet; but experience subsequently taught me the importance of regulating it with care. My cough became exceedingly severe, and in the morning, regularly, I raised from my lungs a very great quantity of thick, fœtid, and loathsome mucus, which was often mingled with blood. I became extremely weak and emaciated, and all my friends considered me in the last stages of consumption. I was continually trying new remedies, and took a vast deal of medicine; but all to no good effect. One physician refused to prescribe for me, saying that I was so far gone with consumption, nothing on earth could help me. Another physician said I could be cured, and he put me on a course of medicine, which did me no good. In fact, every thing seemed only to aggravate my complaints. I was at length convinced that nothing would be of any benefit to me, but a correct diet; and I began to practice according to the best of my knowledge on the subject, having had no particular instruction concerning it. All this time, I chewed tobacco, and drank porter and beer, because I thought my debilitated state required it. I was habitually and severely costive, and was sometimes reduced so low, that I thought it necessary to adjust all my worldly affairs, and make every arrangement for my departure from this world.

By great caution in my diet, however, I continued to survive, beyond my own, and my friends' expectations.

While you was lecturing in the Mulberry-street meeting-house, last winter, I went in to hear you, and was so fully convinced of the correctness of your doctrines, that I soon began to reduce them to practice. I first gave up coffee, then dropped off my porter, then began to eat the Graham bread, which benefitted me very much. As I gave up my coffee, and afterwards my porter, &c., I could distinctly perceive, at each step of advancement towards your entire system, that my health correspondently improved: and when I had got completely into the system, my improvement was very rapid. My cough soon left me. I ceased to raise any thing from my lungs, and in a short time my health was fairly restored. I am now in the enjoyment of good health; able to attend to my business vigorously; and for the last twelve months I have not seen a day in which I was not able to be about and at-

tend to my business. This is a change unexpected and surprising; and demands my humble and sincere and fervent gratitude, to the benevolent and merciful Dispenser of all things: and be assured, sir, that I am not insensible to the obligations I am under to you, as an instrument of my restoration.

Very gratefully, yours, &c.

THOMAS DAY, Jr.

[NO. XXI.]

NEW-YORK, February 22d, 1833.

Mr. Graham,

I enjoyed tolerable good health, till I was twenty-one years old. I then took a very bad cold, which was neglected, and run on, till it seemed to become seated. After a while my appetite failed me and I became costive, and lost flesh, and then I began to have a pain in my side; and became languid, and irresolute, and low spirited. My cough continued to increase till it became quite violent, and I began, occasionally, to raise blood. I now began to think that it was time for me to set about doctoring in good earnest: and applied to a physician, for advice and medicine: from this time onward, I became a faithful subject of medical treatment, and was almost continually dosing; and besides the drugs, which I swallowed, I was bled as often as once a month, for the cruel pain in my side. So I continued on, for three or four years, growing no better, but worse. The bleeding gave a momentary relief to the pain and soreness, which were high up in my left side, but they would very soon return again, and sometimes with greater violence. I had also a distressing difficulty of breathing, and raised a great deal of matter from my lungs. I consulted a good many different physicians, and for awhile was encouraged by each, but was benefited by none, and was finally given up by all as a confirmed and remediless case of consumption. I was much reduced and very feeble; weighing, with a pretty good sized frame, but a hundred and eighteen pounds. In this way I dragged out eleven or twelve years of miserable existence; constantly medicining, and building new hopes, on new remedies, and obtaining no permanent relief from any. In the latter part of the time, however, having proved by long and painful experience, that medicine did me no good, I took much less of it, and suffered less; but still, I was not in any respect materially better. In regard to my diet, I lived as other people usually do; in the use of tobacco, coffee, tea, flesh, &c. I used flesh pretty freely two or three times a day; that is, a considerable proportion of what I did eat, was flesh. And no one ever said to me, that I recollect, concerning the use of any of

these articles—Why do you so? About one year ago, I went into Clinton Hall, and heard some of your Lectures. I was convinced of the propriety of your views, so far as I heard them; and immediately adopted your system pretty strictly. For a short time after this change, I felt considerably more debilitated, but it was not long before I began to feel decidedly better; and from that time, my health continued to improve very rapidly. My cough abated fast, the soreness and pain in my side wore off; and in six months I gained twenty-five pounds of flesh, and my health and strength improved proportionately. I have since gained several pounds more, and am at present, in excellent health and spirits.

Accept my sincere thanks, for the benefits I have received from your instructions; and believe me, with much respect and gratitude,

Yours truly,

EBENEZER MONTAGUE.

[NO. XXII.]

NEW-YORK, February 22d, 1833.

Mr. Graham,

SIR—Until I was twenty-eight years old, my health had always been rather delicate: my body was frail and easily thrown out of order. I had been sometime in the habit of using a very little tobacco, according to medical prescription, for the tooth-ache. Coffee, I drank pretty freely; but was less fond of tea. I was subject to frequent turns of debility, and a good deal of languor, and indefinite kind of indisposition.

In June, 1831, I heard you deliver six or seven Lectures at Clinton Hall; and immediately abandoned the use of tobacco, coffee and tea; and in other respects generally conformed to the principles which you laid down. On my new regimen, my health improved very rapidly, and continued to, till it became very good. I never knew what it was to have a clear mind, till after I adopted your System. Before, it was almost continually cloudy, and my head was much affected with vertigo. Now, my mind became clear, and my head free from disorder; my strength increased exceedingly, and I felt altogether like a different being. I continued to improve in health, till the twentieth of November, 1831, when I went to hear an address on the subject of Temperance, in one of our large churches. The night was intensely cold, and the house was very poorly—nay, indeed, not at all, warmed; though there was fire in the stoves. I was seated in the coldest part of the house; and, being in company with ladies, was obliged to remain through the exercises, which were very long; and I was not well prepared with over-clothes for such a sitting. I became completely chilled through. My feet were nearly frozen. After the

exercises were over, I walked about three miles, but could not get my feet warm. I returned home; the fire was out; went to bed with cold feet, and lay with them cold, all night. I soon found I had taken a severe cold. I was quite unwell, the next day; and this indisposition increased upon me till the twelfth of December, when I was taken with a violent pain in my right knee. I roomed with a physician, who being a friend of mine, insisted on my taking medicine, and assured me that it was necessary for me to return to my former habits of diet, and drink strong coffee and tea freely. I yielded to this advice, wholly against my own judgment. My medical friend also put a large blister upon the diseased knee; and, as soon as it began to draw, the pain suddenly shifted into the left knee. He then began to give me medicine; and said he must put me under a course of medicine. To all which I submitted, with sufficient reluctance. He dosed me with Colchicum, bella-donna, gum-guiac., &c. &c. The medicine having no good effect, and the disease growing more violent, the doctor called in another physician, who was also a personal friend of mine. They agreed that my situation was very critical, and required the most skillful treatment. The pain which I suffered, was keenly excruciating, and very constant.

Finding his medicine not to produce the effect he had desired, my physician said that the Graham System of living had so impaired my constitution, that he could produce no effect on it with medicine; and he also gave me to understand that my system had been predisposed to the disease which I was suffering, by my manner of living. When the pain was most severe, he occasionally gave me a little brandy or wine. Being foiled in all other expedients, he next applied hot oil, externally, to the parts which were most affected with pain. This failing, he returned to the old course of Colchicum, bella-donna, &c. My nurse, however, was more successful than the doctors; for she, by rubbing and bathing me in warm water, afforded me much more relief than the medicine did. All this time, according to the advice of both of my physicians, I was drinking coffee and tea quite strong. About the middle of January the weather became more mild, and I was so much relieved as to be able to sit up, and to gain a respite from my medicine: and in three or four days, I walked about the room. The pain, however, continued very distressing; flying from my knee to my shoulder, elbow, hand, and so around to my knee again; and producing where it went, an extreme soreness and considerable swelling in my flesh.

Now my attending physician began to order me brandy and water, and Madeira wine. I drank a great deal of wine through my whole sickness. I now drank brandy and water. When I began to walk about and take less medicine, I felt less pain. But in a few days, the pain commenced again: and in its round it now visited my feet, which swelled very badly indeed: and the pain shifted to my knee, shoulders, elbows, hands and feet; and all

these parts swelled exceedingly and were very much inflamed.

My two physicians again put me under their old course of medicine, and soon I became worse than ever. My pain was intensely excruciating; and I was brought so low, that for one or two days and nights my physicians gave me up, as incurable; and my death was hourly expected. A great deal of opium was administered, with my other medicine; but without allaying the pain.

My father and friends came to see me, and I became somewhat easier, and grew a little better. I greatly desired to see you; but knowing my physician's opposition to you, I did not send for you. I, however, refused to take any more medicine, and suffered less violence of pain. My flesh was extremely sore, and my joints and limbs were shockingly swollen. My hands swelled enormously, and I was entirely unable to move my arms and legs, and had no more command over them than if they were dead.

Notwithstanding I refused medicine, my physician still insisted on my continuing a free use of brandy, wine, coffee and tea, and flesh meat; and said that the salvation of my body depended on it.

My appetite being good, I ate very heartily. About the twentieth of February, the weather being pleasant, I began to be somewhat relieved, and tried to stir about the room a little; and in a few days, went out of doors. I however had a relapse, for which my physician blamed me; but I refused to take any more of his medicine, and in five or six days began to improve again. I also discarded my brandy; but continued my wine, coffee, tea and flesh. In this way I continued to be better and worse; some days confined to my room, and some days able to go out, till about the middle of May, when I was again severely attacked. The pain was violent, and shifted as before from my knee to my shoulders, elbows, hands, feet, knees and so on; producing great swelling and soreness in its rout. I was now induced to try the steam bath, which relieved me, momentarily, for a few times, and then ceased to have any alleviating effect. Entirely despairing of recovery, by any of the means I had tried, I now determined to see you; for I had all along doubted the propriety of my physician's practice; but he being a room mate and a personal friend, I felt extremely delicate about sending for you. But I now saw plainly that there was no hope for me in this way, and I resolved to see you; determined in my own mind, that if you could not help me, to give up all business and retire into the country.

You will doubtless recollect that when you saw me, my condition was miserable enough. My pains were very intense, and my limbs were excessively swollen, and I could scarcely move them at all; especially my hands and arms. I could not raise them half way to my head; and it was with difficulty that I could put one foot before the other in walking.

You will perhaps remember, that you advised me to abandon, at once, my wine, tea, and all other stimulants, and would prefer that I should use no animal food, at least, for awhile. You also

advised me to take a cold shower bath in the morning, and rub myself off briskly and thoroughly with a good flesh brush. Or to sponge my body all over every morning with cold water, following it with the course towel and brush: and to use the flesh-brush freely, on going to bed every night.

You told me that as it was impossible for you to say how much my system had been injured by the posions which I had been taking, you could not tell how long it would take my system, under a correct regimen, to throw off the deleterious effects, and to get rid of its disease: that you had no doubt, if I continued strictly on your regimen, I should soon be benefitted and ultimately attain to good and permanent health.

Not being able to obtain the advantages of a shower bath, I omitted that part of your prescription; but in all other respects I followed it strictly, maugre the fears of my medical chum and friend. In a few days I began to improve in my health. My pains, swelling, soreness of flesh, &c., all began to decrease, and in a short time I was quite comfortable. In this way I continued to improve; although for some time, when easterly storms came on, I would feel some slight touches of pain in all my joints; but all this gradually wore off, and my health became perfectly established. And from that time to the present, I have enjoyed far better health, than I ever did before in my life. Indeed, my health is as nearly perfect, as it well can be. Through the whole cholera season, I was in the midst of the disease, visiting the sick, &c.; but had not the least touch or symptom of it, and no fear of it; while my medical chum was much alarmed for himself, and said I was exceedingly imprudent in eating fruit, and in not eating flesh. He has always persisted in saying that I would have a return of my rheumatic pains this winter; but the winter is now nearly past, and thus far my health has been uninterruptedly excellent; and now I cannot ask nor desire to have it better than it is, notwithstanding I have had to endure, since I have been on your regimen, great mental anxiety and embarrassments in business, and family afflictions of the most painful kind.

Dear sir, I cannot well express the depth and fervency of my grateful feelings towards you; and my desires for your happiness and success in your great cause of humanity.

Yours truly,

ROBERT G. FAIRCHILD.

Gen. Thomas Sheldon, of Westfield, Mass. informed me in October, 1833, that having been severely afflicted, for many months, with rheumatic complaints, of so serious a nature that he had been hardly able to move, he heard my Lectures and adopted the System pretty strictly; and before the expiration of three months, he was completely restored to health, and became as active and nimble as a boy. Several other cases of the kind have come to my knowledge.

S. G.

New-York, March 1st, 1833.

SIR—

I enjoyed ordinary health till I was about fifteen years old. My father was a farmer and kept a generous table. Animal food was generally upon it three times a day, of which I partook freely. I also ate freely of different kinds of pastry, and drank freely of coffee and tea, and moderately of alcoholic drinks. About July, 1815, I became afflicted with a severe cough, which was suffered to run on till the frost came on in September, when my cough ran into severe asthma, which laid me up for about six weeks; after this my complaint continued in paroxysms, which came on very regularly about once a week. Our family physician, an old and experienced practitioner, was consulted in regard to my case, and he said that he knew no cure for it, but recommended the syrup of squills as a palliative. A celebrated French physician came into the place, and he was also consulted. He said also that he knew no cure for the complaint, but recommended some palliatives. My parents took much pains to obtain relief for me, but were wholly unsuccessful. My complaint continued to grow worse and worse for about eighteen years. During this time, my sufferings were, at times, unspeakably great. For three months at a time I was unable to sleep upon my bed, but was obliged to get what sleep I did, in my chair, and was often supposed to be dying. On an average, through the whole eighteen years, as many as fifty days in a year I was confined to the house, and most of that time, so that I was unable to dress myself, and frequently unable to speak; and as many as fifty days more in a year, I was unable to do any thing. In the meantime, I was continually trying the various remedies which were recommended. Among the rest, I went through a course of steaming under a Thomsonian steam doctor, but without benefit, if not with injury. Smoking was also recommended, which I tried, and have continued to the present time. In 1827, I went to the West Indies and South America; but found no relief. I have since used a great deal of hygiean medicine, and this seemed at the time to benefit me; but it proved only a momentary alleviation. My asthmatic difficulties continued in all their violence and distress. Indeed, I cannot describe the hundredth part of my sufferings.

I had often heard of your Lectures, but in such a manner that I had become most rankly prejudiced against you, and considered your Lectures all a humbug. In the latter part of January last, I saw hand bills put up, giving notice that a Doctor King would give a Lecture, exploding your whole System. I went to hear him, expecting to hear you put down completely; but his performance was such an entire failure, that I determined to go and hear you for myself. I immediately commenced attending your Lectures at Clinton Hall, and at the same time began gradually to adopt

your System. The first thing, I quit chewing tobacco, and then left off one thing after another, and my health began to improve in the same ratio. One week before I commenced attending your Lectures, I was so severely handled with the asthma, that I was unable to be out, for several days. After I commenced a reformation of diet, I began to improve so much, that I lost not a single Lecture. It is now about four months since I have lived on the System, during which time I have had two or three very slight turns of asthma; but these were brought on by great improprieties of diet. Always when I have followed your System strictly, I have been entirely free from all my complaints and symptoms. My health in all respects has improved exceedingly. Indeed, my improvement is almost beyond credibility. I am convinced that I can now perform ten times the amount of labor, and endure ten times the fatigue, that I could before, and feel no inconvenience from it. I am ashamed to say that I have not yet wholly laid aside my pipe;* but I am diminishing its use, and hastening to forsake the habit. I have the most unbounded confidence in your System, and am sure that I have only to follow it properly, to enjoy the most entire health. In fact, I am now well, and enjoy life very much.

PEREZ S. WHITING.

[NO. XXIV.]

NEW-YORK, March 3d, 1833.

Mr. Graham,

SIR—You will recollect that I called on you a few evenings since, but in consequence of your having other company, I did not have that opportunity to converse with you that I desired, and I have therefore concluded to address you in writing, and give you a brief sketch of the history of my complicated diseases and sufferings. I will commence by stating, that, as far back as my knowledge extends, my ancestors, both on my father's and mother's side, have all died with consumption, excepting a few, who died suddenly by accidents. As to myself, I have always, from my earliest remembrance, been subject to gloom and melancholy and despondency of spirits; and these with many other distressing difficulties, which I will mention, "grew with my

*Had the tobacco been entirely abandoned in every form, from the first, he would have had no returns of his asthmatic complaints. Asthma cannot be cured while tobacco, opium, or coffee are used. Narcotics of every kind are peculiarly pernicious in asthmatic cases. I have known instances where the abandonment of coffee cured the asthma. The most inveterate and long standing cases may be entirely cured by a correct regimen. S. G.

growth and strengthened with my strength," until I was about twenty-three years of age, when my health became very much impaired, and both body and mind extremely debilitated. Besides my intense and unbroken melancholy, and dark despondency of spirits, I was afflicted with distressing dizziness of the head, blindness, staggering, reeling, weakness, stammering and catching of voice. Excessive irritability and weakness of stomach; no appetite. Extremely nervous; twitching of the different parts of my face; eyes very dull, weak and watery; deafness, and absence of mind; great aversion to company; sometimes severe head-ache; dull, stupid and sluggish; fullness of the chest; after eating restless, uneasiness; very sleepy; yellowness of the skin and eyes; at times very sour stomach; sometimes sore throat, and raising of blood; depression of the chest and difficulty of breathing; wild appearance out of the eyes; internal soreness at the lower part of the stomach or chest; extreme fretfulness or peevishness; starting or jumping at any sudden noise or touch; memory very poor, and frequent alienation of mind; weariness of life; great desire for seclusion, or retirement; and often a reluctance to speak when spoken to; considerable fever at intervals; occasionally raising from the lungs hard, tough, green, putrid lumps of matter; easily irritated, and passions ungovernable. Suffering extremely, and often laid up with the piles; for the cure of which all remedies failed. Eyes becoming highly inflamed, by the least irritation, and often requiring the most rigid treatment. In one case I was confined to my room nearly two months, and it was with the greatest difficulty that the disease could be arrested, by successive bleeding, cupping, blistering, purging, rigid dieting, scarifying the eyes, &c.

Dr. W——, of Fishkill, Dutchess County, New-York, was the first physician whom I consulted, (being then myself a resident of that place.) He gave me some medicine, and advised me to quit my business, and take a journey to Saratoga Springs, on horse-back; take shower baths, &c. &c. I followed his advice—spent three or four weeks in visiting some of my northern friends, and at the Springs; and returned home without much, if any improvement in my health. I resumed my occupation again, (which was that of a machinist in a cotton factory) and dragged out several years more of miserable existence, all of which time my diseases—for I believe I had many—were increasing in power and severity, apparently threatening my speedy dissolution.

I was in appearance, a living skeleton, was all the time excessively constipated in body, and occasionally taking emetics, cathartics, mustard seed, wine bitters, &c. &c. My wretchedness and misery became almost insupportable, and my only expectation was, that a few more months would terminate my sufferings in death. I however lived on, in this state of misery, a few years longer; all the while doctoring, and sometimes seemingly a little better, but on the whole growing worse.

On seeing some hand-bills, announcing your public Lectures, last June, I was induced to go and hear you; more from a spirit of novelty and curiosity, however, than any thing else. But I confess I was forcibly struck with the reasonableness of the principles you taught, and I immediately adopted your system, and almost immediately began to get relief; and I am now nearly well, of all the multitude of my disorders. I am about twelve pounds heavier than I ever was before in my whole life; and almost a perfectly healthy person, in body and mind, and still improving. So great is my enjoyment, to what it has been for nearly twenty years past, that I do not think I would be willing to exchange my present system of diet, for all the money in Wall-street.

Excuse my scribbling, for I am not accustomed to writing much. I shall always feel myself under great obligations to you for the benefits I have received from you; and wish I were able to make you some better compensation than my sincere acknowledgements, for my deliverance from so many miseries.

I am, Sir, your ever thankful and grateful friend,

CHARLES LEWIS.

P. S. I ought to have told you that I have always abstained from alcohol and tobacco.

[NO. XXV.]

NEW-YORK, 5th Mo. 2d, 1833.

Respected Friend—

It affords me pleasure to communicate to thee, the information thou desirest, concerning the health of my wife, as affected by the system of diet and general regimen, taught in thy interesting Lectures "on the Science of Human Life."

The health of my wife has always been delicate; and for more than twenty years past, she has been more or less of an invalid; and has been, a considerable portion of that time, a subject of medical treatment. Twice in the time, she has been considered by her physicians, as in a far-gone and almost hopeless stage of pulmonary consumption. From these very low states, she so far recovered, as to be able to be about her house, and to go out, in fine weather;—but she still remained a feeble invalid; suffering almost continually with a distressing trembling, fainting, sinking feeling, at the pit of the stomach;—and being severely afflicted with sick head-ache, which recurred very frequently.

She has lived about one year on thy System, carefully avoiding coffee, tea, and all other narcotic and stimulating substances; and in other respects, generally, observing thy rules. The result is, that her health has improved amazingly. The distressing sensa-

tions which she had so long endured, at the pit of her stomach, have all entirely left her; and for several months past she has been wholly free from sick head-ache.

When she heard thee proscribe feather beds, she thought she could never conform to thy doctrines, in that thing; because she was so thin in flesh and so feeble, that she was sure, if she should attempt to sleep on a hard bed, her bones would come through her skin; and she would certainly freeze in the winter. As the warm season of 1832 came on, however, she threw off her feather bed, and we slept on a mattrass till late in the fall, when she gave her mattrass to her two daughters, and substituted for herself a straw bed, on which we have continued to sleep, through the winter, and to the present time. Winter before this last, as ever before, she slept on a good feather bed; and was so sensible of the cold, that she had her bed warmed as often as three times a week; and even then, frequently complained of feeling cold, during the night;—but during this last winter, she did not have her bed warmed, even once,—nor suffer at all from the cold; and instead of having her bones come through her flesh, her flesh increased upon her bones; so that she has become much more fleshy than she ever was before; and is more strong and vigorous; and her bodily elasticity, and ability to endure fatigue—and her mental serenity and cheerfulness—have very much increased. Indeed, she now enjoys better health, in every respect, than she has ever done before, in the past fifty years of her life.

I unite with my whole family, in sentiments of sincere respect and esteem for thee; and in fervent wishes for the success of the good cause in which thou art so diligently engaged.

J. D.

[NO. XXVI.]

NEW-BEDFORD, 1st Mo. 22, 1833.

Respected Friend—

I will now endeavor to answer some of thy inquiries concerning my health, which has improved astonishingly since I commenced the mode of living recommended by thee, when here, three months ago. I had been afflicted with epileptic fits, for about four years; having had them for the past year, till I saw thee, as often as once a month,—and sometimes more frequent. During the latter part of the time, they often occurred as frequently as once a week; and almost every day I had a turn of swooning, or losing myself, for a moment or two.

During the first week of my trial of thy regimen, I lost three pounds of flesh, and was much debilitated. After that, I remained stationary for about a month, or perhaps six weeks. Since then,

I have gained seven pounds,—four more than I weighed before I adopted thy System.

I continue to use the same diet, and all the other things, (too numerous to mention here) as thou recommendedst; and when in company I refuse to touch those things generally provided on such occasions. I depend chiefly on the bread, which I am very fond of, indeed; and I find when it is eaten very dry, and freely masticated and mixed with the fluid of the mouth, it answers the purpose of cathartic medicine, which I was formerly obliged to take, every two or three days; but have not taken any, since I commenced this mode of living.

As for my fits, I have had three, since thee left here:—the first, in about three weeks after I commenced thy mode of living; the second, in five weeks after the first; and the third, in one week after the second. Since then, I have not had any at all; which is now approaching two months; and I think I shall not have any more, from the circumstance of my being much stronger and better, every way imaginable.

Thy affectionate friend, M. H.

3d Mo. 20th, 1833.—Thinking that thou wouldst be anxious to hear how I am progressing in regard to my health, I am induced to state, in a few words, that I continue upon the same regimen as at first, although I do not now *weigh* my food. I have gained three pounds more, since my last letter; and now weigh seven pounds more than I did when I commenced living in this simple way. It is now about three and a half months since I have had a fit or an ill turn. Every day convinces me, more and more, of the correctness of thy views, with regard to living;—but yet I have had to use all the powers of my mind, to withstand the temptations to eat that which I know would undo, perhaps, all that has been done.

M. H.

5th Mo. 22d, 1833.—I do not recollect of having indulged in any thing improper, except eating a few oysters,* soon after thee left here; but since then, I have not deviated from the course prescribed by thee;—and I do verily believe, if I do not indulge more than I have since thee left here, I shall entirely rid myself of those disagreeable fits; as I have now been a number of months, without a symptom.

M. H.

I might add several other very interesting cases, of the same complaint; and of the same favorable results of a proper regimen; but the limits of the present work, compels me to withhold them.

S. G.

*See the second paragraph above.—“As for fits,” &c. This young gentleman, after enjoying the best of health, without having a fit for about eight months, imprudently ate very freely of clam chowder, and the next day had a fit. This brought him back to a strict regimen again, and he continued several months more, enjoying excellent health, without any recurrence of his fits; and then he began to relax and be careless, and eat at all times of day, and very freely, and thus brought on another fit, which again made him more prudent, and he is now free from fits and in most excellent health. Another young man, after going three or four months without a fit, began to use his tobacco again, and brought back his fits.

NEW-YORK, June 1st, 1833.

Mr. Graham,

SIR—Though I have never considered myself an intemperate man in any respect, nor given to excess of any kind; yet I have been, in former life, what is called “a good liver.” Of the bounties of the table I partook liberally, but still, as I thought, reasonably. I used animal food freely; but not more so than is customary among our citizens generally. I, however, used considerable seasoning with my food, such as pepper, mustard, &c. &c. I also chewed and smoked tobacco, but not very excessively.

About nine years ago, I began to feel somewhat unwell. Constipation of body was becoming habitual; and head-ache, which had occasionally troubled me, was now becoming more frequent, periodical and severe.

My mind sympathized with my body, and I began to feel less equanimity and cheerfulness. By degrees, a painful sense of languor, and a kind of discontent and depression of spirits, increased upon me. My appetite became irregular and capricious, and I was slowly emaciating. I could not say that I had any definite disease: but yet I was unwell, and languid, and irresolute, and dispirited; and full of that indescribable kind of disquietude, which is not the less intolerable, because it is vague, and nameless.

In this condition, I applied to one of the most eminent and celebrated physicians of our city, (New-York,) to learn of him what was the nature of my indisposition, and what I must do to get relieved from it. I stated to him all my feelings and symptoms, and was informed by him that I was laboring under an affection of the liver. As yet, however, I had felt no pain nor soreness, nor uneasiness of any kind, about the region of the liver. But I supposed that the doctor knew best, and therefore I passively submitted to his decision and prescription. In the course of a few days he gave me a hundred and twenty grains of calomel, after which he pronounced me cured and turned me off his hands as a well man. I however soon found that the doctor, eminent as he was in reputation, was by no means infallible; for I was incomparably worse when he left me than when he began with me. My stomach was in a shocking condition. Its tone and digestive energies seemed to be almost entirely destroyed; and its irritability was so great that it rejected nearly every thing I took into it: and now for the first time, I actually began to experience a pain and soreness in the region of my liver. My costiveness was more severe and incorrigible than ever; and my head-ache more violent and continual. I therefore returned to my physician, and his second prescription was, that I should go and spend a season at Saratoga Springs. In this I obeyed him also, but with no more suc-

cess than before: neither the water, nor the country air, nor the exercise, nor the society, nor the amusement of Saratoga, did me any good; but I continued to become more and more unwell, while I staid there; and returned to the city miserable enough. My costiveness was inveterate, and obliged me to keep up the constant use of cathartics; and these I was obliged to change often, and increase in quantity, because they would lose their effect on me. My head-ache was intense, and almost without intermission. In this way I dragged out a miserable existence for three years; continually seeking relief, and daily hoping to be better to-morrow.

I then applied to another physician (Dr. R.—) who said that the source of all my suffering was an inflammation of the stomach. He was a follower of Broussais, and put me on an antiphlogistic regimen, of arrow-root, gum-water, &c. with an abundance of medicine daily. Under this mode of treatment, I suffered beyond measure, and almost died of down-right inanition. Finding no encouragement in this course, I next applied to Dr. J. S. R.—, whose high reputation, prepared me to receive his advice with as much confidence as I could that of any other physician, after what experience I had had. On hearing a statement of my case, he promptly told me that all my difficulty was dyspepsia; it was a pity I had been made to suffer so much, and so long, and so unnecessarily, by erroneous practice; but with a little care and perseverance I might soon be relieved, and in a short time be restored to health. He said I must avoid all fruits and vegetables, except bread and good mealy potatoes, and take good tender broiled beef and mutton, well seasoned with cayenne and mustard freely, twice or three times a day, accompanying them with a good cup of coffee at breakfast, a glass of brandy and water, or two or three glasses of good Madeira wine, at dinner, and tea with my third meal; and make a generous use of good porter and wine during the day. He also prescribed some aperient medicine, and recommended exercise and amusement.

I commenced on this regimen; and almost immediately began to feel all the benefits the doctor had promised: it seemed to set me on my feet at once. My strength increased with astonishing rapidity: I gained flesh very fast, and my spirits were roused from their despondency: and I returned to my business like a new man; full of animation, and resolution, and delight. Yet I could not reflect on my past sufferings of body and mind, and loss of time, without feeling something approaching to indignation, at the error and mal-practice, of my former physicians. The feeling, however, was mingled with satisfaction, that I had at last got into the hands of so eminently skillful a man, and was now sure of being soon restored to complete and permanent health. I was now prepared to advise every invalid to eat beef-steak, and to make a generous use of brandy, wine, porter, coffee, &c. &c.

But alas! alas! In the flood tide of my prosperity and confi-

dence and rejoicing, I found myself suddenly stranded amidst terrible breakers, and only supported by the foam of the refluent waves!

With all my renovated health and strength, and energy, I suddenly began to break down, and sunk with greater rapidity than ever before, into a more complicated disease, and into a state of deeper and darker suffering and wretchedness, than I had ever known: and continued in the most miserable condition of body and mind for three or four years. Often was my wretchedness so intense that I would gladly have exchanged conditions with the most stupid animal that lives: I longed to be out of the world. In the latter part of this time, I got hold of some coarse brown crackers, called dyspepsia crackers. When I first began to eat this bread, my stomach was so weak and irritable, that I was somewhat distressed by it; but after awhile I became accustomed to it, and was able to use it without any unpleasant effects; while on the other hand, it relieved my costiveness very much.

Still, however, I was unutterably miserable, and began to feel the darkness of despair gathering upon my soul. I had no longer any hopes of being benefitted by any thing on earth. Some medical friends, however, thinking I might be benefitted by a sea voyage, and a change of climate, advised me by all means to go to Europe. Finding myself perfectly useless here, and believing that I could be no worse, if I was no better, on the voyage, I concluded to comply with their advice. The companion of my voyage, with whom I became very intimate, and from whom I received the utmost attention and kindness, was a very respectable physician from the North of France. Contrary to the expectation of my medical advisers at home, the sea voyage afforded me no relief; nor was I in any degree benefitted by it. My constipation was of the most fixed and unyielding character; and it was with great difficulty that I could so far overcome it with medicine as to obtain even a momentary relief; and of course my head-ache and other difficulties were proportionably aggravated.

I remained a short time in England, travelling about in pursuit of health; but not finding myself in any measure improved, I yielded to the wishes of my medical companion, and accompanied him to Paris. He had by this time seen so much of my sufferings, and become so much interested in me, that he appeared to feel all the sympathy and solicitude of a brother for me. On our arrival in Paris, he told me that he was going to take me in hand and cure me. He called in several distinguished physicians of the city, and all agreed that I was laboring under an inflammation of the stomach; and that the Broussaian mode of practice was the only safe one in my case. I was therefore put again on gum-water, arrow-root, rice water, &c.; was leeches all around the region of my stomach, and flax-seed poultices were laid over my stomach and bowels. But neither the friendly desires and indefatigable assiduity, nor the skill, nor the regimen, nor the medi-

cine of my medical friend, availed any thing; I grew evidently worse under his treatment. He then persuaded me to accompany him to the city of Metz, in the North of France, where his father resided, who was a physician of extensive practice, and high reputation. He then commenced again with me, with a determination to overcome my complaint and restore me to health. No man could be more ardently desirous of success than he evidently was. He, with the advice of his father, pursued the same practice here that he had done in Paris; adding much more exercise, such as dancing, fencing and gunning. I also took a warm bath every day. The exercise did me some good, but still there was no radical improvement in my health, which I regretted almost as much for the sake of my generous medical friend, as on my own account.

A short time before I left Metz, I went down among the soldiers who were quartered in the barracks in that city, and found them eating the coarse unbolted wheat bread, and perceived that they were remarkably healthy, robust and strong. I thought, if I could have some of that bread to eat, it would certainly help me: and I requested my medical friend to procure some of it for me. By some means or other, however, it was neglected, and I soon left the place, without obtaining any of it. As the only benefit which I had as yet received in France, was from exercise, I determined, contrary to the advice of my physician, to attempt to walk to Paris, a distance of somewhere about eighty miles. When I left Metz, I was so thin in flesh that I only weighed a hundred and seven pounds with much extra clothing on—probably about a hundred pounds as ordinarily clothed.

I walked about half the distance, subsisting on fine flour bread, (which in France is always acid,) and milk, and crude vegetables. Finding myself becoming more unwell, I then took the diligence for the remainder of the journey. On my arrival at Paris, I had considerable fever upon me, and was wretched enough. I then sent for Dr. N., an American physician in Paris. He told me that the system I was pursuing, was altogether wrong; and if persevered in, would destroy my life. My costiveness still continued inveterate. Dr. N. gave me a pretty powerful cathartic, and in forty-eight hours afterward, told me to have a good beef-stake cooked, and eat it with very little salt, but no pepper, and drink a good cup of coffee with my meal, and to continue this regimen.— I found immediate and astonishing relief in this change of diet; and began once more to hope that I should be able to return to my family with improved health; and on the third day I took the diligence for Calais; keeping up my new regimen, and drinking coffee pretty freely; which seemed, indeed, a most refreshing cordial to me. But before I reached London, I again broke down, and when I arrived at that city, I was extremely wretched and feeble.

I called to see Doctor Abernethy, but he was not in; and, miserable as I was, I proceeded on to Liverpool; as my face was now turned towards home, and my heart yearning to arrive there, as soon as possible.

When I arrived at Liverpool, and took my passage for America, my friends there—as they have since informed me—did not expect that I would live to see New-York. I was so feeble when I went on board the packet, that I was hardly able to get down the companion-way.

After I had been out to sea about a week, I found my sufferings increasing upon me, and my despondency became very great. The morbid irritability of my system had become so excessive, that I was afraid of every thing; and was haunted with a continual dread of evil. I had no hope of ever being any better; and very much feared that I should not live to see my family again.

The Captain seeing the deplorable state of my health, and perceiving the extreme dejection of my mind, endeavored to encourage me; and said he could cure me, if I would strictly follow his directions. My misery was such that I was glad to catch at any thing for relief; and I consented to become his patient. He ordered me to drink port wine sangarée, and to live pretty generously. Besides this, I had my man rub my limbs and body, freely, every night.

The Captain's regimen—and perhaps more particularly the rubbing—seemed to have a wonderfully beneficial effect on me. I began to pick up, rapidly; and on my arrival in New-York, I had gained in weight, in a few weeks, six or seven pounds. I was, however, on the whole, really no better than when I left home, and indeed scarcely as well.

Being now, as I thought, fully convinced of the folly of depending on medicine or travelling, for the restoration of my health, I had little expectation of ever being any better; and determined to try to divert my mind from the contemplation of my sufferings, as much as possible, by occupying it with my business. And soon after, I commenced using the cold shower-bath every morning, and eating the coarse unbolted wheat-meal bread. These things were of considerable benefit to me: my costiveness was relieved, and I became much more comfortable. But still I was rather alleviated than cured. My head-ache was less violent, and my melancholy less profound; yet all my ailments continued to hang about me; and I was, on the whole, very little better, in real health.

About this time, Mr. Halstead's wonderful discovery of an infallible cure for dyspepsia, began to make a great noise in the city; and much was said about the almost miraculous cures which he had performed. It is a true proverb,—“A drowning man will catch at a straw.” I went to Mr. Halstead,—paid him fifty dollars; and gravely submitted to his manipulations, and followed his prescriptions. He gave me no directions about the quality of my food but told me to eat as much as I wanted,—to distend my

stomach pretty well; and take a little brandy and water with my meals. All this seemed to do nicely; and once more I began to feel very confident that I had found the philosopher's stone, at last, and should soon be restored to health. I continued to feel encouraged for some time, and my hopes were high and strong; but in about eight or nine months, I began to flag again; and perceiving that I was in reality no better than I was before I commenced Halsteadizing myself, I began to suspect that the whole concern was a downright hoax; and was about abandoning it in disgust, when Dr. Sutherland, the partner of Mr. Halstead, took me in hand, and said that the grand secret of my want of success was, that I did not breathe correctly. I must breathe deeply,—drawing down the diaphragm, and pressing out the lower part of the abdomen; and thus exercising the abdominal viscera, &c. &c. After having passed through a regular training in the art of breathing, without being in any measure cured of my difficulties by it, I was more than ever inclined to consider the whole affair a real hoax; and I abandoned it, with no small degree of chagrin and mortification, and not one whit better than when I began.

Soon after this, some of my friends invited me to attend the Lectures which you were delivering at Greenwich Village, last winter. I went and heard you, with much interest, and was strongly impressed with the reasonableness of your views: but I must honestly confess, that I had now been so often deceived and disappointed, I was really ashamed to have my friends know that I could be induced to try any new experiments. I however gradually slid into the system, till I got myself into a pretty strict regimen. I abandoned the use of coffee, tea, and all other stimulants, and flesh; and put myself on a milk and vegetable diet; but contrary to your strongest prohibitions, I still continued to chew and smoke tobacco occasionally. Nevertheless my health began to improve. For more than a year preceeding this, I had scarcely passed a single night without being obliged to get up and walk my room, or have my limbs and body rubbed smartly: now I slept quietly and sweetly through the night. My costiveness was greatly relieved—my head-ache was much alleviated—my nervous mobility and mental despondency were in a great measure removed—my appetite became more regular and uniform—my strength and flesh increased, and in every respect, my health actually improved under this regimen more in six months, than it had ever done under any other one before, by all odds.

During the cholera season, I persuaded my whole family to adopt the same system of living, to a considerable extent, eating very little flesh. Bread and milk, and mush and milk, principally, constituted our food: and we did not spend sixpence for medicine in our family of sixteen in number, during the whole season. I used none but the coarse bread. I however found that the free use of milk was not best for me. My stomach could not manage it with perfect comfort. Indeed, liquid aliment of any kind did not suit

my stomach so well as that which required mastication. I learned from my own experience, the correctness of your doctrine, that that kind of food was best for me, which naturally had considerable bulk in proportion to its nutritious properties.

After the cholera had passed from our city, I began to use a little flesh; but I found I had very little relish for it; and my appetite had no craving for it. After a while, I also took a little tea; but I was soon obliged to abandon it again, as I found its effects decidedly pernicious.

I now likewise abandoned the use of tobacco entirely, in every form, as I was fully convinced of its deleterious effects; and satisfied that it had retarded my improvement since I had adopted, in other respects, your system of diet and regimen. From this moment my health improved with increased rapidity. All the remnants of my costiveness, head-ache, languor, mental depression, &c. &c. very soon left me entirely. My appetite became still more uniform and natural; I increased in strength and flesh; and I was cheerful, sprightly and active. I continued my cold bath daily, and the free use of my flesh brush; both of which I found very beneficial. After about one month more, I commenced taking a little coffee in the morning; and, as I was inclined to think that you carried some of your doctrines to extremes, I soon afterwards began to eat a little flesh at dinner, and after this meal, to drink a little light wine. For awhile I verily thought that these articles did me good; but a few months' experience disclosed to me their treachery, and fully convinced me that the more closely I adhered to your whole system, the better it was for me. I therefore abandoned them all, and soon found my health decidedly improved by it.

I breakfast at eight o'clock, and dine between three and four. Formerly, when I used high seasoned food and took considerable stimulus, I could not stand it, without my dinner at twelve o'clock. If I went longer without eating, I had the most distressing sensations of gnawing and sinking, at the pit of my stomach, and general languor and faintness of my whole system. Now I can go from my breakfast till three or four o'clock in the afternoon, without any unpleasant feelings. I now weigh one hundred and twenty pounds; about twenty pounds more than when I left the North of France, on my return home from Europe: and I am in much better health than I have been before in ten years. For eight years, my existence was hardly to be borne; and often, during that time, I have thought that even the *dannet* could not be more miserable than I was; but now I enjoy life, and the society of my family and friends, as much as any other man.

Almost every physician through whose hands I have passed, and who has prescribed for me, (including Mr. H.,) advised me to drink brandy and water with my dinner, and some of them ordered me to use wine and porter generously: and these things

sometimes seemed at first to do me good; but I have always found in the end that they injured me.

When I drank porter, it seemed to benefit me very much; but in twenty-four hours, the reaction was tremendous. I would sometimes, however, continue the use of it for three or four days, and then was obliged to abandon it. I found that *alcohol, in all forms and quantities, injured me*: and I am fully convinced, that no man who is thoroughly broken down with dyspepsia, can ever get well, while he uses brandy, or tobacco, or pepper, or stimulants of any kind.

I have a nephew, about twenty-two years of age, who, when I first adopted your system, began to have all the symptoms with which I had been afflicted. Costiveness, sick head-ache, and all the horrid train of dyspeptic evils. He was constantly taking medicine, and continually complaining. I saw that he was evidently going on in the same terrible way, in which I had so long travelled in so much misery; and I advised him to go and hear your Lectures. He followed my advice, and became a perfect proselyte, and adopted your System rigidly, and pursued it with undeviating integrity.

He was soon relieved from all his difficulties, and restored to good health; and is now hearty and robust. He ate no flesh during the cholera season, and went through without the least indisposition.

As for myself, I now see that I have erred in many things, since I adopted the mode of living pointed out by you; and in so doing, have beyond all question considerably retarded my progress towards complete health. I ought to have abandoned my tobacco entirely, at the very first start. I ought also to have used less milk; and to have been more guarded and uniform in several other respects. Nevertheless, I have been richly rewarded for what fidelity I have exercised in the System. I am now able to attend to my business in good health and spirits.

My expenses for physicians, medicine and travelling, during my nine years' sickness, were not less than five thousand dollars; and the loss in my business, in consequence of my sickness, was, I should think, as much more.

Yours truly,

D. A. CUSHMAN.

[NO. XXVIII.]

NEW-YORK, June 12th, 1833.

Mr. Graham,

SIR—The information which I am about to communicate to you, may be both interesting and useful to you, and through you beneficial to others.

My wife has experienced delicate and variable health ever since she was eight years old. About the age of ten or twelve years, she was very severely afflicted with rheumatic complaints, and became so much affected, that she was scarcely able to walk. After recovering from this difficulty, her health continued very poor, and for a number of years, she was subject to turns of bilious fever, as often as once in about three months, which sometimes brought her very low indeed. During these turns she took a great deal of calomel, and other medicine. At the age of eighteen she had one of these turns of bilious fever, from which none of her friends expected her to recover. Her physician completely loaded her system with mercury, so that she was not only excessively salivated, but her mouth became so sore that it would bleed freely, and the flesh of her gums, &c., seemed as though it would all slough off. After recovering from this fit of sickness, her health continued very delicate, and at the age of nineteen she was married and came to New-York. She had not been long in the city, before some one recommended to her, the medical virtues of the steam-bath.

Feeling very anxious to recover her health by some means or other, she was ready to listen to every body's prescription, and too willing to try all remedies. She had not however followed up the use of her steam-bath more than about two weeks, before she found herself so exceeding debilitated by it, that she was hardly able to walk; and before the end of the third week, the effect became so injurious that she had to take to her bed and even became seriously deranged in her mind. I now became quite alarmed, and called in Dr. P., who said that the steaming had nearly killed her. She had a very severe turn of sickness, and was under the doctor's hands, for five or six weeks;—during a part of which time, none of us expected she would live many days. But she recovered from this illness, and continued on about a year and a half longer, in her usual feeble health, when she took a very bad cold, that resulted in a violent inflammation of her lungs, which was attended with a severe cough; great difficulty of breathing; distressing pain in her breast; dreadful tightness across the chest; and general, and extreme debility. At this time she was again reduced very low indeed; but she struggled through it, and slowly recovered to her usual very imperfect state of health. Scarcely a year, however, had elapsed after this last recovery, before she was again afflicted with something of a new form of disease. Her body, and limbs, and feet began to swell very badly indeed, and she soon became so much affected that she was unable to lie down in her bed; but was obliged to sleep sitting up. The Doctor did not consider this a confirmed case of dropsy, but called it a dropsical complaint, of a very complicated and blind character. With this new form of illness, she was laid up about two months, during which time Dr. P. visited her two or three times a day. After this her health continued very mis-

erable. Her cough was exceedingly troublesome; severe pain in her chest; pain through the back and kidneys, and occasionally a sharp pain high up in the left side. Her eye-sight was very poor, and at times so bad that we were apprehensive that she would entirely lose it. Her memory, also, was much impaired. Thus afflicted, it was but natural that she should be continually seeking for relief, by every means that was suggested. It is due to our physician, however, to say, that he always told her that a correct diet would do her far more good than medicine; but of this she was not easily convinced.

About fifteen months since, we unfortunately saw an advertisement of the notorious Hygiean medicine, which is so potent to purify the blood, and thus cure all diseases. I began now to fancy my own blood a little out of order, and concluded that both myself and wife had better give the Hygiean medicine a fair trial. Before we had got through the first course, however, it came near to killing us both. It brought on violent vomitings attended with severe cramps in the stomach and limbs, resulting in dreadful exhaustion, and debility, and languor. We both quit the use of the Hygiean medicine at once; and for three months following, my wife took very little medicine.

During her five or six years of ill health, besides trying almost every kind of medical remedies, for her relief, I had travelled with my wife a great deal, every summer season; and sometimes made long journies with her for her health. Sometimes we travelled in a private carriage, and sometimes in a public stage.

During one of our journeys in Vermont, near Canada, about three years ago, we met in the public stage, a Mr. Knowlton, of Brooklyn, Long-Island, who was also travelling for his health. He was extremely emaciated, ghastly and feeble; and so much bent forward, with debility at the pit of the stomach, that he was very crooked, and looked like an infirm old man. Indeed, his appearance was that of a very miserable man, broken down and worn out with disease. He said he had travelled much for his health, but had received very little benefit; and that nothing he ate seemed to agree with him.

About fifteen months since, as I was walking along one of our streets, a remarkably fine, hearty, robust and plump-looking man, apparently about thirty years of age, came up to me and calling me by name, asked me how I did, in the manner of a person well acquainted with me. I had no recollection of ever having seen him before; and therefore was compelled to acknowledge my ignorance of his name. "Do you not know me?" said he. "Have you forgotten the man you travelled with, near Canada, in Vermont, some two years ago?" What! that ghostly-looking invalid, who was travelling for his health; and was poor as a skeleton, and crooked as a bow? I inquired. "The same!" replied he. It is not possible, that this is Mr. Knowlton, of Brooklyn! I exclaimed, with astonishment. "Indeed, it is," said he, "the very same man

whom you saw in Vermont, a ghastly effigy of death." But what on earth has brought about this change in you? said I. Why, you do not look at all like the same man. You appear as healthy and robust as though you had never known a moment's disease in your life; while my wife, who has been continually in pursuit of health, ever since we parted from you, is even more unwell now than she was when we were travelling with you in Vermont, and when you appeared to be much lower than she was.

"I will give you the whole history of my case," answered he; "and tell you by what means I gained my health. It is now more than five years since my health began to fail: I became habitually and inveterately costive, and this was soon followed by weakness and distress at the pit of the stomach,—trouble with my food,—and the whole train of dyspeptic symptoms. My flesh and strength slowly wasted away; and in spite of all the medical advice and remedies, which I had recourse to, (and which were by no means few,) I continued to grow worse and worse, until I became so much reduced and so extremely feeble, that I was obliged to give up all business, and devote myself exclusively to the pursuit of health; and what greatly aggravated my afflictions, my spirits were so excessively depressed, that I was almost continually in a state of despondency. Finding all other means useless, I was advised to travel for my health; and it was while on this pursuit, that I became acquainted with you, in Vermont. After parting from you, I returned home, no better than when I started; and again began to consult the physicians, and to try their prescriptions. But I soon found myself growing worse; and again, in compliance with medical advice, started on a journey to the South. I continued to travel till I had spent nearly all my property, and returned home, without any perceptible improvement in my health. I was now completely discouraged; and felt that I must give up in despair, and set down and die. I continually suffered a dreadful melancholy; and became so extremely weak that I was not able to walk more than half a block: I could not possibly exceed the eighth of a mile. In this condition, I accidentally heard of the Lectures of Mr. Graham, at Clinton Hall, in June, 1831, and made out to hear one of these, which so fully convinced me of the course I ought to pursue, that I returned home, resolved to give his system a fair trial. I put myself at once, on a diet of the bread which he recommends, and pure water, and observed such other of his rules as were applicable to my case; daily taking as much exercise as I could bear. During the first three months, I improved very slowly indeed. My mind was more serene and even cheerful at times, and my constipation was removed, and the uneasy sensations about the pit of my stomach, left me; but I continued very feeble, and scarcely seemed to gain strength and flesh at all; I however found, at the end of three months, that I could walk farther than when I first commenced living on the System. After this, I improved very fast; and have continued for the six

months past, to gain health, strength and flesh, with astonishing rapidity, till I have become, as you see, perfectly healthy, and very robust, strong and active. For the last six months, I have not known an ache or pain, but have enjoyed the most entire health. "And now," continued he, "I advise you by all means to go and hear Graham's Lectures, and persuade your wife to adopt his System, strictly and perseveringly; and depend upon it, if any thing on earth will cure her, that will."

The wonderful change which had been affected in Mr. Knowlton, and his interesting account of the means by which it had been brought about, very much encouraged me to hope that my wife might yet be restored to health; and I returned home and told her what I had seen and heard, and proposed that she should make a trial of the Graham System; and see what effect it would have on her health. From various causes, however, the matter was deferred until in February, 1832, when she became much more unwell. Her cough became exceedingly severe; her lungs became very sore and weak, so that she was not able to speak aloud; she raised a great deal of offensive mucus and some blood from her lungs, and became so much reduced that she was obliged to take to her bed.

It was about this juncture, you will recollect, that you first saw her, and was consulted concerning her case. You told her that her case was by no means a hopeless one: but that there was only one way, short of miraculous power, by which she could reasonably hope to recover her health, and that was by perseverance in a correct regimen. You said that she had been so long cultivating disease in her system, and had abused her body so much with medicine, it was impossible for you to tell how soon she would begin to find herself benefitted by the course which you should propose: it might be six weeks, and it might be three months, before she would be able to perceive any improvement in her health; but if at the end of three months she did not find herself any worse, she would have reason to feel much encouraged.

I need not remind you how exceedingly difficult you found it for several weeks at first, to keep her on your system, with any degree of strictness and perseverance. She had been so long sick, and so long accustomed to have her appetite consulted, that she was not prepared to deny herself at once, and teach her poor and capricious appetite to be contented with a fare which seemed to her so plain and uninviting. But when these difficulties were overcome, and she had got fairly on to the System, she began almost immediately to experience some degree of relief; and in less than six weeks her improvement was very rapid; and before three months had elapsed, she was almost entirely relieved from all her complaints, and had gained so much strength, that she was able to walk about the city, two or three miles at a time, without fatigue. Her complexion and countenance assumed the aspect of perfect health, and her eyes sparkled with buoyant animation.

But with all these advantages derived from such a mode of living, I must honestly confess, she never loved the System. She rather used it as a necessary means of recovering her health, than followed it because of its own pleasantness and virtue: and consequently, she was ever inclined to contemplate with fond desire, those indulgences, the denial of which she continually regarded as a sacrifice. With such feelings, as a matter of course, when she found herself much improved in her health, and began to feel confident in her prospect of entire recovery, she relaxed the strictness of her regimen, and began to indulge in little deviations; and as these did not immediately seem to affect her unfavorably, she was encouraged in her transgressions, until many of her complaints began to come back upon her; and even then she did not seem to possess the resolution necessary to get back on to the strict regimen which you had marked out for her. In this state of her health, I went into the country with her, just before the cholera broke out in the city, and spent the summer in travelling and visiting among our friends. Here temptations were continually besetting her; and although she always professed to be governed by your prescription, yet I must acknowledge that she constantly indulged, both in the quality and quantity of her diet, in a manner altogether incompatible with the rules which you had laid down for her. Either from this cause, or some other, her health did not improve in the country; but she began to be, more than ever, afflicted with acute and severe pain in her left side, in the region of her heart, which sometimes seized her so violently, when travelling, that we were obliged to stop the carriage instantly. On our return to the city, where she for a short time was more careful in her diet, she was somewhat relieved. But it was not long before mince pies and other kinds of pastry, and greasy substances, and occasionally stewed oysters, began to find their way within the pale of her regimen, till she suffered another attack, of a more distressing and alarming character, than any she had had for a very long time. The pain in the region of her heart became so violent and continual, and her difficulty of breathing so great, that she was not able, at times, to lie down upon her bed. Indeed, her suffering was very great. I again called in our family physician, Dr. P., who was exceedingly puzzled with her complaint, but was inclined, at first, to consider it a decided affection of the heart. I now began to despair of her ever being any better; and concluded that it was a vain thing for me to hope that any means on earth could restore her to health. About this time you returned to the city, and called to see us; and as you will doubtless recollect, you told my wife that her complaint was not an affection of the heart, but a highly morbid sensibility of the lungs, sympathizing with the irritations of the stomach; and that an inflexible integrity in a very strict dietetic regimen, would afford her relief; and nothing else on earth could possibly benefit her. I confess that I could not feel much faith in the potency of simple diet in such a case; but I

must now candidly acknowledge, that just in proportion to the strictness with which she has followed your advice, she has been relieved from her sufferings and improved in her health. Yet surprising as the fact may appear, I have found it very difficult to induce her to follow your regimen with undeviating conformity.— She is continually hankering for some “*forbidden fruit.*” The last and most successful expedient I have tried, and am at present pursuing, is to covenant with her, and to put myself under the same regimen in all respects, except quantity; and by this means I have succeeded in keeping her tolerably strict, save that she probably eats much more food than you would approve of. She is now once more relieved from her complaints, and is enjoying very good health, and whether she continues to or not, we are all now fully convinced that your System of living is the only earthly means from which she can reasonably hope to derive any benefit; and the only way in which she can expect to enjoy any good degree of comfort in her bodily existence.

I will here observe, by-the-by, that since I have been living pretty strictly on your System, for the sake of encouraging my wife, my own health has improved considerably, although it was what I called good before; and I have increased in flesh very much.

Our friend Knowlton called to see us a few days since. He was in excellent health, and spirits, and said he was now well, and hearty, and able to perform the hardest labor, and to walk any distance, and to bear any exposure, without sustaining any injury. He informed us, also, that his father whose health had become much impaired, had put himself on a diet of coarse bread and milk; but finding that the milk was too rich for him and did not agree with him very well, he tried coarse bread and water;— and on this diet his health had improved astonishingly.

Speaking of his own recovery, after suffering so long and so severely, he said with lively sensibility, “I owe my life to Mr. Graham! My whole family,” continued he, “have been greatly benefitted by his system. My wife was always a very delicate woman until I introduced the Graham System of diet into my family, since which time, although she has not been a very strict follower of the system, except in the use of the coarse bread; yet, her health has improved exceedingly; she has become hearty, robust and strong, and when she is without help she is able to do all the house work of my family, of ten members! Indeed she is altogether a new creature—another woman! My two little children, also, since we have lived on this system, have become uncommonly healthy and hardy, and are never unwell. In fact, my whole family, have, during the past year, been so much more healthy than our neighbors, that it has been a matter of observation and even surprise. During the whole cholera season, terribly sickly as it was, all around us, we all enjoyed the most perfect health; and while every body else was full of dismay, we were perfectly composed, and without any apprehensions of danger in regard to ourselves.”

Mr. Knowlton has recently left Brooklyn in good health and spirits, and gone with his little family to settle in the valley of the Mississippi.

I have one more interesting case to relate to you. My father-in-law, U. C. H., of Vermont, is now fifty-two years old. He is by profession a lawyer. He has for thirty years past been a great snuff-taker, and has always been very fond of strong coffee and tea, and flesh; in fact, he prefers to make flesh the greater part of his food; and seems to care little about any other kind of aliment. For the last twenty-four years he has been subject to a species of apoplectic fits, which come upon him very suddenly, and entirely suspend his voluntary powers and consciousness; so that he appears like a dead man, while the fit is on him. He suffers very great distress while recovering, and is painfully bewildered for sometime after the fit leaves him. He had these fits at considerable intervals, at first; but they gradually became more frequent till he came to have them once a week, then twice, then three times a week, then once a day; and finally they became as frequent as three, and sometimes four times a day. He has often fallen into a fit suddenly, while at his meals, or in the midst of conversation, and when engaged in pleading a cause. The effect on his head was extremely distressing, and sometimes his appetite and health generally, have been much impaired. He has taken much pains to obtain relief from these distressing fits, but without success. He came to New-York in February last, (1833) to make us a visit, and remained with us two or three months; and, when he first came, he had three, and often four fits in a day. We persuaded him to give up his snuff, and live with us on the Graham System. He did so for ten days, and in that time did not have a single fit. He then returned to his snuff and former mode of living, and his fits returned as bad, and frequent as ever. We then persuaded him to quit his snuff alone. This made his fits somewhat lighter and less frequent. Abstinence from coffee and tea, also, benefitted him; but still, withal, his fits continued, while he continued to eat flesh; and it was only when he abstained from snuff, coffee, tea, flesh, &c., and ate the Graham bread, that he was relieved entirely from his fits. We are therefore persuaded that his very free use of flesh had much to do with causing his fits. Perhaps if he had not taken the snuff, he would not have had the fits, but it seems that the flesh was an auxiliary cause; and that when they were once induced and established, the flesh was enough to perpetuate them. I conclude this very long communication, by saying that Mrs. Tracy is, at present, to use her own words, in *perfect* health and spirits; and joins me in sentiments of most cordial respect and gratitude.

GEORGE M. TRACY.

NEW-YORK, June 12th, 1833.

Mr. Graham,

DEAR SIR—I am now thirty-nine years old, and by trade a carpenter. I have always been accustomed to active life, and from my childhood have enjoyed health, till about nine years ago, when I began to be unwell. I have never used tobacco in any form or manner, and have never used but very little ardent spirits; but I have eaten flesh very freely, always twice a day, and often three times. I have also been very fond of tea and coffee; taking coffee once a day, and tea twice, as a regular custom.

The first indications of declining health which I noticed, were a dizziness, and distressing confusion of the head and the mind; attended with general relaxation of the muscular system, sometimes amounting to a kind of paralysis; and after these difficulties had continued to afflict me for a considerable time, growing worse and worse, the paroxysms at length became so bad, that they often appeared much like a fit of apoplexy. I became excessively nervous, so that I was continually full of apprehensions of danger, afraid of every thing, and starting with alarm at almost every thing. If any thing came upon me suddenly, it affected me very much, and sometimes overcame me entirely. I often became so much embarrassed and confused, that I would lose the power of speech; and frequently, when in conversation, I used suddenly to lose my thoughts in the midst of a sentence, and totally forget what I was talking about. Sometimes, when engaged in family prayer, I used to lose myself entirely in the midst of the exercise.

When out from home, I was often attacked with these turns in the street, and became so much confused and bewildered, that it was with great difficulty I could find the way to my house. I very frequently experienced a sense of a sudden rushing of blood to the brain; and especially if any thing came upon me unexpectedly; and sometimes it was very powerful and distressing. If any one came in upon me suddenly, I suffered violent palpitations of the heart, rushing of blood to the head, dreadful confusion of the brain, and became pale and bewildered, and appeared very strange. Sometimes I was taken at the table, with my knife and fork in my hands, and perhaps half way to my mouth, when my hands would fall with sudden palsy, and my whole appearance would be that of a dying man; and indeed, I was often thought to be dying. At length, this state of things became almost continual through the day, and was nearly as bad through the night. My sleep was very broken, unsound and unrefreshing; and every thing seemed to concur to destroy my health and life.

When these difficulties first began to afflict me, I called Dr. M., who bled me and gave me some medicine; but I was not in the least benefitted by his treatment. I afterwards called in another

physician, who treated me in the same manner, without any good effect. Throughout the whole time, my bowels were continually in a state of disorder, either from constipation or diarrhœa.

In spite of every means which I tried for relief, my difficulties and sufferings continued, and gradually became more and more severe and permanent, until January, 1832, when I went to hear your Lectures in Mulberry-street; and soon began gradually to adopt the mode of living which you recommended. I first gave up tea and coffee, and began to eat the Graham bread; and so by degrees came more and more into the System. I had not followed your System long, before my health began to improve; and in a little while all my difficulties left me; and for more than seventeen months, I have not had an unwell hour. Last summer, during the whole cholera season, I walked every day three miles out, and labored all day at the carpenter's business, and then walked home at night; and through the season enjoyed excellent health. My sleep was sound and sweet and refreshing. During the last three months, I have eaten no flesh at all; and in that time I find that my health has become still more perfect, and that my enjoyment of life has increased. I am now stronger, and able to do more work without fatigue than I ever was before. I used to come home from my day's labor, very much exhausted, burning with thirst, and without any appetite, and throw myself down upon the floor or bed, all unstrung and full of lassitude. Now I come home vigorous and cheerful, and never oppressed with fatigue; seldom thirsty, and never unpleasantly so; and my appetite is always good; and my simple and nourishing food has a very high relish; and my mind is always clear and composed; and my health is excellent. In fact, I do not know how it could be better.

My wife, who is about my own age, has been nearly as much benefitted by your Lectures as myself. She always enjoyed good health, till she was over twenty years old:—then she began to be afflicted with head-ache and other unpleasant complaints, which were light at first, but gradually increased in severity and frequency, and durability. About fourteen years ago, the sick-head-ache began to come on with great violence. And many distressing symptoms of indigestion increased upon her, and became more frequent and severe, till she was afflicted with sick head-ache at least, three days in the week constantly, and with such violence that she was unable to attend to any of her domestic concerns; and frequently was obliged to keep her bed. She was also much afflicted with distressing dizziness in the head, and very great depression of spirits. Her appetite was very irregular and poor. She was exceedingly debilitated, and at times her strength was all gone. Her bowels were habitually costive; and she was obliged to take charcoal and mustard seed, after every meal, to relieve her dyspeptic symptoms.

In this manner she went on, year after year, suffering very severely, and gradually becoming more and more unwell, till she

went with me to hear your Lectures, and with me commenced living on your System. For a few days, at first, after she had commenced this course, she suffered very much; but after a while, her pains and disorders began to be less severe, and of shorter duration,—and in the space of a few weeks, they all disappeared; and for more than a year past, she has enjoyed excellent and uninterrupted health: being uniformly cheerful, active and vigorous; and able to attend to all her domestic concerns, and to walk any distance she chooses, without fatigue. During the cholera season, her health was remarkably fine. We were both quite strict upon your System, eating no other bread than such as you recommend, and which we made at home; and we had not the slightest symptom of cholera.

A Mrs. M—, a lady of much intelligence, of about thirty years of age, who resided in a part of my house, last year, had long been severely afflicted with sick head-ache, and other ailments, for which she could find no permanent relief, till she adopted your System. She attended your Lectures to the females, and immediately adopted the System, and followed it with great strictness. Wheat-meal gruel, Graham bread, and Graham crackers, constituted her diet during the cholera season. Every pain and indisposition left her; and her health was as good as human health can be: to use her own frequent declaration, it was *perfect*. She gained several pounds of flesh; and became very cheerful, robust and active. She often assured us, that her health was, in all respects, as perfect as it could be. She has since married, and left the city.

My wife joins with me in sentiments of sincere gratitude to you; wishing you, most heartily, the richest blessings of Heaven, and the best enjoyments of life.

JAMES LITTLE.

NEW-YORK, June 12th, 1833.

Mr. Graham,

SIR—My health was such as is commonly considered good, until I was between sixteen and seventeen years old. Being then engaged as a clerk in a dry-goods store, and not particularly careful as to my diet, I began to decline in health. The first inconvenience which I suffered, and the importance of which I did not then fully appreciate, was a constipation of the bowels. For this, I sought relief in the occasional use of cathartic medicine, without knowing that by every momentary alleviation thus obtained, the real difficulty was more deeply and permanently established. As the constipation assumed a chronic character, I began to experience a pain in the breast, which soon became very distressing and habitual. A dull, heavy feeling of the head, which in a

little time grew into a continual and often very severe pain, was the next affliction in the train of my sufferings; and this was soon accompanied by an almost incessant and distressing sickness of the stomach. My appetite became poor and irregular: I had seldom any desire to eat, or any enjoyment of my food. At breakfast I had no disposition to take any thing but my cup of coffee, and this seemed to be my sustaining cordial. I became very weak, languid and dispirited; and felt wholly unable to attend to any business or do any thing. My mind suffered exceedingly with my body, and I became dull and irresolute, and extremely melancholy and desponding. I consulted several different physicians; indeed, scarcely a month passed, in which I did not feel myself obliged to call a doctor; and I was continually, as I then believed, under the necessity of taking medicine. The relief, however, which I gained by such means, was, if any, of a very momentary kind; while on the whole I continued to grow more and more unwell. At length, a troublesome cough and severe pain in my side, set in, and became almost incessant. My eyes also became very weak, so that I could not read in the evening, at all. Such was the miserable state of my health; and I began to despair of ever being any better; when I commenced attending your Lectures, in December, 1831, at the B. meeting-house in Mulberry-street. As fast as I learned you adopted it; and my health soon began to improve; and in a few months I recovered good health. My long established, and hitherto incorrigible, constipation, was entirely overcome; the pain in my breast and head and side, and the sickness of my stomach, and weakness of my eyes, and my distressing cough, and cheerless melancholy, all gradually disappeared; and a good appetite—increasing strength—sweet sleep—a general sense of vigor and elasticity of body, and cheerfulness of mind, succeeded them. Nearly eighteen months have since elapsed; during which time, I have enjoyed most excellent and uninterrupted health, without having one occasion for medicine or medical advice. I now am in the enjoyment of perfect health: for which, with sincere gratitude, I gladly acknowledge myself indebted to you, as the instrument of God. And may you reap a rich reward for all your truly philanthropic labors.

Sincerely and respectfully yours,

SAMUEL S. KETCHAM.

[NO. XXXI.]

NEW-YORK, June 14th, 1833.

Mr. Graham,

SIR—My health was good until I was sixteen years old, at which time I went to the trade of painting and gilding chairs. In about two years and a half, I began to experience great

weakness in the breast, and pain seemingly about the lungs, attended with some cough. I continued on about two years longer, at my trade, and continued to grow worse and worse, in spite of every medical remedy that I could hear of: plasters, &c. &c. Two physicians had me in hand, till I became unable to do any thing at my business. I suffered great distress at the lungs—shortness of breath—could not sit still any length of time: finally, I quit all business, and spent three months in pursuit of health, without benefit. I then abandoned my trade, and took to driving a carman's cart. In this employment, I became some better; but still continued to be very weak in the breast, and particularly in the lungs. After driving my cart three years, I became much more unwell, in the spring of 1831, and was very much affected with the difficulty in my chest and head—dizziness, fainting, &c. After partially recovering from this, my breast continued weak. My particular business has been, carting hay, which was straining to the breast; and I felt much weakness and soreness.

This state of things continued, till I commenced hearing your Lectures, in the latter part of January, 1833; and at the close of the course, I commenced living strictly on your System. My health soon began to improve, and has continued to ever since. For the last three months, I have eaten no flesh: my strength has improved very much; my weakness and difficulties of the chest have diminished exceedingly; and I have found myself able to do much more work, and with a great deal less fatigue. I have this spring, since living without flesh, done as much again work as I ever did before; and without fatigue. I sometimes, when pitching hay a great while, feel a little weakness of the chest; but very light. I am confident that I can pitch hay now as fast again as I could before I adopted your System; and I am confident that my present mode of living has done me more good than any thing else I ever tried. My difficulty of breathing, shortness of breath, pain, &c. are gone. In short, I now enjoy excellent health, and feel strong and active.

WILLIAM T. MACKRELL.

[NO. XXXII.]

NEW-YORK, June 14th, 1833.

Mr. Graham,

SIR—My health was ordinarily good till I was about twenty-three years old, when I became rather suddenly ill, suffering a general lassitude and debility. My stomach became weak and irritable, and I was exceedingly troubled with indigestion, and pain at the pit of the stomach, and very distressing pain in the left side. I lost flesh very fast, and my countenance soon became sunken and ghastly; and my spirits excessively depressed

and gloomy. I consulted a number of physicians, and took a great deal of medicine; but continued to grow more and more unwell in spite of every thing, although some of the prescriptions seemed to benefit me awhile, and excited my hopes; but it was only to plunge me in a deeper despondency, by really aggravating, while they seemed to alleviate my disorder. Myself and all my friends fully believed that I had the consumption, and I began to despair of ever being any better. I finally gave up business and went into the country, where I staid six or seven weeks; but not finding my health improve, I returned as unwell as I went. My body was so much disordered, and my mind so full of melancholy wretchedness, that I had no social enjoyment and no comfort of my life, and despaired of ever again having any. I forsook society, and shut myself out from all social intercourse, and became surly, peevish, fretful, and really ill-natured; I did not wish to speak to any one; and did not, pleasantly, on any occasion. I was solitary and unspeakably miserable. The pain in my side was constant and very severe. In short, I was in all respects wretched beyond measure, and my life was a burden to me. Yet my appetite was all the time good.

In this condition, I went, in the fall of 1831, to hear your Lectures at Clinton Hall, and gradually adopted your System of living. For a considerable time, I found no great change for the better, in my health. In the course of three months, however, I perceived some improvement; at the end of six months I was decidedly better, and before a year had elapsed I was altogether a renovated man; my health was completely restored, and I again became, as I had ever been before I lost my health, remarkably social, cheerful and active, enjoying life as well as any one. I am now in excellent health. Indeed, I am a living demonstration of the excellence of your system.

I am not at present quite as strict as I ought to be; for I find that my stomach is now so free from all its disorders, and so perfectly healthy and vigorous, that I can digest any thing; and I too frequently give way to indulgence; and by this means sometimes, when I go too far, I feel a little touch of my old complaint in my side, especially if I have a cold; but a little more strictness in regimen sets all right again.

I am persuaded that many cheat themselves out of great benefits, and unjustly reproach your System, in consequence of their own fickleness. They will partially or entirely adopt your System, and follow it for a few days, or at longest, a few weeks, and because they are not sensible of that immediate benefit which they desire, they abandon the System, and perhaps condemn it with great severity. But they ought to consider that nature requires time to throw off chronic disease, and recover health; and they ought, therefore, to persevere, at least one year, before they abandon and condemn a System by which so many others have been greatly benefitted. I am fully satisfied that no one will

have cause to complain of your excellent System, if he will give it a fair and faithful trial. I am also persuaded that those who have their bread made at home, will find much the most comfort and satisfaction, in the mode of living which you recommend.

With the most grateful acknowledgments to you, sir, as the means of restoring me to health and cheerful enjoyment of life,

I am very respectfully yours,

JONATHAN ODELL.

[NO. XXXIII.]

NEW-YORK, 6th Mo. 17th, 1833.

Esteemed Friend,

If a brief statement of my own case, as affected by a conformity to that System of diet, which thou hast taught in thy Lectures, will be of use to thee, or serve in any measure to promote the success of the great and good cause to which thou hast devoted thyself; be assured, thou art very welcome to it; and it will give me pleasure to bear testimony in favor of thy views concerning diet and regimen, whenever occasion shall render it proper.

From my childhood, my health has been exceedingly delicate. When I was a child I was much afflicted with disordered bowels. As I grew up, I became some better, and continued so till I married: but when I became a mother, the disorder returned upon me. It would first commence with acidity of stomach, and some pain; and then run into a diarrhœa; and at length it became a continued diarrhœa. The first thing in the morning, when I awoke, I felt a pain and working, or disturbance in the bowels; and this would continue till a movement of diarrhœa took place; and this state of things, has continued for eighteen years, without intermission; and then been checked for a short time; and again returned upon me; gradually reducing me, and wearing me down towards the grave. My bowels were extremely weak and irritable; my back, also, was very weak, and I suffered a great deal from pain in the back, especially when I was troubled with acidity of the stomach. For many years I experienced a dull pain in my head; and my head became weak and confused, and my mental powers seemed much debilitated; my body was very feeble, and I had very little strength; and was unable to walk any distance without great fatigue. I always used the utmost caution not to wet my feet, nor expose myself in any manner. Dr. B.— was my first physician, and after him Dr. G. S., and after him Dr. D. R., and others. But medicine afforded me nothing more than apparent and momentary relief.

Dr. S., said it was of very little consequence what my diet was, while Dr. R. said that every thing depended on my diet. In this, the latter agreed with Dr B.; but none of them seemed to have correct notions concerning diet, after all. If I had understood things twenty years ago, as I now do; if I had then had some one to instruct me, as thou hast done in thy Lectures, I am fully persuaded that I should have enjoyed sound health, long since. But I did not fully understand my own case, and what was best for me, myself; and I was able to get but very little instruction from others. Thus I continued on, suffering in this manner, for about thirty years; and often during that time I was so severely afflicted, that I was completely prostrated, and confined to my bed, with extreme debility, and obliged to have cloths under me, because I had not strength to sit up, nor to prevent an involuntary diarrhœa. About fourteen years ago, however, I commenced a System of diet of my own, from which I obtained considerable relief; but still my complaints continued. After having adopted my regimen, I went to see a friend, who was afflicted in the same manner that I was. We sat down at her table together, and she was curious to know how I lived, while I observed that she ate pound-cake, sweet-meats and all other rich and (as the world calls them,) "good things," before her. When she saw what my diet was, she declared that she could not live as I did; and should surely die, if she were to try to. I told her that I was very certain that I could not live long as she did; and I feared she would not live long in the course she was then pursuing. But she was not inclined to listen to me; and she died of her complaints in two years.

Notwithstanding all my sickness, I have, during it, given birth to eleven children; eight of which by the goodness of Divine Providence, are still living. All my children, which I nursed myself, have been affected with my complaints, and some of them very seriously.

I have never been in the habit of drinking strong tea, and have always given a great deal of care to my diet, and endeavored to regulate it according to the best of my knowledge.

About eighteen months ago, I commenced attending thy Lectures at Clinton Hall, and about the same time became a pretty strict observer of thy system of diet. The Graham bread, mush, made of the same kind of meal, plain boiled potatoes, plain boiled rice, with a very little milk, have principally composed my food. Since I have adopted this mode of living, I have not had a severe turn of my complaint, and have been a considerable portion of my time, wholly free from it. I have not been once confined to my bed with it, during the last eighteen months. When I am very strict in my diet, and avoid over exertion, confining myself principally to thy bread, and mush made of thy meal, I am entirely free from the complaint which so long has troubled me; but such is the weakness and chronic habits of my bowels, that a little deviation

from my regimen, in my food, or a little over exertion, brings on a slight diarrhœa. During the cholera season, and especially the autumn after it, being particularly cautious and uniform in my diet, my health was better than it had been before, for twenty years.

But during the last winter I took a cold, which brought on rheumatic complaints, that put me back very much. I have, however, on the whole, been much benefitted by thy instructions, and feel entirely persuaded that were I not so far advanced in life, and were not my system so extremely feeble, and my body so habituated to diseased action, I should, by the help of thy System, obtain entire and permanent health; and I am equally confident, that no earthly means can afford me so great a degree of health and comfort. But the excellency of thy System needs no support from my testimony, when there are so many proofs of it, in the wonderful cases of restoration to health by it, with which our city abounds. And the case of my son George is not the least remarkable of these. From his birth up, he has been extremely delicate, and his health has always been so poor, that we have continually entertained fears, that we should lose him; but since he has been a follower of thy System, he has, as it were, become another man. Indeed, we are not more delighted than astonished at the change.

The cause in which thou art engaged, is a very great, and exceedingly arduous one. Thou hast much to contend with, and much to discourage and sicken thy heart. Much evil will be said of thee, and thou must suffer a great deal of misrepresentation and obloquy and detraction; but my young friend, be not disheartened, but go forward. I verily believe that God is with thee, and that he will stand by thee, to bless thee and prosper thee.—Persevere, then, with a humble heart, and a meek spirit. With a soul full of benevolence for thy fellow creatures, and with a full reliance on Divine assistance, and on the excellence of thy cause, and the integrity of thy purpose, go on my young friend, and regard not the opposition of a blinded and deluded world. Do good to thy fellow creatures, though they ask it not; nay, though they reject it with scoffing, still do them all the good thou canst, and verily thou shalt have thy reward.

Thy sincere friend,

PHEBE CORLIES.

* * * My mother desired me to remember her to thee. She enjoys excellent health, and a fine flow of spirits. She has nothing of the diarrhœa. What a wonderful instance of the efficacy of a proper diet:—after having a chronic diarrhœa for more than twenty years, to get relief at length, by living on the despised Graham System. She now confines herself to the Graham bread, with the addition of milk, sweet potatoes, and a little fruit.

Thy friend,

GEORGE CORLIES.

NEW-YORK, 10th Mo. 1833.

WILLIAM GOODELL, Esq. of New-York, recent editor of the *Genius of Temperance*, and now editor of the *Emancipator*, after having been sorely afflicted with chronic diarrhœa, for more than ten years, without being able to obtain a permanent relief by any means, has been entirely cured of that troublesome complaint, by strictly adopting the system which I teach.

Several other interesting cures of the same complaint have also been effected by this mode of living. S. G.

[NO. XXXIV.]

NEW-YORK, June 15th, 1833.

Friend Graham--

I am now between forty and fifty years old, and have been the greatest portion of my life afflicted with ill health. For a great number of years, I have suffered very much from that troublesome and distressing complaint, the gravel. I have followed many prescriptions, and tried a great variety of remedies; but found, from none of them, any thing more than a momentary alleviation.

In June, 1831, I went to Clinton Hall to hear your Lectures; and was so fully convinced of the correctness of your doctrines, that I immediately adopted your most rigid System, even in its extremes. In this I was probably imprudent. For several weeks, I lost flesh and strength with great rapidity, till I became exceedingly emaciated and feeble. Still, however, I continued to keep up my exercise, and take my regular morning walks, of four or five miles; although I was sometimes so weak that I used to stagger as I walked along the streets. Yet I felt perfectly well; and what seemed to me rather remarkable, was, that I generally felt stronger, and more vigorous, at the end of my walk, than when I first started. Several months passed off in this way; and although my old complaint had left me entirely, and I was free from every pain and sense of illness—and, so far as my *feelings* were concerned, enjoyed the best of health—yet, somehow or other, I could not manage to pick up my crumbs, and regain my flesh and robustness of appearance. Every body said I was starving myself to death, on Graham's System; and my family kindred, who really believed it, were exceedingly exasperated against you, and seriously thought that you ought to be hung, for destroying human life in such a manner. Nevertheless, I persevered, against all opposition; preferring greatly, my ghostly form, and all the sneers and ridicule and obloquy which I received, with an entire immunity from my old complaints and sufferings,—to a portly body, and the world's approbation, with the constant torments of the gravel. By patient endurance, and resolute perseverance, however, I have gained an entire

victory over both disease and opposition. After rigidly observing your System, for the best part of a year,—during the whole of which time, I *felt* perfectly well,—I began to gain in flesh, and improve in strength; and continued to gain, till I became much more fleshy than I ever was before. My cheeks became full and round, and my complexion assumed the clearness and ruddiness of youthful health and vigor; and in every respect I became perfectly healthy and robust, and cheerful; and I have since, for about one year, continued to enjoy the most perfect and uninterrupted health, up to the present moment. During the prevalence of the cholera in this city, I had not the least indisposition of any kind. I continued my daily exercise, as usual all through the sickness; and one day in August I took a walk of forty miles out into the country, and could have gone ten miles farther, without unpleasant fatigue. The next day I walked back into the city with great ease and pleasantness.

I am perfectly satisfied, that, as a general rule, every man may enjoy health if he will; and that it is disgraceful to be sick.

Thus much concerning myself, in relation to your system.

I have a neighbor, by the name of Higgins, who is a blacksmith by trade, and now about the middle of life. He had been for several years in bad health, and had become so completely disordered and broken down, that he was able to attend to little or no business. He first heard your Lectures, at the same time that I did, and immediately adopted your System; but he did not go to such extreme as I did. He very soon got rid of his disorders and complaints, and entirely recovered his health, and has ever since continued to enjoy the best of health. He is a very large, well proportioned and powerful man: still adheres closely to your System; and is driving on his business with great industry and success. During the cholera season, neither he nor any of his family who lived on your System, was troubled with that disease.

I could tell you of other interesting instances of benefit derived from your Lectures; but I will not weary your patience.

Yours with much esteem,

JOHN B. JANSEN.

MR. RICHARD GRIFFITH, of New-York, after having been most grievously afflicted with the Gravel for several years, and passed through the hands of a number of physicians, without benefit, has recovered the most perfect health, by living according to my rules. He has written me a long and interesting letter on the subject, which I am compelled to omit here. S. G.

A B S T R A C T S.

In order to keep the size of the present volume within the bounds originally contemplated, I am obliged to give the following very brief abstracts, instead of the full and interesting communications, which I hope still to have an opportunity to publish.

MISS A. HUSSY, of New-York, after being afflicted from her childhood with distressing sick-head-ache—and several years with dyspepsia in its worst form, adopted the system which I recommend and was soon restored to most excellent, and uniform, and permanent health.

FRANCIS G. MACY, of New-York, had been dreadfully afflicted with the sick-head-ache, for more than thirty years. He heard my Lectures, abandoned coffee and tea, and ate the unbolted wheat-bread, and soon obtained an entire and permanent relief.

ANDREW COOK and wife, of New-York, after having suffered from fifty to sixty years with very frequent and violent turns of sick-head-ache, were entirely relieved by living on this System.

HERVY SPENCER of New-York, was alarmingly troubled with bleeding at the lungs, and many other symptoms of pulmonary consumption, and received good health by following my directions of general regimen.

ANDREW LUKE, of New-York, after having been severely afflicted for several years, with bilious complaints; bleeding at the lungs, and many other distressing symptoms of pulmonary disease, has been restored to the best of health, by this system of living.

STEPHEN P. HINES, recently one of the Editors of the *Genius of Temperance*, New-York, lost several brothers by the consumption; and for three or four years had been suffering a decay of health, and began to feel many of the distressing and unequivocal symptoms of pulmonary disease, and began to think that he must *necessarily* fall a victim to that complaint. His nephew Joseph Hines, was still further advanced; had a very bad cough—raised much blood from his lungs: and his friends had little hope of his surviving many months. They have both been restored to good health by following my advice.

MRS MERIT H. SMITH, of New-York, had been long and most distressingly affected with sick-head-ache, and subject to frequent turns of excessive bleeding at the lungs, so that she was often brought extremely low, and apparently near to death. She has recovered excellent health on my regimen.

HENRY R. PIERCY, of New-York, after being afflicted for many years with complicated complaints; cholera morbus; fever; pain in the breast; inflammatory rheumatism &c.; has been restored to excellent health by my system.

WILLIAM MITCHELL, of New-York, was for many years painfully afflicted with vertigo and confusion of the head, to such an extent, at times, as to unfit him for business. Mrs. Mitchell, from childhood, had suffered extremely from sick head-ache and other distressing complaints, without being able to obtain any relief. Their two daughters had begun to be affected with nervous complaints, head-ache, &c. Their little son was laboring under the symptoms of an advanced stage of pulmonary consumption, when the whole family adopted my System, and in a few months were all restored to excellent health, which they still continue to enjoy. Before adopting this system of living, Mrs. Mitchell had never been able to eat strawberries in the smallest quantity, without being made distressingly sick by them; now she eats them with freedom, without the least inconvenience.

ELEAZER PARMLY, of New-York, one of the first Surgeon Dentists in the United States, after enduring a miserably deranged state of health, and particularly a severe pain in the breast, for more than ten years, for which he had in vain sought relief from the best medical skill of London and New-York, has been restored to the best of health by the System which I teach. In the same manner, Mrs. Parmly has recovered excellent health, after seven or eight years sickness and suffering.

JOHN BURDELL, of New-York, a Surgeon Dentist of great merit and rising reputation, has been exceedingly benefitted by the System; head-ache, weak eyes, general debility, &c., all completely removed.

Mrs. SARAH VAN YORK, of the same city, had endured a miserable state of health for many years; very weak; frequent turns of fainting away; disease of the liver; pain in the side; incessant head-ache, often extremely violent; general bodily anguish; dreadful melancholy, &c., all of which were entirely removed, and excellent and permanent health restored by the regimen which I prescribe.

NICHOLAS VAN HEYNIGER, of New-York, was afflicted with impaired health for several years; his sight was so much affected that he could not read at all by candle light. A few months' observance of my regimen, restored him to good health and perfect soundness, clearness and strength of vision.

Many cases of Piles of the most distressing and inveterate character, have been reported to me, as being entirely cured by the simple regimen which I teach. I regret that I have not room to give at length, all the interesting statements which I have received; fully believing that they are of the utmost importance to my suffering fellow creatures.

S. G.

[FROM THE JOURNAL.]

GRAHAM MEETING IN PROVIDENCE.

Pursuant to a public notice, given by a Committee appointed by Mr. Graham's class, a Meeting was held at Masonic Hall, in Providence, March 4, 1834, composed of a large number of individuals of both sexes, who had attended the Lectures of Sylvester Graham, on THE SCIENCE OF HUMAN LIFE, and who approved of his system of instruction—at which Meeting, resolutions reported by the Committee, consisting of Rev. Thomas Williams, James Scott and Stanford Newel, were unanimously adopted, as follows:

1. *Resolved*, That the Lectures which Mr. GRAHAM has delivered in this city, have not merely equalled, but highly exceeded the expectations we had formed respecting the nature, the objects and importance of his System.

2. *Resolved*, That while we are deeply sensible of the misapprehensions and misrepresentations that exist in respect to Mr. Graham, and his objects and sentiments, among persons who have not had an opportunity or an inclination to obtain information on these subjects; yet, we are persuaded, that the sentiments and practices which he inculcates in his "LECTURES ON THE SCIENCE OF HUMAN LIFE," accord with the fundamental principles of physiology, and the laws of our nature, resulting from our compound and wonderful existence.

3. *Resolved*, That in our judgment, the System which Mr Graham scientifically and experimentally illustrates and enforces, is essential to the continuance and prevalence of the reformation which has happily commenced and rapidly advances, with the progress of knowledge and virtue, liberty and happiness, among mankind.

4. *Resolved, therefore*, That we cheerfully contribute our testimony, to sustain and extend the reputation of Mr. Graham, as a *Public Lecturer on the SCIENCE OF HUMAN LIFE*, from a deep solicitude that our fellow men may receive as extensively as possible, the benefits which his instructions are calculated to produce, in reference to their material, mental and moral capacities, obligations, interests and enjoyments.

5. *Resolved*, That in acknowledgment of the benefits we have received from the Lectures of Mr. Graham, we are desirous of presenting to him some proper and permanent testimonial of our esteem, friendship, and cordial approbation of his character and conduct, as they have been publicly and privately exhibited, during his residence in this city.

6. *Resolved*, That we are persuaded that happy results will arise from a candid and rational experiment of the System which Mr. Graham enforces; of the good effects of which, in the economy of human life, there are many living and grateful witnesses.

7. *Resolved*, That the preceding resolutions be signed by the Chairman and Secretary of this meeting, and presented to Mr. Graham, and also that they be published.

A Committee was appointed to carry the fifth resolution into effect, by appropriating, under instructions, the amount subscribed.

S. NEWEL, *Chairman*.WM. S. PATTEN, *Secretary*.

At an Adjourned Meeting, holden at Masonic Hall, March 15, 1834, a beautiful silver Fruit Basket, and an elegantly bound copy of Dr. Noah Webster's quarto Dictionary, were presented to Mr. Graham, in fulfilment of the above fifth resolution.

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NOTE.—Many complaints are specified in the original communications, of a very important character, which may not properly be published in a work of this kind. About fifty more communications, equally interesting, remain on hand unpublished; and a great number of individuals in the different places where I have lectured, have been as much benefitted as any named in this work, who have not yet formally reported their cases. It is very desirable, and hereby particularly requested, that all who have been greatly benefitted by adopting what is popularly called "THE GRAHAM SYSTEM," should, in the manner of the foregoing communications, make out a particular and full statement of their case. The cause of humanity demands this, and they ought not to withhold their testimony. If any one feels a particular delicacy in regard to having his or her name published, let a request be made accordingly, and it shall be obeyed; but let not the testimony be withheld. Such facts are public property.

S. G.

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