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LETTERS TO A COUNTRY FRIEND.

Dear Friend.—The prospect of a visit from you in a few days is a pleasant one, although the immediate objects of your proposed visit are, perhaps, of such a nature as to preclude the hope of deriving any other pleasure from it than may be had from being together once more for a day or two.

The determination you express, "not to borrow trouble," or "meet it half way," is a good one, and if you adhere to it you will be spared much needless anxiety. Worry has more victims than war. There are at least two things that it is folly to worry about—what can be helped or avoided, and what cannot. The inevitable should be met with fortitude, and resignation to the will of the all-wise Disposer of events, by those who can happily thus meet the ill, or seeming ill, of life, or with that manly courage and philosophy which the many boast of and the very few exercise.

The old adage, "Never cross a bridge until you come to it," which you quote, is, however, like many another wise law, good or bad in influence, according to application. If it prevents the unnecessary borrowing of trouble its influence is good, but where it interferes with prudent inquiry concerning life's bridges, and the avoidance of, or proper care in crossing the unsafe ones, it exerts a decidedly dangerous influence.

In the matter of the trouble with your neighbor, my advice to you is to keep it out of court if possible. "Agree with thine adversary quickly while thou art in the way with him." You surely have a mutual friend who would gladly assist you in arriving at some harmonious arrangement of the dispute, who would for instance suggest a settlement by arbitration. There are few men who, if properly approached, would not submit any matter to the decision of arbitrators.

In my opinion legal provision should be made for the settlement of all disputes by arbitration *without appeal*, the contestants being bound to abide by the decision of the chosen arbitrators. If such provision was made, and the courts were closed against all civil cases, the time and the money wasted in actions at law would be saved for useful purposes.

Now, with reference to your daughter's case. I recall having noticed, and having called your attention to symptoms which I regarded as being somewhat alarming, such, for instance, as an occasional dry hacking cough, especially in the morning, accelerated respiration upon sudden or unaccustomed exertion, and other symptoms, more or less common, and in themselves little worthy of notice, but all taken together, and especially when as in your daughter's case, preceded by and supervening upon dyspepsia and derangements of the liver, indicating at least a tendency to lung trouble. You mention troublesome cough with expectoration, loss of flesh and strength, occasional hectic and other symptoms, which leave no doubt in my mind that prompt and efficient treatment should be adopted. Don't be unnecessarily alarmed. All of the symptoms I have noticed, or you have mentioned, are occasionally exhibited by persons who live to a good old age, and do not die of consumption, and by those who under favorable conditions become quite robust. They are, however, symptoms that it would be criminal folly to disregard.

I dare say you have seen notices of Dr. Burt's wonderful "new," "absolutely novel" treatment for the cure of consumption, which it is claimed would be effectual in fifty per cent of all consumptive cases.

This wonderful doctor and all who with him lay claim to originality or novelty for suggesting the free drinking of water as a curative agency in any disease, must be entirely ignorant of hydropathic, and more recently hygienic therapeutic literature. Hippocrates, "the father of medicine," recommended water drinking. Pressuaty, by some regarded as the parent of the hydropathic system, placed great reliance upon water drinking. The works of Drs. Bell, Gully, Johnson, James C. Jackson, and Trall, the originator of the Hygienic Therapeutic Treatment School of Medicine, Shaw and others furnish abundant evidence that the only originality about Dr. Burt's discovery or invention is the degree of reliance which he seems to place upon excessive water-drinking. Water forms a large proportion of all animals and plants, and it plays a most important and essential part in all vital processes, and as it is continually passing off from the skin in perspiration visible or insensible; from the lungs in expiration; from the kidneys, and from the bowels, carrying with it impurities in solution, the normal demand of the animal system for water is constant and great. You will readily understand that if the normal demand of the system for water is not supplied, the vital processes, which are dependent upon it, will not be efficiently performed. The excessive use of water (or anything else,)—that is, the use in excess of the actual requirements of the system—must be prejudicial in every case.

Do you find any one with whom you can play chess? I am anticipating a few stirring contests with you. Strange to say, much as I love this kind of games, I have not played a game of chess since I came here. Don't you think that those who have calculated the results of moves on the chess board are more apt, as well as better able, to forecast intelligently the results of moves on life's checkered field than those who have not enjoyed this training?

I agree with you in thinking that there are very ominous clouds on the political horizon, and indeed some of the most threatening are directly overhead. It would almost appear that an occasional war is as essential to the restoration of disturbed political equilibrium as are electrical and other storms to the restoration of disturbed meteorological equilibrium. Sooner or later France will attempt the recovery of Alsace and Lorraine. Russia has not lost its appetite for Turkey, and Austria cannot afford to remain passive should Russia attempt to extend its boundaries southward. Nor can England permit Russia to obtain possession of Constantinople. This Eastern question may be solved in a way least expected by diplomatists and statesmen, but predicted by Divinely inspired seers of old.

The "strained relations" existing between the governments of Britain