

THE WATER-CURE JOURNAL.

THE ART OF HEALING :

AN INQUIRY INTO THE INFLUENCE OF MEDICAL
SCIENCE UPON THE PUBLIC HEALTH.

BY THOMAS L. NICHOLS, M.D.

THE ART OF HEALING, as taught and practiced in this middle of the nineteenth century, professes to be the result of the accumulated wisdom of three thousand years. During all this period, a privileged profession has been engaged in investigating the science of life, the conditions of health, the causes of disease, and the means of cure. Many thousands of men, in many countries, and in all these ages, have made this the business of their lives; and, in consideration of their devotedness to this great work, they have been honored and rewarded; they have been considered the benefactors of the race, and their calling is often connected with the attributes of divinity. Medicine is said to be a noble profession, a divine art, a glorious science!

I propose to briefly examine into the claims of this calling upon the gratitude of mankind, and the high respect, often approaching to adoration, with which its professors have been treated in all ages of the world.

In pursuing this inquiry, I shall not examine the medical history or sanitary condition of other countries and times. A wide and open field is presented in our own city, and I shall need to go no further. No where is the medical profession more numerous or more respectable. We have over six hundred *regular* physicians, and some hundreds who are considered *irregular*. We have two medical colleges, of high standing, connected with our two universities; and a third is just going into operation. We have an Academy of medicine, intended to collect into one burning focus all the medical learning and skill of the city. We have hospitals, clinics, infirmaries, and dispensaries. In a word, there is nothing wanting, by which medical science can produce its legitimate effects upon the public health.

Never had a profession greater advantages. No greater could be desired. Its members are of the highest social rank; many of them are looked up to and revered; they possess unbounded influence, both with individuals and legislative bodies. Whatever law they recommend is passed—whatever they advise is speedily accomplished. There is, therefore, no lack of power to carry out the dictates of their wisdom.

And these doctors mean well. They are not wanting in zeal or benevolence. I cordially esteem the members of the medical profession gen-

erally, for the goodness of their intentions. They are really doing what they believe to be their duty, according to the light they have. Day and night, summer and winter, they drive round the city, visiting patients, writing prescriptions, and trying to cure the sick. They order medicines without stint. No new remedy, no promising experiment, escapes them. Every few months they bring out some new preparation. Now it is quinine, now morphine, now the hydriodate of potassia, now cod-liver oil. They are indefatigable. Their dispensaries contain thousands of remedies—and four hundred druggists, with their assistants, are employed the year round, in preparing and dealing out these medicines. We pay two millions of dollars a year in doctors' bills, and certainly not less than a million more for drugs.

Let us now turn for a moment to the result. Let us ask what might naturally be expected of such a body of men—so learned, so wise, so benevolent, so well organized, and so powerful! Might we not expect to find the population of this city surrounded with all the conditions of health, fully instructed in hygienic principles, and never ignorantly violating the laws of life? Might we not expect a pure and healthy atmosphere, free from all pestilential nuisances; perfect ventilation in all our public edifices and private dwellings; markets carefully inspected and supplied with none but healthy food; all diseasing adulterations in commerce suppressed? Might we not expect to find a general state of health, in the young and middle-aged, and death the result, with rare exceptions, of a gradual wearing out of the vital forces? Such a state of things would be worthy of the medical profession, and such must be the natural result of true medical science.

It is time now to come to the facts. We have intimated what might and ought to be—let us turn to the public records of the city—to the Report of the City Inspector to ascertain what really is. In that report, I find that during the year 1849, there die¹ of various diseases in this city, over TWENTY-TWO THOUSAND persons, and that of all that number, only two hundred and twenty-four died a natural death—the only truly *natural* death of old age. I find that of that twenty-two thousand, TWELVE THOUSAND, or more than one-half, were children, of whom far the greater number died before they were five years old. Here begins the contrast between what is and what ought to be—between our reasonable expectations and the terrible reality.

We may estimate the amount of sickness from the number of deaths. If we allow that one case of sickness in ten is fatal, we have an aggregate

of two hundred and twenty thousand cases of sickness in New York in a single year, cases which it ought to be the business of medical science to prevent. All this sickness, pain, and distress, must be the result of causes, which it is the province of medical science to remove. But the causes remain, and here are the melancholy—the terrible consequences. We are surrounded by death-dealing nuisances; there is almost universal ignorance of the laws of health; sickness is in all our dwellings, and death cuts off half of all that are born in the very flower of existence; while barely one in a hundred lives to the natural age of man, and dies a natural death. And this is the result of our boasted medical science, our noble profession, and the accumulated wisdom of three thousand years!

I shall go into no argument to prove that children are born—that they may grow up, become healthy, well-developed men and women, live to a good old age, and go down to the grave like a shock of corn fully ripe. This is the natural destiny of man, and it is the object of medical science to enable him to accomplish that destiny. We see how medicine fulfills its object. This is the way—of the children who died in this city in 1849, there were 4452 of one year old and under, and nearly ten thousand under five years of age. Read this, professors of our two medical colleges; read this, ye six hundred regular physicians and four hundred druggists; ponder this, Academy of Medicine! Look into the little graves of ten thousand innocents, in one single year the victims of your ignorance, your mal-practice, or your neglect. I charge upon you this terrible mortality. But for you, and the trust reposed in you, it would have been prevented. You have kept the people in ignorance—you have taught them to place a blind trust in your science and skill; and here is the awful result. The time has come when you must answer for this at the bar of public opinion. This is no idle declamation. Here are the facts and the figures, and there is no getting away from their purport. Until the medical profession have done their whole duty in enlightening the people as to the causes of disease; until they have exerted their whole influence in surrounding people with the conditions of health, a large portion of this sickness and premature mortality must be charged to their neglect; and until they learn how to treat disease more successfully, a large portion must also be attributed to their ignorance.

The medical profession, as now constituted, and in its present position with regard to public health, resembles a band of wreckers distributed along a reef-lined coast, where vessels are continually driving ashore. It is their duty to warn the mariners of their danger, and to show them how to steer to avoid it; but this duty they neglect, contenting themselves with rude efforts to rescue, and successful ones to plunder, such as are washed ashore. Physicians have shrouded the simple science of physiology in mystery. Far from warning men of the danger of violating the laws of life, they have hung out false lights,

by giving them confidence in the power of medicines; and after neglecting the public health, they have increased the number and the mortality of diseases, by the administration of poisons, in a thousand deadly combinations.

On these high grounds, I arraign the science of medicine, as taught in the schools, and the profession of medicine, as self-constituted regular, as potent causes of the pervading disease and premature mortality that afflicts this community. I charge upon the medical profession, as sanctioned by our legislatures and fostered by our universities, the diseases which fill our city with tribulation, and this frightful array of premature mortality, which makes our dwellings resound with lamentation and woe. Where all might be joy, and comfort, and health, medicine, by its acts and its neglects, brings sorrow and desolation, and spreads the pall of mourning over the innocence of childhood, the loveliness of budding womanhood, and the strength and maturity of man.

The reform, so long needed, so loudly demanded, has at last begun. We have at length a science of medicine, that is founded on hygiene, a science for the preservation of health, as well as for the cure of disease. We have at length the germ of a medical profession, which must do its proper duty to mankind—which has already begun, and is earnestly engaged in public enlightenment. I need not say that I mean the WATER-CURE, and its teachers and practitioners. The regular profession of medicine, from its sins of omission and of commission, its neglect of duty, its intolerance, its baseless pretension, and its utter hopelessness and worthlessness, is every day sinking lower in the public estimation; while that system of nature which we term the water-cure is rising every day higher and higher in the approbation of intelligent minds, and the just appreciation of a long-abused, but now awakened public.

87 West 22d street, New York.

HYGIENE THE TRUE MORAL OF THE CHOLERA.*

[Concluded from the June Number.]

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

THE conclusion of the article is equally able:—
“The true philosophy of the science of medicine is the knowledge of the causes of disease. Or, if these causes be too subtle and refined for our gross senses, it is the knowledge of the several conditions, external or internal to the body, which give those causes power. In the future history of medicine, we shall see men returning to the principles promulgated by its earliest founders. They will perceive that the treatment of the fully-formed disease is at the same time the most difficult, and the least useful part of their noble profession. They will learn to arrest the evil at the fountain-head, and not to dam the current swollen by a thousand tributaries. And if the

* A LECTURE, delivered before the Mercantile Library Association, in Clinton Hall, New York.

principles which we have analyzed in this article be correct, it will not be the least triumph of this philosophy, that it has indicated the true mode in which the great epidemic of our time can be most easily and most effectually controlled. It bars out the disease—not with quarantines and cordons sanitaires, but with a cleanly people, and uncontaminated air. *The evil which springs from the bosom of Nature only needs for its removal an observance of the rules which Nature herself reveals.*"

Noble, thoughtful words! Would that they could be heard, and their point apprehended, not only by every member of the healing fraternity, but as well by every reflecting mind in the whole wide world!

I have next to speak of the results of the efforts that have so far been made in England itself, to advance the cause of Sanitary Improvement. Numerous "Health of Towns Associations" are now in operation, and a great deal has been done in the way of bettering the condition of the poor. Free baths and wash-houses are in process of gradual establishment in the large cities, and in London itself the famous St. Giles, the former "Five Points" of the metropolis of England, has been renovated by the authorities—its streets widened, and its poor dispersed. But it is mainly to the late invasion of Cholera that we are to ascribe the present zeal of the London press in behalf of the cause. The articles on the subject of hygienic improvement which are now in course of publication in England, literally burn with indignant eloquence, and answer for themselves the stale objection that laymen cannot understand the laws of life and health.

"We cannot tell," says the *London Times*, "why the fetid sewer, or the exhalations of the reeking grave-yard, should be the cause of cholera one year more than another, and we cannot form any conception of the reason why the epidemic should ever cease in the polluted districts of Lambeth or Shoreditch, during eight months any given year. Our conclusions are all yet entirely empirical. All we know is, that when the cholera is present these are the spots in which it first declares itself—these the points from which it mainly radiates into quarters of the town which are inhabited under more endurable sanitary conditions. The heavy pressure of the disease in such localities offers the best suggestion for depriving it, for the future, of its main power. If we would avoid a speedy recurrence of this visitation, it is in behalf of the proper purification, and the closing up of the centres of feculence, that we must mainly address ourselves to all who are compelled to live within the limits of the bills of mortality. A proper system of sewerage has yet to be established; a suitable supply of water, both in quantity and quality, must be poured into every alley and court of this huge town. We must seal up grave-yards; banish noxious trades to the suburbs; remove cattle-markets, slaughter-houses, and their attendant pollutions, and do, in short, by legislation, all that legislation can effect."

Is not this sensible hygienic advice, if it *does* come from a *lay* source? And is it not equally adapted to the meridian of this city of New York? But again:

A writer in the *London Morning Chronicle*, in giving an account of a visit paid to a portion of that city in which the cholera had been exceedingly destructive, gives the following account of the manner in which the inhabitants were supplied with water:

"In No. 1 of London street the cholera first appeared seventeen years ago, and spread upward with fearful violence; but this year it appeared at the opposite extremity, and ran downward with like severity. As we passed along the reeking banks of the sewer, the sun shone upon a narrow slip of the water. In the bright light it appeared the color of strong green tea, and positively looked as solid as black marble in the shadow—indeed, it was more like watery mud than muddy water; and yet we were assured *this was the only water that the wretched inhabitants had to drink.*" The water for that part of London is supplied, it seems, by a Company, which, under the plea of not being able to supply a sufficient quantity to other sections, suddenly withdrew, during the cholera season, one half of the scanty supply usually doled out to the squalid occupants of the city courts.

"From the poor gasping wretches," says the *Times*, "thus consigned in cold blood to the horrors of a water famine, this company were, be it remembered, at the same time drawing a profit of at least ten per cent. per annum upon their paid-up capital!"

The *Times* has accordingly denounced this Company for its action, and the city government for permitting it, in terms of fierce and unsparring invective. It pronounces the weekly charge of eight pence per house grossly extortionate, and claims that the city can be steadily supplied with "cool, fresh, lucid water, sent, sparkling and pure, up every court and alley, and to the very garrets of the meanest houses, at an average general rate not exceeding two pence per week per house—just about *one fourth* of the present charge." This rate (it adds) would be more than saved by the diminished outlay in cleansing and drainage; by the lessening of fire assurance risks, and so forth; "by the popularization of health-and-strength-giving baths, now the costly luxury of comparatively few; and lastly, by the prevention of those tremendous epidemics,—cholera, typhus, scarlatina, and all the other filth-murrains of cities,—whose victims are mourned with bitter wailing and lamentation by many a ruined family in many a devastated home."

In still another article, in reply to an official announcement of Alderman Sidney that the city was safe from pestilential disease, the *Times* thus sets forth an appalling array of facts illustrating the condition of the poor:

"We cannot proclaim to the country, as Alderman Sidney desires, that the city of London is safe. There are at this moment in the metropolis five hundred thousand powder-barrels,

awaiting, open-mouthed, the sudden spark which, whenever it may fall, will infallibly produce a tremendous explosion. Those powder barrels are the stagnant cesspools, the breeding coffins, and the subterranean slaughter-houses of the city. The spark whose kindling touch they await is the invisible, floating cholera spore, and the dreaded explosion is a fresh outburst of devastating pestilence. Empty these powder-barrels, Mr. Alderman Sidney, and then we will report the city safe. Cleanse, in Fox Court, the 'public ordure-pit,' which has already destroyed four victims, and from whose yawning mouth fresh poison is still steaming up. Let in the light of day—let in pure air and unpolluted water to the fevered, scrofulous outcasts of that other court, where the very pump yields an offensive stream, where half the entire population have perished of the plague, and where the miserable survivors, helpless and hopeless, are awaiting their turn to die. Purify the city of these deadly plague-spots, which shame humanity, and are the opprobria of civilization, before you boast of the health of the city and expect the fugitives from its horrors to return. We sympathize with those who, being rich, have lost business by the cholera panic; but we sympathize still more with those who, being poor, have lost by it all that they had to lose—their lives. We are not insensible to the anxiety of wealthy tradesmen, 'paying hundreds a year' for their premises, and only 6d. per diem, by their trade; but we sympathize still more with the poor outcast whom we saw on the 27th of September, lying dead of cholera, in St. Bartholomew's Hospital, with the word 'unknown' written over against his bed; we sympathize still more with the friendless pariah, who, on the 25th of August, was found a shriveled corpse at No. 21 Fleur-de-lis Court, where, for two long days, she had been left unvisited, probably in excruciating agony; her groans unheard, her maledy unattended, her dying eyes unclosed, her corpse uncoffined; we sympathize still more with the poor steel-polisher, whom the city authorities suffered, last Monday week, to perish of cholera, at No. 7 Robin Hood Court, St. Andrew's, *by reason of want of food*. We say that, while in the heart of the city such occurrences as these, day after day, belie religion and insult humanity, we must expect to incur, not in one only, but in a succession of plagues, the revenge of outraged Nature, and the retribution of offended God. We have said, and we repeat it, that the poor of the metropolis are worse off now than they were in 1832; that the supplies of air, and light, and water, have not kept pace with the wants of a growing population, crowded by the unchecked rapacity of extortionate house-owners into pestiferous dens, in which no merciful master would kennel his hounds. The Common Council may suppress or mutilate the reports of its medical officer; they may contest the authority of the Board of Health; and they may shut their ears to the wailing of the decimated poor; but they cannot tamper with the bills of mortality, nor resist the authority of public opinion, nor stifle the voice of

the press. They cannot, in the face of irrefragable evidence to the lamentable condition of the city poor, with which our columns daily teem, persuade the community that the health of London is satisfactory, and that the risk of cholera is at an end."

Let me not be told, gentlemen, that these London horrors can find no parallel in this city of New York. It is not so. If there are "500,000 powder-barrels" in the English metropolis, ripe for an explosion, there are at least 100,000 in our own community. Our Croton water is not always preferred to the noxious rills from the fœtid pump. We, too, suffer from the gross pollution of the cattle-market and the slaughter-house; we, too, have our "reeking grave-yards" and "breeding-coffins." It is only a few days since the Grand Jury of the Court of Sessions presented "Potter's Field," on Randall's Island, as a most horrible nuisance. They have also found in the northern part of the city, "cow-stables, distilleries, and establishments for cutting up and boiling dead horses and other animals." In another place, *near the heart of the city*, they have found a single enclosure containing 1200 cows. That these are nuisances of the most loathsome description, as the Grand Jury admit, there cannot be any rational doubt; "the putrid stench which issues from them corrupts the atmosphere of the whole neighborhood, even at this advanced season of the year. It seems incredible that human life can possibly be sustained within the pestilential effluvia of such places as these; and yet," as the Grand Jury inform us in their presentment, "all these places were in full operation throughout the last season, while the cholera was raging!"

But time would fail me, gentlemen, were I even to attempt to complete an enumeration of the horrors in our midst. I would fain add something in regard to the 25,000 wretches who *live in cellars*—knowing nothing of the luxuries of air, light, cleanliness, and wholesome food; but I can only say of them (in the words of Professor Dickson): "the unutterable pollution, the equal- or, the anguish, there endured, must make angels weep, and touch with pity the arch-fiend himself, whose dread abode contains no pang more intolerable, except its eternity of despair."

One word, ere I close, of the remedy for these evils. I conceive that this remedy is most easily to be found in the prompt action of our local government, when properly enforced and demanded by an enlightened and concentrated *public opinion*. It is the manifest duty of the intelligent and the thoughtful to form that public opinion and bring it to bear upon the municipal authorities. We, gentlemen, must do our part to bring the matter before the city government. On the Common Council of the city of New York devolves the responsibility of the public health; on us the duty of holding them to their task. Let us resolve, then, to hold meetings, ascertain facts, and present reports. As a starting-point, let us call on the authorities to renovate "the Five Points,"—to abate the nuisance of "the Old Brewery." We have a noble example in the

earnest action of our English brethren. St. Giles is no more! But let us not be content with mere imitation; let us strive to excel them. So may we hope to escape in future the dreaded recurrence of the loathsome plague, the stern revenge of "outraged nature," and the just retribution of "offended God!"

AMERICAN VEGETARIAN CONVENTION.

BY T. L. NICHOLS, M.D.

THE movements of the vegetarian societies in England, during the past year, having stirred up the friends of dietetic reform on this side of the Atlantic, it was resolved that a convention should be held in May, after the Religious Anniversaries, for the purpose of forming an American Vegetarian Society. The chief agents in this work were the Rev. Wm. Metcalfe, of Philadelphia, an active Foreign Corresponding Secretary of the British Vegetarian Society, and the celebrated Dr. Wm. A. Alcott, of Massachusetts, the author of a hundred useful books, in almost every department of education, reform, and progress.

The convention met at Clinton Hall, on Wednesday, May 15, at 10 A. M., and was informally organized by electing Dr. Joel Shew Chairman pro tem. A committee then nominated the following officers of the convention, who were duly chosen:

President, Rev. WM. METCALFE, of Philadelphia.
Vice-Presidents, Rev. WELLINGTON, of Boston, BLAKE, of Pepperill, Mass., DR. JOEL SHEW, of New York.

Secretaries, JOSEPH METCALFE, of Philadelphia, JOSEPH WRIGHT, of New Jersey.

The Rev. Mr. Metcalfe, on taking his seat as President of the Convention, stated that he had been a vegetarian for forty years. In this time he had reared a family, some of whom were present, children and grandchildren, who had never tasted animal food in their lives. All the members of the church over which he presided were also strict vegetarians, as a matter of religious belief and duty. As a general thing, they had enjoyed good health—better than their neighbors. They had passed through two seasons of the yellow fever unharmed, while many were dying around them. They had also almost entirely escaped the ravages of the Cholera in its several visitations.

Committees were now appointed to prepare resolutions for the convention, and to report a constitution and organization for the proposed association, after which several members of the convention related their experiences of the benefits of a pure diet. Dr. Bedortha, water-cure physician, of Troy, gave an interesting account of his experiments and observations, and one of the delegates from Philadelphia, a hale and hearty man of sixty-two, gave the pleasant result of forty years' use of a fleshless diet.

The following resolutions, mainly submitted by the delegation from Philadelphia, were unanimously adopted:—

DECLARATION AND RESOLUTIONS.

Man is evidently responsible to certain physical, mental, and moral laws. Obedient to these, he will secure health and happiness, while disobedience evidently produces misery and evil. Natural laws form a unique, harmonious system, and man partakes of this prevailing beauty in every law of his being. Constitutions may, indeed, differ, but there must be a universal law for the stomach as well as for the lungs; and the species of food, prescribed by the universal law for the human stomach, will be found to comport best with the physical abilities, health and exercise of the intellectual and moral powers. Vegetarianism unfolds the universal law of man's being. Its observance is a stepping-stone to a higher stage of existence, and removes obstructions which hinder the fulfillment of man's highest aspirations, and it is the inlet to a new and holier life.

With these views impressed on our minds, we, who are here assembled in American Vegetarian Convention, have hereby—

Resolved, That comparative anatomy, human physiology, and chemical analyses of different animal and farinaceous substances, unaidedly proclaim the position, that not only the human race may, but should, subsist upon the productions of the vegetable kingdom.

Resolved, That the vegetarian principle of diet derives the most ancient authority from the appointment of the Creator to man—when he lived in purity and peace, and was blessed with health and happiness—in paradise.

Resolved, That though the use of animal food be claimed, under the sanction of succeeding times, it rests only on the permissions accorded to man in his degraded condition, and is a departure from the appointment of the Creator.

Resolved, That if man would return to paradise and purity, to mental and physical enjoyment, he must return to the paradisaical diet, and abstain from the killing and eating of animals, as food.

Resolved, That there is found in the vegetable world every element which enters into the animal organization; and that combinations of those elements in the vegetable kingdom are best adapted to the most natural and healthy nourishment of man.

Resolved, That the approbation of man's unsophisticated and unbiassed powers of taste, sight, and smell, are involuntarily given to fruits, farinaceous, and vegetable substances, in preference to the mangled carcasses of butchered animals.

Resolved, That flesh-eating is the keystone to a wide-spread arch of superfluous wants, to meet which, life is filled with stern and rugged encounters, while the adoption of a vegetarian diet is calculated to destroy the strife of antagonism, and to sustain life in serenity and strength.

Resolved, That as there are intellectual feasts and a mental being into which the inebriate can never enter, and delights which he can never enjoy—so there are mental feasts, and a moral being, which to the flesh-eater can never be revealed, and moral happiness in which he cannot fully participate.

Resolved, That cruelty in any form, for the mere purpose of procuring unnecessary food, or to gratify depraved appetite, is obnoxious to the pure human soul and repugnant to the noblest attributes of our being.

Resolved, That the evidence of Linnaeus, Sir Richard Phillips, Franklin, Sir Isaac Newton, John Wesley, Swedenborg, Howard, Jefferson, Rousseau, Akenaide, Pope, Shelley, Sir John Sinclair, Arbuthnot, and a host of others, living as well as ancient observers of nature, testify to the truth of vegetarianism.

Resolved, That in the vegetarian cause, a new field of exercise is opened to the moral reformer, in which he is most earnestly and cordially invited to become a co-worker with truth, by adopting its teachings in the government of his own life, and by diffusing its principles in all his efforts for the elevation of his fellow-man.

Resolved, That we will personally interest ourselves in promoting the circulation of publications calculated to advance our cause—such as the London *Vegetarian Advocate*, the *Water-Cure* and *Phrenological Journals* of New York, and all publications having for their objects the promotion of a knowledge of the laws of our being.

Resolved, That we hail with great joy the progress of the vegetarian cause in England, where large societies exist, which, in one or two instances, embrace nearly five hundred members.

Resolved, That it is advisable to organize State and local vegetarian societies, wherever practicable, with as little delay as possible—lecturing and diffusing facts and principles in the science of man.

The Committee on the Constitution reported

the following Preamble, as the basis of organization:—

PREAMBLE.

The objects of this association are to induce habits of abstinence from the flesh of animals, as food, by the dissemination of information upon the subject, by means of verbal discussions, tracts, essays, and lectures, exhibiting the many advantages of a physical, intellectual, and moral character, resulting from vegetarian habits of diet, and thus to secure, through the association, example, and efforts of its members, the adoption of a principle which will tend essentially to true civilization, to universal brotherhood, and the increase of human happiness generally.

The officers provided by the constitution are a President, nine Vice-Presidents, a Recording Secretary, a Corresponding Secretary and a Treasurer, constituting a board of directors. The active duties of the Association fall upon the Corresponding Secretary, who is to receive a percentage of the receipts for his services. The initiation fee is 25 cents; the annual dues one dollar. Life membership twenty dollars. Meetings are to be held annually, in the month of September—the next one to be in Philadelphia, where it is proposed to make a grand vegetarian banquet a portion of the order of exercises.

The following officers were then elected for the ensuing year:—

AMERICAN VEGETARIAN SOCIETY.

President,

Dr. Wm. A. Alcott, of Massachusetts.

Vice-Presidents—1st. Dr. R. D. Mussey, of Ohio; 2d. Sylvester Graham, of Mass.; 3d. P. P. Stewart, of Troy, N. Y.; 4th. H. H. Hite, of Va.; 5th. Dr. Prince, of Missouri; 6th. Joseph Wright, of New Jersey; 7th. Dr. Joel Shew, of New York; 8th. Wm. O. Chapin, of Rhode Island; 9th. Joseph Metcalfe, of Pennsylvania.

Recording Secretary—Dr. R. T. Trall, of New York.

Corresponding Secretary—Rev. Wm. Metcalfe, Kensington, Philadelphia.

Treasurer—S. R. Wells, of New York.

A public meeting of the newly-formed society was held in the evening. On taking the chair, Dr. Alcott made some interesting observations on the anatomical and physiological arguments in favor of the Vegetarian system. He was followed by Sylvester Graham, in an address of some length, but difficult to report with justice to the speaker. In the course of his remarks, there sprung up an animated controversy between him and Dr. Wieting, the well known lecturer on Anatomy and Physiology, which has been made the subject of extensive newspaper comment. The address of Dr. Graham was all that those who best know him were prepared to expect, and we believe that none of these were disappointed.

Whatever may be the success of the movement thus set on foot, the immediate result has been favorable to the cause of dietetic reform. The press, throughout the country, has noticed the movement; discussions have sprung up; curiosity has been awakened, and good must of necessity grow out of this process of enlightenment.

Science, experience, and the dictates of a refined taste, all point to the vegetable world as affording the purest nutriment for man, and that which is best adapted to all the wants of his physical constitution. With this observation, I propose to continue the discussion of the matter in future numbers of the WATER-CURE JOURNAL.

87 West 22d street, New York.

ERRORS IN WATER-CURE.

I HAVE felt disposed to excuse myself from writing for the Water-Cure Journal for some time, because, though there is time for every thing, there is a limit to human accomplishment. My "much-serving," and your many writers, have seemed very reasonable excuses for my non-appearance in your columns. I have now a duty to perform, and therefore I am here.

There are two classes of errors in water-cure, to which I would particularly call attention—viz, the ambitious, and the reckless or careless. The first class obtains with young and enthusiastic practitioners, and such are often the product of much faith and little experience, though occasionally these errors may be found where we least look for them. The rage for experiment is very dangerous, where there is little skill and judgment. I have now in my mind a large number of cases of mal-practice in hydropathy, (I will not say *Water-Cure*), some of which I shall give as warning examples:

A young married woman recently came to me, who had been treated by a hydropathic practitioner in her first confinement. He was not with her at the birth, and there was laceration of the perineum. The accoucheur put on an abdominal bandage, but the hydropath told her *it was not needed*, and contrary to the advice and entreaty of the allopath, the lady took it off, and the third day took a long walk—she has not been well since. Now, in our artificial state, we are not exempt from the evils of that state—and the glory of boasting that such a lady went out the second, or third day after her confinement, is poor compensation for broken health.

I have never had a case in obstetrics, where I would be willing to trust my patient without a cold, wet abdominal bandage for a month—and I never consent that a lady should take a long walk after her confinement, under a full week, though all my patients are able to get up and go into a bath the day after the birth. The invaluable worth of the vagina syringe, (I mean the curved tube vagina syringe, which holds half a pint), cannot be too strongly urged upon water-cure physicians. I have said before, and I say again, that it is a sovereign remedy for after-pains. I have never known these pains to exist where the patient had cold water thrown upon the uterus with the syringe, directly after full delivery was accomplished, and the abdomen closely compressed with the cold wet bandage. And yet I know several hydropathic practitioners, (I shall not honor them with the name of

water-cure physicians,) who, at this late day, do not use the vagina syringe in prolapsus, or accouchement. We ought to have a college for these at once, for their sins of omission or commission are by no means limited to the disuse of this important means of cure. Another of their sins is a careless neglect of patients. If a person come to a water-cure house for treatment, he has a right to the most constant supervision. To see a patient with serious disease, perhaps of the lungs, once a week, and leave him or her to the comparatively ignorant care of an attendant all the intermediate time, and that, too, in your own house, is either great inhumanity, or a most unpardonable carelessness. I have instanced disease of the lungs; because, in such cases, unremitting attention should be paid to the temperature of the patient. A chill is a fatality to such a patient—that is, a heavy chill, caused by neglect, or too much cold, or other improper treatment; and yet, what are we to think of a practitioner who will leave such a patient for weeks to an attendant in his own house, chilling every day! If no one is guilty of such neglect, I shall do no harm by uttering my warning against the inhumanity, not to say quackery, of such practice.

Another grave error in hydropathic practice, is using too much and too cold treatment for delicate and cold patients. Such are sometimes ordered to take long cold foot baths—a most insane practice. The indiscriminate use of foot baths is about equal in folly to the large and indiscriminate water-drinking prescribed by some doctors. Both are useful at times, but both are very extensively made grievous abuses. The action of the skin is impeded by too cold baths, too long continued, and terrible ulcers are often the consequence, or congestion and morbid conditions of the internal viscera are induced, which, in many cases, prove fatal. There is no doubt that Dr. Ruggles died of this ill-judged and unskillful practice. Excessive water drinking brings great evils upon the system, overtaxing and breaking down the vital powers, and inducing numerous ills which I cannot now particularize.

The warm treatment, adopted by some practitioners who have become frightened by the fatal effects of the cold treatment, is scarcely less foolish than the last. It weakens the whole organism—and, though not fatal in the same way, is a folly not to be tolerated in Water-Cure. I have had a patient of very slight reactive power, who had been at a "Hydropathic Establishment" for weeks, and all his baths had been warm. Meanwhile he was chilled constantly, and grew daily weaker. He begged for a cold bath, but it was not allowed. He left, and came to our house. He grew warm at once, under proper cold baths, and gained strength rapidly.

Water-Cure is not necessarily confined to cold or warm water, but the physician should have skill to administer both properly, or he carries the black flag on the ocean of water-cure, and should be treated accordingly.

"The more of a good thing the better," is an old maxim, which may be very mischievous in some applications. Cold water is a good thing, a blessed thing, but people may die of it, without being drowned in it. The public have to learn that there are no two water-cure physicians who are certain to take the same view of a case, and that there may be fools in our profession, as well as in other modes of practice. What is most desirable is, that the people should learn to reason correctly, and come to right conclusions themselves. The grave of quackery is dug as deep and as sure as the people are enlightened.

Hobbies are always to be distrusted. If a man tells me that *all* his patients take foot-baths, or a douche, or short, wet sheet packs, I consider that man anything but a water-cure physician. If he denounces sweating on all possible occasions, and declares that the douche should no longer be used in water-cure—if he is determined on a general application of the "hunger cure" to *everybody*, why I may as well write him down a fool, as I think him, as to go about hunting for words to express the same thing more delicately.

Different cases require different treatment—sweating in blankets is a most admirable treatment for some patients, whilst for others it would be dangerous and worthless. I have cured a patient who had been well nigh killed with excessive cold treatment, which had induced horrible ulcers, in good part by the sweating blankets. Be sure, I alternated the sweating with other treatment, but I found a sweat as good as a day's work mowing, and yet the doctor who does such mischief generally denounces its cure as "unscientific" and "very harsh."

Water-Cure physicians should be governed by principles—not rules. They should reverence themselves more that they are able to cure disease, than because they have seen Priessnitz, or have M.D. attached to their names.

The readers of the Journal may be assured that they will hear from me again when I feel obliged to write, as now, for their good.

May the good God prosper Water-Cure, and make the mistakes and errors of its practitioners a means of educating the people.

MARY S. GOVE NICHOLS.

87 West 22d street, New York.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR—No. 7.

Celsus and his Maxim—Galen's Birth and Education—Cure the Emperor's Sons—Writes Eight Hundred Volumes—Teachings of Galen—Illustration of Humoralism—Magen- die's Diseases—Little Novelty in Medicine—Life and Practice of Aesclepiades—True Church of Physicians—Surgery in Advance of Medicine—Sir Everard Home's Croonian Lecture—Miraculous Cure of Tobit—Dr. Russell's Travels in the East—Home's Experience with Gall—Censur's Imitation of Tobit—Explanation of Tobit's Cure—Origin of the Barber's Pole.

CELSUS AND HIS MAXIM.—Aurelius Cornelius Celsus flourished in the time of the Roman Emperor Caligula. His eight books, "De Medicina,"

have procured him celebrity among men in our own times. He followed the plan laid down by Hippocrates, whom he looked up to with the greatest reverence, and the knowledge of whose doctrines he did much to disseminate. He tells us, "that severe diseases require severe remedies." Some of his books were devoted to Surgery, many of the operations of which he describes as they are still performed.

GALEN'S BIRTH AND EDUCATION.—Claudius Galen was the next light of medicine, and as for many centuries he was regarded as an oracle, deserves particular attention. He was born at Pergamos, in Asia Minor, in A. D. 131. His father, Nicon, was a learned man, and early instructed him in all the knowledge of his time. At the age of 17 he devoted himself to the science of healing, and traveled much to extend, by every means, his information. He remained some time at Alexandria, then the centre of general, as well as medical, science. Determined not to abide by the opinions of others, without himself verifying the truth of their views, he soon began selecting from all, and forming a system for himself. After eleven years' study, he commenced practice in his native place, with such success, that at the end of four years, he removed to Rome, which, however, he was soon forced to leave on account of the opposition he met with from his brother physicians, who stigmatized him as a dealer in magic and a mere theorist.

CURES THE EMPEROR'S SONS.—While in Rome, however, he had gained the esteem of many learned men, whose influence was so great that on the Emperor's being sick, he was sent for to attend them. Marcus Aurelius lived, but Lucius Verus died. The former, during his German expedition, left his two sons—Commodus and Sextus—in his care, and they being seized with the plague, was instrumental in their recovery, notwithstanding the unfavorable predictions of his colleagues. These events placed him far above all opposition, and he ruled the medical world with much contempt and haughtiness.

WRITES EIGHT HUNDRED VOLUMES.—He is said to have written nearly eight hundred volumes on various subjects connected with medicine, which being deposited in the temple of Peace, were destroyed when the Goths burned it on taking Rome. He professed to act the part of a commentator on Hippocrates, whose true meaning he did not consider generally understood. He gives the Father of Medicine credit for an extensive knowledge of anatomy and the circulation of the blood. He is said to have been convinced of the existence of a God by dissection. He, in reality, distorted, instead of explaining, the views of Hippocrates, and "was in medicine what Descartes was in philosophy," a thorough materialist. Contrary to his own theory, he bled profusely in plague, and with such success that the spectators once exclaimed, "O man, thou hast cut the throat of the fever." The scattered sheets of his works that happened to

be in the hands of his friends were collected, and have been published in five folio volumes. He died at the age of seventy.

TEACHINGS OF GALEN.—Galen taught that alterations of the blood produced all the phenomena of disease, and that fluid once purified, health would be restored. That his views even at the present day retain their ascendancy in the profession as well as among the people, can be shown, not only by the ordinary language of physicians, but also by the advertising columns of the newspapers, which are filled with notices testifying the great success of innumerable remedies, "in purifying the blood." "If I rightly understand humoralism," says Dr. Caldwell, "their creed embraces a belief in the contamination of the blood in the production of certain diseases, and in the medication of that fluid in their cure." "Yes," replies his reviewer, "this is their creed; and we are the more firmly persuaded of its correctness, since we see it so feebly assailed by one who has long fought in the front rank against its doctrines." Andral, in our own times, lays it down as a universal principle, that the blood is not merely a vehicle to carry to the solids the deleterious substances; but that its actual appearance leaves no doubt of its being altered in its nature." "That the blood is first vitiated by the commixture of deleterious substances, and that it is the vitiated blood which ultimately affects the solids."

ILLUSTRATION OF HUMORALISM.—A good illustration of what humoralism is, and the means of cure in accordance with the system, is afforded by an anecdote related in "Fascination." "During the prevalence of a certain deadly pestilence in the West Indies, the blood of those affected was dark, and almost black. A physician who had been bleeding a patient, discovered that the dark blood, as soon as it was received into a bowl, became of a bright, healthy-looking red color; and, upon examining the matter, found the florid appearance was owing to some table salt which had been accidentally left in the bowl; his sapient brain instantly conceived the idea that it was owing to the loss of muriate of soda (common salt) in the blood that the fever was caused. This fancied discovery changed the whole plan of his treatment, and for a long time, his after practice consisted in injecting solutions of table salt into the veins, and giving it by the stomach. As soon as the matter was published, his fellow-physicians followed his example. The uniformly fatal termination of all cases treated in this manner at length obliged the doctors to relinquish the practice; but not until the hypothesis, like the bodies of ancient heroes, was accompanied to the grave by thousands of victims slaughtered to its honor."

MAGENDIE'S DISEASES.—Of course, according to these extenders of Galen's views, if certain substances are exhibited to the patient that will chemically combine with the blood, and thus deprive it of some compounds and modify others, diseases of any description may be induced at

the will of the physician, a fact which Magendie honestly avows. "For my part," says he, "I declare boldly that I look upon these ideas about life and the rest of it as nothing more than a cloak for ignorance and laziness. All the physician can do is, to order certain remedies, which, if necessary, the nurse could prescribe equally well. You saw me give rise at my pleasure to pneumonia, scurvy, yellow fever, typhoid fever, etc., etc., not to mention a number of other affections which I called into being before you." Had Samuel Thomson read enough to have been aware of these opinions, it is likely enough they would have confirmed him in his views of the worthlessness of medicine.

LITTLE NOVELTY IN MEDICINE.—It may be observed, that in these articles we endeavor to be as practical as possible, and carry up the old theories to their supporters and believers in the present day, thus not only avoiding unnecessary repetition, but also showing that there is much less of originality in the matter than is generally supposed.

LIFE AND PRACTICE OF ASCLEPIADES.—Asclepiades is said to have been the first of the Greek physicians who practiced at Rome. He flourished about the time of Pompey. He at first taught rhetoric, but not finding employment, studied medicine, and soon became famous from the novelty of his theory and practice. He supposed disease to arise from the motion of the particles of the blood and other fluids, being obstructed by the straitness of the vessels; pain and fever thence ensuing. He considered emetics and cathartics too violent in their operation, and would only prescribe injections to obviate costiveness. In fevers, he chiefly relied on a complete abstinence from food for three or more days, until the system was well reduced, and would then give meats and wines cautiously to restore strength. Pleurisies, and similar complaints, where the pain was intense and the fever high, he treated by bleeding; but also cases of a chronic character were attempted to be relieved by dieting, frictions, baths, and exercise. He is said to have pledged his reputation on the preservation of his own health, which he retained to a great age, and at length died from the effects of a severe fall. Few physicians of the present time would accept the same tenure, for their reputations, as it has now passed into a proverb, "That doctors are like guide-posts; they point the road to health, without traveling it themselves." Had his successors pursued his mild practice, it is probable they would not have suffered the disgrace which afterward befell them, for the Romans at length banished from their city the Greek physicians, who had signalled themselves in peopling the regions of the grave, in relation to which Cato made the following reflection: "The Greeks, jealous of the glory of the Romans, and being unable to conquer them in the open field, have sent their executioners, who kill us in our beds."

TRUE CHURCH OF PHYSICIANS.—Though a true church of physicians, small in number, followed the teaching of Hippocrates, and continued in the faithful observance of nature, yet the great majority of practitioners were in ignorance of the true principles of medicine. Capable of appreciating only what was rendered palpable to the senses, the causes of disease were referred to the agency of the gods, and the means of cure mainly consisted in invocations to them. The deities of heathen mythology were replaced by the saints of Christendom, and the charming of pain was resorted to even in surgical cases.

SURGERY IN ADVANCE OF MEDICINE.—Surgery was in advance of its sister branch, and much of its practice was really valuable; so much so, that remedies used thousands of years ago, have been employed with advantage in the nineteenth century. As an instance, we will mention the supposed miraculous cure of Tobit.

SIR EVERARD HOME'S CROONIAN LECTURE.—Sir Everard Home, in his Croonian Lecture, 1797, observes that it is an extremely curious circumstance, and probably the most so that can be met with in the history of medicine, that a local application should have been discovered to be of service in a particular disease 2500 years ago, that the same application, or those of a similar kind, should have been in use ever since, and in all that time, no rational principle on which such medicines produced their beneficial effects should have been ascertained. This appears from the following account to have been the case with respect to stimulating applications to the cornea in a diseased state, and can only be accounted for by a want of knowledge of the structure of the parts, which is an argument of uncommon weight in favor of the study of anatomy.

MIRACULOUS CURE OF TOBIT.—In the Apocrypha we find, in the book of Tobit, a very circumstantial account of an opacity of the cornea successfully treated by stimulating applications: "When Tobias went down to wash himself in the river Tigris, a fish leaped out of the river, and would have devoured him. The angel of the Lord told him to take out the gall and put it up in safety. Tobias asked the angel what was the use of the gall. As for the gall, said the angel, it is good to anoint a man who has whiteness in his eyes, and he shall be healed. Tobias took hold of his father, and strake of the gall into his father's eyes, saying, Be of good cheer, my father. And when his eyes began to smart, he rubbed them. And the whiteness peeled away from the corners of his eyes, and when he saw his son he fell upon his neck."

DR. RUSSELL'S TRAVELS IN THE EAST.—Dr. Russell, in his travels in the East, gives the following account of the manner in which the Arabians treat inflammations and opacities of the cornea. "An oculist is a distinct profession, and the secret of their applications extends hereditarily from father to son. In Aleppo the gall of a fish was in particular request. What often struck me in

their practice was the successful application of sharp or acid remedies, at a time I should have been induced to make use of the mildest emollient applications." From this account there can be no doubt of gall having continued in use as an application to the eye among the Eastern nations from the time of Tobit to the present day.

HOME'S EXPERIENCE WITH GALL.—Sir Everard gives an account of his own experience with gall, which, in many cases, was highly successful. He also cites an account from a Paris newspaper, which gave a statement of an extraordinary cure effected by the gall of a barbel, in substance as follows:—

CENSIER'S Imitation of TOBIT.—A journeyman watchmaker, named Censier, having heard that the gall of a barbel was the remedy which Tobit employed to cure his father's blindness, resolved to try its effects on the widow Germain, his mother-in-law, whose eyes had for six months been afflicted with ulcers and covered with a film, which rendered them totally blind. Censier having obtained the gall of that fish, squeezed the liquor out of it into a vial, and in the evening he rubbed it with the end of a feather, into his mother's eyes. It gave her great pain for about half an hour, which abated by degrees, and her eyes watered very much. Next morning she could not open them, the water, as it were, gluing her eyes up; the son bathed them with pure water, and she began to see with the eye that had the most liquor. He used the gall again in the evening; the inflammation dispersed, the white of her eyes became red, the color returned by degrees, and her sight became strong. He repeated it a third time, with all the desired success. In short, she recovered her sight without any other remedy. The widow Germain was in her 58d year. She had been pronounced blind by the surgeons of the Hotel Dieu. Her blindness and her cure have been attested by order of the Lieutenant-General of the police. She sees clearer and stronger now than before the accident.

EXPLANATION OF TOBIT'S CURE.—The Hippocratic physician could easily account for the effect of stimulating applications, by supposing such remedies to act on the excitability of the part in such a manner as to efface the original diseased impression, and produce an inflammation which the *vis medicatrix* could remove. So easy is it to blunder even in the simplest matters when great laws are lost sight of, and explanations demanded of vital actions, on physical principles.

ORIGIN OF THE BARBER'S POLE.—The barbers were at one time the principal practitioners of surgery, and at one time formed a distinct rank in the Esculapian army, under the name of Barber Surgeons. Even now bleeding and tooth-drawing is regularly performed at many of their shops. It is worthy of remark, that one trace of their former office is retained in their poles. The pole itself signifies the stick held in the hand of the outstretched arm of the patient to

steady it when bleeding, and allow the muscles to contract so as to increase the flow of blood, which last is emblazoned by the color of the red spiral, while the white portion represents the bandage put on the arm after the operation is performed.

THE BETTER WAY.

BY S. ROGERS.

As it has been my lot within a few months to mingle in various circles, both hydro and *anti-hydropathic*, I am prompted to say something through the Journal of "matters and things" pertaining to Water-Cure in general. Now no real lover of our blessed mode of healing the sick can any more avoid constantly making inquiries of its progress, and speaking of its superior merits, than the drug poisoner can help deriding and cursing the system which is so fast unfolding the "mysteries" of his profession. I say this in all deference to the wiser part of the profession, for the spirit of honest inquiry is cultivated by many.

Professing a love for the science I advocate and practice, it has been peculiarly interesting and pleasing to me during the past year to converse with people in different localities upon the subject of Hydropathy. Everywhere may be found willing audiences,—in every town, numbers who are eager for that knowledge which will convince them that drugs are useless. The public is awakening to the sober fact that *poison*, when taken into the human system, is an *evil thing*,—hence we can easily understand why so many are searching for a "better way." But prejudices founded in ignorance will long exist, for that blessed era has not yet dawned when "*all who run do read*." Many honestly suppose that we hydropaths are possessed of but "one idea," that *water*, and *water alone*, is our remedy. Others, again, shudder as they mention the "Cold-Water-Cure;" as if, forsooth, we had entered into a league with *icicles* and the demon of *starvation* for the special torment of our patients.

Prejudices like these are too common, and notwithstanding water as a prophylactic and therapeutic agent has been successfully employed for ages, there are people at this mid-day of the nineteenth century who start with astonishment when told that upon the proper employment of *water, air, and food*, and the rational exercise of mind and body, *hang all the laws of health and longevity*.

So potent is the morbid love of *ease*, begotten by excessive indulgences and undue excitements, that man, in his present stage, is prone to listen attentively to the siren whisper which tells of happiness without exertion, while a deaf ear is turned to the voice of reason, that tells him *real happiness*, either *physical, mental, or moral*, is gained only by *labor and watchfulness*. Too many have yet to learn that *physical happiness*, like its twin sister, the *moral*, is only to be realized and retained by virtue of the vigilance with

which it is sought and nourished. The illustrious Franklin's good advice in *money* matters holds equally true when applied to matters of health. Avoid *little* transgressions and the *big* ones will take care of themselves.

It is pretty well established in the mind of that portly personage, the public, that Hydropathy does well enough for *chronic* diseases, but that these diseases, in most cases, originate in the maltreatment of *acute* affections, has yet scarcely entered the philosophy of her reasonings. And her half-enquiring eyes of amazement are still wider opened when the honest hydropathist vindicates the doctrine, both by precept and practice, that *all acute diseases* are not only more curable under the potent influences of "nature's remedy," but curable at less expenditure of *vital energy, time and money*. The two latter, I am sorry to say, are, by many, in these days of commercial strife, steam-engines and lightening telegraphs, considered more valuable than the former.

A word to the "professional brethren," and this rambling epistle shall be closed.

It has been said by our *opposers*, that cases reported through the Journal are not sufficiently explicit in relation to *symptoms*; and that we are more ready to *name* any given disease than to fully describe it.

Now as it is particularly desirable for the well-being of humanity that these doubting Thomases of the "old school" should become convinced of their evil ways, I would suggest the removal of every little hook whereon their doubts can possibly hang. I can think of no better way than to faithfully report from our "bed-side notes," without comment or name of the disease. I presume this will be satisfactory; if not, please inform us what will.

WORCESTER, MASS., 5th mo., 30th, 1850.

AN INQUIRY CONCERNING THE NATURE OF DISEASE, AND A RATIONAL MODE OF CURE.

BY P. H. HAYES, M.D.

There are good grounds for believing that the great mass of human diseases (except the strictly surgical), in all their types and phases, are caused by morbid matter—matter alien to the healthy tissues of our organisms, which has either intruded itself through the skin, the air-passages or the alimentary tract, or has been formed in the body itself by pathological changes, or physiological decay. Reason alone would seem to afford support to this belief. Disease must own a material as immaterial cause; that our brains, blood or nerves are ever directly disturbed in their functions by spiritual causes, we have not the least proof. True, passions and mental emotions may cause disease, through the inscrutable agency of the nervous system, but in all such instances there is good reason to believe that some material change is effected in some of the elements of the body, which change is the final cause of the perverted function.

To illustrate. It is well known that mental

influences will cause defect, excess, or perversion of different secretions.

Excessive grief is not accompanied by tears: excessive fear stops the salivary secretion, and increases and perverts that of the bowels—jealousy and melancholy indulged, are supposed to vitiate the bile; Dr. Watson mentions a case of a young friend of his, who brought on himself "intense jaundice" from needless anxiety about an approaching examination in the College of Physicians, and adds, *scores* of such cases are on record. The proof is very striking in the perversion of the mammary secretion—thus says Sir Astley Cooper: A fretful temper lessens the quantity of milk, renders it thin and serous, disturbing the child's bowels, producing intestinal fever and griping—this secretion may in this manner be so altered, as to cause death; the following instances are of high authority. A carpenter fell into a quarrel with a soldier in his own house: the latter drew his sword upon him; the carpenter's wife first trembled from fear and terror, then sprang furiously at the soldier, wrested away the sword, and broke it in pieces; after the quarrel was ended, and in a state of strong excitement, she took up her child from the cradle, where it lay playing, and in the most perfect health, never having had a moment's illness: she gave it the breast—in a few minutes the infant left off nursing, became restless, panted, and sank dead upon its mother's bosom. An English surgeon (Mr. Wardrop) mentions that having removed a small tumor from behind the ear of a mother, all went well, until she fell into a violent passion: the child nursing soon after, died in convulsions. From these and similar illustrations, the inference seems justified, that mental influences act as causes of disease, by inducing molecular changes in some of the elements of the body.

Further illustration and proof of the general materiality of the causes of disease may be found in the fact that several classes of disease are confessedly produced by morbid matter, somehow introduced into the body. A large number of types of fever are everywhere attributed to miasms. The cutaneous diseases known as the exanthemata, among which are measles, scarlet fever, and small-pox, are demonstrated by the common experience of mankind to depend upon an aura or virus, or substantive something communicable from person to person. In all epidemic and endemic diseases, the most rational induction has produced a general conviction that in a subtle or gross *material something*, lay the specific cause. Isolated forms of disease are confidently believed by good pathologists to fall into this category. Dr. Watson mentions a kind of asthma which he ascribes to some kind of emanation from certain of the grasses that are in flower about the time of hay-making. Scrofula and the matter of tubercle depend upon a mal-assimilation of the fibrinous elements of the blood. It is further an undoubted fact that a large number of morbid conditions of the body may arise from retention of the common excre-

tions of the body in the blood from disorder of their separating glands. Drs. Watson and Williams speak of gout and rheumatism as dependent upon some morbid matter retained in the blood, and Dr. Prout seems to consider this as the lactic and lithic acids generated by imperfect assimilation. Bile and urea (secretions of the liver and kidneys,) are positive poisons, and when their elimination from the system is entirely suppressed they cause "typhoid symptoms," extreme depression and coma, which speedily end in death; and in these cases, and those of *gradual* suppression ending in death, these same excrementitious matters, which ought to have passed off by the liver and kidneys, can be detected in the solids and fluids of the body. See further on this subject Williams' Pathology, first American edition, page 97.

(To be continued.)

THE LIFE AND CORRESPONDENCE OF ANDREW COMBE, M.D. By GEORGE COMBE. 12mo. pp. 428. Muslin, price \$1.25. New York. Fowlers & Wells.

THAN ANDREW COMBE, very few men, living or dead, have done more toward popularizing the subjects of PHYSIOLOGY and HEALTH. His works, which are numerous, are published in many languages, and scattered over the civilized world. Who has not heard of COMBE'S PHYSIOLOGY! or COMBE ON INFANCY! or COMBE ON THE PHYSIOLOGY OF DIGESTION! No one who makes any pretensions to an acquaintance with the "LAWS OF LIFE," are without these works.

In the book before us, we have the "MIND OF THE MAN" mirrored forth in a style truly captivating. The correspondence is also deeply interesting. In the preface to the American edition, the writer observes—

"Seldom is the biography of a man of letters or of science distinguished by many personal adventures and stirring incidents. These, while they captivate the attention of the crowd, do not furnish materials for abiding instruction, nor the best models for imitation. What it most concerns us to know is the home life, the daily labors, and the character of him who has devoted himself to the improvement of his fellow-men, as a teacher with his pen and tongue, and, if happily it may be also as an exemplar, in his own person, of the truth of the precepts which he inculcates.

"The lesson is made more instructive, if there be revealed to us the struggles which the subject of the biography had to make against the depressing influence of poverty or of disease. Successful progress in the high-road of general or of professional literature is, under such circumstances, true heroism, and entitles him to admiration and respect in a higher degree than are

so readily conceded to the successful soldier, and to the daring adventurer into unknown regions.

"In these respects, the Life of Dr. Andrew Combe commends itself to our favorable notice. It exhibits a man whose childhood was passed in a state neither favorable to health nor to the best culture of the affections, and whose manhood was ushered in by alarming disease, which, although often remitting in its violence, was ever his companion until the day of his death. Yet, notwithstanding these adverse circumstances, his mind was gradually developed into a state of maturity and even vigor, which enabled him, under the impelling power of a resolute will and high conscientiousness, to be a teacher and a guide to his fellow-creatures, in the means of preserving their health and cultivating their intellect, conjointly with the better and kindlier sentiments of their nature.

"The *Life and Correspondence of Dr. Combe*, as written and arranged by his brother, Mr. George Combe, constituting the present volume, abounds in a great variety of topics. It treats of the effects of different climates on the invalid who is threatened with or actually laboring under pulmonary consumption; and gives minute directions for his conduct both at home and abroad. Advice and precepts are, also, offered on the ever important points of education—national, collegiate, and private—with reference to actual wants and adaptations. Great questions of morals and ethics, and the minor but still useful ones of personal deportment and thrift, are brought before the reader in the letters to friends, and occasionally in the more formal replies to the interrogations proposed to Dr. Combe. Not less pertinent and instructive are his remarks and precautions on Public Hygiene, and on the internal economy and government of Lunatic Asylums.

"In the selection and arrangement of his materials, the biographer has combined what was due to fraternal affection with the requirements of philosophic impartiality; and he has thus acquitted himself with success of a task, the delicacy and difficulty of which was increased by the very nearness of his relation to the subject of this biography."

In closing this brief review, we would most earnestly recommend "every lover of his race" to read this book, and thereby avail himself of the experience of one who has labored long and zealously in promoting the best interests of humanity.

WATER-CURE ESTABLISHMENTS.—We find the following paragraph in one of our Albany exchanges, of recent date:—

"These establishments are springing up, one after another, over the country. We look upon all enterprises of this sort as signs of promise—that at least the spirit of inquiry and experiment is abroad among the people. Without reproach

to any venerable or superannuated theories, we must take leave to think, that the scientific application of water affords by far the surest remedy for the devastations which may have been inflicted on the human constitution, by drugs, patent medicines, tobacco, or any other violation of the laws of health and life."

MEDICAL EDUCATION.—The report of the Committee of the National Medical Convention, at Cincinnati, asserts that the medical schools in our country are too many, the students too numerous, the professors too few and incapable, the quantity of instruction too limited, the quality too superficial, and the preparatory training insufficient. But the committee have no means of remedy to suggest, as no control can be exercised over the schools, beyond the influence of the profession. They think our best medical colleges far below the European standard, and this one has been several times on the brink of dissolution. They, however, recommend all physicians to withhold their patronage from all druggists who deal in patent nostrums. They regard all these medicines as highly pernicious to the character, and no regular member of the profession should, directly or indirectly, countenance them.

WATER-CURE.—By an advertisement in this day's paper it will be seen that Mr. H. H. Kellogg is to open a Water-Cure Establishment in this village. Dr. N. Stebbins, who has become a thorough convert to the water-cure system, by having tested its efficacy in his own case, is to be the physician.—*Clinton (N. Y.) Signal.*

HEALTH AMONG THE SHAKERS.—The beneficial results of industry, simple food and regular habits, are seen in the fact that the Society of United Brethren, (Shakers) at Enfield, Conn., numbers 269, and not a death has occurred among them for fourteen months.

"We must be unanimous," said Hancock on the occasion of signing the Declaration of Independence, "there must be no pulling different ways."

"Yes," observed Franklin, "we must all hang together, or most assuredly we shall all hang separately."

MISS BEECHER ON WATER-CURE.

MISS CATHARINE E. BEECHER recently communicated to the Tribune the results of her experience and reflections in relation to the Hydropathic system, which are worth placing on record. They will be found to agree essentially with the experience of all hydropaths in this country, if not in all countries.

Some three years since I wrote several articles, setting forth the value of the *Cold Water-Cure*, which, at the time, were extensively circulated. As it afterward appeared that many persons were thus induced to resort to establish-

ments of this description, there has been a consequent feeling of *responsibility* in this matter, in regard to all or any who may have been, or are likely to be, influenced by opinions so expressed.

During the intervening periods, I have enjoyed great opportunities by reading, inquiry and experience, to test still farther this mode of medical treatment; and as it is possible that the results thus obtained may be made of service to the public health, it is with this hope that the following article has been prepared.

The following are the general principles which it is believed *experience* has established in regard to the use of cold water as a remedial agent:

First, That for the *preservation* of health the use of cold water in general ablutions is imperative, and as a general rule is safe for all, though there are exceptions even to this rule. But the *cure of disease* demands a peculiar and *scientific* use of water, study, skill and experience, the same as is needful in the use of drug medicines, so that medical men who have not read and experimented in this branch of medical treatment, are not qualified to judge of its merits, or to adopt any of its methods in their practice, till they have at least read the standard works on this subject. And not unfrequently it happens that the ordinary mode of employing water as a remedial agent, is contrary to the rules of experience obtained in Hydropathic treatment, and seriously hurtful. The use of the *shower bath*, now so common, needs to be regulated by *rules* which are not generally understood, and for this reason it is frequently a cause of mischief, especially for nervous persons and to the young.

Second: The success of the Hydropathic treatment demands a physician who is not only scientific and experienced, so as to be able to detect the true nature of the disease, but one who is careful and attentive in observing the effects of his prescriptions. The writer believes that in large establishments, unless regulated with express reference to this point, the patients are very likely to suffer from neglect, so that if they are not injured, their recovery is greatly retarded or entirely prevented.

Third: Another scarcely less important requisition is *intelligent* nursing. If a physician is ever so well qualified to prescribe, all his skill may fail if the nursing department is delegated entirely to ignorant and heedless persons. The writer has known such frequent and such serious suffering and wrong from neglect in this particular, that no language can be too strong in warning the sick to inquire and observe in regard to this matter, before commencing a course of Hydropathic treatment. The carrying out of the physician's prescriptions should always be superintended by the physician himself, or by some intelligent, well-educated person, who has a knowledge, either by reading or observation, of the various indications that occur in the treatment, and which ought to be made known to the physician as soon as they occur. It is believed that the failure of *very many* to obtain relief from disease, has been owing to neglect in this depart-

ment. An intelligent superintendent of the nursing department is needed in every large establishment, not only to observe and report the results of the nursing, but to secure faithfulness in those who perform the details of the drudgery. It should also be the duty of this person to secure a faithful obedience to all the *laws of health*, in regard to ventilation, clothing, diet, exercise and sleep. Inasmuch as a part of the success of the water-cure depends on obedience to these rules, care and faithfulness in this respect is of great value.

Fourth: It is believed that the purity of the water has far more influence than has been supposed, both in the rapidity and the *certainty* of a cure, especially in those diseases in which unhealthful humors and abnormal secretions are to be discharged from the system. The writer has seen results in an establishment where the water was peculiarly pure, which altogether exceeded anything she ever observed or heard of in institutions which could not command this important item.

Fifth: It is important that the public should understand that there are *two schools* in the Hydropathic world, one of them following what is called the *heroic* treatment, of which *PRUSSNITZ* is the exemplar; the other adopts a more moderate method, and the German author, *FRANKE*, is probably the fairest exponent of this school. The writer is fully satisfied, both from her own observation and from the testimony of others, that in *this country* the more moderate system is not only the safest, but the most efficacious. The heroic treatment originated among the hardy, phlegmatic German race, and both the system, and the German physicians who administer it, are not appropriate to the more delicate, nervous, and highly excitable temperament of our countrymen, and especially of our countrywomen.

A SERMON ON CLEANLINESS.—*Don't take those dirty drinks; cool yourself with the fresh, clear water that you can now have straight from the distant hills in your very home. Whitewash your cottage, and open your windows. Don't grudge either time or money, that is spent in cleanliness; and try to live where your neighbors are clean also, lest you should be poisoned with their dirt. For DIRT IS POISON!* It gets into the body through the pores of the skin; and the dirty gases enter with the air into the lungs. It mixes with the blood, and makes it corrupt; and often fevers, cholera, consumption, and other fatal diseases are the result. All slops, middens and undrained places help to poison the air; and we should wash them away as fast as ever we can. There ought to be a drain and water-closet in every street; and, above all, a plentiful supply of water to flush the dirt away. The places where many of the poor reside are only fit for drunkards; they are too bad for beasts. If workmen spent part of their drinking-money in house-rent, such places would be deserted, and soon pulled down.

A clean man respects himself, and educates his eyes and nose to the observance of decency. He is not afraid of going anywhere, or ashamed of being in the company of any one. The dirty man cares for nobody, and yet slinks away from the sight of respectable people.

CLEANLINESS IS NEXT TO GODLINESS.—An habitually dirty man can hardly be religious. He is breaking one of the first of nature's laws. Cleanliness in person prepares for purity of heart, and for a reception of the life-giving principles of the Gospel. **FRESH AIR, PURE WATER AND GOOD SOAP FOREVER!**

PRUSSIC ACID IN CHOLERA.—In the London Medical Times (Allopathic) of Nov. 12, 1849, Dr. Downing mentions his having used Prussic Acid "in extreme collapse, with manifest advantage." Mr. Shea, at Dr. D.'s suggestion, "tried it in more than one hundred cases of Cholera, and stated his conviction that it was superior to anything that he had ever before employed. He had given it to children as young as nine months old with excellent effect, and he had never in any case found prejudicial effects follow its use." Both of these gentlemen are of the Allopathic, or regular practice.

[This last clause sufficiently accounts for the wonderful virtues ascribed to this deadly poison. As a general rule, the worse the poison the better the remedy with allopathics.—ED.]

AMERICAN HYDROPATHIC CONVENTION.

ACCORDING to appointment, this body, comprised of Water-Cure Physicians, met at the Hope Chapel, New York, on Wednesday, June 19, and organized by the choice of Dr. JOEL SHEW, President; Drs. B. WILMARTH and HUBBARD FOSTER, Vice Presidents, and Drs. T. L. NICHOLS and L. REUBEN, Secretaries.

Letters approving of the objects of the Convention were read from Drs. S. ROGERS, Worcester, Mass.; T. T. SEELYE, Cleveland, O.; CHARLES MUNDE, Northampton, Mass.; and P. H. HAYES, Cuba, N. Y.

A Committee of three, consisting of Drs. HOUGHTON, of New York, BEDORRHA, of New Lebanon, and HAMILTON, of Saratoga, were appointed to draft the Constitution of a National Hydropathic Society. We have space only for the more important articles of this

CONSTITUTION.

Preamble.—We, the undersigned, Physicians and Surgeons, believing in the doctrine of the *Vis Medicatrix Naturæ*, or the inherent tendency of the human constitution to free itself from disease;—and, furthermore, that of all the remedial agents which the experience of ages has shown to be requisite to assist Nature in her

operations, WATER is by far the best, the safest, and most universal in its application; do hereby agree to the following Constitution :

1. This Association shall be styled "The American Hygienic and Hydropathic Association of Physicians and Surgeons;" and its objects shall be the diffusion of those physiological principles which are usually comprised under the term HYGIENE, and the development of the therapeutic virtues of water to their fullest extent, on a strictly rational and scientific basis, and with especial reference to the laws of the human system, both in health and disease; a proper regard being always paid to the various modifications which may, from time to time, result from the progressive advancement of medical science.

2. Any Physician, residing in the United States of America, having received the *degree of Doctor of Medicine*, or a *license to practice* the healing art, and who shall exhibit satisfactory proofs of his competency to practice Hydropathy, may be elected a member of this Association by the votes of a majority of those present at an annual meeting.

Sections 3, 4, 5, 6, 7, provide for the election of officers, the holding of annual meetings, and revisions of the constitution.

8. This Association shall not legislate respecting the practice of its members; nor shall any rules be made respecting the ethics of medical practice.

9. Provides for a public oration at each annual meeting.

10. Committees on Hygiene and Hydropathy, with annual reports.

11. Committee on credentials and qualifications for membership.

12. Annual paying of two dollars, with special assessments.

13. Honorary members.

Under the above Constitution, the following board of officers was elected for the ensuing year :

President—Dr. LOWRY BARNEY, Jefferson Co., New York.

Vice Presidents—Dr. Charles Munde, Northampton, Mass.
Dr. T. T. Seelye, Cleveland, Ohio.

Secretary—Dr. T. L. Nichols, New York City.

Treasurer—Dr. R. T. Trall, New York City.

STANDING COMMITTEES.

On Hygiene—Drs. R. S. Houghton, New York, E. A. Kitredge, Boston, Hubbard Foster, Lowell, Mass.

On Hydropathy—Drs. S. O. Gleason, Cortlandt Co., New York, B. Wilmarth, Mass., T. C. Coyle, Georgia.

On Credentials and Qualifications—Drs. Joel Shew, New York, Wm. A. Hamilton, Saratoga, N. Bedortha, Lebanon, New York.

A special committee, consisting of Doctors Nichols, Houghton and Shew, was appointed to prepare and publish the address of the Convention.

Orator for the next annual meeting, S. O. GLEASON, M.D., of Glen Haven; substitute, T. L. NICHOLS, M.D., of New York.

The proceedings of the Convention were characterized by great harmony and unanimity, ex-

cept upon the adoption of the second article of the Constitution; for while a majority of the Convention insisted that all future members should have received the degree of M. D., or a legal license, several members were for placing the test of membership upon qualifications alone. It was urged upon one side, that a conformity to medical usages would give the society the stamp of respectability—on the other, it was urged that a Hydropathic Society, composed of those who profess to be the vanguard of medical reformers, ought not to stand upon the musty precedents of the past, or practice the exclusiveness of older schools, by the adoption of a rule which would exclude from the society the Founder of Hydropathy, and many of his most eminent disciples; much less that a body of water-cure physicians should make the diplomas of Allopathic faculties, or the licenses of Allopathic boards of examiners, the test of membership. The speakers on one side contended that the old conservative ground was the highest, or at all events the most expedient—those on the other, that the more liberal course of the society being its own judge of the qualifications of its members, was the most noble, self-reliant, and truly respectable. The section was finally adopted as above; but previous to adjournment, Dr. B. Wilmarth, one of the Vice Presidents of the Convention, gave notice that at the next annual meeting he should move such an amendment of section second, as to make qualifications alone the test of membership.

[In performing my duty as Secretary of the Convention, and of the Society, in reporting the above proceedings, I take the opportunity of personally entering my earnest protest against the principle embodied in the second section. I view it as far behind the spirit of the age, truckling to the low forms of the schools of medicine we are exterminating, and utterly opposed to the liberal and enlightened public sentiment upon which all the success of our system of practice depends.]

In the evening, the Society held its first public meeting, at which addresses were delivered by Dr. R. S. Houghton and Dr. T. L. Nichols. After the transaction of some final business the Society adjourned sine die. The time and place of the next meeting will be fixed by the Executive Committee, and due notice given.

T. L. NICHOLS, M.D., *Secretary*.

NEW-YORK, JULY, 1850.

ALL COMMUNICATIONS relating to this Journal should, in ALL CASES, be directed to the PUBLISHERS, FOWLERS & WELLS, New York.

THE PRESENT NUMBER is sent to those whose subscriptions expired the last June No. As our terms are payable in ADVANCE, we shall send no more, until directed to do so by those who may wish to renew their subscriptions.

IT WILL BE OUR AIM to adapt the Journal to the wants 'OF THE PEOPLE' EVERYWHERE. It is not, as some have supposed, designed for medical men only, but for ALL MEN and ALL WOMEN.

PRESENT SUBSCRIBERS are our main reliance. Those who KNOW the UTILITY of the Journal will work for it, and recommend it to their friends and neighbors, that they, too, may participate in its familiar teachings. Thus shall we be enabled through our friends and co-workers to "do good."

TO OUR CONTRIBUTORS.—We beg to acknowledge our obligations for the valuable scientific and literary contributions with which the Water-Cure Journal has been filled. Of the merits of these contributions our readers will judge, yet we may with propriety state that amongst all the various conflicting theories in medical practice, not an individual has been known to express a doubt in regard to the profound ability of the writers whose articles appear from month to month in this publication.

JULY MATTERS.

BY R. T. TRALL, M.D.

MATTERS AND THINGS IN GENERAL.—Imagine, if you can, an earthly millennium where wasting consumptions, enervating dyspepsias, prostrating palsies, stiffening rheumatisms, deforming gouts, distorting spasms, agonizing neuralgias, blighting fevers, erysipelas blotches, scrofulous sores, cancerous ulcers, inflamed viscera, and mildewed skins abound; in a word, where disease is the general condition and health the exception. You cannot do it. Your whole nature instinctively revolts against such a conclusion. Common sense asserts and experience proves that happiness cannot be divorced from health; that man's highest moral and intellectual state implies his best physiological condition; and what is true of a man individually is true of mankind collectively. "A sound mind in a sound body," is the only proper basis of all the reforms of which philanthropists have ever dreamed. Health reform, then, is the veritable corner-stone upon which the Christian, the social, the political, as well as the medical reformer must predicate all rational faith in a millennial state of the human family on this earth. It has been said very truly, "make people good and they will be happy." That sentiment may be so transposed as to utter another and equally significant truth—make people happy and they will be good.

It is certainly more convenient, more economical, more agreeable, and less laborious for the mass of the people of these United States—in fact, of all countries—to preserve health than to be sick. Why,

then, are so many diseases so prevalent? No answer can be given save that the people are ignorant. And who is there to teach them? Our twenty or thirty medical colleges turn out a few thousands of young doctors annually to go forth among the suffering inhabitants, and teach—what? The laws of being? The philosophy of health? The way of preventing diseases? The manner of returning to nature when diseases have been incurred by transgression? No, no, nothing of the sort. Do you ask why not? Because they do not know, themselves. These things are not taught in medical schools. Are you surprised at this assertion? There is no greater delusion than the general supposition that medical schools are the repositories of physiological science. No. Medical schools teach the *art of doctoring, secundum artem*, to be sure, but no better for the Latin. They teach you how to mix, mangle, mangle, mangle ointments, plasters, poultices, lotions, liniments, cerates, and salves innumerable, how to pound, compound, decompose, and re-compound as many poisons as there were ever frogs in Egypt, and they teach you in what intervals and proportions to take them; and they teach you how to leave it all to the doctor, and how to know nothing yourself, and how to modify, complicate and variate the doses till your pains are smothered or your bodies buried, as the case may be; and they leave you pretty thoroughly impressed with the idea that the more you are doctored the more you must be. Any other course of conduct on their part would be suicidal. What, medical colleges and college-made doctors teach people how to take care of their own health? Why, there is not a medical college in the world that could be sustained ten years, nor a graduate who could find a market for his apothecary stuff the ensuing five years, if such school taught and such graduate practiced according to nature. The popular science of medicine will have no existence after the popular mind is a little more enlightened. And if our favorite branch of the healing art, called hydropathy, which not only cures the sick, but teaches the world how to avoid disease, finds its necessary professors few and far between, we shall not lament the part we have acted in destroying our own business.

MATTERS AND THINGS IN PARTICULAR.—Fleet-footed time again furnishes the fitting opportunity for an interview, specially familiar and constructively personal, between the makers and takers of the Water-Cure Journal. Bear in mind, indulgent reader, that in all these semi-annual interchanges of "mind and matter," we, the party of the first part, are to do the talking, while your part of the conversation is to "read, reflect, and inwardly digest." Premising thus briefly, we proceed to say that the present number commences the tenth volume of this work. We have in times past and gone told you—pardon our presumption if we say *taught* you, many things. There are many other truths not yet written in any water-cure periodical which we desire to communicate to the world. Our friend Noggs, whose eccen-

ticities will cause many to bless Cochinmate waters, sometimes says, when lecturing to very large and highly intelligent audiences, "it won't hurt any of you to know a little more."

However conversant you, the reader of our past volumes, may have become with hydropathic lore, we, the first party aforesaid, are "interiorly impressed" that you may continue to journey along with us in the same relation as heretofore, to the mutual advantage of both parties, and the benefit of our fellow-creatures. In behalf of the publishers, who are constantly toiling and expending, to improve the form and matter of this journal; in behalf of the contributors, who endeavor to present such facts, arguments, statistics, illustrations, and practical directions as shall be worthy of consideration; and especially in behalf of universal humanity, which must be relieved of its accumulated masses of disease before it can work out its proper destiny, we appeal to all friends of all reform, for a wide circulation. If those who profit by its contents, and believe in its general teachings, will use their reasonable influence to extend its list of readers, all parties will be satisfied and grateful.

A GENERAL MATTER AND PARTICULAR THING.
—Whether the last volume was an improvement on its predecessors we submit to the public; that the ensuing shall be an improvement on the last, our "law of progress" may be a satisfactory assurance. That the influence of this monthly visitant is extensively felt, its rapidly increasing list of subscribers attests; that it ranks NUMBER ONE, as a practical health journal, we have the almost unanimous testimony of the public press; to all which we may add, that it has already much the largest circulation of any medical periodical we have any knowledge of. We are authorized to state, in the name of all who are in any way concerned in its management, that they are ready, willing, and anxious to discuss all questions of life and health, disease and remedies, in fact all matters of difference on these subjects, and all principles relating to them, before the whole people. With one hand they will steadily point to those pernicious fallacies of the present day, and those crude philosophies of darker ages they are striving to demolish; and with the other to those simple and sublime truths which they are laboring to disseminate. They ask, invite, challenge, rigid investigation and free discussion. In fact, they intend to "carry the war into Africa." Those whose doctrines and practices we oppose as erroneous, will not—we cannot coax, drive, or bribe them to meet us—controvert the propositions respecting which we differ, before the public. They will sneer, scoff, denounce, and misrepresent, most valiantly, in the security of their own technical darkness; but as to letting their "light shine" before the public, they seem to be afraid it will not be duly appreciated, or to regard such a procedure as "casting pearls before swine." Whatever may be the reason, we aver that there are no truths in medical, physiological, or hy-

gienic science but what the unprofessional people can, and should understand; and there are no "fallacies of the faculty," but what should be exposed and exploded. And, as this herald is determined to storm the very citadel of orthodox error, the inspiration of a large company would do much to animate and encourage the steel-pen swords which fight through its columns, as well as to hold its contributors to a more rigid responsibility. Give us, then, a world-wide field, all the people for spectators, and the human race for a jury, and our forces will march onward in the assurance that truth itself is a coat of mail, impervious and invincible.

REGULAR MEDICAL EDUCATION.—At the late National Medical Convention, held at Cincinnati, a committee on education reported—

"That the medical schools in our country are too many, the students too numerous, the professors too few and incapable, the quantity of instruction too limited, the quality too superficial, and the preparatory training insufficient. But the committee have no means of remedy to suggest, as no control can be exercised over the schools, beyond the influence of the profession."

We have never charged anything against the profession worse, or more defective, than this report alleges. But what is deplorably curious is, that ~~no~~ no remedy can be suggested, *because all the influence is exercised by the profession.*

BEEF AGAINST POTATOES.—The Mirror thus replies to a vegetarian who believes it is good *not* to eat animal food:—

"The children of the English nobility are the children of the most inordinate flesh-eaters in Christendom; there is but little difference, we are told, between the diet of the young princes and young peasants in England, but, oh! the difference when they grow up! The grown-up peasant lives all his life almost entirely on vegetable diet, while the nobleman eats flesh, 'and they acquire a stamina which makes them so fine a race.' All the American travelers in England have commented on the palpable physical superiority of the upper classes of England to the porridge-eating peasant. The matter could not be put in a stronger light than contrasting a beef-eating English landlord with a potato-eating Irish peasant."

The above is a fair sample of the most unfair method of reasoning with which this subject is usually treated. The writer tells us to compare a beef-eating nobleman, who lives in a large, commodious house, surrounded by parks and fountains, and having at command all the means of healthful exercise and healthful rest, and healthful recreation, and healthful food in the matters of healthful fruits and vegetables, with a beggarly peasant who lives in a mud-shanty, has not wherewithal to wear clean clothes, who has no knowledge of hygienic agencies, yet who eats whatever of animal or vegetable food he can lay hands on, which from mere poverty is mainly limited to porridge and potatoes, and not half enough of them. The only proper standard of comparison is beef-eating English nobleman, with potato-eating English nobleman; and beef-eating Irish peasant with potato-eating Irish peasant. Then a very different result would be obtained.

SUMMER DISEASES.—As new fruits and vegetables begin to fill our markets, bowel complaints, especially among children, increase. As this has always been the case, the doctors have traced and the public has believed there is a necessary connection between new fruits and vegetables and bowel complaints; and the doctors have generally contented themselves with doctoring the bowels and condemning the fruits and vegetables, without enlightening the public understanding in the matter at all. Now there is a considerable class of our community who, children and adults, use fruits and vegetables freely at all seasons, and never have any bowel complaints at all worth mentioning. How are these things to be accounted for? In this way: The latter class are always careful to select good, well-grown and well-ripened articles. The former look at the effects of half-grown and unripe articles, and summarily condemn the whole vegetable kingdom. Mistaking the abuse for the nature of vegetation, they recommend more concentrated, and more animal, and more farinaceous food at the very season when nature and instinct both point us to the exact contrary conduct. We hold a free use of good fruits and vegetables absolutely essential to the best sanitary condition of the body in hot weather. We defy the whole "flesh, fish, and fowl" race of medical gentlemen, and the whole superfine flour, anti-apple, anti-squash, and anti-potato class of people to prove to us one single case of serious bowel complaint in persons whose whole food consisted of good fruits and vegetables and unconcentrated farinaceous food, provided their general habits were healthful in other respects.

CITY INSPECTOR'S REPORT.—The recent able report of A. W. White, on the amount and causes of mortality in this city, presents some frightful items for consideration. He tells us that this city abounds with pestilence-creating nuisances, which are constantly spreading disease and death around; and yet we question whether the facts presented will elicit the least action on the part of our city authorities. The nuisances particularly designated are "bone and flesh boiling establishments, manure heaps, slaughter-houses, and burial-grounds and vaults." Many others might have been pointed out with at least equal propriety. Among them are distilleries, cow-stables, hog-pens, and underground tenements. The following extract is in itself an awful commentary on those habits of civilized society which are filling the world with premature deaths and needless woes.

"The diseases of infancy and accidents of child-birth, annually carry off a very large number. During the last year this amounted to the enormous sum of 12,023, an excess over last year of 3129. Over 5000 are returned as from cholera infantum, convulsions, dropsy of head, marasmus, and diseases affecting early childhood, while 1320 were still-born, or premature births. The number of these still-born and premature births is STEADILY ON THE INCREASE."

ERRATA.—The June number of the Journal made me say, on page 180:—"The *writer* has swallowed such nonsense long enough, and the accompanying poems rather too long." For *writer*, read *world*.

Although, individually, I have diligently studied allopathic nonsense, and prescribed, in those days of ignorance which may God wink at, some of its drug-gery, it is among those peculiar favors for which I especially thank Heaven, that I never swallowed much of either. In the same article, page 181, for *therapice*, read *therapia*; and for "*revelations of the medical profession to the public*," read *relations, &c.*

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

[Continued.]

STRONG, naked, honest facts are what the public want to satisfy them of the virtues of the water-cure. It is not enough to enunciate principles—we must give their practical operation. We must not only show how diseases *ought* to be cured, but how they *are* cured. The time has come to tear off the veil of mystery with which the healing art has so long been shrouded; and it has been left to the practitioners of the water-cure to teach the people the philosophy of health, the causes of disease, and the means of cure. Whatever may be the ultimate destiny of Hydropathy, its present mission is to enlighten the world upon these most important subjects, to popularize medical science, and to spread everywhere a knowledge of the laws of life. It is a glorious mission—let us labor earnestly for its full accomplishment.

That I may "contribute my mite" to the good work, in what may be for many the most effectual way, I proceed with the record of my cases.

CASE IV.—INFLAMMATION OF THE LUNGS.

For the last year this has been a very prevalent and fatal disease; the less fatal the more prevalent, for the annual report of the City Inspector informs us that in the year 1849, no less than 926 deaths were from this disease; if we allow a mortality of ten per cent. we have over nine thousand cases in a single year, and our doctors would not be willing to admit that there was a larger proportional mortality.

The case I am about to record was that of a fine, florid boy, eight years old, whose parents, having both been greatly benefited by the water-cure, are its zealous advocates. In the early period of the attack, the mother applied judicious treatment, but she was not prepared to cope with the violence of the disease; and the father, returning from business, and finding his boy so ill, came for me.

I found the little patient with a pulse of 130, a hurried respiration, hard, and almost croupy breathing, a constant cough, and great fever. I gave him a chill rubbing bath of nearly ten minutes, which cooled the surface, and somewhat relieved the distress. As the fever rose again I met it with a wet sheet pack, and left him for the night, well bandaged about the chest.

At 9 A. M. the next day, I found him with a continual cough, sonorous breathing, his eyes glassy, his pulse very frequent, and every appearance of a seated disease; which, upon a careful examination,

I found to be complicated with an enlargement of the heart, and in consequence, it seemed, a greater tendency to febrile action. I first rubbed his chest with my hands dipped in cold water, and then gave him a full wet sheet pack of an hour and a half, and left him, much relieved.

The same afternoon I found him again in a high fever, pulse 130, breathing oppressed, and all the symptoms unfavorable. I gave him a thorough rubbing in a tepid bath, one of the best of all remedies in a congestive fever. I brought the pulse down to 120; but the inflammatory action persisted against these active remedies, and the diseased action of the lungs would not admit of the same cooling processes, used to the same extent as in ordinary fevers. It seemed necessary that a certain amount of this action should go on, and it was a delicate point to steer between the excess of action and the prostration of the system.

At 11 o'clock the same night, I found the fever at its height. The heart was beating away at the rate of 140 a minute, with great heat, and a quick respiration. So great was the oppression of the chest that I was induced to resort to hot fomentations as a rapid counter-irritant, but I was not satisfied with the effect, and soon resorted to the tepid rubbing bath, by which I reduced the pulse to 120; but the crisis of the disease required all my care, and I remained with the patient till 3 A. M., giving him a wet sheet pack, and frequently sponging his chest with cold water.

The next morning I saw the benefit of my night's work. The pulse was at 125, and a rubbing tepid bath and pack reduced it to 120. The oppression of the chest was now overcome, the cough became loose, and matter was raised in great quantities. The subsequent treatment consisted chiefly of dripping sheet baths, and bandagings. As the fever declined the patient became weaker; and now, for the first time, he received a little nourishment, beginning with toast water. For four days I was obliged to prohibit anything like food. The least quantity increased his fever. This rule is imperative in all severe cases, and directions of entire abstinence, in urgent cases of inflammatory disease, must be strictly obeyed.

On the sixth day I considered the disease at an end; and this, I believe, is the shortest period in which a regular lung fever can be cured. The process carried on in the lungs absolutely requires time, after it has been once fairly commenced. I would not promise a cure of any case in less than six days, and I should be very sorry to have one last longer. The disease requires delicate management. I doubt not it may be averted at the commencement; but once well established it must be carried through, with a careful regard to the action of the lungs and of the general system.

My patient recovered his strength rapidly, for he had not lost an ounce of blood, taken a grain of calomel or antimony, nor been skinned with a blister. From first to last every application, except the very

doubtful one of the hot fomentations, had been agreeable and efficacious. His pain and oppression had been relieved, and while the fever continued he was hardly conscious of being sick. I consider the case, with its complications, one of the worst I ever was acquainted with, and its successful issue a triumph of the water-cure.

CASE V.—FEVER AND AGUE.

I have long wished to write upon the hydropathic treatment of this disease, the bane and scourge of so many beautiful portions of our country. I know it is an ugly disease—I have an instinctive dread of undertaking its cure; yet I have never known the water-cure to fail, nor a case to last over three weeks, when not complicated with pregnancy, and cases are often cured in a week.

The severest case I have had was that of a Presbyterian clergyman, a stout, florid gentleman of forty, who had been a chaplain in the navy, had had the African coast fever, two attacks of the cholera, and now after a tour of missionary service in a miasmatic portion of the Mississippi Valley, had come to New York with an intermittent of the tertian type, aggravated by all these circumstances, and I know not what quantities of quinine, calomel, and arsenic.

I commenced his treatment with a daily wet sheet pack and full bandaging at night, with the usual ablutions, and what is very important in such cases, a very spare, pure diet. Wishing to rid his system of as much of the "perilous stuff" as possible, I first met his chills with the wet sheet pack. This aggravated the first, or cold stage, but it also shortened it, and the fever which followed was speedily resolved into a perspiration; which, after its first and salutary effect, I checked with a dripping sheet or cold plunge bath. After a few days I changed my tactics and met the access of the chill with a powerful cold douche, which brought the process through still more rapidly, and after a little time, broke up the chill at its commencement. In two weeks the case, though very unpromising, was entirely cured, and no relapse followed. The gentleman's system seemed to be thoroughly renovated. His complexion became clear and fresh, his spirits elastic, and his whole appearance greatly improved.

I should mention that every pack I gave him had the same effects, as the process set up by nature, to cast out the diseasing matter. First the chill, then the heat, then the perspiration; but these water-cure fits of ague and fever are rather pleasanter than the similar efforts of unaided nature. Suppose I had given this man quinine, or arsenic, or any of the specifics for this disease. Is it not evident that I should only have smothered the disease, or changed its action? The cause would have remained in the system, and so would the medicines; and my patient would have had a broken-down constitution, and have died prematurely of some other form of disease.

What a blessing it would be to this country if the application of the water-cure to this single disease

could be universally known ! Dickson considers fever and ague as the original type of all disease. I am confident that no form of disease is better adapted to the hydropathic treatment.

CASE VI.—RHEUMATISM.

Having occasion to get some furniture repaired about the first of May, I employed a worthy Irish cabinet-maker, who complained that his partner was laid up with the rheumatism. At his request I went to visit him. Going into a thickly-settled neighborhood, where a whole block of front and rear buildings had a family on every floor, if not in every room, I did not immediately find my patient ; and while making inquiries, at every place where I asked I found that some one was sick. At last I found my man in a basement ; he slept in one basement and worked in another. By night he had been poisoned with bad air, and by day with tobacco ; but this was not the worst : he had had considerable sickness in Ireland, and had been drenched with medicines. He looked like it. Even the wounds made by accident on his body were badly healed. The rheumatism invaded first one joint and then another, and worst of all he had a bad cough : altogether he looked miserably ; but I was not discouraged, for I had seen how such persons come up, when once under the influence of the water-cure.

In such a case the first step is a thorough cleansing, and this is no make-believe. You want warm water and a plenty—soap and a plenty—rubbing and a plenty. My patient had all these, and the odor that rose from his cleansed skin and opened pores showed that the good work had been begun. I bandaged the rheumatic joints with towels wrung out of cold water, and directed him to put them also around his chest on going to bed. The three succeeding days, I packed him in the wet sheet, and the quantity of foul matter thrown off by his skin is past belief. The bandages to the limbs and chest were continued, and the cough and rheumatism gave way. On the fourth day I gave him the douche, which seemed to put new life into him. The cough still continuing, I directed him to have a cotton jacket made without sleeves, to be wrung out of cold water and worn next the skin, night and day, with the necessary changes for cleanliness. All the time I had directed a pure, careful, and nutritious diet. I discharged him on the fifth day, and he has been at his work ever since.

This worthy fellow was cured of his disease and of using tobacco at the same time, and taught enough to enable him to keep well for the rest of his life. The whole charge was five dollars, which he will save in a short time in the filthy weed he has abandoned. This was pretty cheap treatment ; but when a man works hard for a bare living, it is hard to pay anything for the misfortune of being sick. Often such a man pays for advice that does him no good, and medicines that make him worse. Then the case is hard indeed, but it is the case of thousands.

New York, 87 West Twenty-second street.

CASES IN PREGNANCY AND CHILD-BIRTH.

BY JOEL SHEW, M.D.

CASE I.—SPASMS OF THE STOMACH, VOMITING, WITH HIGH GENERAL FEVER.

LATE in the month of January, of the present year (1850), I was called early in the morning to visit a young married lady, in Fourth Avenue, who was said to be in great suffering from spasms and vomiting. She had not slept during the night, and it was necessary for her husband to remain up with her the whole time. I found her with very high general fever, and oft-recurring spasms, attended with bilious vomiting. The fact of her being in an advanced stage of pregnancy, with this complication of untoward symptoms upon her, designated the case too clearly to a practiced observer, as being one of both delicacy and danger. The parties in the case had no knowledge whatever of the Water-Cure, or of my particular methods of treatment, and had called me, being the nearest physician, and, as they supposed, of the old school. No medicines had as yet been administered, but the patient, as is common on such occasions, had been deluged with a great variety of articles, in the way of liquid food and drinks, with the hope of "settling the stomach," a process which can seldom succeed, and, as often practiced, is quite sufficient of itself to make even a well person sick.

The patient and her husband both thought, as a matter of course, that "some physic must be given." I told them we would first give a tepid bath, at 70° F. This I assured them would give great relief, and knowing well, too, the great prejudice among English people (for they were English) against bathing in pregnancy, I aided the husband, with my own hands, in administering it, thus to be certain of its being well and faithfully done. This they both thought at the time a rather harsh method of treatment ; but they had employed the doctor, and he being resolute and determined, and gentle withal, they could not refuse. The bath gave great relief, and then, all shivering and cold, a very large wet girdle was put upon the patient, after which she was wrapped warmly in bed, with moderately warm bricks to the feet.

After having allowed the patient to rest a while, a large injection was administered, and with the best effect. Occasionally, too, retching still occurred (for symptoms of this kind never cease suddenly, and, indeed, should not), at which times tepid water was given freely to drink, for the purpose of aiding vomiting.

Thus the treatment was pursued : as the symptoms appeared to demand, the tepid half-bath, with a good deal of friction, the wet girdle, constantly or nearly so, the injections and the water-drinking were kept up. From the first moment onward, the patient recovered as rapidly as could be desired. She slept a good deal during the day, and also well at night. The next morning she was quite well, although weak. She then commenced taking nourishment

gradually. No further serious troubles were experienced during the period of pregnancy.

CASE II.—CHILD BIRTH.

The 4th of April, 1850, the above-mentioned lady, at about the end of eight months of pregnancy, as was supposed, was delivered. There was more or less of pain during thirty-six hours previous to the birth. The pains were rather severe during the most of twenty-four hours, proving that good health, with abundant exercise and bathing, are not necessarily of themselves capable of causing short and easy labor.

The child was born at about five o'clock in the afternoon. Soon a thorough ablu­tion was performed in the sitting bath. No patient ever had a better understanding of what was necessary in the case, and none certainly could be more free from all sensations of false modesty or delicacy. Nor could any one pursue the treatment with greater confidence than she did. There was no time when she could not easily sit up or stand, if necessary, and with the good nursing of her husband, she improved most rapidly. She wore the wet girdle most of the time, alternating, however, now and then, with simple fomentations. She bathed four times during the first twenty-four hours after the birth, washing the whole body thoroughly at each time, the water being moderated to from 60° to 70° Fahrenheit. She sat up during this time about six hours in all, and walked by spells a little in her room. She suffered somewhat with after-pains, but the means before mentioned, together with injections to the bowels, generally brought relief. All along her appetite and sleep were good.

The second day the patient sat up most of the time, and walked to other parts of the house, and for an hour and a half visited a friend. She could have gone abroad in the open air, had it been necessary for her so to do.

The third morning, that is, when her infant was two and a half days old, the patient walked with her husband a distance of about three fourths of a mile, visiting a friend. She was fatigued somewhat, but on the whole, benefited by the undertaking.

After this, she walked abroad in the open air daily, always having to go down from the third story of the house in which she lived. In one week she went about the city teaching her scholars in French, German, music, &c., as she had done up to the very day of labor.

And now to exhibit things in their true light, let this lady's case, as it occurred under water-treatment, be contrasted with the drug treatment employed on a previous like occasion.

Between two and three years before, she was pregnant with her first child. Then, as during the last time, she was attacked with cramps, vomiting, and fever. She was laid by a fire in an almost insensible state, and had mustard draughts placed over a large part of the surface. She was also dosed a good deal internally, and salivated with calomel.

At labor, as well as during pregnancy, she was attended by one of the best physicians of London. It was three weeks before she could leave her bed; in four weeks she left her room for the first, and did not go out of the house until six weeks had elapsed. *She was then no stronger than in two days after confinement, under water-treatment.*

Here, then, was a great difference in the result of the two methods—a difference so great that it cannot possibly be appreciated, except by those who have actually experienced them in their own persons.

One fact more should be mentioned in this case; the lady had been exceedingly depressed in mind through the whole, or most of the period, she, with her husband, having left the old world for the new. A combination of circumstances most perplexing and depressing had worked upon her mind, and she was haunted perpetually with the idea that she must die a stranger in a strange country. Thus things went on till about nine weeks before she was confined, or the time before mentioned, of her acute illness. Then it was, that suddenly, unexpectedly, providentially, a great world of light burst upon her; and right faithful was she in the performance of every duty. No sooner were the laws of life, health, and disease unfolded to her ever-active and intelligent mind, than she at once set resolutely and cheerfully to the performing of every task. No item in the ways of bathing, exercise, diet, &c., was ever omitted. The story of her case tells whether or not she was rewarded for her faithfulness.

CASE III.—BILIOUS VOMITING, CRAMP OF THE STOMACH, HIGH GENERAL FEVER, WITH SLEEPLESSNESS.

Early in the morning of the 22d of May, 1850, I was called to visit a lady of this city, about thirty years of age, far advanced in her sixth pregnancy. She had, during this period, as before, been much in the habit of taking alcoholic stimulants, principally in the form of brandy, judging, from her feelings, she needed the stimulus. But its only effect was to render her, at all times, much more liable to take on inflammatory disease.

Four days before I was called, this lady was taken with very severe bilious vomiting, and cramp of the stomach. Two physicians were consulted, and a variety of medicines used. Still the patient continued, day by day, to grow worse, and could get neither relief nor sleep. Being told that she was in danger of convulsions, she and her husband concluded they would change their physician and try the water-treatment.

I found the patient then retching and vomiting almost incessantly, the stomach cramping, the bowels constipated, with high general fever and flush of countenance, the pulse being at 130 per minute, or about double its normal beat, and the patient had not slept for three days.

Treatment.—This was very simple. The whole body was well washed in water at about 80° Fahren-

heit; a full clyster was administered, and wet, cooling fomentations, were put freely over the chest and abdomen. Almost immediately the patient experienced a short but refreshing sleep. The cloths were changed often, the surface was sponged as it became too hot or uncomfortable. The general washing in the wash-tub was practiced once in four hours from the first, which always brought sleep. When retching and nausea came on, tepid water was taken freely to help the vomiting. This gave great relief. No other drink than water was taken, and no food until the vomiting had ceased. After this well-boiled Indian-meal gruel was given, beginning with a single tea-spoonful at first, and then increasing the quantity as could be borne, at the next regular meal-time. After the first day the patient was bathed three to four times in the twenty-four hours. The clysters and fomentations were continued as circumstances required. No very cold water was used in any form.

In three days' time the patient was up and about, and in all respects quite well, though somewhat weak.

CASE IV.—CHILDBIRTH.

Eleven days after commencing the treatment in the above case, namely, on Sunday morning, the 2nd of June, 1850, the patient was taken very suddenly in labor. Within half an hour after the very first sensation of any pain, and before her husband could call me, her child was born, a sixth son. She suffered but little, and was delivered while in the standing posture, but the after-birth remained unborn. I found her weeping for fear that she would be subjected to some horrible water-applications, of which she had read. I told her that my mode of practice was altogether different from that which she so much feared, and that at any rate, no honest physician would ever subject a patient to any process which she could not heartily concur in. I told her, moreover, that I would much prefer that she should have her old physician if she chose, and that she could not possibly offend me, if she would but frankly take her own choice. Her husband then desired that she would pursue that course which she herself preferred. With the explanation I had given, she concluded at once to go on with the matter as I might see fit to advise: "Well," said I to myself, "we will see how a mixed treatment will answer—a little of the old, and a little of the new."

The patient was perfectly willing to be bathed in tepid water, which I also advised. But she wanted the old-fashioned obstetrical bandage or binder, as she had used it before. I explained to her all about its nature and effects, and consented that she might use it if she would take it off at each time of bathing, and at all times when she found it causing too great heat. Her husband bathed her four times the first day in bed; the women would not help at all. She was able to sit up in bed, and the second day and onward, she bathed herself, the old nurse always making herself absent at the time. She had suffered

with after-pains before, but nothing worth mentioning this time. Injections were used from time to time, and the wet towels over the abdomen. The second day the patient was up in her room. The third morning, as I went to her door, I heard some one singing, and on entering, found it was the patient herself, alone, sitting up with her infant in her arms.

The fourth morning the lady was so well, that there was no excuse for a doctor any more. She said she had to keep her room, and mostly her bed, for four weeks always before. Now in three days she was perfectly well, bathing herself repeatedly every day, whereas always before she had never dared wash herself, short of a whole month, and then only with *whisky*! She was now convinced that the only safe way to prevent taking cold, was to bathe.

This, then, may be put down as a remarkable case. Eleven days before labor the patient was very dangerously sick. The birth was exceedingly easy and short, and although such labors are not on the whole as safe as those which are more difficult and protracted, she yet recovered her usual health in a remarkably short period of time, and without any mishap or pain. She bathed but very little, comparatively, although that little told well. No application whatever of cold water was made.

When I commenced writing, I intended giving additional cases to the above, but as room will not permit, I must reserve them for another time. These I have given will illustrate the *average success* of water treatment, when skillfully and judiciously practiced, in the important matters of pregnancy and childbirth.

Let all who love the truth, as it exists in the ever beautiful and yet wonderful operations of nature, as witnessed in the laws of the living economy, profit by the examples I have given if they will.

Corner Twelfth Street and University Place, N. Y.

THE WATER-CURE.

BY E. A. KITTREDGE, M.D.

THE forthcoming number of the Journal, you say, commences a new volume, and many thousand extra numbers will be issued, and, of course, very many novices will read them, who never before heard aught of the Water-Cure. I will, therefore, presuming on my experience, take the liberty to address them particularly, and all others generally.

The Water-Cure has been before the world as a distinctive system several years, not much known, however, in this country till about seven years ago, but long enough, even here, to have its merits well tested.

Let us rapidly, but candidly, take a review of the two great systems—the drug and the water-one systems—and then "let us reason together."

The drug system has been before the public hundreds of years, which by many of its supporters is considered argument enough in favor of its ortho-

cies in the most celebrated work by the masters of the water-cure. They exhibit a limpid and transparent purity of style, which takes its qualities from their favorite element. Having no special abstract theories to sustain, they deal in plain every-day facts and incidents that come home to the "business and bosoms" of the people. Hence, they seldom fail to be read with interest, even by those who enjoy that palmy state of health which makes them unconscious of stomachs or lungs. The "Water-Cure Journal," as it is one of the oldest, is also one of the most valuable productions of the hydropathic school in this country. It is an admirable specimen of the kind of medical literature to which we have just alluded, and, indeed, has excited no small influence in its formation. No family, whether troubled with "symptoms" or not, should be without it. There is no better manual either for the preservation of health or for the cure of disease. We rejoice to learn that in the hands of its liberal and energetic publishers, Messrs. Fowlers & Wells—a house to which the American public is so largely indebted for many of the most truly instructive and popular productions of the day—it is gaining an extensive circulation, and following in the wake of their common-sense physiological publications, which are scattered so profusely among the "bone and muscles" of our land from Maine to Minnesota.—*Hunt's Merchants' Magazine.*

MINUTES OF THE PROCEEDINGS OF THE SOUTH CAROLINA MEDICAL ASSOCIATION, at its Annual Meetings, Feb. 1849 and 50, together with the Transactions of the Board of Counselors, and the Anniversary Oration. By J. P. BARRATT, Charleston, S. C. Walker and James, printers.

The document is complete. A very elaborate Report of the cogitations of a very learned body of Allopathic Physicians.

It appears that the Treasury Department at Washington appointed a drug inspector, at the port of Charleston, S. C., who was totally ignorant of the quality of drugs, and the large importing houses of the Northern cities, learning this fact, at once ordered their correspondents in Europe to ship through Charlestown, thus continuing to flood the land with an adulterated article. Quite a trick. We have not been advised in regard to the result of this discovery.

The following Resolutions go to show how hard it is to keep the good people "in the traces." The cause of this want of confidence in the "Regular System," and the desire to try new modes, is quite evident, viz., the repeated failures of the "old school" to effect cures, yet the Doctors are determined to prevent the Clergy from trying any thing except what they prescribe.

"Whereas, it has been the custom of physicians to extend to clergymen the courtesy of their services gratuitously, in consideration of the respect justly due their sacred office, but, in consequence of the deplorable fact that numerous clergymen have be-

come the advocates of quackery and imposture, by recommending secret medicines and preparations publicly in the newspapers, and more frequently privately to their parishioners, thus using their extensive influence against the true interests of science and the advancement of the medical sciences more particularly, it becomes the duty of physicians to discriminate between those who are the friends of quackery: It is therefore

Resolved, That the members of the South Carolina Medical Association will continue to offer their services gratuitously to all clergymen and their families, when the clergyman is known to be a friend of the medical profession.

Resolved, That no clergyman shall receive our services gratuitously who advocates and recommends the use of secret and patented medicines, either publicly in the newspapers or privately to his own parishioners.

Resolved, That negroes belonging to clergymen are not to be considered in any case as entitled to the benefit of the first resolution, but for attendance on them, our usual rates may, in all cases, be charged."

In the Oration, we find many exceedingly interesting and eloquent passages, going to prove the "Unity of the Race," a theory in regard to which there are two opinions. The whole tenor of this discourse is pre-eminently Southern.

MISCELLANY:

SOCIETY OF PUBLIC HEALTH.—There has been recently formed in this city an association, under the above designation, which already includes among its members many of our most enlightened citizens, and which promises to be the means of great and permanent utility. It has been organized chiefly by the exertions of Dr. Nichols, whose writings on the Health Reform have done much in awaking public attention; and his services have been secured for the responsible office of general agent and permanent secretary of the society. Its objects and operations may be best gathered from the following

DECLARATION.

"Believing that disease and premature death are, in most cases, the results of ignorant violations of the laws of health, by individuals and communities; and that the amount of such sickness, and the extent of such mortality, demand of the intelligent and philanthropic some preventive action; we, whose names are hereunto annexed, form ourselves into an association, to be known as the SOCIETY OF PUBLIC HEALTH, and give our influence and aid.

"To arouse the attention of the public to the necessity of a Health Reform, by public meetings, addresses, lectures, tracts, books, and other suitable publications;

"To enlighten the people by these and all proper means, in the knowledge of a sound physiology, as connected with the preservation of health, the cure of disease, and the prolongation of human life;

"To influence a wise legislation, which shall abolish all destructive nuisances, and secure to our entire population, cleanliness, pure air, proper food, and as far as possible, by municipal regulations, surround us with conditions of health;

"To elevate the standard of medical education and practice, so that the highest duty of the physician shall be the preservation of public health, and his greatest care the prevention rather than the cure of diseases."

CONSTITUTION.

"Any person, signing, or causing his or her name to be appended to the above declaration, and contributing to the funds of the society, becomes, thereby, a member. The amount of the subscription is to be determined by each member according to his ability, his view of the importance of the object, and his sense of duty."

We need not say how heartily we approve of the objects of this society; and our readers may be sure that we shall not lose sight of its operations. In the mean time, all, far and near, who desire to aid in a good work, should join this movement, by sending their names and subscriptions, either directly, or through us, to the secretary, T. L. Nichols, M.D., 87 West 22d street, New York. We predict for this society a high rank among the agents of reform, and the pioneers of progress.

The clause we have quoted from the Constitution, allowing each member to determine the amount of his subscription, is most equitable, for of two equally good and earnest men, one may be as well able to give fifty dollars as the other is fifty cents. The largest and the smallest donations will be alike acceptable.

HYDROPATHY VS. ALLOPATHY, IN TYPHOID FEVER.—A CONTRAST.—A FRIEND writes us as follows, from Maysville, Kentucky: "You now send nearly one hundred copies of the Water-Cure Journal to this Hydropathic town.

"You will discover that we are getting subscribers from every section of the country. The good cause is rapidly gaining favor throughout this part of the world; and we look forward to the day, as not being far distant, when we shall have Hydropathic instead of Allopathic practitioners. I have been dosed alternately, by the Allopathic, Eclectic, and Thomsonian doctors for the last ten years, for dyspepsia. The drain upon my pocket has been very large; my sufferings indescribable; and, like the old lady, who had the 'Balvanic Gattery applied to her sore eyes, didn't do no good immediately.' Since I have been a reader of the Water-Cure Journal I have LEARNED HOW TO LIVE: I have become a *Vegetarian*, I bathe every morning, wear the wet girdle, occasionally take the sitz bath,—and my improvement has been such, that my friends very often say, I look better than they ever saw me before. I used the cold water injections for some time, but now have no use for them. My eldest son, a boy between fourteen and fifteen years of age, was attacked, last winter, with typhoid fever: at the same time, a friend of mine, an Allopathic physician, had a son of the same age, attacked with the same disease; he was treated by his father, allopathically of course, and cured in the incredibly short time of five weeks;* my son was confined to his bed, lingering under this terrible disease, almost three days. How can we account for this difference? The first case was treated by a very

* I have known of no cases in this neighborhood cured as quickly as this one was, by allopathic physicians.

learned and clever gentleman; a member of the 'learned and skillful faculty,' quack nostrums had no place here, and yet it took five weeks to break up the disease, and restore the patient.

"My son had nothing but a few cold water injections, a sitz bath or two, and the wet girdle, drinking freely of cold soft water, and in three days' time he was as well as ever.

"From my reading and experience, thus far, I am fully satisfied that every disease that can (not) be cured by drugs, can be cured by water, judiciously employed. May the time soon come when Allopathy, Homeopathy, Eclecticopathy, Thomsonianopathy, Tobaccoopathy, and all the other pathies, except Hydropathy, shall be looked upon with antipathy, and numbered among the things that were, (of no use to anybody.)"

DOCTOR-CRAFT.—G. G. Foster, Esq., one of the clever editors of the sprightly little *Merchant's Day Book*, in one of his Washington letters, makes the following remarks on doctor-craft, and the articles of our contributors.

"Pray give my thanks, on behalf of myself and the whole doctor-ridden world, to my old friend Doctor Nichols, for the clear, strong, and sharp-pointed crystal arrows, fashioned from truth itself, which he is shooting into that corrupt and poisonous heart of doctor-craft. A more fatal pestilence, a bitterer curse, than kingcraft or priest-craft, is this deadly and remorseless doctor-craft, which, century after century, while all other arts, sciences, and philosophies, from government to cookery, have expanded and struggled into some degree of light and knowledge, still gropes and growls in barbarian darkness, feeding upon the bodies of its own victims, and making the earth a sepulchre with its loathsome and deadly exhalations. God bless—and he will!—all honest, frank, true-hearted men, like Dr. Nichols, who have the heart, the courage, and the strength to strike a blow at this giant monster of the world!"

A VEGETARIAN JOURNAL.—It has been proposed by the friends of this system of Dietetics, to publish a "Monthly Journal," devoted to the advocacy of a vegetarian diet; and the only question to be settled before undertaking such a work, is simply this, "Will it pay? are there a sufficient number of persons interested in this reform to support such a publication?" Should this proposal be responded to, there are a number of able writers who will pledge themselves to furnish articles for its pages. There are now five monthly periodicals devoted to vegetarianism published in England, and it is believed that such a work would be liberally patronized in the UNITED STATES. In order to ascertain the "voice of the people," we have concluded to receive the names of all who would become subscribers to "A VEGETARIAN JOURNAL," should it be determined upon, at \$1.00 a year. Communications may be addressed to the publishers of the Water-Cure Journal.

INTRODUCTION OF VACCINE MATTER INTO JAPAN.

—The small pox has, for many years past, at intervals, committed great ravages among the children of the empire of Japan. Repeated attempts have been made, for thirty years past, to introduce the vaccine matter, but without success, the matter being found to be imperative. We learn from the Singapore Free Press, of April 5, however, that the evil will now be put an end to. By the last Dutch ship dispatched there, a quantity of carefully collected vaccine matter was again sent, put up in different manners; amongst the collection were some pustules, which the chief of the medical service had collected from one of his children, on which the vaccine had showed itself in a peculiarly favorable manner. To this fortunate circumstance is owing, that at last the end so long wished for was attained; for it happened that on one of the Japanese children, vaccinated with these pustules, a beautiful vaccine pock was obtained, while the other lymph sent to Japan proved itself, as on former occasions, inoperative. About nine hundred children were immediately vaccinated at Nangasaki, with good results, and children were brought to spread the matter in more distant parts of the country. The Japanese doctors also came to learn the mode of operation.—*Boston Journal*.

A CASE OF HOME TREATMENT IN WATER-CURE.

—A correspondent gives the following account of the successful treatment of a case of fever. He observes: "A pretty severe attack of fever was cured in our town, a short time since, by—not calomel, but—cold water and pure air. I do not learn all the particulars, but it was something as follows:—A young married woman was taken in fever, and the neighbors were for sending for Dr. B. or Dr. S. But 'No,' said her husband, 'with my wife's consent, I will cure her myself.' He had just been attending Mr. L. N. FOWLER's lectures, and had obtained of him some works on Water-Cure. So he went to work, and 'packed' her according to rule; giving, all along, what cold water she desired to drink, keeping a circulation of pure air through the room, and the room and bed-room most scrupulously clean. In a few days the patient was up, and is now well and hearty. 'Every man his own doctor,' as the quacks say."

It would be well for many people if they would do resolutely as did the husband in the above case.

SUMMER RETREATS.—It is a custom with thousands of our citizens to leave the noise and excitement of a city life, during the hot season, and seek a quiet and pleasant place in the country. This is as it should be. While in the country we would recommend a little good old-fashioned physical labor, such as our farmers can very readily provide, no matter if it is "laying stone wall." It will do you good to work at it if in health. The numerous Hydropathic establishments all over the country furnish the very best places to resort, even for recreation and rest.

Most of these houses are pleasantly situated, and provided with all the *healthful* luxuries of life. For those who wish an excursion, a trip up the Lakes will be found invigorating and pleasant. As a general thing, invalids are improved by traveling. Those who reside on, or near the Lakes, would enjoy a visit on the sea shore. There are many beautiful places on LONG ISLAND, where a day, week, or month, may be passed pleasantly.

NEW WATER-CURE ESTABLISHMENTS.—At Clifton Springs, on the line of the Railroad, ten miles east of Canandaigua, HENRY FOSTER, M. D., is erecting a model house, capable of accommodating seventy patients. It will be opened on the first of September.

OSWEGO WATER-CURE. — This establishment, which we noticed as being in process of preparation, some weeks since, is now ready for the reception of patients. It is really delightfully located for a residence, and every thing about it is in neat and fine order.

Mr. GRIFFIN, the resident proprietor, will spare no exertions or expense, to please and benefit patients, and the invalid will find in his family all the care and sympathy of home, with all the accommodations desirable for improvement and enjoyment. The attending Physician, Dr. POTTER, is no experimental practitioner, but has a reason for every prescription. He is deserving the confidence of invalids from abroad, as he has enjoyed it in a high degree from those in the community where he has resided. A number of patients have already presented themselves for treatment.—*Oswego P. Intelligencer*.

PREMATURE EDUCATION.—That the education of children should not be forced, like lettuces in hot-houses, is becoming a popular idea. The more haste in such business, the worse speed. We find the following opinions of learned authorities on this important subject:

Of ten infants destined for different vocations, I should prefer that the one who is to study through life, should be the least learned at the age of twelve.—*Tissot*.

Intellectual effort in the first years of life is very injurious. All labor of mind which is required of children before the seventh year, is in opposition to the laws of nature, and will prove injudicious to the organization, and prevent its proper development.—*Hufeland*.

PERIODICAL FITS CURED BY WATER.—A clergyman of Ohio writes:

"The Water-Cure is gaining the confidence of our community. Last year it was the means of breaking up periodical fits of a man whom *medicine* and *disease* had reduced to extreme weakness. I earnestly wish some one would come here competent to practice that mode of treating disease."

MEDICAL REFORM.—The subject of medical reform is engaging the attention of the English Metropolitan press. The Lord Advocate has introduced a bill into Parliament on the subject, and the London College of Surgeons, not relishing its provisions, have applied for a new charter, their object being to stave off the reforms contemplated by the bill. They have, however, only placed themselves in a still worse fix, for they have opened up the propriety of giving them a new charter to general discussion, and the press is applying the scalpel to the whole matter.

“HYDROPATHY IS HEALTHFULLY progressing in this latitude, MAYSVILLE, KY. You can say to its friends that we now have a Water-Cure at Esculapia, seventeen miles from this place, where they can be treated philosophically (hydropathically), by C. B. Thomas, M. D., late of Boston, Mass.; and what is strange, the proprietor, (Dr. Curtis, of Cincinnati) is a Thomsonian physician of long and extensive practice. S. S. M.”

TO CURE CHILBLAINS.—Wash the feet with water saturated with alum, and draw on a sock made of soft, fine, old linen.—*Agriculturist*.

Wash the feet in rain water twice or thrice each day, and keep a wet cloth on them at night, for three nights in succession, and wear a loose boot or shoe during the day, and you will be free from chilblains.

PUBLIC BATHING-HOUSES.—We shall be glad to publish in the Water-Cure Journal a complete list of all the public bathing-houses in the United States, for the benefit of travelers in particular, and citizens in general. Every village should at least afford one of these conveniences; and we hope the time will come when it will be necessary for every hotel to be provided with bathing-rooms.

Will our friends, in the various parts of the country, inform us in regard to these establishments?

THE WATER-CURE JOURNAL presents its readers with ably written articles from a large number of the best and most common sense physicians in the country. The publishers and editors of this Journal have our most hearty God-speed in the noble work they are doing to regenerate the race with knowledge, truth, and common sense.—*Reformer, R. I.*

In Canandaigua, Dr. H. FOSTER is about to erect a Water-Cure Establishment. Dr. F. has had much experience in the Water-Cure practice. His success will be certain.

OUR NEW COVER.—We are happy to present our readers with the Journal in a new dress, symbolical of its objects. We are indebted to Mr. FIELD for the very appropriate design, and to Mr. WM. HOWLAND for the engraving.

Is it not invigorating, at this season of the year, to look upon a picture so COOLING AND REFRESHING?

NOTICES.

A QUESTION TO SUBSCRIBERS.—Shall we increase the size and price of the Water-Cure Journal, after the expiration of the present volume? We know the answer that a few will give, for we have been urged to double our size and price. Yet we are not in favor of so doing. It is our aim to place the Water-Cure Journal into the hands of every family, which we hope ultimately to do. We shall be glad to hear what our friends have to say on this subject. In the meantime, no efforts shall be spared to extend its circulation at its present extremely low price. See prospectus for terms to clubs on last page.

JOSEPH KEENE, Jr., & Brother, in Chicago, M. P. MORAN, in Pittsburg, and J. C. MORGAN, New Orleans, will supply all our publications at New York prices.

DR. W. PRATT, formerly of Winstead, Ct. Any information relating to the whereabouts of this man, will much oblige the publishers of this Journal.

WHERE IS J. E. RISLEY? May we not hear from him? From his long silence, we are left to infer that he is dead.

ALL communications and advertisements, designed for publication in the Water-Cure Journal, should reach the publishers by the 10th of the preceding month.

WILLIAM CLARK, our friend and co-worker, has sent us over two hundred subscribers. What greater compliment could be bestowed on him than this simple statement?

“WATER-CURE JOURNAL AND HERALD OF REFORM.”—We would if we could induce everybody to take this excellent Journal. It is doing a work that no other monthly can do.—*Cleveland True Democrat*.

ANATOMY FOR STUDENTS, with illustrations, will be continued in our next.

NOTICES TO CORRESPONDENTS.

MISS S. MILON, IND.—In the young man's case, the pack might be used every other day, with half or six baths daily. Use the cold sheet if he feels warm. He should only remain packed till he seems sufficiently warm to the attendants, whatever may be his own sensations. In the young lady's case, use a daily dripping wet sheet pack twice or thrice a week, and give one sitz and one foot bath daily. The food must be particularly attended to—plain and coarse. The best books for the person you mention are the Water-Cure Manual Hydropathy for the People, Graham's Science of Human Life, and Alcott on Vegetable Diet.

CHRONIC CATARRH.—J. B. G., Providence, R. I. The wet cloths mentioned in January number, are to be covered with a light dry one passed around the head to keep them in place. Probably a few daily packings, to open and deterge the pores, would be of essential service. The skin and liver must always be particularly attended to in all catarrhal affections.

INSIPID DIABETES.—J. G. This complaint is always lingering, and requires the full appliances of water-cure, with a very rigid diet. Pack sheet daily, two or three sitz baths, the wet bandage, keeping as much as possible in the open air, constitute the outline of the management. Unleavened wheat meal bread, dry, mealy potatoes, a moderate quantity of mild fruit, are the best dietetic articles. Avoid all animal food, even milk.

CHRONIC MUCOUS DYSPEPSIA.—J. M., Londonderry, O. Your case doubtless requires a pretty plain, dry diet, water-drinking frequently, but in small quantities; the wet girdle to the abdomen about half the time, —say wear it three days, then omit three, with a general ablation or rubbing wet sheet every morning, and one or more sitz baths ten to fifteen minutes daily.

A TORPID LIVER —C. S. T., for a "torpid liver with weak stomach and incidental catarrh," should employ one or two sittings a week, a daily ablation, one half bath daily, rubbing the abdomen thoroughly at the same time, and have the wet girdle very frequently changed. Use mostly unboltoned farina-cous food, with plenty of good fruits; avoid grease, vinegar, and spices.

LIVER COMPLAINT AND PROLAPSUS.—Frequent sitz baths, the wet abdominal bandage, one daily ablation, and the pack occasionally, are the appropriate processes in the case of our correspondent. Avoid all hot drinks. The diet should be mostly solid and dry.

MEASLES—This disease is managed hydropathically on the same principles as are all continuous fevers. The wet sheet is the grand remedy to bring the eruption to the surface promptly. Regulate the general bathing, as well as local, exactly according to the temperature of the body.

R. L. A.—A Water-Cure Establishment in Xenia, Ohio, properly conducted, would be sure to succeed. Go on with it. The demand for Water-Cure Physicians, all over the land, continues unabated, and we regret that there is no hope of our being able to send one to your place.

R. T. H.—This question of postage has been settled by the Postmaster General, and the statement which Dr. J. made, in regard to "covers," is unfounded, and without influence. The postage according to law on the Water-Cure Journal, American Pheonological Journal, and Student, is precisely what they respectively represent it to be.

W. H. W., M.D.—Your communication relating to "that fatal case of consumption" is received, and will probably appear in our next.

N. W., M.D.—We will return your former communication if it is not mislaid, but fear we shall not be able to find it.

VEGETARIANISM, by J. H. H., is received. Our report of the Vegetarian Convention, in the present number, prevents us from giving it a place.

W. A. H.—All right. You are entitled to a "PREMIUM," and if you double your list, a Water-Cure Doctor in the bargain.

VARIETIES.

EMPLOYMENT IN NEW YORK CITY.—The following advice, which we find in the *NEW YORK SUN*, is important and useful:—"There are hundreds and thousands of young men at this moment seeking, and in a majority of cases vainly seeking, employment in this city. They have come here from every section of the country, allured by the false idea that it is only necessary to enter a large city to command place and fortune. Many of them are intelligent and enterprising; amply fitted to fill posts of high duty and trust, while many have little or no capacity for battling with the exigencies of a city life; without distinct profession or trade, simple adventurers, drawn into the worst of spheres by the false idea of which we have spoken. These young men are to be sympathized with and pitied in their struggle, for it is not a slight suffering he endures who, full of hope and anticipation, finds the oasis of his vision but a desert, and his hopes all barbed with disappointment.

What advice ought to be given these waiting, wandering, and in many cases despairing applicants for labor? They have found the city the antipode of their country dream. One left the plough, another the schoolmaster's desk, another the village store, and all of them left homes and friends, and chances at least of comfortable and honorable livelihood. In an hour of infatuation they rushed into a maelstrom—the great city seduced them to abandon a certainty, and too proud or too ambitious to turn back, but too many of them cling to the false step they have taken, and in the end consent to pursuits which can only debase and possibly ruin them.

We would be kind in our advice, yet we must be plain. We have repeatedly urged young men of the country bent on trying their chances in the city, to be sure before they abandon the comfort, certainty, and independence of home, for some honorable and profitable employment in the city. It is worse than folly, it is madness, for any young man in the country to come hither, buoyed simply by the pictures of his fancy. The city is always an overthronged place. Every avenue to employment is crowded, and for every vacant post a hundred ready applicants are in waiting. One might, without friends and special commendation, search weeks and months, nor find the labor that would furnish him bread. To disappointed and vainly-struggling young men of this class, we would say, go back to the country, to your homes, or to any place rather than remain here in suspense, suffering, and agony. There is labor enough for you all somewhere, but of all places, your chances are least in a great city. Where one of you succeeds in finding employment here, a hundred will fail; but none of you need fail, if you will only exercise common sense, and seek a field less crowded, and better fitted for your capacities."

MANY YOUNG MEN find it a source of great profit to engage in selling good books, such, for example, as relate to Hydropathy and education, and thus obtain agencies for such publications as the *WATER-CURE* and *PHRENOLOGICAL JOURNALS*, or the *STUDENT*, all of which are published monthly, and may be introduced into every neighborhood throughout our Union. This, young men, would be vastly better for you and the world, than any situation you could obtain in any of our crowded cities.

THE measured distance from the Battery, New York, to 154th street, in the northeastern part of the same city, is nine miles.

LAW vs. JUSTICE.—Every day new and additional illustrations offer, how far the forms of law and justice defeat the great ends for which they are made, as the following case will show :

"There are some cases where law, if it is law, should be no law at all. One which, in our opinion, partakes of this character, has recently occurred in Orange County in this State.

"About twenty years ago a man named Ebenezer Seeley married a Miss Brader, at Goshen, N. Y. They moved to Elmira, N. Y., soon afterward, and he became an intemperate and worthless fellow. They separated, and he returned to Orange county. Some seven years ago she sued for and obtained a divorce in the sixth Judicial court of this State, on the ground that he had committed adultery. She then married a man named Eliah O. Crosby, who went to California, and is said to be a member of the convention which framed the Constitution of that State, now before Congress. He is said also to be a member, at present, of the California Senate. It is more than probable, therefore, that he is an enterprising, worthy man, endeavoring to make, in that new land, a fortune for the family which he has left behind. The old husband, Mr. Seeley, however, has lately sued the new husband, Mr. Crosby, for connection with his wife, on the ground that the divorce granted by the Sixth Circuit is a nullity, because the Vice-Chancellor who granted it had no jurisdiction over a citizen of Orange county. The jury gave Seeley a verdict of \$1000. Thus has the drunken husband, through the turnings of the law, triumphed over the wife whom he abused and deserted, to whose application for divorce he made no defence, but suffered the case to go against him by default, thereby acknowledging his guilt.

"Such, in some instances, is the injustice of Justice.

"In this case, the law is less to blame, however, than the jury, who, if compelled to find a verdict for plaintiff, ought to have given six cents as nominal damages.

"Our code of Justice requires to be re-written, simplified, and rendered more efficient."—*Cist's Advertiser.*

PREMATURE BURIAL.—The Boston Transcript says the writer of this is acquainted with a gentleman who once narrowly escaped a fate which is past the mind of man to conceive one more horrible. He was then in New Orleans, at a time when the yellow fever was raging, and among others he was stricken down with that terrible disorder. After several days' illness, in which the disease utterly baffled the skill of the attending physicians, his case was declared a hopeless one. At last, life became apparently extinct, and he was announced dead. Preparations were made for the funeral, friends were notified, the coffin was procured, the body placed in it, and a military company, of which he was a member, was drawn up in front of the door, prepared to perform the last honors.

Just at the moment when the lid of the coffin was about being closed, the body exhibited signs of life—the trance was over—and the house of mourning became the house of rejoicing. The military company, instead of marching off to the music of a melancholy dirge, were exhilarated with the melody of "Yankee Doodle." It was never known, for a certainty, what became of the cartridges furnished for the volley over the grave, but it is probable they were put to some better use.

The gentleman above alluded to is now conductor on one of the railroads running from this city, and he is at present, and has been ever since his recovery from the fever, as hale and hearty as most men of the present generation.

LADY JANE.—The following beautiful verses, on a favorite HORSE, were written by the late Mrs. FRANCES S. OSGOOD :

LADY JANE.

Oh! saw ye e'er creature so queenly, so fine,
As this dainty, aerial darling of mine?
With a toss of her mane, that is glossy as jet,
With a dance and a prance, and a frolic curvet,
She is off! She is stepping superbly away!
Her dark, speaking eye full of pride and of play.
Oh! she spurns the dull earth with a graceful disdain,
My fearless, my peerless, my loved Lady Jane!

Her silken ears lifted when danger is nigh,
How kindles the night in her resolute eye!
How stately she paces, as if to the sound
Of a proud, martial melody playing around,
Now pauses at once, 'mid a light caracol,
To turn her mild glance on me beaming with soul;
Now fleet as a fairy, she speeds o'er the plain,
My darling, my treasure, my own Lady Jane!

Give her rein! let her go! Like a shaft from the bow,
Like a bird on the wing, she is speeding, I trow—
Light of heart, lithe of limb, with a spirit all fire,
Yet away'd and subdued by my idlest desire—
Though daring, yet docile, and sportive but true,
Her nature's the noblest that ever I knew.
How she flings back her head, in her dainty disdain!
My beauty! my graceful, my gay Lady Jane!

HEDGES.—The best hedges in the United States, says the Genesee Farmer for May, extends about a mile along the highway on a plantation of about 3,000 acres, near Augusta, Georgia. It is the Cherokee Rose, which is now in full bloom, presenting a magnificent floral spectacle, and filling the atmosphere with delicious perfume. No animal without wings can get over or through it. Having stood forty or fifty years, it still promises a good fence for a century to come. The owner and occupant of this splendid estate, Mr. D'LAZELLE, was a St. Domingo planter at the time of the insurrection and dreadful massacre by the blacks, and was so fortunate as to escape to the United States.

Who would not have a beautiful hedge, which, in point of real utility and durability, far surpasses every other kind of fence? Consider, for a moment, and look through your imagination upon a nice little farm, all enclosed with a beautiful hedge in FULL BLOSSOM. Who would not enjoy it? And yet those who own farms may thus beautify them at a small expense.

CORNERS have always been popular. The chimney-corner, for instance, is endeared to the heart from the earliest to the latest hour of existence. The corner cupboard! what store of sweet things has it contained for us in youth—with what luxuries its shelves have groaned in manhood! A snug corner in a will! Who ever objected to such a thing? A corner in a woman's heart! Once get *there*, and you may soon command the entire domain. A corner in the Temple of Fame! Arrive at that and you become immortal.—*The Dollar Times.*

All very fine, but nothing to compare with a corner in a "bath tub," full of cold water, in a hot summer's morning.

REFORM! REFORM!—We need a reform in our common laws almost as much as in the "old school" regular drug system of medicine.