

THE WATER-CURE JOURNAL.

HYGIENE AND HYDROPATHY.*

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

Mr. President and Gentlemen :

It is with feelings of no ordinary pleasure and satisfaction that I rise to address you on the present occasion: the success which has so far attended our united efforts to place HYDROPATHY upon a firm foundation in America, is a sure guaranty that the cause of humanity and truth will be greatly promoted by the labors of the ASSOCIATION this day organized. The pleasure I experience is, however, commingled with some little personal regret that the shortness of the time allowed me for preparing to address you has prevented me from devoting to my task that careful study and nice research which you have a right to expect. I shall endeavor to atone, however, for any short-coming on my part by making my observations as brief and pertinent as possible, in order to afford my professional brethren who are to follow me in order, a fair opportunity to supply my defects.

An opinion has been recently expressed with regard to the remedial uses of WATER, by a distinguished medical practitioner of our country, which requires at our hands something more than a mere passing notice. I refer to a *new position* taken by Dr. John C. Warren, of Boston, in his Valedictory Address as retiring President of the American Medical Association, at the annual meeting of that body, held in Cincinnati a few weeks ago. The public prints have taken the pains to chronicle the fact that this address was extemporaneous: we are consequently obliged to rely upon a newspaper report of the remarks in question. The passage to which I would invite your attention, is thus rendered by the Cincinnati Gazette of the 9th of May:

"With respect to cold water," observed Dr. Warren, "it was so valuable, so necessary, so beautiful an agent, that it would not be wonderful if an enthusiast were to be excited in its favor; but such was not its repute in the early part of his practice, when it was not permitted to come in contact with the whole person, and was often excluded from the sick chamber. But there were fashions in medicine, and lately the fashion in this respect had changed. He recollected when it was fashionable to give calomel in almost all diseases, in all ages, in both sexes. When a person had a cold he took a grain of calomel, and when attacked with fever, the physician ordered him from one to one hundred; and, notwithstanding the horrible consequences which so frequently presented themselves, the practice had been continued to a late period. A young practitioner in those days would not dare to go into consultation and admit that he had used no calomel in a case of typhoid fever. Now, it had been proved by eminent men, that typhoid fever may be got over without

* An Address delivered before "The American Hygienic and Hydropathic Association of Physicians and Surgeons," at their first annual meeting, at Hope Chapel, New-York City, on Wednesday evening, June 19th, 1850.

calomel, and, perhaps, with little other medicine. What, then, was the use of the physician? To direct the course of the patient and prevent his falling into errors from which nature might divert him, but which his own inexperience and that of friends would be urging him into. He recollected further when it was common, in all cases of consumption, to administer prussic acid, phytolacca and digitalis. And what did he now see approaching from the North-East? A direct wave from the banks of Newfoundland, threatening to roll over the country,—the supply being even insufficient to the demand for *cod-liver oil*. (Great laughter.) But they had only to stand by, let the current pass, and some other fashion would come up. In reference to the application of Water, Dr. Warren expressed his regret that so valuable an agent should have become affiliated, in this country, with one of the most remarkable medical fictions which any generation had produced.¹

I need not say, gentlemen, that it is to this last observation that I would more especially direct your attention. What Dr. Warren has advanced with regard to the frequent changes of fashion in medicinal practice—from the CALOMEL panacea to the now-popular cure-all, COD LIVER OIL—sufficiently indicates that his views on the subject very nearly coincide with our own: his abhorrence of the one "remedy" is fully as great as his contempt for the other. His professional estimate of the value of WATER, is precisely like ours: to quote his own words, "it was so valuable, so necessary, so beautiful an agent, that it would not be wonderful if an enthusiast were to be excited in its favor." And yet, Dr. Warren found reason to regret that this agent—"so valuable, so necessary and so beautiful"—"should have become affiliated in this country with one of the most remarkable medical fictions which any generation had produced." Now, what does this mean! "Fiction" denotes "falsehood," ergo, the medicinal uses of WATER in America have, in some way or other, become "affiliated" with imposture. What is this imposture? Does Dr. Warren allude to Hydropathy? Why, here is a passage from a little work written by this same Dr. Warren not many years ago, in which he expressly says: "*Hydropathy to a reasonable extent—and in competent hands it is always reasonable—is founded in good sense and exact observation.*" Now, this written language of Dr. Warren does not at all agree with his extemporaneous address before the Association at Cincinnati:—always provided that, in the latter instance, Hydropathy was the subject of the remarks I quoted at the outset. The question now arises, whether there are not some special reasons for believing that Dr. Warren *did* refer to Hydropathy in his Cincinnati address,—notwithstanding the tenor of his printed admission. I think it clear that there are. (1.) In the first place, Dr. Warren was addressing an audience composed of medical delegates from all quarters of the Union, in annual Convention assembled, for the express purpose of

sternly frowning down any novelty whatever that "disturbed their peace." In the second place, two years before, at the session of this same Convention, in Baltimore, *Hydropathy* had been contemptuously spoken of in a Report presented by Dr. Oliver Wendell Holmes, of Boston; the best that that well-known and popular poet would say of the Water-Cure was this: "*that much indirect benefit MAY result even from the experiments of the hydropathist, notwithstanding the illusions and impositions that surround the fountain of the Silesian boor.*" [I must say of this, in passing, that it was a most unworthy fling; and one that will redound far more to the discredit of its poetical author, than the person he sneers at as a "Silesian boor." When Dr. Oliver Wendell Holmes, of Boston, with all the advantages of a good medical education, has cured by his drugs and medicines alone one-hundredth part of the number of cases that have been successfully treated by VINCENT PRIESSNITZ, of Graefenberg, notwithstanding his lack of "medical science," so called, by the sole means of WATER and hygienic remedies, then, and not till then, will he have any right to talk of "illusions and impositions."] (3.) In the third place, it is reasonable to infer that, as Dr. Holmes's Baltimore flippancy in 1848, was found palatable to the members of the American Medical Association, so Dr. Warren, in like manner, deemed it most expedient to administer a similar "sop to Cerberus," in the year 1850. (4.) Fourthly and lastly, the prevailing appetite of the great body of "the regular practitioners" (so called) for some strong language like that of Dr. Holmes just quoted,—some bitter tirade against any innovation in medical treatment which might possibly have the effect of sending some of their number back again to school, to "learn their lesson over again"—is convincing proof of itself that I have correctly indicated the reason of Dr. Warren's assuming his novel position with regard to Hydropathy.

And now, gentlemen, you have a right to ask, "To what does all this tend? It is no new thing to us, this flippant denunciation of Hydropathy by the old-school physicians—this vague declaiming against they know not what, and *will not* learn. What moral, then, do you propose to draw from the 'case' you are making out against Dr. Warren, of Boston?" Why, simply this: that so long as the healing virtues of WATER are left to work their own way into the confidence of the regular profession, and the community in general, unaided by the combined efforts of a strictly medical Association, *organized on the right basis*, just so long will the Water-Cure in America be exposed, however unjustly, to the ban of empiricism, and its educated and conscientious practitioners subjected, in consequence, to the taunts and jeers of every routine doctor in the land.

The question now arises, whether the Association, this day organized, will accomplish the purposes for which it is designed. What are those purposes? And what is the creed of the members of the Society, that distinguishes them most plainly from all other schools?

I. In the first place, the preamble to the Constitution avows the belief of the members in "the doctrine of the *vis medicatrix nature*, or the inherent tendency of the human constitution to free itself from disease." Is this any novel doctrine? No! It dates as far back as the times of Hippocrates himself, "The Father of Medicine." But is it a generally received doctrine among the routine physicians? Do they recognize in their treatment any strong, curative tendency on the part of nature, or do they place their main (if not their sole) reliance upon the drugs that they prescribe? Alas, that I should be compelled to say that their mode of treatment evinces very little (if any) confidence in the *vis medicatrix nature*. Look at their formidable array of remedial agents—the long list of narcotics, sedatives, astringents, alteratives, stimulants and tonics, antiphlogistics and cathartics, anti-spasmodics and emetics, sialagogues and errhines, epispastics, diuretics and diaphoretics, disinfectants and expectorants, antilithics, escharotics and antacids, emollients and demulcents, anthelmintics and antidotes: and does not the existence of this sort of standing army of medicines plainly point out the main features of the Allopathic campaign? Does it not presuppose that nature has been prostrated by disease—prostrated so hopelessly that its only chance for rallying lies in their goading? Are we not led to believe that the human constitution may be so completely overwhelmed by any given malady, that it can only be rescued by being overwhelmed with medicines? Are we not led to infer that the body is so poor, so senseless, nerveless, enfeebled, as to be incapable of resisting the march of disease: and hence the necessity of pouring into its cavities and tissues a strong counteracting force? Does allopathic teaching impress upon our attention this reasonable inference: that as nature has endowed *THE EYE* with a faculty of self-protection, to the end that the beautiful and delicate organ of vision may be the more thoroughly secured from all dangers of which the senses *could not* take cognizance in sufficient season for action, so, in like manner, it has implanted within our vital organs—those organs that constitute, as it were, the very seat of life—a species of enlightened *INSTINCT*, that, like a watchful sentinel, detects an enemy and gives an alarm long before the eye of reason or science could discover any mischief? Does Allopathic teaching, anywhere in this country, impress, as it ought, upon the minds of the thousands of students, who are every year graduated, this grand truth: that, in their warfare against disease, they are to consider themselves bound to closely observe and carefully follow the dictates of nature, as shadowed forth in the symptoms which the sick-bed presents; and that they are not to interfere with diseased action when, to the best of their judgment, that action is a right action, but that they are to reserve their heroic treatment until such time as there is good reason to fear that nature is in danger of suffering from an unequal encounter: does Allopathic teaching, I ask again, impress all this? Alas, no! Let me give one

forcible illustration of my meaning. When those shocking accidents occur in this city of New York, of which we are so often apprised in our daily prints—when some unhappy wretch is picked up stunned and senseless in the street, no matter from what cause, what kind of a scene is presented when the crowd gathers round? Woe betide the doctor if he does not seem inclined to *bleed!* [The crowd has the utmost confidence in bleeding: it caught the infection from the allopathic teaching of a day that has happily gone by.] Well, in obedience to the mob, the routine doctor, without thinking of using *water*, which would render blood-letting unnecessary, or even thinking of the present law of allopathic surgery—never to bleed in such cases *without waiting for reaction*,—abstracts blood from his patient and shakes his head despondingly, but learnedly, as the man dies under his hands. The crowd thinks it was “all right,” so far as the doctor was concerned, but the case was “too far gone,” and “he knew it before he began, though he did not tell *them* so.” “Oh! what a wise doctor!” is the universal sentiment of the crowd, on beholding the learned shake of the head I have already described. The newspapers chronicle the incident next day, and pathetically intimate that the man persisted in dying “notwithstanding every thing was done for him that the best medical advice could suggest!” What a tragical farce! Would that there were more doctors than there are, who dare to think for themselves in such a case as this—who disregard mobs, and set bleeding out of the question: and why? Because Sir Astley Cooper, if he were alive to-day, would have the less reason to repeat his famous declaration of old, that “the science of medicine is founded on conjecture, and improved by *murder*.”

Say what they will, our allopathic brethren may rest assured that when they yield to the clamor of an ignorant and superstitious multitude, as is too often done, a part of all this ignorance and superstition is *reflected back* upon themselves, and makes its own mark upon their treatment and science. If it is allowed to become a popular belief that it is the sticking-plaster which heals up the cut finger, why, it is not an uncommon thing for a doctor to learn to believe it himself in the long run! There is no standing still for a medical man: if he advances far enough to attain his doctorate, he must still keep advancing, if he would be true to his calling and himself; otherwise he will subside into that *very poor thing, a routine doctor*, and, as I have said before, learn to believe, by and by, that there is some magical virtue about sticking-plaster which accomplishes something *more* than merely keeping the cut edges in union: he will persuade himself finally that it changes the secretions, sets the exhalants and absorbents hard at work, modifies in some way or other the action of the capillary blood-vessels, and so works a cure. Tell such a man that all the sticking-plaster can or ought to do is to supply one leading, necessary condition for a speedy cure—that

is, keep the cut edges together, and let nature take care of the rest in her own way, and ten chances to one he will denounce you as an empiric! But what is the use of wasting ammunition upon such a poor thing as that?

But before I leave this particular branch of my subject, one word about Surgery. It is the privilege of the great operator—the wielder of the scalpel, the trocar and the knife—to win far more of popular applause than the consulting physician. The world at large thinks it a wonderful thing to take a man's leg off in so many seconds by a stop-watch: they never stop to think that a carpenter might do precisely the same task in about the same time, and very nearly as well—barring want of practice. Now, what I wish to say is this: the surgeon's task is ended when he has amputated what the system could no longer retain with safety—in other words, when he has supplied the one leading, necessary condition for a cure to be effected; *NATURE does the rest*. Just so in the case of a fractured arm: it is not the surgeon, with his splints and bandages and dressings, who makes the fragments unite; he only supplies the necessary condition; he brings the broken parts properly together, and he keeps them together: *NATURE does the rest*. And so, gentlemen, in a variety of other disorders, both medical and surgical, which I have not time to specify to-night. Suffice it if I have said enough to convince you that we have good reason to assume the existence within the human organism of some strong vital principle (I do not care by what name it is called,) which is constantly warring against disturbing influences in all shapes, in all stages, and in all conditions, more or less feebly, of course, according to the state of the system.

II. In the next place, gentlemen, we fully recognize the necessity of remedial agents in medical treatment. Although, as I have just explained, we look upon nature as always presenting a strong and reliable conservative tendency in the human economy, still, in a world inhabited by so vast a number of individuals, who know little or nothing of nature and her laws, and whose daily life is more or less artificial, we are compelled to take cognizance of this important fact: that precisely in proportion to any individual's neglect or disregard of the laws of his being, will be his liability to disease, and the stronger its hold whenever it has fastened itself upon his system. In a healthy organization, disease can find but a poor foothold: the man who is habitually prudent and careful of his health—the man who appreciates the value of thorough ventilation and a healthy skin, a rational diet and judicious clothing, tranquillity of mind and correct habits generally,—has little to fear from the attacks of disease. Such a man as I have described has no business to make a remark like this, which one may hear every day: “*If I should be taken down VERY ill to-morrow, I hardly know what kind of treatment I should depend upon.*” I say he has no business to talk in this way; and why? Because, so long as, with his healthy organiza-

tion, he faithfully observes the laws of his being, he is *proof* against disease—and he ought to know it. Disease does not come upon us without cause; there are laws which regulate human life as well as any other system or constitution, mental, moral or physical; and the man who breaks any of the laws of his being, knowingly and deliberately, ought to know, if he suffers any physical distress, that he is atoning for his transgression; he is not suffering from any sudden, providential visitation, according to the popular cant of these modern times. The Supreme Intelligence that fashioned the earth and every thing that it contains, ordained laws over all; laws of life and health as well as of life and gravitation: THE WHOLE UNIVERSE IS SUBJECT TO LAW: *nothing is left to caprice.*

You are now prepared, gentlemen, to sustain me in the position which I am next to establish: that whenever any individual is attacked with disease, who has habitually disregarded the laws of life and health, it is the first indication to make him return to their observance—to take him out of his close, ill-ventilated bed-room, and place him in an atmosphere which will be better adapted to human respiration; to strip him of the mountain of clothes which he is sure to be sweltering under, and reduce him to a state of more rational comfort; to bathe the foul skin, all clogged up with impurities, and so set its myriads of pores free to go actively to work; to withhold all improper articles of diet, and to enjoin that rest and tranquillity of mind which befit the sick chamber. In other words, gentlemen, we convert air, and light, and food, and rest, and clothing, and personal cleanliness, into *remedial agents*—these six, usually comprised under the designation of *HYGIENE*. Does allopathic teaching give due prominence to these agents? Do they stand in the front rank in the *materia medica*? Alas, no! I say it more in sorrow than anger, but it is none the less true that a knowledge of these six agents—indeed, of *HYGIENE* generally, in all its wide and diversified details,—is a sealed book to nine-tenths of our allopathic graduates; and that it constitutes a branch of medical science which has been more generally neglected than perhaps any other. Had the same zeal been devoted to the investigation and dissemination of hygienic principles during the past fifty years, that we have seen bestowed on the study and preparation of poisons, it is very unlikely that those who in this year 1850 feel the necessity of going back to the first principles of medicine, would have been this day engaged in the formation of an *American Hygienic and Hydropathic Association of Physicians and Surgeons.*

III. In the third place, gentlemen, I am to say something in regard to the remaining principle resting at the foundation of our Society. You have seen that, in the first place, we believe in the curative tendency of nature under favoring hygienic circumstances; and in the second, that we recognize the necessity of remedial agents—always taking care to resort in the first in-

stance to hygienic treatment whenever the aforesaid hygienic circumstances are unfavorable. In the next place, we take the ground 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.” We do not take herein any obstinate exclusive, *ultra* ground: we do not assume that water is the *only* remedial agent which the experience of ages has warranted our using, and that those who employ other agents in their practice are, from that very fact, no better than poisoners and assassins. We occupy no such position, nor will we submit to have it forced upon us from any quarter whatsoever. We recognize in the profession of medicine a band of earnest-minded and honorable men, all having one common object in view—that of healing the sick—and all having an inalienable right to practice medicine, according to the best of their judgment, in any given case. We all know that, as the tendency of mankind for years and years past has been to depart more and more from the ways of nature and simplicity, so have diseases multiplied, and artificial remedies been devised, to counteract the effect of artificial diseases. Taking the world, then, as we find it,—and this we cannot help doing,—it is not in the least surprising that a body of practitioners has been trained and educated in the belief that *medicines* are *in all cases* necessary in order to ensure any kind of success in medical treatment; and there is no use in denying the fact that the great mass of the people really like to take medicine, and accordingly keep up that active demand for it which makes the drug-business so lucrative at the present day. We must bring to the consideration of this subject, therefore, a wide liberality. We must make all due allowances for human prejudices and for the infirmities of human nature. Sir Charles Scudamore, M. D., F. R. S., etc., an English practitioner of more than forty years' standing, but a warm and earnest friend of rational Hydropathy, says expressly on this very point: “In regard to the opposition of a great part of the medical world to this innovation [of Hydropathy] “on the ordinary practice of physic, looking at human nature, we must attribute a little of it to its interference with settled interests.” It would make a terrible inroad upon allopathic practice, gentlemen, if the pill-box, the potion, and the “elixir pro.,” the blister, lancet, and drastic purge were all swept out of use! The routine doctor would find his occupation gone, and the druggist would subside into a smiling shopman, retailing perfumery, tooth brushes and soap!

“We must attribute a little of it” (says Sir Charles Scudamore) “to its interference with settled interests.” I am not one of those (if any there be) who would attribute *the whole* of the opposition of the allopathic fraternity to the spread of Hydropathy, to any such mean, unworthy motive. No, gentlemen! We must attribute a good deal of it to the natural disinclination of a learned and dignified profession to go back to

school again, and learn something about what was not taught them in their day—the medicinal properties of WATER. We must also allow something on the score of that professional sensitiveness, which recoils from contact with any new theory, unless it has a fitting introduction to the scientific world. On this point allow me to quote the pertinent and conclusive language of Dr. Erasmus Wilson, the celebrated London anatomist: "The water practice has effected important results in the treatment of disease, and will, I trust, be instrumental in restoring to medicine one of her most valuable and important auxiliaries. Medical men may be jealous that these benefits have been 'conjured from the vasty deep' by other hands than those of the high priests of Therapeia, but they have no just reason of complaint; *the treatment of disease by water had been improperly neglected*; now, however, its merits may be tested, and the test aided by public encouragement; moreover, the remedy will revert to those who are alone qualified to employ it, and we may fairly hope that a correct system for its use will be established by their labors."*

This language, gentlemen, is in precisely the right spirit. Would that it could find a cordial response from our allopathic brethren all over the land, and would that they could study the capital *Treatise* of this same Dr. Wilson "*on Healthy Skin*," with one half the zeal which I know they devote to his work on anatomy.

And now to return to the consideration of the position we have assumed in regard to the employment of WATER as a medicinal agent. As I have already stated, we have taken the ground that Water is "the best, the safest, and the most universal" of our remedial agents. I again repeat, this is not a position of exclusiveness, or of one-idea *ism*, but rather of comparison. And now to proceed to make that comparison. Let us suppose, for example, that, some how or other, a full-grown man, of tolerably good constitution, falls ill of fever, and *Dr. Routine* is sent for. Upon his arrival, the patient is required to sit up in bed, and the worthy leech proceeds to bleed him until he sinks down fainting. This course is adopted because allopathy regards the lancet as its most powerful remedy to counteract inflammation. It certainly *does* counteract it, for the pulse of 120 is very soon knocked down by means of the lancet, until no pulse is apparently left; and why? Because the man faints. Perhaps when the patient recovers his consciousness, he recovers his fever too, and his pulse runs up again to 120. What then? Why, *Dr. Routine* sets him up once more in bed, and bleeds him a second time, and a third, and a fourth, and a fifth, if necessary. I hardly need add that, in connection with all this bleeding, *Dr. Routine* nauseates, and purges, and blisters, as the occasion suggests. Well, what is the result of all this active practice? How does the account stand? Before the patient fell ill, I have said that he was possessed

of a tolerably good constitution; so I set that down as his *capital of health*. Now *Dr. Routine*, in the course of a month or two, apparently gets the upper hand of the fever—that is, the pulse is no longer 120, there is no burning heat of the surface, or high color in the face; the patient does not toss and fro, with delirium threatening, and the functions of the body are not so entirely suspended as they were. Perhaps the patient is able to "walk out;" that is, hobble feebly along on the arm of an attendant, muffled up in flannels and warm clothing, "to keep off the air," and wearing a pale, cadaverous, anxious, care-worn countenance. In the course of a few weeks more, he is able to take a little more active exercise, and eventually he recovers a little bloom on his cheek; but follow him on to the end of the chapter, and what grisly monsters are those that *Dr. Routine* has let loose upon his unhappy frame! Pain, feebleness, and general derangement of the system—catarrh, headache, dyspepsia and dropsy—a small, puny, wiry pulse, and other symptoms indicating ossification or some other change about the left valve of the heart—precisely such effects as Magendie, the celebrated French physiologist, has proved to constitute the result of profuse blood-letting. Has not *Dr. Routine* made some little inroad upon the capital of health!

And now, gentlemen, let us glance at the other side of the picture. Suppose that, instead of *Dr. Routine*, the friends of the patient had called in a regularly-educated physician, familiar with the various uses of WATER. How would he treat the case? Why, simply enough. He would endeavor to accomplish the same end that *Dr. Routine* had in view, but he would set about his task in a very different way. Instead of opening the veins and letting out the vital fluid, he would leave the *capital of health* untouched: he would *cool down the heat* of the patient, and at the same time *keep down the pulse* by means of frequent wet sheets, and abundant water drinking. At the same time he would apply the same element to the task of cleansing the stomach and ridding the system of any incumbrance; previously taking care to summon to his aid those hygienic appliances—fresh air, proper clothing, rest, quiet, and good nursing generally,—which I have before referred to. Now, how will this treatment answer? Why, in the first place, the man will be about as well as ever *in a week*! There will be no pallor on his cheek, no languor about his frame, no halting in his gait. *The fire has been put out* with the proper element, and there is an end of it: there is no sequel to the story.

Is this too strong a contrast, gentlemen? Has it not been proved true to the life, over and over again, all over the country? And has it not been proved true, in like manner, that in acute complaints generally, as well as in fevers, WATER is the safest and most reliable agent for reducing inflammation? I know that facts bear me out in all these positions, and I know furthermore, that they are carrying conviction every day to the mind of every liberal-minded allopathist in

* Vide "Belwer and Forbes on the Water-Treatment," p. 132.

the country, who is willing to avail himself of every fair opportunity of witnessing a good trial.

I may now consider it as an established truth that the water-treatment, judiciously applied, is completely successful in violent fevers and all manner of complaints of an inflammatory type. It is very evident, therefore, that water is a powerful antiphlogistic, purgative, diuretic and nauseant. Let us now see if it has any tonic and alterant effects: does it effect any invigorating change in the system? Certainly it does, and more rapidly than any other known treatment. What did the great German chemist, Liebig, say to Sir Charles Scudamore? "By means of the Water-Cure treatment a change of matter is effected in a greater degree in six weeks, than would happen in the ordinary course of nature in three years." How is all this brought about? some one of you may ask. Why, not only is the water a tonic and an alterant, but so is the food, and so is the air, and the exercise, and the whole variety of hygienic and hydropathic remedies. And so I might go on, gentlemen, to the end of the chapter, and prove to you that this poor despised element *water*, in competent hands, will bring about results which the whole of the allopathists' *materia medica* has attempted, but in vain; but time would fail me. I am aware that, as yet, I am only upon the threshold of the theme I have broached; but this is the misfortune of an occasion like the present. I can only trust that I have suggested some few thoughts, in passing, which may induce you to prolong the investigation in your own way and style, at some time hereafter. Should I have only succeeded, in these few practical remarks, in interesting only one of you in the subject I have presented, you will believe me when I say that I shall be abundantly repaid.

One word, ere I close, in regard to the need of EDUCATED PHYSICIANS to conduct the water-treatment in a scientific manner. It is doubtless familiar to most of you, that Dr. John Forbes, of London, late editor of the British and Foreign Medical Review, Physician to the Queen's Household, etc., exposed himself to great obloquy on account of his efforts to induce his brethren to countenance and adopt rational Hydropathy; or, to quote his own words, "to rouse anew the attention of the legitimate members of the profession to the great value of cold water as a therapeutic agent, and thus, if possible, to stimulate them to rescue its use from the hands of ignorant non-medical pretenders and charlatans." Experience has shown that the allopathic fraternity, both in England and America, will not take any public steps to respond to this appeal. Three years and more have elapsed, and yet Hydropathy has been hitherto left to fight its own battles as it best may. But a new era, I trust, is now about to dawn upon the Water-Cure in America. The Association just formed cannot fail to have a tendency, if its objects are faithfully and vigorously carried out, to vindicate the claims of rational Hydropathy to confidence and respect, and commend them to a wider and more general ac-

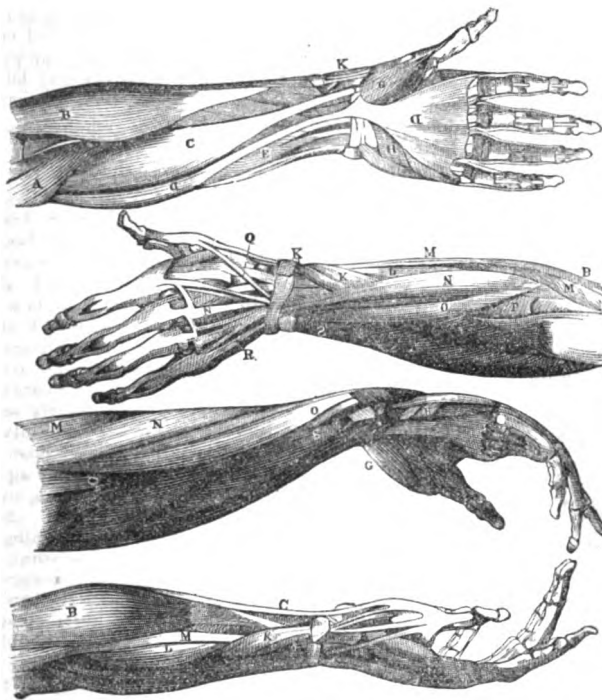
ceptance. We can do nothing, however, unless we take care that our ranks are solely supplied with qualified practitioners, capable of applying the remedy of our choice in a scientific manner, "at the proper time, in the proper cases, and in the proper manner:" for in this way only can we sincerely testify our devotion to the cause of humanity and truth, and the genuine improvement of medical science.

THE EFFECTS OF SPIRITS ON A HEALTHY SYSTEM.—With respect to the employment of alcoholic stimuli by healthy men, under circumstances of ordinary labor, there can be no doubt whatever, and both science and observation teach us so, that they are totally unnecessary. If, however, the question be, whether there do not at times arise circumstances in which extraordinary exertion is called for, and in which stimuli are serviceable, the answer must be, that certainly such circumstances do occur, but not nearly so frequently as is generally imagined; certainly not under what is usually called severe labor, such, for instance, as the harvest-work of the agriculturist, the labor of the handicraftsman, or the mental toil of the professional man. A man engaged in bodily exercise is undergoing regular course of stimulation; his will is stimulating the nervous system; the acting muscles are sending the blood more quickly through the capillaries and large vessels, and the heart must move more actively to keep pace with them, and transmit the quickly returned blood, loaded with effete matter, to be purified in the lungs. To preserve the balance, the respirations are increased and the stomach is stimulated to crave for nourishing food, which may supply the waste, not for alcoholic stimulant, which can only interfere with this beautiful series of changes and metamorphoses, but for vegetable and animal substance, containing albuminous and fibrinous principles, fitted to keep in repair the ever-wearing structure of man's body, and unstimulating fluid to supply his fluid waste. Surely here is stimulation sufficient without the aid of alcohol. All things are now in a state of excitement sufficient for health; to add to this must be to add to what cannot do good, and what must always inevitably do harm. The nervous system excited by the will, and still further by the rapidly circulating blood, if further excited by alcohol, becomes wild, and therefore unsteady; the stomach pours forth its juice too rapidly, the healthy irritability of the viscus is destroyed, and the natural appetite of health and exercise impaired. The spirit enters the blood, and there its chemical properties come into play, to interfere with and derange the processes of nature's laboratory.—*Thompson's Temperance and Total Abstinence.*

This is an argument which cannot be refuted, and we advise all sensible men to "give ear unto it."—[Ed. W. C. J.]

ANATOMY FOR STUDENTS OF THE FINE ARTS.*

[Continued from the June No.]



HOWLAND.

- A, Pronator teres.
- B, Supinator radii longus.
- C, Flexor carpi radialis.
- D, Palmaris longus.
- E, Perforatus, & Perforans.
- G, Abductor pollicis manus.
- H, Palmaris brevis.
- K, Extensor pollicis.
- K, Extensor primi internodii.
- L, Extensor carpi radialis brevis.
- M, Extensor carpi radialis longus.
- N, Extensor digitorum.
- O, Extensor carpi ulnaris.
- P, Anconeus.
- Q, Extensor secundi internodii.
- R, Extensor minimi digiti.
- S, Flexor carpi ulnaris.

PLATE X.—MUSCLES OF THE FORE ARM AND HAND.

A. PRONATOR TERES—Arises from the inner protuberance of the humerus, where those bending the wrist and fingers arise; and descends obliquely to its insertion, a little above the middle of the radius. *Use*—To roll the radius together, with the hand inwards.

B. SUPINATOR RADII LONGUS—Arises from the ridge of the humerus, above the outer protuberance; and is inserted into the lower part of the radius. *Use*—Rolls the radius outwards, and, consequently, the palm of the hand upwards.

C. FLEXOR CARPI RADIALIS—Arises from the inner protuberance of the humerus, and upper and fore part of the ulna; and is inserted into the first bone of the metacarpus that sustains the forefinger. *Use*—This, and the flexor carpi ulnaris, bend the wrist and hand.

D. PALMARIS—Arises from the inner protuberance of the humerus, and passing by a slender tendon to the palm of the hand, expands itself, and is inserted into the bones of the metacarpus, and into the first bones of the fingers. *Use*—Helps the hand to grasp any thing closely.

E. PERFORATUS, & PERFORANS,—Is the mass of flesh that appears under the flexor carpi radialis and palmaris. The perforatus arises from the inner protuberance of the humerus, and from the radius and coronoid process of the ulna; and is divided into four tendons, which are inserted into the second bones of the forefinger. Just above their insertion, they are perforated or split, to give a passage to the tendons of the perforans; which arises from the upper part of the ulna, and is likewise divided into four tendons, which pass through the perforations just mentioned, and are inserted into the third bones of the fore-fingers. *Use*—To bend the fingers.

N. B. The muscles of the fore arm are never so strongly marked, as when the hand is shut, or grasps something with all its strength; because then the internal muscles acting, the external ones are swelled more than ordinary.

K. EXTENSOR POLLICIS—Arises from the hinder part of the middle of the radius and ulna; and passing obliquely over the tendon of extensor carpi radialis, is inserted, by two or three tendons, into the bones of the thumb. *Use*—Extends the thumb.

* From the London Hand-Book of Anatomy, for the use of Students of the Fine Arts, with additions, &c., by the American Editor. The entire work will appear in subsequent numbers of the present volume of the WATER-CURE JOURNAL.

L. **EXTENSOR CARPI RADIALIS BREVIS**—Arises from the outer protuberance of the humerus, inserted into the root of the metacarpal bone of the little-finger.

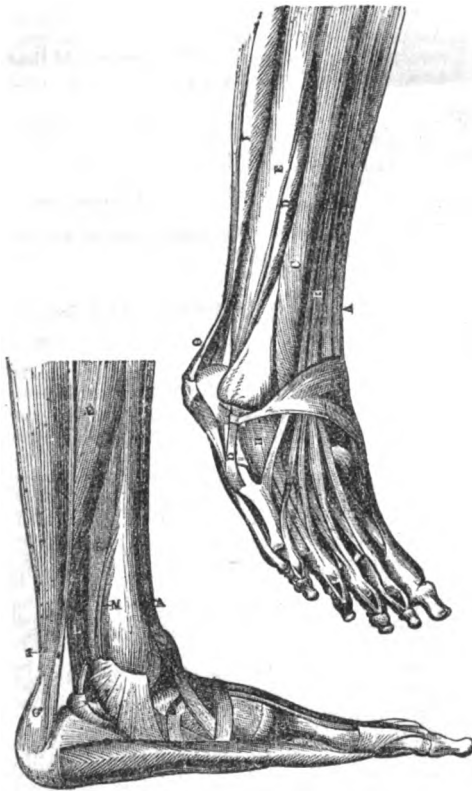
M. **EXTENSOR CARPI RADIALIS LONGUS**—Arises from the outer protuberance of the humerus; and is inserted into the bones of the metacarpus that sustain the fore and middle finger. *Use*—The above two extend the wrist and hand.

N. **EXTENSOR DIGITORUM**—Arises from the outer protuberance of the humerus, and from the outer part of the radius and ulna at the wrist; it is divided into three tendons, which are inserted into the bones of the first three fingers. *Use*—Extends the fingers.

O. **EXTENSOR CARPI ULNARIS**—Arises from the outer protuberance of the humerus and ulna; inserted into the root of the metacarpal bone of the little-finger. *Use*—To extend the wrist and hand.

P. **ANCONIUS**—Arises from the back part of the outer protuberance of the humerus; and is inserted into the ulna, four fingers' breadth below its head. *Use*—Helps to extend the arm.

S. **FLEXOR CARPI ULNARIS**—Arises from the inner protuberance of the humerus and ulna; and is inserted into the little bone of the wrist. *Use*—This and the flexor carpi radialis bend the wrist and hand.



- A, Tibialis anticus.
- B, Extensor longus digitorum pedis.
- C, Peroneus tertius.
- D, Peroneus brevis.
- E, Peroneus longus.
- F, Soleus.
- G, Tendo Achillis.
- H, Extensor brevis digitorum pedis.
- I, Plantaris.
- K, Flexor longus digitorum pedis.
- L, Flexor longus pollicis pedis.
- M, Tibialis posticus.

PLATE XI.—MUSCLES OF THE LEG AND FOOT.

A. **TIBIALIS ANTICUS**—Arises from the upper and outer part of the tibia; inserted into the inner cuneiforme, and the base of the metatarsal bone of the great toe. *Use*—To bend the foot.

B. **EXTENSOR LONGUS DIGITORUM PEDIS**—Arises from the upper part of the tibia; inserted, by four tendons, into the bones of the four small toes. *Use*—Extends the toes.

C. **PERONEUS TERTIUS**—a portion of the last muscle, which arises from the middle of the fibula; inserted, by a tendon, into the root of the metatarsal bone of the little toe. *Use*—To assist in bending the foot.

D. **PERONEUS BREVIS**—Arises from above the middle of the outer part of the fibula; and passing under the groove of the outer ankle, is inserted into the root and outer part of the metatarsal bone of the little toe.

E. **PERONEUS LONGUS**—Arises from the upper and outer part of the peronea or fibula; and, passing

HERALD OF REFORMS.

through the channel of the outer ankle, turns under the foot, and is inserted into the root of the metatarsal bone of the great toe. *Use*—This, with the former, moves the foot outwards, and extends it a little.

F. SOLIUS—Arises from the upper and back part of the tibia and fibula, and increases to a large fleshy belly, which lies under the gastrocnemius; and, terminating in a very strong tendon, which by some is called the tendon of Achilles, is inserted into the hinder part of the os calcis. *Use*—Extends the foot.—The action of this with the gastrocnemius and the flex.-long. digitorum is very necessary in running, leaping, jumping, walking, and standing on tiptoe; and those who walk much, or carry heavy burdens, have these muscles larger than others.

K. FLEXOR LONGUS DIGITORUM—Arises from the upper and inner part of the tibia; and is inserted into the last bones of all the toes, except the great toe. *Use*—To bend the toes.

L. FLEXOR LONGUS POLLICIS—Arises from the back part of the fibula, below its head; inserted into the last joint of the great toe. *Use*—To bend the great toe.

M. TIBIALIS POSTICUS—Arises from the back and upper part of the tibia and fibula; and is inserted into the os scaphoides, and partly into the under surface of the tarsal bones. *Use*—To move the foot inwards, and to turn the toes inwards.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR—NO. 8.

Respect paid to Medicine in the Chivalric Age—Bribe of Marvan—Angelica's Powers—Surgical Education of the Knights—Robin Hood's Death—Female Physicians—Mrs. Hastings and French—Worms in the Tongue, and their Extraction—Disease Produced by Insects—The Lady of Branksome—Charming as a Means of Cure.

RESPECT PAID TO MEDICINE IN THE CHIVALRIC AGE.—A writer remarking on the high esteem in which the ancient physicians were held, says that men placed in the same situations, have the same manners and sentiments. Hence a high admiration for surgery was manifested among chiefs and sovereigns who flourished during the time of Chivalry; and the crusades, a period, in many respects, bearing strong resemblance to the heroic age of Greece, in the romantic spirit of its enterprises, the combination of otherwise hostile leaders in one common cause and the general confederacy of Europe against Asia. Thus in Ariosto, the furious Rodomont, a prince regardless of every tie, human and divine, is withheld from violating the chastity of the beautiful Isabella, whom he has completely in his power, by the promise of a wondrous medicine that would repel or cure the impression of fire as well as stroke of every hostile weapon, and therefore calculated to raise its possessor to the summit of military glory.

To him the damsel would'st thou but insure
My honor safe, a gift thou may'st procure
Of far more worth than aught thou canst obtain
From what must fix on me eternal stain.
Scorn not a lasting prize, a prize to raise
O'er all the sons of war thy deathless praise.

HOOLE'S TRANS.

BRIBE OF MARVAN.—In this story of Rodomont and Isabella, Ariosto is said to have had in his eye a real transaction recorded of Marvan II., last calif of the race of Omniades. This prince, when in Egypt, fell desperately in love with a nun of the country, and by his power soon got possession of her person; the pious virgin, to preserve herself from injury, is said to have used the same stratagem as that practiced by Isabella.

ANGELICA'S POWERS.—Ariosto also represents

Angelica, daughter to the King of India, as eminently skilled in the arts of the surgeon, and thus being enabled to cure the severe wound received in the chest by Medora.

Then to her mind she called, whate'er before
In India taught, she knew of healing lore;
An art in which such numbers there excelled,
An art by all in praise and honor held.

HOOLE'S TRANS.

Joined with her other knowledge, she is said to have been acquainted with an herb of such wondrous powers, that it was

The blood to stanch, and from the wounded part
Each dang'rous symptom drive, and ease the smart.

HOOLE'S TRANS.

SURGICAL EDUCATION OF THE KNIGHTS.—Arts are ever valued in proportion to their usefulness, and the prose compositions that celebrate the chivalrous times written during the middle ages are found no less lavish in the praise of surgery, than the strains of the Italian poet. Thus, in one of the most considerable of these productions, Amadis de Gaul, the *masters* as they were styled, or professors of that branch of healing, are everywhere treated with the highest deference and respect; and as, in the heroic ages of Greece, it was customary for each chieftain to learn the treatment of wounds and bruises, from the lips of Cheron, so, in that of chivalry, it became part of the education of every valiant knight to be instructed in the proper management of those external injuries to which, from the dangerous nature of his employment, his frame was perpetually liable. This trait has not escaped the powerful ridicule of Cervantes, for which, see adventure of the Salutariferous Balsam in Don Quixote.

ROBIN HOOD'S DEATH.—It is related that Robin Hood was bled to death by a nun to whom he resorted for relief in an inflammatory disease, and who seized that opportunity of ridding the country of a noted marauder.

FEMALE PHYSICIANS.—While instancing cases of female doctors, and thus proving that Miss Blackwell is not by any means the first woman whose medical attainments were considerable, I will copy the remarks of an English compiler of anecdotes relating to physic. "The memory of

female doctors soon vanishes, and seldom reaches beyond their cotemporaries. They sink into the grave together with their patients, and all remembrance of their deeds is lost. Their fame seldom extends far, unless it happens to be brought into ephemeral notice by some medical booby, who is vexed that his so highly self-estimated skill should be thought to be inferior to that of a female practitioner who has never stirred from her native village, while he has joined in the laugh at Abernethy's theatre, made a party in the thunder of applause at Cooper's, and passed the ordeal of a half hour's examination at Apothecaries' Hall and therefore, in the fullness of his conceited assumption, he utters his complaints in some of the medical journals of the prevalence of quackery, and the necessity of fresh legislative enactments to put a stop to such practices. Not aware that such complaint is an open acknowledgment either of his own inferiority, or of the monopoly he is desirous of enjoying in his own neighborhood."

Mrs. HASTINGS AND FRENCH.—"A few doctresses, however, have by accident acquired a more permanent fame by their names being mentioned in some permanent work, which preserves their memory. It appears that the Rev. Mr. Thomas Dent had taken the advice of Dr. Sir Edmund King, respecting some tumors formed on his tongue. It does not appear that the prescriptions of the learned doctor were effectual, for in the 'Philosophical Transactions for 1694,' there is the following extract of a letter from the reverend gentleman to that physician."

WORMS IN THE TONGUE, AND THEIR EXTRACTION.—"This will, in a great measure, satisfy you about the distemper on my tongue, for which I have so lately had your advice; the chief cause of these rising tumors fixing on my tongue, proceeds from the disease of worms, as you will see by the following account:

"In reading Cross's 'Memoirs for the Ingenious,' I found an observation, which he has published to the world, concerning the cure of this disease of worms by one Sarah Hastings, who was famous in the discovery of them in the face, gums and tongue, and which she managed with such dexterous art in the operation, that she took them out of any part affected with a goose-quill.

"I was hence solicitous to inquire if there were any of the worm-doctresses now in being; and hearing of one famous at Leicester, I was resolved to write to her, describing all the symptoms as plain as I could explain them; to which I had a return that she believed my disease to be worms, and being resolved to try the experiment, I took coach to Leicester, where being come, my doctress, Mrs. French, no sooner inspected the place, but instantly declared her opinion that the distemper proceeded from worms.

"The next day she fell upon her operation, which was performed in the presence of two aldermen of the town, Mr. Gibbs, my lord of Derby's chaplain and several others, when piercing

the part affected with a lancet, she drew some blood, and soon after with a small spatula, and another instrument, with which she opened the orifices, she picked out five or six worms at a time. She plainly showed them to the spectators as they came out of the flesh: they were all alive, and moved their heads, and are somewhat less than ordinary maggots."

"Thus, in less than eight days, she took out of my tongue more than one hundred worms, all nearly of the same size, except two very large ones, which she said were of a cankerous production. She took out more than thirty from my gums, which last operation is her daily practice, persons of good note resorting to her from all parts of the country thereabouts.

"I was very curious to inquire out what cures she had done of this nature, and found a very satisfactory account from persons of quality and note. The cures the woman performs in picking out these worms from all putrefactive ulcers, tumors and sores, whether in the faces, noses, gums, or tongues of several persons, prove that such animals are generated in these parts."

THE LADY OF BRANKSOME.—Sir Walter Scott thus describes one of his heroines:

She drew the splinter from the wound,
And with a charms she tanch'd the blood;
She bade the gash be cleansed and bound;
No longer by his couch she stood;
But she has ta'en the broken lance,
And washed it from the clotted gore,
And salv'd the splinter o'er and o'er.
William of Deloraine in trance,
When'er she turn'd it round and round,
Twisted as if she gall'd his wound,
Then to her maidens she did say
That he should be whole man and sound
Within the course of a night and day,
Fall long she toiled; for she did see
Mishap to friend so stout and true.

DISEASE PRODUCED BY INSECTS.—That disease was often occasioned by the presence of insects in the animal economy, was for a long time, especially after the introduction of the microscope, entertained. Thus it is only lately that *itch* has been proved to be a specific disease of the skin, although Linnæus has actually described and classified the insect that produced it. Bonomo, its original discoverer, "saw it drop white eggs, like a pineapple seed from its hinder parts;" and Adams, who had caught the disease from too close an examination of it in patients, affirms that he saw two drawn from his arm by an old woman, and that they "skipped like fleas." "J. P. Frank was requested to see a Prince who had been attacked with epilepsy. His physician, a respectable old practitioner, assured Frank that he could at pleasure make his patient void thousands of filiform worms. As he was neither able to define the genus nor species of worms, the quantity of which, from his account, seemed to be prodigious, Frank requested to be a witness to the phenomenon. The physician administered a dose of castor oil, which produced several evacuations, in which were thousands of whitish filaments resembling small eels, but on an attentive exami-

nation, these supposed worms were found to consist entirely of castor oil combined with the secretions."

CHARMING AS A MEANS OF CURE.—It will be noticed by the reader that the Lady of Branksome treats the instrument of injury instead of the wound, a method I have seen myself applied to an old nail which a person had accidentally run into his foot. Sir Walter Scott, in his notes to the Lay of the Last Minstrel, gives an account of the superstition.

Sir Kenelm Digby, in a discourse upon the *cure by sympathy*, pronounced at Montpelier, before an assembly of nobles and learned men, gives the following curious surgical case. "Mr. James Howell coming by chance, as two of his best friends were fighting in duel, endeavored to part them, by seizing with his left hand the hilt of one sword, and with his right hand the blade of the other. Struggling to rid themselves, one of them drew the blade roughly, and thus cut to the bone the nerves and muscles of Mr. Howell's hand, and the other disengaging his hilt gave a cross blow on his adversary's head, which glanced towards his friend, who throwing up his sore hand to save the blow, was severely wounded in its back. Seeing Mr. Howell's face besmeared with blood, they stopped fighting and ran up to embrace him, and having searched his hurts bound them up with one of his garters, to close the vessels, which bled profusely. They brought him home and sent for a surgeon. But this being heard of at court, the King sent one of his own surgeons, as he loved the wounded man.

"It was my chance to be lodged hard by him, and four or five days after, as I was making myself ready, he came to my house and prayed me to view his wounds, 'for I understand,' said he, 'that you have extraordinary remedies on such occasions, and my surgeons apprehend some fear that it may grow to a gangrene, and so the hand must be cut off.' In effect, his countenance discovered that he was in much pain, which he said was insupportable, in regard to the extreme inflammation. I told him I would willingly serve him, but if haply he knew the manner of my curing him, without touching or seeing, it might be, he would not expose himself to it, because he would think it either ineffectual or superstitious. He replied, 'The wonderful things which many have related unto me of your way of medicine, makes me nothing at all doubt of its efficacy, and all I have to say unto you is comprehended in the Spanish proverb,

"Let the miracle be done, though Mahomet do it."

"I asked him for anything that had the blood upon it; so he presently sent for his garter, wherewith his hand was first bound, and as I called for a basin of water, as I would wash my hands, I took a handful of powder of vitriol, which I had in my study, and presently dissolved it. As soon as the bloody garter was brought me, I put it within the basin, observing in the interim what Mr. Howell did, who stood talking

with a gentleman in a corner of my chamber, not regarding at all what I was doing; but he started suddenly, as if he had found some strange alteration in himself. I asked him what he ailed! 'I know not what ails me, but I feel no more pain. Methinks that a pleasant kind of freshness, as it were a wet, cold napkin, did spread over my hand, which hath taken away the inflammation that tormented me before' I replied, 'Since, then, you feel already so good an effect of medicament, I advise you to cast away all your plasters; only keep the wound clean, and in a moderate temper between heat and cold.'

"This was presently reported to the Duke of Buckingham, and a little while after to the King, who were both very curious to know the circumstances of the business, which was, that after dinner I took the garter out of the water, and put it to dry before a great fire. It was scarce dry but Mr. Howell's servant came running, that his master had as much pain as ever he had done, if not more, for the heat was such as if his hand was between coals of fire. I answered, that although that had happened at present, yet he would find ease in a very short time, for I knew the reason of this new accident, and would provide accordingly: for his master should be free from inflammation, it may be, before he could possibly return to him; but in case he found no ease, I wished him to come presently back again; if not, he might forbear coming. Thereupon he went, and at that instant I put the garter again into the water, whereupon he found his master without any pain at all. To be brief, there was no sense of pain afterward; but in five or six days the wounds were cicatrized and entirely healed." The King (James VI.) obtained from Sir Kenelm the discovery of the secret which he pretended had been taught him by a Carmelite friend, who had learned it in Armenia or Persia.

OF LACERATIONS AND CONTUSED WOUNDS.

BY CARL LORENZ.

THERE are many and various injuries which may befall the organism. An injury or wound, inflicted by an obtuse instrument, will cause a contusion, and, if penetrating, a laceration. Slight contusions will deprive of sensation the inflicted part, without any further consequences, however, and more severe contusions will cause a rupture of vessels (ecchymosis.) Lacerated wounds do not bleed as much as wounds inflicted by a sharp instrument, but are followed by a more violent inflammation, gangrene and tetanus.

A case of a lacerated and contused wound, and treated with complete success by hydropathic regimen, came under my care in the person of Michael N., from Ireland, employed by the Nautack Railroad Company, as a laborer, during the fall of 1845. At the time the accident happened, his abode was near the village of Birmingham, Conn.

A heavy log, raised by several men to be removed to another place, occasioned the injury, by

giving away suddenly and rolling on the left and lower limb of the laborer. After the log was removed, several bruises and a wound was visible; and, as no bone was broken, the injury was thought of as slight, and as of no consequence. One of the bystanders said that he could heal this injury easily, and, hearing no objections, applied his remedies. I, myself, was called to attend three days afterwards, and found, then, the patient writhing under pains. The remedy applied was a bandage filled with the excrements of a cow. After removing the bandage and restoring cleanliness by tepid water, I found all parts, from the knee to the ankles, swollen and inflamed to a degree termed *calor mordax*. The wound, as large as to admit a finger, uneven and with dark-colored edges, penetrated the middle of the soleus muscle. Bruises were around almost in every direction, and two fistulæ, running in opposite direction from near the knee joint and the ankle to the wound, discharged a thin and dirty yellowish matter. My hand went, mechanically, in my pocket for a bistoury, to lay open the fistulas, but having treated, previously, a fistula in perineo, hydropathically, with success, I refrained. To cleanse them, I applied a syringe with water of 65 degrees Fahrenheit, and instructed a waiter how to apply it three times during the day. Round the swollen and inflamed parts I wrapped a linen compress of four thicknesses, wetted in cold water, sufficiently with a loose covering, and renewed it, whenever getting dry and hot. As circumstances and locality permitted no wet sheet packing, (a process wholly unknown, and horrible to the patient and his friends,) I ordered, to allay, somewhat, the heat and fever, some draughts of cold water and a scanty diet.

The next day pains, swelling and inflammation had subsided in a great measure; the patient felt more at his ease. The fistulæ discharged copiously a matter of a whitish color, and at times some venous blood. The drinking of water and the scanty diet were then discontinued, and a mild nutritious diet gave strength sufficient to bear the process of suppuration. The color of the limb became now green, yellowish and diffused, and the granulations of the wound by degrees more solid and healthy.

On Saturday, the sixth day of my attendance, I requested the company of Dr. L., an old allopathic practitioner, acquainted with hydropathy, and a friend of mine, to see the patient, but as the Doctor was detained that day by some accident, I went alone, and finding the cure near its end, I felt not a little pride in having the Doctor on Monday next, (the day we had fixed to make our visit), to witness the effects of hydropathy. Monday came, and accordingly we went to the dwelling of the patient. Entering the room, we found him, to my great astonishment, in the bed, and in a condition almost as bad as at the commencement of my attendance. The patient spoke of having another physician, as my method of treatment would not heal his wounded limb. I felt mortified, but did not yield so easily, and inquired what had happened to him; as I was

proceeding to examine more closely the injured parts, swelling and inflammation were spread over the whole limb again, and on pressing the channels, nearly healed up, pain was felt, and a discharge of some thin and whitish matter trickled down the wound. The nervous system exhibited symptoms of great excitement and irritability. As I received no answer, I asked again, if he had been exposed to the storm and rain yesterday, or had had company and taken some spirits. On this I perceived an exchanging glance of the eye between him and his wife, and asking her, "how much he had taken," she said, "that he has taken freely." At once we knew the cause of the disturbance. Doctor L. recommended a warm poultice of bread and milk, which for a few minutes gave relief, but was removed again on the return of pain. I then gave a tepid injection, ordered large draughts of cold water, cleansed the channels and wound with a syringe, and wrapped round the limb a linen compress of one thickness wetted in cold water and well covered. This brought on a change, and in a few days a termination of the cure. Michael N. went to work again with a sound limb.

I have no doubt that the use of the knife in surgical cases can be dispensed with in a great measure, if we adopt a hydropathic regimen.

VEGETARIANISM.

BY J. H. HANAFORD.

In this age of wild speculation and reckless theorizing, an appeal to *facts* is exceedingly serviceable in illustrating the more consistent views of the dietetic reformer. The clamor of the votary of animal indulgence is loud and almost appalling, assailing all changes in diet as dangerous innovations. We are often assured, that a disuse of animal food will inevitably destroy our vital energies, and result in imbecility. We are again told that, though the man of sedentary habits *may* survive, for a time, vegetable and farinaceous diet will not sustain life, and afford the necessary stamina for the more laborious avocations of life. How far this is true must be decided by the verdict of enlightened observers,—those who have had *experience* in both systems, for such only are prepared to judge understandingly. I propose to give some few details of my own observations during about five years.

My early habits were not unlike those of most persons under similar circumstances. I found that my health, while pursuing a course of study and teaching, was gradually impaired, and that I was fast losing my vivacity and energy. I consulted an eminent physician—Dr. Alcott—who warned me of disastrous consequences, assuring me that I could not longer continue teaching in safety, but that if I changed my occupation, and took necessary precautions, I might escape consumption. Convinced of the propriety of the course, I heeded his advice, and have had no cause of regret. The season of the year was not the most favorable to so abrupt a change, yet

I suffered but little inconvenience. I am satisfied that a *determined will* exerted a favorable influence in conforming the system to such a dietetic change. The most prominent article of food at first was milk, in its simplest preparations. Its soothing effects were very soon discoverable. The usual forms of flesh meat were entirely discarded, and, with what success, I leave the reader to determine. During the short space of a few weeks, while yet conducting an academy of about fifty pupils, with but slight recreation, I was able to see some of the beneficial results. At the close of the term, I relinquished my labors entirely, that, if possible, I might escape what had been confidently predicted. My wasting energies recruited far more speedily than I had supposed possible, and, after a short respite, I again resumed my teaching, which has been continued, with slight interruption since that time, now about four years. Such a favorable issue was almost astounding to friends, and not a little surprising even to myself. I now have no doubt of my ability to continue my arduous employment, so long as I adhere to my present regimen.

PHYSICAL RESULTS.

For some time previous to the adoption of vegetarian principles I labored under a bronchial affection and general pulmonary debility, so that it was often with much difficulty that I could articulate distinctly. A crushing melancholy and physical inefficiency rendered me entirely unfit for my ordinary round of duties. The inflammation soon subsided, the cough, which had been exceedingly severe, became less labored, while the general tone of the system was essentially improved. A soreness and painful sensitiveness of the chest had much troubled me, and this also gradually subsided, and, in a short time, was entirely eradicated.

After the natural results of a change were passed, my general health was much improved. I have since been able to endure far more physical exposure, and perform more manual labor than formerly. I well know that this is not the popular impression in regard to such a course of diet, yet *facts* justify the statement. From my own observations and experience, I am constrained to admit that one who depends mainly upon farina for sustenance will endure fasting longer, will feel the sudden changes in temperature far less, and, in fine, have far more physical stamina than those who use a stimulating and mixed diet.

MENTAL RESULTS.

As striking as was the physical renovation, the mental elevation was no less conspicuous. Indeed, so intimate is the relation of mind to matter, that it could not be otherwise. All teachers will understand something of the advantages of having a perfect control over the mental operations. Far the greater part of the petty difficulties of the school-room, the insubordination, the arraying of teacher against pupil, &c., is attributable, as I suppose, to the teacher's want of

self-control. The excitement, the peevishness—the *bane* of all schools—is intimately connected with the endless stimulating and animal indulgence, to which we are so much accustomed. It has been well remarked, that “he who would control others, must control himself.” Our habits are entirely at war with a “peaceful and quiet possession of our spirit.” Many are the boyish freaks and rebellions, which are the *natural* results of a course of dietetic dissipation, while neither the teacher nor pupil may know the immediate cause. These causes legitimately produce a mental imbecility, or, at best, a difficulty, in concentrating the mind, under whatever circumstances he may be placed, perplexing and confusing as they frequently are. The benefits accruing from a plain and *natural* diet, in this respect, I conceive to be amply sufficient to compensate, a thousand-fold, for the temporary inconvenience which must attend any abrupt change. I have been almost entirely relieved of those fits of nervous irritability which so often destroy the general influence of teachers, and induce a spirit of insubordination among their pupils. The amount of mental endurance has been very much enhanced. In point of clearness of perception, of control of mental operations, and an ability to concentrate the attention for a length of time, I cannot easily overrate the contrast. The amount of labor which I once regarded as almost crushing, I can now perform with but little fatigue. It would be out of place here to instance examples; but I may safely say, that there have been times in which I have had as much devolving upon me, though still an invalid, as two teachers, under ordinary circumstances, would perform. And this has been done without the crushing feeling of lassitude which so often attends over exertion. That there need be no unfairness in the comparison, I may safely say, that since my adoption of my present dietetic habits, I have performed more than twice as much as formerly in the school-room, beside no small amount of miscellaneous labor. Nor am I in doubt in regard to the direct agency which has produced so radical a change. My own observations, carefully made during more than four years, are, to my own mind, sufficiently conclusive. I might refer to other instances with which I have been intimately acquainted, but I do not deem it necessary.

MORAL RESULTS.

That there is an intimate and inseparable connection between brutalizing habits in society; the familiarity with scenes of blood and carnage, and the flagrant acts of men, to me at least, seems apparent. Indeed, so intimate is the mutual dependences of the mind and the body, that it cannot be otherwise. From our childhood we may have been accustomed to witness scenes of domestic slaughter and unnecessary cruelty: can it be a matter of surprise, then, that so much cruelty exists toward these same animals, and even toward their fellows, among juvenile offenders? Can it be regarded as surprising, that there is a

recklessness of even human life, while we have been taught to regard animal life as worthless? Can it be thought strange that intrigue prevails, when we have seen the employment of stratagem so frequently, at a time when lasting impressions are so easily made? The wonder may be, that there is no more of such natural results.

It may not become me to refer to *moral attainments*, as resulting from the adoption of vegetarian principles, but I may state that I regard the moral advantages as among the more prominent features of dietetic reform. If the more flagrant outbursts of passion do not result from physical disorganization and derangement, the petty jealousies, murmurings, excitability and feverish restlessness may be the direct consequence of physical abuses and sensual gratification. That the cup is producing such results, no one can doubt, and it may be true that dietetic indulgence is equally destructive. To my own mind there remains not a shadow of doubt that the tone of the moral feelings is radically elevated, that the propensities are far more easily restrained; in fine, that man can more easily subdue the animal and rise to the dignity of the *human*, by adopting the plain vegetable and farinaceous diet. I am not aware that the few who have adopted are disposed to relinquish it. The present and the future of life presents to me, at least, a brightened aspect. Instead of struggling with pain and infirmity, teaching with difficulty, but a portion of the time, I am now able to do so continually, with an increase of physical and mental vigor, relieved of the usual saddening anxiety and depressing influences of pulmonary affections. An extensive field of labor is before me, while I am consoled with the thought that I may have strength adequate to its many and important responsibilities.

DISEASED MEAT.

BY S. M. HOBBS.

The fact that no inconsiderable portion of the meat sold from our markets, provision stores, and carts, is more or less in a positive and active state of disease, cannot be questioned a reasonable moment. The thing is obvious to every one who has an eye to see, a nose to smell, a head to think. Alarming as this statement may be to some, it is, nevertheless, capable of the strongest substantiation. Facts, figures, and the invulnerable philosophy of *common sense* and every-day observation tell its story in no vulgar light and power.

This general disease of meat from the shambles is not only reasonable, natural, just what might be expected, but it is the *only* condition it can possibly be in, taking the facts that hem it round. Let us look into the matter and see whether it be not so.

Almost all the meats in our markets, and particularly almost all that meet with a ready sale, have been through a *fattening process*. This process, as every one ought to know, is but

another name and way for crowding, and swelling, and puffing up the animal with one disease after another. It is technically called *stall-feeding*, and is the best possible manner that could be had to empoison and filthify the whole subject. The animal must be hardly allowed to move, is cramped, stuffed with stimulating and concentrated food, and encouraged to eat ten-fold more than the wants of nature demand, or her mightiest efforts can master. This course is pursued for months, sometimes for years, when the victim, nearly ready to explode—a mass of corruption, and filth, and disease—is pronounced ready for the axe and knife. It goes to the market full of bad blood and worse fat, a bundle of tumors and incipient suppurations, as delightful a jumble of all that can disgust and turn a good stomach as a blind and outrageous man, or an artful and industrial demon could desire.

This is a "true bill" of nine-tenths of the fattened meat offered for sale. Is it wild, fanatical, unphilosophical to pronounce it *diseased*? Can it be otherwise? Can an animal that has been cooped up, often deprived of light and pure air; which has hardly moved a limb, not *exercised* a muscle for a year; whose lungs have been driven, from day to day, into smaller compass and feebleness of action; which has not eliminated a drop of pure blood in all this time—can this be a healthy animal? Can this be fit for the human stomach? Can this assimilate with, and make pure, genial, healthy blood in man? We believe—*know*—it cannot. And so does every one but a stall-fed and more than beastly epicurean.

As it is with beef so it is with other animals—the sheep, the hog, and the multiferm tribe of poultry. Similar causes will produce similar results. Over feeding and want of exercise is sufficient, and *always* produces diseases in animals, as well as in man. Particularly is disease, in its most odious and devastating forms, found in the domestic Hog; that sum and circle, and concentration of scum, grease, pollution and death. Wallowing in filth, reveling in offal, and eating what every other animal passes by in absolute disgust; a thing of bloat and ulcer; bathed in an atmosphere that is death to all else that boasts animation;—who can believe but that the only side of a man's stomach it should ever be found is the distant *outside*? Who does not admire the wisdom, the *taste*, the philosophy of the Jewish code, that would "touch not, taste not, handle not" the emphatically and literally "unclean thing?"

It does not require much of a philosopher to see what effect this diseased meat *must* have on the system. If the fountain is filled with gross filthiness, the stream will be of a like nature. It cannot be otherwise than that disease must follow. Indeed, nothing is more certain than that such is the case. That formidable range of stomach complaints, known under more names than there are letters in the alphabet, have, to a great extent, their creation from this cause. The racking gout and agonizing rheumatism may often be directly traced to diseased and miserable meat;

while there is not a malady in all civilization that is not assisted and aggravated by it. Scrofula, with its manifold ramifications, is fed, fattened, and made strong by it; and many of those direful diseases of the skin, in the shape of greasy, foul, repulsive eruptions, have a similar source. There is no end to the catalogue. There is hardly a disease which this matter has not a big finger in, and oftentimes, as we have remarked above, it is the direct source of the most malignant and fatal diseases. What reasonable, and candid, and light-receiving mind presumes to doubt it? Facts, figures, philosophy prove it; of what use to doubt? That man must have a very extraordinary conception of his constitution who supposes it can change the poison of active disease into healthy, nourishing, vigorous blood; who supposes that the beef, pork, veal, mutton, &c., he eats, every fibre of which groans under some fearful distemper, ready to consume the animal; such a man must have an extraordinary opinion of his physical powers who supposes that these things will give him a body free of disease.

There is another consideration—*quite a feature*—we had nearly neglected to mention. It is a well-known fact to the “trade” that this stall-fed, and still-fed, and puffed and bloated class of animals, frequently, in the course of their barbarous and cruel diet, actually *drop dead*. *Almost universally these same masses of corruption and death are brought into market with other meats and sold*. The markets of all our great cities are daily witnesses of such atrocious doings. It is the constant subject of jokes, and winks, and boasts among butchers and venders. Again we say, can any disbelieve that diseased meat is found in our markets, and that all manner of disease is the result?

In view of these indisputable facts; knowing as we do that almost all the animals slaughtered among us are impregnated with active disease; and knowing also that men can live and be well and strong on a vegetable diet;—would it not be far better to dispense with meat entirely? As *God* made man, with pure and natural appetite, he never tasted meat. The blood of the slaughtered animal never pollute^d his lips. Unquestionably the banishing of the “flesh pots” from our tables would at the same time banish many of the diseases that afflict society. We sincerely believe this would be the actual result. Emphatically is this our conviction when we regard the fact that there is very little meat used that is not totally and unqualifiedly unfit to put into the human stomach. The fearfully increasing inflammatory complaints all around us might be speedily driven to the tomb of the Capulets, were a change made from meat to a proper vegetable regimen. Society would be better every way. The ferocious passions that too often brutalize man would be transformed into the gentler affections, and a broad and genial brotherhood run through the vast family of mankind.

But the limit of our present article will not permit us to present the advantages of a vegetable diet over a meat one. Indeed, it was no part

of our design. But we never can refer to diseased meat without advising it to be thrown where we are fast throwing physic, “to the dogs.” In closing, we most earnestly beseech the public to examine this matter; to look and see whether these things are not so. We beseech them when they buy, but more especially when they *swallow* this meat, to think that they have filled their stomachs with the elements of disease, and that it will one day assuredly triumph in pain, and perhaps in death.

THAT FATAL CONSUMPTION EXPLAINED.

MESSRS. EDITORS:—I noticed in a recent number of your Journal, extracts from an article in the “New England Botanical and Medical Journal,” from the pen of Dr. Albee. In justice to the water treatment, I must say that Dr. A. has misrepresented the case of the young man to whom he undoubtedly referred; and whether he has done it ignorantly or willfully, the impartial reader, from the following statement, can decide.

On the night of the 7th of Sept. 1848, a messenger came to my Water-Cure Establishment, (one mile from Pawtucket,) and informed me that Dr. Albee had a case of typhus fever that he wished me to see with him immediately. I declined going, as I had met him in one instance and helped him out of difficulty; and he then attributed the cure to some drug that he had administered. On the following evening I was again sent for: I then went, and found a young man about 20 years of age laboring under a relapse of Synocha, or Inflammatory Fever.

From a history of the case I learned that Dr. Albee had treated the patient for a while, sometimes botanically, and sometimes pseudo-hydropathically, but had succeeded in arresting the fever in a measure, and had then ordered wine and oysters to strengthen him, and that under such management a relapse came on and the patient was taken delirious, which was the cause of his sending for me; but as I did not go and the patient appeared worse, they had called in three Allopathic Doctors, which resulted in a dismissal of Dr. Albee. These physicians had bled the patient copiously—blistered the nape of his neck and bottoms of his feet, and had undoubtedly given him a good dose of calomel to complete the catalogue of antiphlogistics. After selecting one of their number to attend to the patient, they left. The mother of the young man said that the Doctors gave her no encouragement, and she wished me to take her son under my care if I were certain I could cure him. I replied that I could make no promises, and did not like to take the case under the circumstances. The patient then appeared unconscious, yet very little, if any, morbid heat was present about the body, so much had the copious venesection reduced him. I left without prescribing for him, and did not expect to hear anything more from the case.

On the next morning but one, I was again sent for, and earnestly solicited by the mother of the young man to take the case in hand, for it was

no better. Under these circumstances I very reluctantly complied with her request, she coming to a full conclusion to dismiss the physician then attending him. The patient now manifested more delirium than when I saw him before; otherwise very little alteration had taken place. I commenced the treatment with head baths—repeated them very often—had him rubbed in a wet sheet, and on the following day the inflammation in his head had so far subsided that he conversed rationally, and the heat about the body had gradually increased; for which I ordered packing, followed with a friction sheet—kept wet cloths on the head, chest, and abdomen, and had them changed as often as they became warm, till the morbid heat had subsided.

On the following day, (which was the third day after the water treatment was commenced,) he sat up part of the time and seemed nicely:—meantime injections were given to keep the bowels open. I visited him on the 21st inst. for the last time; the treatment having been packing, sitz and foot baths, and he had so far recovered as to be about street, and was anxious to go to Vermont with a brother of his, who, on hearing of his sickness, came to see him. Accordingly, he and his mother on the following day left Pawtucket, with a view of spending the winter in Vermont at her father's. He voluntarily paid me for my services, and said he should not pay any of the other doctors, as they had done him no good. This young man was an operative in a cotton factory, and had been troubled with a slight cough at times for nearly a year; was of a consumptive diathesis, and had not fully recovered from the fever when he left. In Jan. following, the mother of this young man returned to Pawtucket, called to see me, and gave the following history of his subsequent progress.

He bore the journey to Vermont very well, and was continuing to gain slowly, but being in too much haste to recover his full strength, he took some medicine of a botanic Doctor there. At length he took cold and his lungs troubled him, for which he drugged vigorously, but yet seemed to fail, and she was alarmed about him, and had concluded to return to Pawtucket and put him under my care. From her description of the case I gave very little encouragement, and heard nothing more from her till the 16th or 17th of Feb. following, when she again called, and informed me that her son had returned to Pawtucket, and she wished me to call and see him, which I did, and found him surprisingly altered. He had a very hard cough—pulse very frequent—the mucous rhonchus very distinct by auscultation, and finally, all the symptoms of confirmed consumption. I declined taking him at the Establishment, but concluded to have him try a light treatment at home, which he did for about a week, when I told his mother that nothing could be done farther than to palliate the disease, and that if he wished to return to Vermont, as he had expressed to me, if there were no help for him, he must do it very soon, for I did not think he would live more than a month. Accordingly, after consulting two ex-

perienced homeopathic physicians, he left, and I was afterwards informed, died in March following. Thus terminated the case referred to by Dr. Albee as lingering consumption.

H. A. WILBUR, M.D.

HOW TO MAKE HOME UNHEALTHY.

BY HARRIET MARTINEAU.

BRICK walls do not secrete air. It comes in through your doors and windows, from the streets and alleys in your neighborhood; it comes in without scraping its feet, and goes down your throat unwashed, with small respect for your gentility. You must look abroad, therefore, for some elements of an unwholesome home; and when, sitting at home, you do so, it is a good thing if you can see a burial ground—one of "God's gardens," which our city cherishes.

Now, do not look up with a dolorous face, saying, "Alas! these gardens are to be taken from us!" Let agitators write and let commissioners report, let government nod its good will, and although all the world may think that our London burial grounds are about to be incontinently jacketed in asphalt, and that we ourselves, when dead, are to be steamed off to Erith,—we are content: at present this is only gossip. On one of the lowest terraces of hell, says Dante, he found a Cordelier who had been dragged thither by a logical demon in defiance of the expostulations of St. Francis. The sin of that monk was a sentence of advice, for which absolute banishment had been received before he gave it. "Promise much, and perform little." In the hair of any minister's head, and of every commissioner's head, we know not what "black cherubim" may have entwined their claws. There is hope while there is life, for the old cause. But if those who have authority to do so really have determined to abolish intramural burial, let us call upon them solemnly to reconsider their verdict. Let them ponder what follows.

Two or three years ago, a book, promulgating notions upon spiritual life, was published in London by the Chancellor of a certain place across the channel. It was a clever book, and, among other matter, broached a theory. *Our souls*, the Rev. Chancellor informed us, *consist of the essence, extract, or gas contained in the human body*; and, that he might not be vague, he had made special application to a chemist, who "added some important observations of his own respecting the corpse after death." But we must decorate a great speculation with the ornamental words of its propounder.

"The gases into which the animal body is resolved by putrefaction are ammonia, carbonic acid, carbonic oxide, and sulphuretted, phosphuretted, and carburetted hydrogen. The first and the two last named gases are most abundant." We omit here some details as to the time a body takes in rotting. "From which it appears, that these noble elements and rich essences of humanity are too subtle and volatile to continue long with the corpse, but soon disengage

themselves and escape from it. After which nothing remains but the foul refuse in the vat; the mere *caput mortuum* in the crucible; the vile dust and ashes of the tomb. Nor does inhumation, however deep in the ground, nor drowning in the lowest depths and darkest caverns of the fathomless abyss, prevent those subtle essences, rare attenuate spirits or gases, from escaping; or chain down to dust those better, nobler elements of the human body. No bars can imprison them, no vessels detain them from their kindred element, confine them from their native home."

We are all of us familiar with the more noticeable of these "essences" by smell, if not by name. Metaphysicians tell us that perceptions and ideas *will* follow in a train; perhaps that may account for the sudden recollection of an old-fashioned story—may the moderns pardon us, as in the group around a social soup tureen we recognize

"The feast of reason—and the flow of soul."

How gladly shall we fight the fight of life, hoping that, after death, we shall all meet in a world of sulphuretted hydrogen and other gases! And where do the Sanitary Reformers suppose that, after death, their gases will go—they who, in life, with asphalt and paving-stones, would have restrained the souls of their own fathers from ascending into upper air!

Against us let there be no such reproach. Freely let us breathe into our bosoms some portion of the spirit of the dead. If we live near no churchyard, let us visit one—mesmerically, if you please. Now we are on the way. We see narrow streets and many people; most of the faces that we meet are pale. Here is a walking funeral: we follow with it to the churchyard. A corner is turned, and there is another funeral to be perceived at no great distance in advance. Our walkers trot. The other party, finding itself almost overtaken, sets off with a decent run. Our party runs. There is a race for prior attention when they reach the ground. We become interested. We perceive that one undertaker wears gaiters, and the other straps. We trot behind them, betting with each other, you on Gaiters, I on Straps. I win; a *Deus ex machina* saves me, or I should have lost. An over-goaded ox rushes bewildered round a corner, charges and overthrows the foremost coffin; it is broken, and the body is exposed—its white shroud flaps upon the mud. This has occurred once, I know; and how much oftener I know not. So Gaiters pioneers his party to the nearest undertaker for repairs, and we follow the triumphant procession to the churchyard. The minister there meets it, holding his white handkerchief most closely to his nose; the mourners imitate him, sick and sorrowful. Your toe sticks in a bit of carrion as we pass near the grave, and seek the sexton. He is a pimply man, who moralizes much; but his morality is maudlin. He is drunk. He is accustomed to antagonize the "spirits" of the dead with spirits from the Pig and Whistle. Here let the *scance* end.

At home again, let us remark upon a striking

fact. Those poor creatures whom we saw in sorrow by the grave, believed that they were sowing flesh to immortality—and so they were. They did not know that they were also sowing coffee. By a trustworthy informant I am taught that of the old coffin-wood dug up out of the crowded churchyards, a large quantity that is not burned, is dried and ground; and that ground coffee is therewith adulterated in a wholesale manner. It communicates to cheap coffee a good color; and puts body into it, there can be no doubt of that. It will be a severe blow to the trade in British coffees if intramural interment be forbidden. We shall be driven to depend upon the distant planters for what now can be produced in any quantity at home.

Remember the largeness of the interests involved. Within the last thirty years, a million and a half of corpses have been hidden under ground, in patches, here and there, among the streets of London. This pasturage we have enjoyed from our youth up, and it is threatened now to put us off our feed.

I say no more, for better arguments than these cannot be urged on behalf of the maintenance of city graveyards. Possibly these may not prevail. Yet, never droop. Nevertheless, without despairing, take a house in the vicinity of such a garden of the dead. If our lawgivers should fear the becoming neighborly with Dante's Cordelier, and therefore absolutely interdict more burials in London, still you are safe. They shall not trample on the graves that are. We can agitate, and we will agitate, successfully against their asphalt. Let the city be mindful of its old renown, let Vestries rally round Sir Peter Laurie, and there may be yet secured to you, for seven years to come, an atmosphere which shall assist in making Home Unhealthy.—*Lond. Examiner.*

UTILITY OF RIVERS.—Our habitations are always unhealthy when surrounded by marshes and stagnant waters, or when a drought is produced in consequence of the want of water. The smallest river is refreshing, and cools the air; whilst the earth is rendered more fertile. What an astonishing difference is observed between a country watered by various streams, and one to which nature has denied this blessing! The one is dry, barren, and desert; the other flourishes like a garden, where woods, valleys, meadows, and fields, present every variety of beauty. A river meandering through a country, carries with it refreshment, abundance, and prosperity; and not only irrigates the roots of plants, but fertilizes the earth by frequent inundations and continual evaporation.

Surely, then, no one can be so inattentive and ungrateful as not to acknowledge the advantage of rivers, seeing that they are the source of such numerous blessings. The only inconvenience of rivers is their being sometimes subject to inundations, which occasion very considerable damage; but this, compared with their many advantages, is trifling.

CASES IN WATER-CURE.

BY S. ROGERS, M.D.

OUR FRIEND DR. NICHOLS has, with much truth, declared, that "we must not only show how diseases *ought* to be cured, but how they *are* cured." A goodly array of facts in the simple history of cases, help remarkably to substantiate hydropathic theories. Besides, so simple and free from mystery is the truth as taught in hydrotherapeutics, that an unvarnished narrative of any disease and its treatment is the best possible manner of teaching our non-medical readers how to dispense with professional services. True, in pursuing this course we abridge our pecuniary interests, but I sincerely hope none have entered the water-cure ranks without first being so deeply imbued with love for the highest principle of medical science,—which is to teach people how to keep well,—that when this great lesson is well understood, it will not be infinitely more satisfactory to engage in other occupation than watching over the sick.

By members of the "old school" I am frequently asked why we have not a more *scientific* journal. In answer to such questions I can only say, that the whole tendency of water-cure is towards *simplicity*, and that he who is so wrapped up in *technicalities* as to find the naked truth unpalatable, is of much less importance to the world than the thousands who choose common sense in preference to *uncommon*. Through the medium of this Journal we now have access to the understandings of more than twenty thousand people, and to spread before them the results of practice in any but the plainest language, would be an insult to the good sense of those who expect to be benefited by our experience.

Every hydropathic physician, whose object it is to make plain the laws of health, feels doubly rewarded in the grateful expressions of those who have received the truths he may have recorded in the Journal. Scarcely a week passes in the practice of any one in the water-cure, without hearing of cases cured by "home-treatment," which make us feel again and again it is the design of a benevolent Creator that this pure and plentiful element shall be the universal remedy. It is thought by many that unprofessional practice has done a deal of harm. In some instances no doubt patients have been injured; but compare the results of any given number of cases with allopathic treatment,—even the most skillful,—and my word for it, we shall hear no further objections to home treatment. But I must urge most earnestly upon all who have not the advice of a physician, to familiarize themselves—not only with the applications of water—but with human physiology, especially with the animal heat, and with the pulsations of the heart.

Where domestic treatment has failed in acute diseases, I have generally ascertained it to be from want of knowledge in these particulars. Without knowing the pulse,—patients have been *over-treated* and *under-treated*,—the latter I believe oftener than the former.

I now propose to record each month some of the cases which come under my treatment. I shall not mention names nor residences, but any one who wishes for additional information can have it by conversing or corresponding with the patients themselves. Two cases seldom require the same treatment; therefore, if twenty cases of the same disease are reported in one journal, the close observer will be benefited by a perusal of each. "Line upon line and precept upon precept," at last make these things familiar.

CASE I—SCARLET FEVER.

Morning of 5th mo. 4th.—This patient is a young woman of naturally full habit and florid complexion. Considerable scrofulous taint in the system. Blood has occasionally been expectorated. Has been quite feeble, and not much appetite during the past few days. Awoke this morning with severe headache and pain in the bones; throat very sore, inflamed and swollen; whole surface hot; hard pulse, with a frequency of 104 to the minute; occasional rigors; frequent choking sensation, produced by an accumulation of phlegm; slight nausea and vomiting of greenish substance.

The first treatment was a shallow bath at 70° F., with much hand friction. The patient remained chilly some time after returning to bed. The pulse was less frequent, and pain in the head and bones considerably subsided.

1 P. M.—A full injection of water at 75° F. was used with good effect. 3 P. M., fibrile symptoms again high, as in the morning. Used the double sheet half pack 45 minutes. This was very soothing, and after another shallow bath the frequency and strength of the pulse was much reduced. Cold evaporating cloths constantly applied to head and throat from the first. Half an hour after the last treatment another rigor, accompanied with numbness of the hands, occurred; dry friction and additional clothing soon conquered it. The feet have all day been inclined to coldness, and in addition to dry friction, bottles of hot water kept to them.

5th mo. 5th, morning.—Patient was packed last eve and again at midnight. Rested quite comfortably. Has had shallow bath again this morning. Less pain and soreness of the throat. Pulse 100. Tongue thickly furred with yellow, and breath very offensive. Face swollen and bright scarlet; eyes red, weak, and suffused. Half pack of one hour in the quadruple sheet, followed with shallow bath as heretofore. This is to be repeated three or four times to-day if the fever demands it. Injection again this forenoon.

Morning of 5th mo. 6th.—Patient much better this morning; was packed four times yesterday, and each process afforded marked relief. Slight appearance of rash on face and body this morning, also a dry, hacking cough; weakness and suffusion of the eyes continues, but the other symptoms all abated. Omit the packing to-day, and give shallow baths at 70° F., often as the fever rises. Much pouring of water over the head while in the bath. Until yesterday P. M., the ap-

plication of water was quite unpleasant to the patient, but since then the sensation has been grateful. Wet girdle about the abdomen now worn constantly. Patient feels quite hungry, and for the first time a little nourishment is given, in the form of cold gruel.

7th.—Patient has been gaining finely since yesterday morning. Fur leaving the tongue, and all the functions assuming their natural action. The greatest complaint now seems to be that of hunger, which I deem safer to sparingly gratify until sound health is fully restored.

CASE 2.—BILIOUS COLIC.

One of my friends, who leads an over active life, both mentally and physically, called on me in great haste at 7 P. M., to get relief from the terrible torment produced by an indigestible dinner. He was at the time recovering from a mild form of bilious fever, and by his excessive activity, created an appetite incompatible with the strength of his digestive organs. He had already drank of warm water and vomited freely, but this afforded only temporary relief. The most intense pain was in the region of the umbilicus.

In the treatment of this case, I repeatedly used copious warm water injections, at the same time requiring the patient to drink plentifully of warm water. This treatment, though vigorously applied a full half hour, did not seem to remove the difficulty, though the pain was somewhat lessened. The circulation of this patient was strong enough to warrant a cooling treatment, without preceding it with hot fomentations; and as considerable inflammation in the small intestines was indicated, I resorted to the cold deep hip bath, with strong friction. This was continued about twenty minutes, and followed by a thorough shallow and pouring bath. The patient was then rubbed dry, and a cold wet linen sheet, folded about two feet wide, placed about his abdomen. During all this time the subsidence of pain was only temporary. He was then very closely and warmly packed in the dry blankets. Cold wet cloths to the head. For a few minutes the pain was intense, but soon a prickling and itching of the whole surface commenced. Moisture of the skin followed, and at half past eight P. M. my patient was quietly asleep. At nine, a good wash-down and the wet girdle was sufficient preparation for a refreshing sleep during the night. A day or two of moderation in exercise and diet completed the treatment of this case.

CASE 3.—ERYSIPELAS.

On the 18th of 6th mo., I was called out of town to attend the little daughter of L. B., who was attacked two days previous with inflammation and great swelling on the right hand. It was fiery red, and very sensitive to the touch. Considerable feverishness and other constitutional disturbance was present, and as this little sufferer was a good deal debilitated by a long siege of the whooping cough, the parents felt some uneasiness. Cooling applications were made to the

part affected, which for the time afforded relief, but no permanent advantage was gained. The child remained much the same during the 17th, but on the morning of the 18th, it was discovered that the inflammation commenced running up the arm in red stripes. At noon it completely covered the chest, and the patient became very restless and hot. The wet sheet was applied, but not vigorously enough to do much good. At 3 P. M. the face and nearly the whole body was highly inflamed, swollen, and of a bright red color. About this time, the muscles from the shoulders to the feet commenced twitching, and the child was soon in a convulsion. She remained in an apparently lifeless condition fifteen or twenty minutes, during which time friction and cold applications were made to the surface.

At 5 P. M., when I first saw the child, the muscles were again spasmodically twitching, and she was apparently on the verge of another convulsion. The pulse was more frequent than I could count, but not very full, and the abdomen swollen tense, shortness of breath, and the tongue thickly covered with white fur. The first application was a full injection of warm water. This was followed by a discharge of dark greenish fæces. It gave some relief. After cutting off her garment, we succeeded in getting this little sufferer enveloped in a double wet sheet pack. I should have before mentioned that the whole surface was so painfully sensitive that the child would scream at the slightest touch. She was almost immediately soothed by the wet sheet, and soon fell into a sleep, which lasted ten or fifteen minutes. She was then placed in a tub, and water at 70° F. copiously poured over the head and body. Injections were again used, with the same good result. Short packing and bathing was almost constantly alternated.

Such a fearful grasp upon the frail body of this little girl had the dreaded disease, that not until late in the evening could I assure the anxious parents of the comparative safety of their child. The father and myself assiduously applied this simple treatment during the night, and as morning approached, we were gratified by the prolonged intervals of sleep, and to hear her speak naturally. I forgot to mention in its place that this patient was delirious much of the time. It was a cool night, and a strong current of air was kept circulating through the room. Cold evaporating cloths were constantly applied to the head. At 6 A. M., thirteen hours after I found this child as above described, she wanted to go into the kitchen and have something to eat. She was placed in her little chair, and soon commenced playing with a younger sister.

Before leaving, I instructed the parents to follow the same treatment as often as the fever should arise. Give no nourishment but a little cold gruel during that day.

The child recovered very rapidly, except some swelling and lameness of the right hand, which a few days since had not entirely abated. Other ways the mother says the child is much healthier than for months previous.

NEW-YORK, AUG., 1850.

"If the people can be thoroughly indoctrinated in the general principles of HYDROPATHY, they will not err much, certainly not fatally, in their home application of the WATER-CURE APPLIANCES to the common diseases of the day. If they can go a step further, and make themselves acquainted with the LAWS OF LIFE AND HEALTH, they will well nigh emancipate themselves from all need of doctors of any sort."—DOCTOR TRALL, in "HYDROPATHY FOR THE PEOPLE."

TOPICS FOR AUGUST.

BY R. T. TRALL, M.D.

DEATH OF THE PRESIDENT.—When the red lightning, descending from the storm-cloud, rends the tall pine, or shivers the sturdy oak, we intuitively recognize the natural law which declares such to be the appointed way. But when the strong man, in his full maturity and vigor, is suddenly attacked with disease and quickly numbered among the dead, we cannot well reconcile any principle in the order of nature predetermining such an event, with those attributes of the Governor of the Universe, which we call wisdom, and benevolence, and unchangeableness. The eye of stern philosophy can perceive nothing but violated laws asserting their immutability and demanding their penalty.

Awestricken when the King of Terrors comes unexpectedly amongst us, it is customary to talk of "Mysterious Providences;" and however religious or reverential such language is intended to be, to the mind that can

"See through Nature up to Nature's God,"

it is no better than meaningless blasphemy.

Some of the newspapers of the day have gravely told us, in allusion to the disease and treatment of the late President, that "the physicians struggled hard against the decree of the Almighty," as though the physicians were the friends, but God the enemy of His own work. Against such sentiments, which are most pernicious in their bearing on the human mind, we protest, in the name of religion, of philosophy, and of common sense.

These same newspapers tell us that Gen. Taylor was a very good man, that he had conscientiously discharged all his duties according to the light he possessed, as a man, as a husband and father, as a citizen and soldier, as a patriot and statesman. Why, then, did the Almighty send disease upon him and terminate his existence by violence, in opposition to the benevolent exertions of the doctors? It is such talk, such solemn twattle, that misleads and deceives the world, and makes the great and terrible lessons of wisdom taught through affliction so nearly lost to us.

We are told that the late President had a very singular disease. First diarrhoea, then a resulting cholera morbus; this was followed by a bilious remittent fever, and lastly, congestion *set in*—congestion of the stomach, liver, brain, &c. Verily, it was a singular disease, or a singular way of complicating and confusing a very simple matter. The patient,

undoubtedly, died of an ordinary diarrhoea. All the extraordinary phenomena attending it were most clearly the marks of its progress toward death, and the effect of treatment—mal-treatment, we mean.

We have not yet been, and most likely the public will never be, favored with a full official statement of the patient's symptoms and medical management. The medical reports which have got abroad concerning the treatment of the other Presidents—Washington, Harrison, Polk—who have sunk to the grave with surprising rapidity under allopathic druggery, have not increased public confidence in the popular system. But if such fragments as have got into the papers are fair samples of the whole story, we may reasonably believe of General Taylor as we think of Gen. Harrison, and know of Gen. Washington, that he was killed by the skill of his medical friends. On the third of July, the patient was attacked with diarrhoea; this continued until the ninth, at which time the physicians took charge of his case. In about ten hours after, the patient was dead! The following extract from the correspondence of the *Express* gives more particulars than any other account we have seen:—

WASHINGTON, July 9th.

The President's serious illness was first felt at the Capital to-day, about 1 o'clock.

2 o'clock.—The rumors of the dangerous illness of the President were so great that in both Houses an adjournment began to be thought of.

3 o'clock.—Inquirers at the White House were told that the President was better. The symptoms were in a small degree promising. Hopes of his recovery began to be indulged.

4 o'clock.—Symptoms began to be worse. The summoning of his Cabinet was thought of. Clergymen were sent for, and physicians re-assembled. The strongest blisters had no power over his skin, which had lost its vitality.

5 o'clock.—No improvement; the White House gates shut.

6 o'clock.—Symptoms again bad. Congestion increasing. Groups of anxious inquirers in the ante-room of the White House, and on the steps. Pronounced so dangerously ill that but slight hopes could be entertained of recovery.

7, 8, and 9 o'clock.—President no better. No hope. Crowds increasing about the White House.

10 o'clock.—Reports from the sick chamber contradictory, but such as to inspire a faint hope. Mrs. Gen. Taylor has given up, nature having become exhausted from constant attendance and excitement. Mrs. Bliss is overwhelmed with grief. Col. Bliss appears here and there, much dejected.

Sober practice has been begun, and it inspires hope. The patient has been exhausted by neglected cholera morbus, for which all day Friday he would take no medicine. Calomel and blisters but reduced him more. Quinine is now given in numerous doses. Over 40 grains, it is said, have been given since 5

o'clock, some in injections. The practice is said to be desperate, but such only as can be given with any hope. Pulse under it 104; a rally, and a good sign. Extremities warm. Face not as of death. Patient conscious; drinks, when asked. Mrs. John Bell, from the sick chamber, reports hopefully. So does Major Hunter, U. S. A. So does Dr. Pine. All seem to believe that he will live at least till morning. Indeed, they begin to hope he may survive. The new and more desperate practice inspires hope. Crowds dispersing. The Secretary of State yet present. Southern men about say, "Follow Southern practice (which is far more violent than Northern); that alone can save him."

20 minutes to 11 o'clock.—General Taylor is no more! Death has closed the eyes of the Hero of Palo Alto, Resaca de la Palma, Monterey, and Buena Vista. He who escaped the ball, and bullet, and bayonet of Briton, Indian and Mexican, is cut down in his chamber by the unseen scythe of death. The survivor of the swamps of Florida, and of the hammocks of the Rio Grande, is the victim of the miasma of the Potomac!

Gen. Taylor died in the same chamber in which Gen. Harrison died nine years ago last April. Like officers of high rank were in the ante-chambers of both. Like crowds were in the vestibules and in the rooms below. Like was the anxiety. The Vice-President, now the President, Fillmore, was in the room near by. So was Mr. Clayton, and so were others of the Cabinet. Mr. Webster had been there during the evening. The disease has been singular. It flattered at times, and then dispelled all hope. Quinine had rescued the victim almost from the dead, but only just to have him die. Stimulus made attendants hope, but it was the expiring flicker of life.

12 o'clock.—The bells of the city all toll a sad requiem for the dead. It is a solemn and most afflicting midnight hour. I see Mr. Fillmore wending his way thoughtfully down the stairs, through the vestibule, and along the avenue to his hotel at Willard's. What a weight of thought there must be on his bosom! What an awful responsibility, in an instant, and so unexpectedly, has fallen upon him! What a change of life, of manner, of existence almost, is to come over him! The Editor of the Republic is in the group. The Mayor of the City is there! The sad sighs of a woman are heard in the distance. It is Mrs. Bliss over the loss of a father, or Mrs. Wood; or the good, pious, revered old lady, who has never appeared in public, seldom or never seen but at church,—and who considered it the greatest of calamities that her husband should have been made the President! Her grief is indeed inconsolable. She mourns without consolation. Next to her God she dearly loved her departed husband, but his corpse is all that is before us. There depart the Physicians, Doctors Hall and Wotherspoon. They have struggled hard against the decree of the Almighty—but yield to Omnipotence. A

dreadful struggle they have had indeed with Death—and the whole *arcana* of medicine has been arrayed against him, but all in vain.

12 1-2 o'clock.—The bells yet toll. The whole city is awake. The toll of the bell past midnight has aroused the city from its slumbers—and the streets are yet full of groups.

The stories respecting the President's diet are numerous enough, but how true they are who can say? On the 4th (and he had symptoms of cholera morbus on the 3d) the story is, that while attending a Sunday-school celebration in the morning, he munched green apples, and that on the 4th—after exposing himself to the very hot sun on the monumental ground—with mush and milk he eat cucumbers and cherries. Then all of the 5th he neglected the resulting cholera morbus, and took no medicine to check it—from which came this violent bilious remittent fever.

Observe, reader, the strange incongruity of this story. In the first place, he is "cut down by the unseen scythe of death!" In the next statement, he is "the victim of the miasma of the Potomac!" and thirdly, he has "yielded to Omnipotence!" All this, however, may be put down to the account of loose talk, figurative expressions, &c. So we come to the treatment. Who can fail to perceive that all the medicine given the patient, according to the report before us, lessened his chance of recovery? An effort was made to cauterize the skin with strong blisters, even after it had lost its vitality! "Calomel and blisters," we are told, "but reduced him the more." After having reduced him by one kind of drugging, the doctors change right about and undertake the "desperate" plan of stimulating away the effects they have just produced by the calomel and the blisters. It was, indeed, desperate treatment from first to last!

Because the patient feels slightly the stimulus of the tremendous doses of quinine, just as the unexpired yet dying organism might respond to the impression of a hot iron applied to the vital tissues, the physicians again hope. "The more desperate practice inspires hope." The only ground of hope was the fact that the stimulus exhausted the vitality so much faster that the patient manifested a little heat and feverishness. In the language of the report, "Stimulus made the attendants hope, but it was the expiring flicker of life." But violent and manifestly injurious as was the practice pursued, it was not violent nor desperate enough to satisfy all the doctors. Southern men clamored for a still more violent practice! What did they mean by more violent? More calomel and blisters? More quinine? More stimulants? or merely something stronger in effect, without any regard to the nature of that effect?

When Harrison was having his vital spark extinguished scientifically—that is, by drawing out the vital current which fed it—the medical gentlemen in

attendance, on the ground that the age and debility of the patient forbade general blood-letting—taking blood by means of a lancet—resorted to local blood-letting—taking blood by leeches. That was a marvelously bright conception of an idea, that a pint or a quart of blood drawn by leeches would not weaken a person, as would drawing the same quantity by a lancet. Unfortunately, as it perversely happened, the leech-bleeding did reduce the patient very much; yet, notwithstanding this obvious result, there were not wanting doctors in those days who strenuously contended for a more violent practice. They insisted that he ought to have been bled still more!

Washington, in his last illness, was bled to the extent of several quarts within twelve hours. In addition to that not new, but sufficiently “desperate” practice, which seemed at first to “promise hope”—for it certainly *subdued the feelings and sensibilities* of the patient—he took calomel and antimony enough to have killed two or three well persons. Very likely there were then doctors enough who supposed the practice in his case was not sufficiently violent!

We do not dwell on these points for the sake of criticising language. “Straws show which way the wind blows.” The manner in which men employ words shows what ideas may be revolving in their brains. As far as we can learn any thing from the reports of the physicians under whose hands Washington, Harrison, Polk, and Taylor have suddenly and prematurely died, the whole plan of medication has been based on the vague idea that “desperate diseases require desperate remedies;” in other words, the more violent and dangerous a patient’s disease is, the more violent and dangerous must be the drugs and destructives administered to him. It is astonishing that a notion so self-evidently absurd should have controlled the practice of the medical profession so long.

THE CHOLERA.—As the warm season advances this disease reappears in many of the places in which it prevailed last year. At Cincinnati, St. Louis, Nashville, and various other places South and West, its ratio of fatality has been about the same as last year, although the whole number of cases has been much less. What a commentary is this fact on the numerous vaunting reports of successful plans of treatment, published just *after* the epidemic subsided. One physician had treated 300 cases, and lost four! Another 150 cases, and lost two!! Another 500 cases, and lost none!!! &c. So it will be this year as soon as the Cholera disappears. Who can place any confidence in medical testimony when so many are interested in circulating the most extravagant falsehoods? Soon after the disappearance of the Cholera in this city in 1832, one of our most distinguished allopathic physicians, who has filled, creditably, we believe, a Professor’s chair in one of our medical schools, who has had a large practice and extensive experience, who has also filled several important stations as

medical officer, who has further edited many books and written many “contributions to the medical literature of our country,” and who is, moreover, the editor of a medical journal, wrote a book in which he asserted, and undertook to prove, both from theory and experience, that *bleeding* was the great remedy, the sheet-anchor in the treatment of the cholera! If you could get blood enough out of the patient’s body, he might recover; if you could not, he surely must die. Such was the quintessence of the conclusion of his book, written, as just remarked, immediately after the cholera of 1832. Well, in 1849, the disease appeared among us again in exactly the same form, and with almost exactly the same rate of mortality. What does the author of our blood-thirsty book? Of course you will say he bleeds. Could he have so soon forgotten his sheet-anchor? No, not a bit of it. He has not forgotten his book, but for good and sufficient reasons he practices very differently. Such is an average specimen of the consistency between medical theory and practice. Such the utter worthlessness of nine-tenths of the experience we find recorded in medical books.

Probably we shall have a short visitation of the pestilence before the summer is over, and probably the apothecary shop and the grog shop will rival each other in providing the people with specifics. The tincture of opium and the sugared brandy will go down the throats of our fellow-citizens, under medical advice, as though the only way to defend the system against the atmospheric virus was to render it the most poisonous of the two.

Nothing can be more factitious, more artificially produced, than the disease called Asiatic cholera. Those whose personal habits are reasonably hygienic, have nothing to apprehend from it or any similar pestilence. Those who live on plain, unconcentrated vegetable food, partake freely of good ripe fruits in their season, take a daily cold bath, religiously abstain from all intoxicating drinks or stimulating condiments, and avoid all sorts of apothecary stuff, are perfectly safe from its ravages, unless addicted to some very gross error in some of their voluntary habits. We assert this not only on the strength of demonstrable theory, but on the experience of thousands who have put the theory to ample proof.

WATER-CURE IN ALABAMA.—We are rejoiced to learn that our new system is received with favor by some of the best minds in the South.

Mr. T. B. BRADLY, a graduate of Union College, New York, now editor of the *Southern Star*, in Huntsville, Alabama, has taken up the subject, and is doing good service in making converts to our improved mode of relieving “human suffering.” Go on, brother: thanks will be tendered to you for every line you print on Hydropathy.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M. D.

CASE VII.—SCROFULA.

THE word Scrofula is derived from the Italian *scrofa*, a sow. The disease is developed under the forms of king's evil, hip disease, white swelling, tuberculous consumption, tabes mesenterica, marasmus, ophthalmia, deafness, and numerous local diseases. What is called the scrofulous diathesis, is marked by a fair, light complexion, fine, silky hair, blue eyes, pointing upper lip, often by great precocity and beauty. It is hereditary, carrying its train of distressing and fatal diseases through many generations, and often destroying whole families. It seems to be a disease of civilization and of mixed races. Negroes are little subject to it, but it is very prevalent with mulattoes. The same is the case with Indians and half-breeds. No people are so scrofulous as the English, nor are any made up of such a mixture of races, and we inherit much of the same predisposition.

Animals living in a state of nature are not known to be affected with scrofula, but it prevails extensively among those which are domesticated, and particularly those which are kept closely confined, and fattened for food. Hogs are peculiarly subject to it, and the great consumption of pork in this country is the source of many of its scrofulous diseases. It is probable that if we could all be converted to Jews or Mohammedans, or in any way induced to abandon the eating of pork, there would not half so many of our people die of consumption. Cows, tied up in close stalls, breathing an impure atmosphere, and fed on the swill of the breweries and distilleries, rot down with scrofula. All that keeps them alive is the drain of a continual milking, which carries off large quantities of scrofulous matter; and this poisonous milk is sold all over the city, and especially to the poor. Our children are fed on it, and thousands of them die in consequence, of scrofulous diseases. It is no wonder that twelve thousand children should die in New York, in a single year, when we consider what diseasing and deathly influences they are exposed to.

Scrofula, I have said, is an hereditary affection. When either parent is scrofulous, the children will be more or less affected. Thus we see the king's evil, or glandular form of this disease, prevailing in some families, while in other instances, they all die of consumption. It is sometimes seen that pregnancy suspends the progress of consumption; and, in these cases, it is to be suspected that the mother is relieved at the expense of the child; for the children of scrofulous mothers have been born with fully-developed tubercles, while others soon die of marasmus, enlargement of the mesentery, &c. Thus the child purifies the blood of the mother, before its birth, and continues to drain it of its diseased matter afterwards by nursing. In such cases, the only salvation of a child is to take it from the mother,

and either provide it with a healthy nurse, or wean it on the milk of a healthy animal.

The Water-Cure has afforded unconvincing proofs that scrofula depends upon a *materia morbi* in the system; a real virus or poisonous matter, which will destroy the constitution, if it is not cast out of it. In the allopathic practice, the common treatment is to give mercury in its most violent form of corrosive sublimate, arsenic, iodine, chlorine, cathartics, opiates and tonics; a miserably inefficient, tampering, palliative treatment, which can be productive of little good, and which must do harm in a majority of cases. In the Water-cure treatment, the matter of disease is cast out of the system. It comes through every pore. It is palpable upon the sheets and bandages. It breaks out in critical eruptions, boils, and abscesses; and at every outpouring of this scrofulous matter, the system shows manifest improvement, until the disease is all cast out, and the patient is restored to the purity and vigor of health.

There is no disease more nearly universal than the scrofula in its various manifestations; there is no one that is less benefited by the old systems of medication; and no one that more surely yields to the Water-cure. In all cases where vital organs are not too deeply affected, and where there is the necessary amount of vitality in the system, scrofula can be thrown off by the processes of this system, and in a few years it might be washed out of the world and entirely eradicated, and the human race, by cleanliness, purity of diet, and proper modes of life, might be kept forever free from this slow but devastating plague, which now destroys more lives than all our epidemics.

The case I have to give in illustration, is that of a beautiful boy, five years old, whose mother had died, in his infancy, of consumption. He has all those marks of delicacy, beauty, and precocity, so often connected with the disease. When I first saw him his cheeks were puffed out to unnatural fullness, with a deep purple redness; on one side of his neck was a large hard swelling, threatening a formidable abscess; there were ulcerations around both ears. He was what is called chicken-breasted, having a narrow chest and great projection of the breast-bone, while a heavy indolence or dull stupor showed how sadly his nervous system was loaded with the diseasing matter. He was brought to Mrs. Nichols, as a forlorn hope, and she, for the most part, directed the treatment.

This consisted in a diet as pure as possible, and just sufficient for the purposes of nutrition; pure air night and day, and as much out-door exercise as he could take; properly-regulated gymnastic exercises to relieve the deformity of his chest and give vigor to his muscular developments, and alternate packings in the wet sheet and dry blankets; wet sheet packs of an hour or an hour and a half, and blanket packs until a full perspiration was induced: each, of course, followed by bathing in cold water, and bandages night and day.

Under this course of treatment, watched and varied from day to day as the symptoms demanded, this boy, who was sunk in such a hopeless state of disease, recovered steadily, week by week, until he has become an image of perfect and beautiful health. His skin is clear, his cheeks are flushed with bright carnation, his eyes sparkle, he is full of vigor and vivacity; his form has grown natural; and there remains not one symptom of disease.

First came the healing of the ulcerations around his ears; then the swelling on his neck slowly disappeared; then gradually health took the place of disease; but during this process, there were several well-marked phenomena of curative action. At one time, the action of his system, excited by the curative processes, took on the form of a violent fever, which ended in a crisis of ring-worms, that covered his whole body. This curious phenomenon was two or three times repeated. At other times he broke out in violent rashes over portions of his body, but he had no boils nor abscesses, and these critical periods were easily managed, and very evidently contributed to his cure.

It was a case, from first to last, that must have convinced the most sceptical of the power of the Water-cure in scrofulous diseases.

CASE VIII.—ACUTE RHEUMATISM.

While writing out the above case, I have had a visit from a patient who, four weeks ago, was suddenly prostrated by a most violent attack of inflammatory rheumatism. He was just the kind of man to have this excruciating disease in all its force and terror. Of a full, sanguine habit, a free liver, engaged in a business that subjected him to bad air and gave him no exercise, he was just the subject for a fever of any kind.

I found him bloated with unnatural fatness, his skin purple, his pulse quick and full, and incapable of moving himself or of being moved without the most excruciating agony. Here was an ugly case to handle. His friends shook their heads, and told him doctoring was of no use, the disease must run its course, and if he got so as to walk in six months he might think himself happy. Some laughed at the idea of using cold water; others tried to alarm him; but he had some knowledge and experience of the Water-cure in his family, and determined to give it a trial.

Having spread a pack of comforters and blankets, I wrung out two large sheets in cold water, leaving them pretty wet; with great difficulty he was laid upon these, and they were drawn close around him, and the pack completed. The relief was, to use his own expression, "heavenly." Not all the opiates in the world could give such a delicious sensation, as that wet sheet to his fevered and agonized frame. In a few minutes he had sunk in a quiet sleep. In an hour he was taken out, washed as well as he could be, in his condition, and wet bandages were applied, during the day and night.

For eight days this treatment was kept up, and during that time his only food was a little toast water, and even that was not allowed him for several days. He had other business in hand. His tongue was exceedingly foul, his breath fetid, and every pore, by the aid of his packings and bandages, was throwing out a matter that evidently had no business in his system. In four weeks he lost just twenty-eight pounds—a pound a day. In a little more than a week, the fever had been so far overcome that I alternated the blanket pack with the wet sheet, and this procured profuse sweatings. His bowels were moved daily with injections of cold water, and he began to take small quantities of gruel, dry toast and strawberries. In two weeks he is able to walk; in four, he is about town free from pain, and looking so clear and bright that everybody congratulates him on his improved appearance.

His cure is thorough, and with the proper care of himself he need never be sick another day in his life. He has not lost a drop of blood, nor taken one grain of medicine; so that there is no calomel, colchicum, or opium laid up for future mischief. The course of cure has been one of thorough purification and renovation—the only cure worthy of the name.

I consider this case a good one; but with more constant attendance, and the greater facilities of a water-cure house, it might have been a little more rapid. The patient lived two miles from me, and the great difficulty of moving him prevented some of the applications being as thorough as was desirable for a rapid cure. But it may be not the less thorough, and the patient has good reason to be satisfied.

CASE IX.—FEVER AND AGUE.

A worthy cartman of this city, about thirty-five years old, of a full habit, came to me with a dull tertian. Last summer, he followed the advice of the allopathic doctors, and lived on beef steaks, with a little brandy, to prevent the cholera. The disease accumulated by this mode of living, and by a hearty winter diet, was trying hard to work off in the paroxysms of this miserable disease, but it was making poor work of it. His wife, a smart water-cure woman, thought I might help him out of his trouble; so, taking his packing materials on his cart one morning, he came to see me.

"Well, Doctor," said he, "I have got the fever and ague. Do you think you can cure me?"

"Unquestionably—it is an ugly customer, but it must knock under."

"How long will it take?"

"Oh! that is another question. I never know a case to last over three weeks; and very often it is cured in three or four days."

"Very well; I am going to let you try it, anyhow."

"There is one thing more I must tell you—you will be worse before you are better, and the harder you have it, the sooner it will be over."

With this pleasant premonition, we went to work. First I gave him a warm rubbing bath, with plenty of soap, to get his skin into good working order, with a dash of the douche after it, and put him on a fever diet of brown dry toast and strawberries. The next day was the time to shake, and I directed him to come before the time for them to come on. As the symptoms began to appear, I put him in the wet sheet pack. For a few minutes this seemed to suspend them, but they soon came back with redoubled violence, and he had a highly respectable fit of rigors, a rapid fever, and a most profuse perspiration, in the midst of which I put him under the douche.

This was a good beginning. I had already increased the violence of the disease; or, as it may be more truthfully expressed, I had aided nature in her efforts to get rid of it. The next day I gave a douche; on the third, a pack as before. He drank water in large quantities, and every pore was doing its work. The next favorable indication was a change from tertian to quotidian—that is, he had the fits every day, instead of every other, and so bade fair to get through with them the quicker; and as there was so much sweating to be done, I helped it with the blanket pack, toning and stimulating with the douche. In a little less than two weeks the fits had vanished, and so had twenty-one pounds of superfluous flesh, leaving my man a little weak, but very well.

Every new case I have of this disease satisfies me more and more how unnecessary it is to poison people in such cases with quinine or arsenic. Quinine is one of the most powerful of narcotics. It overcomes the disease, but never casts it out of the system. It benumbs and paralyzes the powers of life, and the patient does not shake because he has no power to do so. But the mischief is in his system, and so is the poison he has taken in addition, and sooner or later he will feel their effects; probably in some fatal chronic disease. Fever and ague is, so to speak, a healthy disease. It is the effort of a strong constitution to rid itself of its evils. Aided by the water-cure, it does its work, and the patient is the better for it, but this cannot be the case when the disease is merely masked and paralyzed by the usual medicines.

* 87 West 22d Street.

DIETETICS.

BY T. L. NICHOLS, M.D.

In the July number of the WATER-CURE JOURNAL, I gave a brief report of the proceedings of the late Vegetarian Convention, and promised to write further upon the subject. Perhaps I cannot do better than to give my own dietetic experience, and the results of my own observation, before giving the historical, scientific, and other arguments upon the subject.

Sixteen years ago, while attending medical lectures at Dartmouth College, when Dr. Muzzy, the eminent surgeon, was a professor in that institution,

my attention was directed to the influence of diet and regimen, and I adopted, as an experiment, what has been commonly, but very improperly, called the Graham system of diet; for if the system is to be named after any man, it might with much greater propriety be called the Pythagorean, or even the Adamic. A system practiced by the primeval races of mankind, by many of the sages of antiquity, by the wisest and purest men of every age, and by a majority of the human race in all ages, surely ought not to receive the name of a modern lecturer, who, whatever his claims to zeal and science, can have none to originality.

I resolved to enter carefully upon the vegetarian system, to the entire exclusion of flesh, eating rarely and sparingly of eggs and fish, and abstaining from tea, coffee, and all alcoholic stimulants. I also took much exercise, bathed daily, and conformed generally to the laws of health. It is said that all transitions are painful, but I do not remember that I experienced any inconvenience. I sat daily at tables loaded with all the luxuries of flesh and fowl, with the richest and most piquant dishes of the French cuisine, but I remember eating my meal of potatoes, with a little salt and milk, with exquisite relish. My health, vigor, cheerfulness, and activity of body and mind, increased continually. My appearance improved, my whole system seemed to be refined and exalted. I look back upon this period of my life with great satisfaction, for never was I more active, more useful, or more happy in proportion to my situation.

I continued this experiment for a year and a half. At the end of that time I was placed in circumstances that rendered it difficult to procure a proper vegetable diet. My zeal for experiment was also greater than my sense of duty, and I returned to the ordinary mode of living; but the strength I had gained in my vegetarian experiment lasted me for years. For five years I scarcely knew what sickness meant, and I do not remember to have had one severe pain in all that period. This immunity from pain was very remarkable; so that a tooth would entirely decay without one twinge. Wine, which I sometimes drank on convivial occasions, had very little effect upon me, or rather, however much excited I was, I had, from the strength of my nerves, great power of self-control. Being engaged in arduous literary labors, I resorted to the stimulation of tea and coffee. Tobacco I never used, and was never habitually addicted to alcoholic drinks; but I indulged freely in a mixed diet.

In this course of life, though what most people would call careful and temperate, the tone of my system sunk year after year, until I was sensible of my constant need of tea and coffee. The latter, especially, I drank very strong, and in large quantities; and after a day of exhausting labor, I often drank a large cup of strong coffee, as made at the French coffee-houses, at nine o'clock in the evening, and then wrote till three o'clock in the morning, when its stimulation would be exhausted. In the morning I

was too languid for any exertion, until I drank my coffee for breakfast.

I became satisfied that I had carried this experiment far enough. I remembered the calmness, the vigor, the hilarity of my vegetarian experience, and contrasted it with my present condition. I resolved to gain the ground I had lost, and having made the resolve, I carried it into execution. In the spring of 1848, I abandoned the use of flesh and all stimulants, and returned to a pure and simple diet, and the regimen of water-cure. There were some days of languor, but my system very rapidly recovered its tone, and for more than two years my health and strength have been constantly improving, so that I am now nearly as well as I ever was in my life. I rise at half past five, in full vigor; I eat a breakfast of boiled cracked wheat, or hominy with milk and sirop, potatoes, bread and butter, with such fruit as is in season. For dinner we have potatoes, peas, beans, turnips, beets, &c., with bread, rice, puddings, fruit, and a more spare and simple supper, drinking cold water at every meal. Occasionally we have eggs or fish, but I rarely partake of the latter.

Upon this diet I am stronger, heavier, more active, more enduring, and far more happy than I ever was upon a mixed flesh diet, with tea and coffee. My wife has not tasted flesh for twelve years, and though she was at the beginning of that period expected to die of consumption, she is now in better health than she has ever been in her life, and is capable of enduring greater exertion than most women. There is no member of our family whose experience is not entirely in favor of a pure diet, and our varied ages, constitutions, and occupations may be considered a fair test of its general adaptation.

It will be seen, therefore, that, in this respect, "I speak what I do know, and testify what I have seen." I have tried both systems over and over, and must be permitted to know which is best better than those who have tried but one. At the same time, I freely admit that a badly chosen vegetarian diet may be more pernicious than a carefully selected mixed diet, of which flesh makes a part. But though temperance with flesh is better than gluttony without, there must be such a thing as a diet best adapted to the human constitution, and that it is every man's duty to discover, and live upon. Men are capable of living upon a great variety of substances, but there must be some food pre-eminently adapted to his nature, and proper to his highest development. This proper diet for man, science and experience must determine. I will give, briefly, some of the reasons, aside from my own experience, which make me believe that a vegetable diet is the one best adapted to the human constitution.

In looking over the domain of nature, we find that some animals are carnivorous, or flesh-eating, some herbivorous, eating grass and foliage, some frugivorous, or fruit-eating, and a few are classed as omnivorous, eating all things. Of the carnivore, we have

the lion, tiger, &c.; of the herbivorous, the horse and ox; of the frugivorous, the monkey tribe; and of the omnivorous, the hog and some others, though the only strictly omnivorous animals are said to be the duck and the pismire. All these animals, according to the plan of nature, are adapted to their mode of life. The carnivore are able to spring upon their prey, they have strong claws to hold it, teeth to tear it, and short alimentary canals fitted to its digestion. The herbivorous animals, on the contrary, are without claws to seize prey, have teeth for cutting and grinding, and long intestines for a protracted digestion. The fruit-eating animals have hands for climbing and picking fruits and nuts, teeth for biting and mashing them, and an alimentary canal of medium length. The omnivorous animals are of a mixed character, and filthy habits, and seem designed to act as scavengers, to eat up what would become offensive.

Now, to which class of these animals does man belong? Not to the carnivorous, for he has neither the strength, agility, nor organs that would enable him to live on prey. Not to the herbivore, for he can neither eat grass nor digest it. It would be neither complimentary nor true to class him with the hog; but in his form, his hands, his teeth, and his internal conformation, he bears the closest resemblance to the orang-outang, and other animals which live on fruits, nuts, and the seeds of vegetables. It is impossible that an anatomist and naturalist can come to any other conclusion than that man is by nature intended to live on fruits and vegetables.

Linnaeus says that the series of quadrupeds, analogy, and the structure of the mouth, show that fruits are the natural food of man.

Gassendi, in his letter to Van Helmont, says, "From the primeval and spotless institution of our nature, the teeth were destined to the mastication, not of flesh, but of fruits."

Baron Cuvier says, "Fruits, roots, and the succulent parts of vegetables, appear to be the natural food of man; his hands afford him a facility in gathering them; and his short, canine teeth, not passing beyond the line of the others, and the tubercular teeth, would not permit him to feed on herbage or devour flesh."

Ray, the botanist, says, "Certainly, man by nature was never made to be a carnivorous animal."

Professor Lawrence says, "The teeth of man have not the slightest resemblance to those of the carnivorous animals, except that their enamel is confined to their outer surface."

Thomas Bell says, "Every fact connected with the human organization, goes to prove that man was originally formed a frugivorous animal."

At the creation, man is said to have been placed in a garden to till it. "And God said, Behold I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat"—the word meat in the Scripture everywhere meaning food, and not flesh, as in our pervert-

ed use of it. Adam was to have dominion over the animals, but nothing is said of his eating them; nor, in the description of the qualities of animals, is it intimated that they were ever to be the food of man. The condition of man in paradise, and the promised millennium, when the lion and lamb shall lie down together, forbids the idea of butchery.

The first man who ever ate flesh was probably driven to it by intense hunger, which has prompted men to go a step further and eat each other. Cannibalism is in reality but a short remove from flesh-eating; and the man who would devour the lamb who has been his play-fellow, ought not to feel a much greater horror at eating his human companion. In reality, we find cannibals urging pretty strong arguments of taste and propriety in favor of their practices.

The early Greeks and Romans, in the heroic ages, lived almost entirely on vegetables, as have some of the bravest, strongest and noblest races that have ever existed. The most eminent philosophers of ancient and modern times have been vegetarians; and there are a thousand facts in human history to show that a vegetable diet is consistent with the highest physical, moral, and intellectual development. It has been said that all philosophers have given their testimony in favor of a vegetable diet, from Pythagoras to Franklin.

To a man of science it seems strange that there should be any controversy on this subject. But appetite is an obstreperous arguer, and when we find men contending for tobacco and brandy, tea and coffee, in health, and the medication of a host of nauseous and poisonous drugs in sickness, we need not be surprised at their clamoring in favor of eating the flesh of animals for food.

I will conclude this article with a paragraph from my "Introduction to the Water-Cure," leaving other interesting points of the discussion for future numbers.

"All vegetables feed upon gases, or their combinations—certain chemical principles found in the air, water, and the soil in which they grow. All animals live upon the substances thus elaborated by vegetables. Some animals live directly upon vegetables; others get the same materials indirectly, by eating other animals. The order of animals to which man belongs is naturally frugivorous, or fruit-eating; hence our best sustenance is derived from fruits, grains, roots, nuts, etc. To these we add milk, eggs, fishes, the flesh of animals, etc. A large portion of the human race live entirely upon vegetables; a very small portion live entirely upon animal food. We can live far better on vegetable food without animal, than we can on animal without vegetable. The more the vegetable preponderates over the animal, the purer is our diet, and the better adapted to health—and health is vigor of body and mind. The best flesh contains about twenty-five per cent. of nutritive matter; the best vegetables, such as wheat, corn and rice, contain eighty or ninety per cent. Vegetable food is the purest, as it is the cheapest human nutriment."

In my practice, I always restrict the quantity and

prescribe the quality of flesh to be eaten by a patient, and often recommend, and, in some cases, insist on total abstinence. But it is a subject on which I wish to have no controversy. Let every man act conscientiously, according to his knowledge, reason, or instincts. If a man, after a fair examination of the subject, think he ought to eat like a tiger or a hog, I have nothing to say. "As a man thinketh, so is he."

87 West Twenty-second street.

THE HUNGER IN CONNECTION WITH THE WATER-CURE.

BY E. A. KITTREDGE.

TWELVE years ago I began the Hunger-Cure in my practice at Lynn, having got the idea from somebody's common sense, that eating when you are sick is not just the best thing in the world to cure folks.

At that early period I found it difficult to get many to make the experiment, but those who did were invariably convinced that it was well for them that they had done so.

The first one I recollect, abstained seven days, tasting nothing but water.

This patient was attacked with typhoid fever, which usually lasted her over a month; in eight days the fever had left her, and her appetite was natural, she "got right up." I made my calculation at the time, that if I had not been so sparing of my "medicine" and "slops," I might have had a bill three or four times as large! Since I got into the water (cure) all over, I have tried it very frequently.

Mr. B., of Lynn, was taken with typhoid fever. I gave him wet sheet once or twice a day; sitz baths three times, with other treatment; and for three weeks gave him no gruel or anything but cold water, not even the suck of an orange. At the expiration of this period his appetite returned, and all his fever left him, and everybody was greatly surprised but me, to see how strong he was, and how quickly he resumed his accustomed tone and business.

The fall before, he had his usual annual typhoid, but was treated in the *old-fashioned way*, took physic daily, and "fever medicine!" hourly, "consequently" he was very sick *three months*, and it was many weeks besides this, ere he was able to resume his business!

The year following he was taken precisely so again, only he was in worse condition this time than ever before, and again we put him on the defensive, and for twenty-one days he resolutely, though daily importuned by his anxious neighbors, adhered to the "starvation plan," and, as before, the fever left him at this lapse of time, and in a few days more he was walking the streets!

Here we see the two systems in juxtaposition. Can anybody doubt "which of the two to choose?"

Since then, I have had patients repeatedly, who have tried the same experiment, some of whom have

gone twenty-two days, and in every case I have had every reason in the world to believe that they not only got well quicker, but suffered infinitely less during the fever and got their strength up much better afterward than they would have done if they had taken gruel, &c., daily. It is reasonable that it should be thus.

Nature, who knows more in a minute than most doctors know in a week, says as plainly as she can, by stopping the appetite, that she wants no food.

And to me the philosophy is plain: we all know that the digestive organs are the ones primarily affected in all diseases, or at least affected, pretty soon after, if not in the beginning. Now, it must increase the irritation and inflammation nearly always existing, if those organs are made to act upon food they have no desire or use for. If taken into the system, it must be got rid of;—very often we see the stomach rejecting the namby pamby stuff, with indignant haste—and every one knows that all such nonsense is loathsome to the sick generally, and surely to *force* gruel down is the height of folly.

It is not only the organs immediately concerned in digestion that are benefited by fasting, but the whole glandular system is more or less profited. Oftentimes their secretions are so changed thereby that a new impetus is given to the whole system.

The absorbents, too, are roused to a remarkable degree frequently, and I have often found fasting far more powerful even than calomel, and I need not say, how much better for removing obstructions in the various glands.

Patients who, for months, have been yellow, stupid, and in pain, from obstructed liver, have become from fasting and gentle bathing alone, clean, bright, and free from pain.

That even the weakest and most unstimulating of nutriment, I know by experience, is decidedly injurious; twice, when sick, I have tested this to my entire satisfaction, taking gruel one day and fasting the next, and invariably I felt infinitely better on the days I fasted, and yet I had an appetite all the time.

Once I went ten days without tasting food of any kind, and during that time attended to my usual business, going out of town every day. And what will appear strange to some, my strength seemed to increase every day! At any rate, I felt more and more elastic every day.

During this time I bathed freely, and drank fifteen tumblers of water daily.

I have now in my house a patient who has been thirteen days without eating a particle, and she says her muscular strength seems as good as at first. She has an appetite—and here, let me say, it takes somebody that has some resolution to fast a fortnight when they have an appetite. You'll find but few equal to the task; and yet, I am firmly convinced, that in very many cases—inflammation of the alimentary canal, especially—it is in vain to try to do

anything with water or anything else, while the irritation or inflammation is constantly being perpetuated by the introduction of food, which at such times is as much a "foreign substance as sticks or stones"

A case in point: A near relative of my own was taken about three weeks since with bilious colic; being troubled with chronic inflammation of the liver and living without regard to her liver, her liver rebelled, became obstructed, and the most terrible pains ensued. She was relieved by wet sheets, &c.; but beginning to eat again as soon as well over the pain, it came on again; she applied the water, got better, came to New York—a hundred miles—to get to a water-cure, but notwithstanding, she got into one of the best. She kept having those terrible pains, till they thought her dangerous, and telegraphed for me. All I did differently from her New York advisers, was to stop all food from going into her stomach, and immediately started with her for Boston, where she arrived—with the slight exception of loosing her purse, as usual—in a great deal better condition than when she started!

She is now, the sixth day, just beginning to eat a little *soft* food, such as farina; she ate toasted bread in very small quantities, without butter, in New York, but that to her stomach at such times is about as bad as aqua fortis!

The treatment in her case has been essentially the same as before, but instead of having these attacks, and growing more and more yellow every day, she is growing less and less yellow, and has had no approach of an attack since she stopped eating.

It requires some judgment to know when to put a patient "on allowance," providing they have an appetite. When they don't, no sensible man will think of eating or giving others to eat.

I have now on hand three cases of typhoid fever in one family, all of whom, of course, I directed to abstain from eating, but one of them not being very sick after three or four days' abstinence, thought a little food would taste good and strengthen him up; accordingly he ate a very little twice, but soon found that the Doctor knew about as much as he did,—he hasn't tried it since. It made him feel badly, especially in the head.

If a person has a coated tongue, fetid breath and bad taste in the mouth, you may be pretty sure it will do him good to fast, appetite or no appetite.

I was called to a man yesterday whom the "doctor" had flattered with the assurance that he had got the rheumatism! and with a view to cure it, had for the last five months been giving him stimulants, morphine, &c.!

His case proved, on inspection, to be what nine-tenths of all their "rheumatisms" turn out, namely, inflammation of the liver! which, in certain constitutions, always affects the joints, and most of the common doctors think everything that affects the joints in any way must be rheumatism!

I found the man eating beef-steak!

Raw rum would not have been much worse for him.

They thought I was joking when I told him the trouble was in his liver, but when I pressed my finger on his liver, they found I was in earnest.

Now, I hesitate not to say that this man who has suffered the most excruciating pain, day unto night and night unto day, for months—taking opium enough in one night to kill three or four well men, and eating all sorts of food—might, under proper management, have been cured in a fortnight!

Just imagine an inflamed liver at work on a piece of tough beef steak, assisted afterwards by an ounce of laudanum!

No wonder the medical profession is a reproach and a by-word, when the very best of its members treat inflammations in this way.

A man has an inflammation of the liver in consequence of over-eating, and eating and drinking improper things. The "Doctor" comes and gives him stimulating cathartics; "blue pill," which is also stimulating; colchicum and quidicum, which are more so still: and by this time, the "rheumatism," is so bad that it takes an ounce of tr. morphine, (equal to 3 or 4 of laudanum) to keep him in bed, and the next day he's worse than before, of course, and the "remedies!" are increased, and after months of "piled up agony," he becomes crippled for life, with inflammation and enlargement of the bones, or dies a poor victim of drug medication, and the doctor—"dear, kind-hearted man, he done every thing he could think of for him"—says, "Poor fellow, rheumatisms are hard to cure, in such constitutions!"

"Hard to cure," indeed, with such means. I should as soon think of making a virtuous man out of a vicious one by keeping him in a brothel with plenty of rum before him. He would be in no worse condition for the purpose than the patient with inflamed liver usually is under allopathic treatment.

In conclusion, let me entreat all of my brethren to test for themselves this "Hunger-Cure" who have never tried it.

They will, I am convinced, find it much more easy managing fevers, and inflammations especially.

Hydropaths have seen so much to astonish in the "Water-Cure," they ought to be prepared to receive aid from anything simple, however contrary it may be to their preconceived notions, and surely they owe it to the world to study into "these things," and see, at least, "if they be so."

Don't let us be as the allopaths have been, for a thousand years, more or less, content with what our predecessors have told us, but search diligently, to try carefully everything that looks in any way likely to be of use in the furtherance of our noble aim.

Dr. Diet, Dr. Quiet, and Dr. Merryman, are the three best physicians in the world.

CONSIDERATIONS FOR COMMON FOLK—No. 3.

BY J. C. JACKSON.

In discussing the question of human health and longevity with the readers of the *Water-Cure Journal*, it comes in my way to say something of Doctors. The profession of medicine is one that embraces in its scope proper, a larger amount of human interest than any of the liberal professions. It is a dignified profession and those who adorn and honor it are called more frequently into circumstances fraught with joy, or with unspeakable anguish, than any class of men in public avocations.

The term Doctor literally means *teacher*. Hence are there doctors of medicine, of law, of divinity. It does not necessarily follow that *Doctors* in either of these branches of science should be physicians, and in many instances, those known as Doctors of Medicine, M. D.'s, are not of much account as physicians. A physician is a doctor who possesses not only aptness to teach, but also to practice what he knows how to teach. In other words, a physician—a true one, deserving of his title—is a man understanding the human organism, the liabilities to derangement to which it is subject, and who always avails himself of whatever of truth may present itself. He is Nature's Assistant; and without a readiness always to acknowledge, and faithfully to adhere to the dictates of NATURE as to the highest authority, he will degenerate into the veriest retailer of other men's opinions.

As a *body* of men, M.D.'s, or Medicine Doctors, are only slightly entitled to the respect and love of common folks. They are too conservative. Owing to long undisturbed possession of the art of healing, enjoying its monopoly, looking on its practice as by *prescriptive* right *their own*; protected as they have been in their monopoly of the business by terrible legislative *cheveux de frize*, they have grown heavy in thought, slow in mind and mould, and lack that liberality, as well as elasticity, which long since they would have had, had they been subject to the spur of competitorship. To this statement there are individual exceptions. There are those on whom God has let fall the Gift of Genius, who live in no charmed circle, whose track is of their own making, as the fire pillar from the PAST throws its light on their advancing footsteps. These men tread heavily and fearlessly over the ten thousand vain speculations of predecessors, and know nothing as imperishable and immortal but the *truth*. Honoring this, they gladly sit at the feet of him who has it to communicate, whether it be Harvey, Jenner, or Vincent Priessnitz. Titles with such men are mere drapery, and are never honored by them with more than a passing notice. It is a subordinate question with such men *where* one learned what he knows, to the question *whether* he knows it. Such men there are in the body aggregate of medical doctors, but compared with the whole number they are like sweet clover on

a Scottish heath. The majority of doctors within the range of my reading and observation cannot be included in the description sketched above. They are sticklers for forms, as much so as a lawyer of the eighteenth century, or a minister who heard Cotton Mather. They fairly worship the emblem—the outward signs or symbols of their calling. Their title is as a first-born child to many of them, and they feel without it as though they were smitten with the palsy. See! on every occasion it is tacked on to their names, and some are *so weak as to tack it on themselves*. An article for a medical journal, a newspaper argument, a literary production, all have to aid in the circulation of the *fact*, that the writer is a *graduate* of a medical college, and has proof of it in the shape of a sheep-skin parchment, printed over with Latin characters. Would it not be funny if you should, in a given instance, call on one of these M. D.'s for proof of his having graduated at a medical college, and he should with great gravity hand you his diploma, what could you do but confess your ignorance of the language? And with four-fifths of the doctors, what would any of them do but “enter a *cognovit*,” as the lawyers say? that is, acknowledge that he was in just your predicament, ~~as~~ he could not read it. O, stuff and fustian! the bounds of thy empire are like the horizon, illimitable.

The very idea of being a doctor of medicine puts one seriously at thought whether the epigram in a late London Inquirer is not true, that

The world of fools has such a store,
That he who would not see an ass,
Must bide at home, and bolt his door,
And break his looking-glass.

Whatever reason there may have been in ages past for confining the practice of medicine to those who held a governmental license, or a license from some chartered medical institution, there is no such necessity *now*. “The schoolmaster is abroad.” Scientific works are written in the mother tongue of the common people. Books replete with thought are at command, and in the department of medicine which relates to the preservation of health, and the prevention of disease. I could name one *untitled* man who has done more in the last ten years for these two objects than any living man who is a graduate of a medical college. O, common folks! the day of assumption has reached its sunset. The day of pretension to superior attainments, based on titular bearing simply and solely on the one hand, and acknowledgments of the correctness of such pretensions on the other, is stretching its evening shadows at full length, betokening the uprising of a *new* day, when a man shall be esteemed for what he is, and not for what he *seemeth* or claimeth to be.

It is readily conceded that in an event, such as reducing in the public estimation the M. D.'s to a level with *untitled* doctors, the masses of men might make great blunders. In numerous instances they

might fail to employ a physician who could treat them skilfully, who could give them advice tempered with wisdom, which should greatly benefit them. In such cases they would lose much and suffer much. But the type of attainment—actual, real, solid attainment—is so low, there is so much pecuniary influence brought to bear on those who have the conferment of diplomas, and so many are sent forth with college honors, whose height of acquisition is the mastership of a theory, and who are in all the essential practical requisites of a skilful physician utterly wanting, that to me it is a settled conclusion that no set of men could people grave-yards faster than they are peopled under the present state of medical practice. In the sphere of the science and practice of medicine, illegitimate are no greater destroyers of their kind than are legitimate quacks. Simple, unpretending men, who administer to the sick, usually deal in simples. Their medicines do not kill if they do not cure. The evil attending their practice springs from want of power to save. The evil attending the practice of M. D.'s, in many instances, grows out of the power to kill. The untitled doctor abhors the use of the lancet—a *little* weapon, but one which, since its introduction, has stifled more heart-throbbings in the deep silence of death than gunpowder or rum, which has drawn more blood than the sword, and made, in my judgment, more wives widows, and children fatherless, than all the paraphernalia of war.

Titles are of two kinds. That which signifies profession merely, and that which indicates *eminence* in the profession. The former lies open to all, or should lie open to all, who choose to follow a pursuit signified by the title. The latter should rest on no man's shoulders who has not won himself a reputation by his skill in the treatment of disease. As things stand, what *eminence* attaches to a man who writes M. D. after his name? Does it mark the wearer as above common men? Are you sure, in employment of such person, that you are not putting yourself in the hands of one who, in addition to his ignorance, has the authority of Men of Science, that he is rightfully entitled to expend his ignorance on you? What means have you, as things now are, to enable you to discriminate between real celebrity and pompous ignorance, unless you do so by signs that lie wholly without the range of the certificates the respective applicants for your favor may bear? A man, “Ordnained of God,” and called to his office of Physician, on whom the divine qualification of natural and acquired *fitness* rests as if Heaven had laid *His* hand upon him; a man who, in many instances, can so control the derangements of the human physical economy as to make the body assume healthy conditions as by magic, such man and the veriest *dolt* the title of M. D. places on a dead level. And through the length of this broad land, among all classes of medical men, the latter, with his empty title and his shallow pate, will be looked up to and

regarded with favor in preference to the un-titled strong man. Besides, the way in which the title is given precludes all contemplation of those qualifications lying beyond the understanding of a theory. The natural tact, which is so essential, the readiness to adapt one's self to now and stern circumstances, suavity of manner, powers of attraction, high moral influence, thorough earnestness of character and love amounting well-nigh to a passion for his profession, in no college enter essentially into the considerations which prompt to give or withhold a *diploma*. The dunce needs to have only the *negatively* virtuous character—i. e. he must be a moral man simply, and must possess the mere recitative talent, must be *glib* to offer up reasons of other men for thus and so doing, and he can go forth with the same title, and start in life under the same collegiate momentum as the brightest student in the class. He can show the same testimonials, in the same language, bordered and flowered in the same style, signed and countersigned by the same hands. These men go forth a blessing and a curse to a people amongst whom they dwell, and if the bright, strong man, the man of genius and thorough acquirement, from any cause fails to pay his *graduation fee*, in the *starting* of the race the stupid man has a decided advantage.

Now what moral right men, who have more or less influence to expend, possess, thus to confound distinctions, I am unable to see. Is it said that this is an evil over the cure of which colleges possess no power? I reply: this is not *true*. Medical faculties can help it. They can refuse the conferment of diplomas to students altogether, and give certificates to such only whose abilities render them competent, and whose competency has been proved. "I would sooner be a *dog* and *bay* the moon" than to accept a diploma at the hands of men so weak as to think themselves *fit* to judge of my qualifications till I had proved them. 'Tis true, diplomas are of little worth, when one by his energy has lifted himself out of the shadow they cast; nevertheless, if good for anything at any time, it is when a man has won a name without them. Their direct and reflex influence may be then beneficial; of use to those who give as well as to him who takes.

It is highly important that the friends of the Water-Cure in this country should not be misled by high-sounding titles. The larger moiety of medical men know vastly more of the effects of drugs than of water on the human body. They dislike hydropathy for its simplicity. They are accustomed to complicated machinery in the treatment of disease, much of the gear of which common folks do not understand; and a system that is simple, that deals in plain, unmistakable applications, that accounts for all its movements by reference to well-established physiological and pathological facts, is a system that sells itself *too cheap*, and as far as it finds sale reduces the price and value of the capital of the Old Schools of Medicine. Such men are not the appropriate judges of what Water-cure philosophy and practice

are destined to do for the "COMMON FOLKS" in this country. They have glimpses of the truth, out of the deep, distant FUTURE, they get sight of shadowy forms, and they have, after a sort, an instinctive foreboding that the reformation is to supplant them; that the Divine decree has gone forth that the "elder shall serve the younger." The more sagacious of them will make small concessions, will speak approvingly of water as an auxiliary to medicine, especially when prescribed by an *M. D.*—and thus attempt to check the uprising disgust at their bleeding, purging, puking, stupefying practice, and hold the people still in their grasp. No greater injury could happen, in my opinion, to a Reform which is destined to distill its blessings like earth's dew on every family in this country, and produce effects as genial as when the sun sends its beams warmly and lovingly into the lap of Spring, than to have it pass under the jurisdiction and the administration of *M. D.'s* of the Allopathic school. They would "crib, cabin and confine" it, till its soul would pant for breath like a dying gladiator. It is as much as the Eclectic and Homœopathic schools can do to furnish men liberal and courageous enough to give the movement its full sweep, that thereby it may make the most of itself. Even such men lack confidence in "Common folks," and indicate strongly a desire to control and guide this great reform.

The water treatment of disease may fairly be said to originate with an un-titled man—a man no way marked till his *hour* came; then the man was ready for the hour. In the bosom of one no way distinguished by his genius from *common* men around him, or by any external evidences or characteristics, struggled a great soul, travailing and throeing for its birth-hour, waiting for an exigency that should deliver it, and give it sphere to play in. It came, and the world knows him. As I think of him, my spirit thanks God that the mighty men of earth are of humble origin—and that in Priesnitz's case, the aristocrat of birth, and the aristocrat by wealth, have sat at the feet of his genius and owned its divinity. This reform is the people's reform. It does not belong to *M. D.'s* of any school. The doctors may aid, but they must be checked in any attempts to monopolize it. Let the people see to the matter; let them read, think, study, take the Water-Cure Journal, swell its list to ten times its present number, pour their own vitality into it, stamp their character for progress on its conductors and contributors, and ever hold themselves ready to seize and appropriate new thoughts, new argument, new truth in the application of a new philosophy. In the curing of disease, a doctor is of value, if he understands himself. In the prevention of disease, he is of no value one time in a hundred. As a class they more openly and shamelessly give their philosophy the lie, than any of the so-called liberal professions. Honorable exceptions there are always to be found, but *these prove the rule*. I have taken pains to inquire and note down the results of my inquiries in the case of three hundred and ninety-

four M. D.'s, as I met them in my peregrinations over New England and the Middle States, and only six were there, who did not live in open violation of the laws of health, as they were constrained to admit. Fine exemplars these for "common folks." They were tobacco-chowers, smokers or snufflers, ardent-spirit drinkers, or gluttons. Some of these men were skilful in their profession, but sorrowful illustrators of those Hygienic rules that lie at the foundation of human health. They were good-natured, pleasant, jolly fellows some of them, and some men of talent and high cast of character, though addicted to ill habits, yet on no condition in common circumstances would I, with my present views, introduce one of them into my family, who did not live up to the laws of life and health. I would trust to nature rather than to the skill of one who thinks so lightly of nature as to trample under his heel her most solemn injunctions. It is so notorious as to have ceased to be matter of remark, that medical men are high-livers, great eaters, and as large a proportion of them to their whole number fall victims to bad habits as any class of educated men. In the matter of the preservation of health, they are unsafe advisers, generally speaking, for they utter opinions under the influence and the illusions of their own habits. They are not altogether ignorant of the true rules of life, but they know far better how to dispense drugs than how to prescribe appropriate dietetics. If allowed to measure their usefulness in the light of a position taken by Doctor John Bell of Philadelphia, as to the value which is to be put upon their services, it does not stand exactly at a premium. He says, speaking of the comparative value of medicine and dietetics, "If required to define their relative position to each other, there can hardly be a doubt that MEDICINE ought to be regarded as an appendage to dietetics, and not dietetics as an appendage to medicine."

The Water-Cure reformation, if it secures its legitimate end, must be a radical reformation. It must combat not only the unscientific modes of treating disease, but it must sweep within its circle all of those habits of the people which exist in violation of the laws of life. People kill themselves by eating, by drinking, by labor, by sleep, by want of sleep, by sexual excess, by taxation of brain, by money-making and spending, by extended violation of physical law in almost every direction. Now the water-cure reformation contemplates a rectification of the general habits of the people in all cases where correction is needful. How sleepy one must be to suppose that a great REVOLUTION like this is to be under supervision of the medical faculty *only!* If any doctor of any school is laying such "flattering unction to his soul," he will probably awake to somewhat of disappointment before this century expires. Doctors may teach, and the people will listen, but *the thing done the people must do.* A tobacco-chewer will not let go his weed, nor an old pill-taker his stomachic at the ipse-dixit of doctors. "A reason! a reason!" is the cry of this day, and doctors must heed it as

well as other persons. No *Latin jumble* will answer. "Tell us *why* we should give up medicines? *why* we should eat plain food? *why* our drink should be cold water, why we should cease the use of tobacco? Why we should follow your prescriptions? Tell us in *our* language *why* Allopathy is better than Hydropathy, or Hydropathy better than Allopathy, or Homeopathy better than either? Tell us in works written for us to read, in lectures on physiology and anatomy, on disease and health, on 'baths and the watery regimen.' Approach us as thinking beings, men and women who can appreciate an argument if made strong and plain, and let us into the secret of your strength. We are willing to pay for it, willing to give an equivalent for what we receive. But trusting men who are too ignorant or too wise to give a reason, is not what it has been represented to be. Just so far as you can give us information whereby we can live longer and happier, we will honor you as medical advisers. So long as you can cure disease under fair circumstances, we will honor you as physicians, but assumption with us cannot take the place of acquisition, nor profession the place of character.

"We no longer yield this blind reverence to priests, nor lawyers, nor any other class of professional men, why should we to doctors? Too long have they put themselves beyond the shadows which their so-called science has for ages cast. We ask medical men like other men to *talk English*, to demand of us no endorsement of claims to character, where character for skill and success in their profession has not been actually won by hard study united to hard labor, and to forego all effort to pass for thorough-bred physicians under cover of a title which at the noon of the nineteenth century has lost its magic."

DYSENTERY; ITS HISTORY, NATURE AND TREATMENT.

BY JOEL SHEW, M. D.

The disease which is generally well known by the name of *Dysentery*, being one that has, of late years, committed frightful ravages in various parts of the United States during the summer and autumnal months, I propose to speak in this and a future number of the Water-Cure Journal somewhat at length concerning its history, nature and treatment. And I will here premise, that I consider the water treatment as applicable in this disease, fearful, painful and dangerous as it often is, as in any other to which the human body is subject. Moreover, the whole matter may, I consider, be so explained, that all people who possess common understanding and a good share of moral courage, will be enabled to treat themselves at their own houses, safely and effectually, if they choose. If I am fortunate in my attempt, I may hope to be of some service to such as have confidence in the water treatment, and cannot, at the same time, have access to a physician who understands the new method.

The word "*dysentery*" is of Greek origin, signi-

fyng "an intestine." It is known also by the name of "flux" and "bloody flux." There is also what is called "dysentaria alba," or white dysentery. In this latter affection, there are mucous and other discharges from the bowels; and the pain and bearing down (termina and tenesmus) are the same as in the common form of the malady.

Dysentery is to be regarded as one of the pests of hot climates. It is said to be very prevalent and destructive in all tropical regions at certain seasons of the year. But it is a singular fact that it is very seldom seen of late years in England; whereas, there was a time when it raged in London like a plague. According to Dr. Heberden, in the seventeenth century, the number of deaths set down in the weekly bills of mortality under the titles *bloody flux* and *gripping of the bowels*, was never less than *one thousand* annually, and in some years exceeded *four thousand*. For five-and-twenty years together, namely, from 1667 to 1692, they every year amounted to over *two thousand*. During the last century, the number has gradually dwindled down to twenty.*

This remarkable decline of dysentery in the English metropolis, is by one intelligent writer attributed "to the better construction of the houses and the streets in the rebuilt city; and the increased means of ventilation; and the general formation of drains and sewers; and the more copious supply of water; and to the more temperate and cleanly habits of the people." But these circumstances, favorable as they are universally acknowledged to be in the prevention of disease, are not of themselves sufficient completely to ward off dysentery. This assertion is proved by the facts as they exist in many of our American towns and cities.

The disease we are now considering attacks persons of every occupation; but it is among fleets and armies, and those who go to sea, where it exerts its most dreadful power. It occurs mostly in the summer and autumnal months, although it may be found occasionally at any period of the year. Dysentery occurs also frequently in camps and prisons, and on ill-ventilated ships at sea. Unwholesome food and impure air are the great causes of this disease.

Dysentery rages sometimes as an epidemic. It is then when it exhibits its greatest malignity. When it happens sporadically, that is, in a scattering or casual way, it is far milder and more easily managed.

Is Dysentery a Contagious Disease?—Dr. Cullen and other physicians regarded this disease as decidedly contagious. It was supposed that if any individual followed another laboring under dysentery for the purpose of relieving nature, that he was more liable to catch it than by simply being with him. Thus it appears that the discharges were considered the principal source of the contagion. It can hardly, I think, be made out to be a contagious disease, un-

less, indeed, in that sense in which probably all severe diseases are to a greater or less extent capable of communicating their kind. Certainly we often enough see very severe cases of dysentery occurring in a family of children where only one or two members among a number are affected.

Mortality of Dysentery.—The mortality in this disease is often truly fearful. At Clonmel, in 1818, where, however, it was far less severe than in many other parts of Ireland, Mr. Dillon calculated the deaths at one in ten; at Cork, during the same year, Dr. Barry estimated it at one in three at the least. "I never," says he, "witnessed so fatal a disease." And to the same effect, in general terms, Dr. Cheyse, while practicing at Dublin, remarked, "I had often witnessed obstinate cases of dysentery, but I had not formed an adequate conception of the horrors of that disease, until I saw the patients who were congregated in the wards of Whitworth Hospital." Sir James M'Grigor, in his account of the diseases of the army in the Peninsula, mentions also, that in three years, the loss from the ravages of dysentery was 4,717; and Dr. O'Beirne (see *Trans. of King's and Queen's Coll. of Physicians*, vol. iv., p. 407, Dublin, 1824) calculates that the number of cases was 40,000. According to Desgenettes, dysentery made more havoc among the French troops in Egypt than the plague; for while, in a given period, 1689 were carried off by the plague, 2,468 perished from dysentery.*

Predisposing Causes.—Every thing that tends to debilitate the system, or in any way to derange the general health, will render the individual more liable to dysentery when it prevails in any given locality. The lower the vitality of the system, from whatever cause or causes, always the more likely the individual is to be attacked by a prevailing epidemic. This is as true of dysentery as of any other disease.

Exciting Causes.—These are as numerous as the multiplicity of ways and means by which human health is impaired. If children are fed lavishly upon candies, sweetmeats, cakes, pies, rich pastries, superfine bread, and the like articles, things of daily and almost universal occurrence throughout the length and breadth of our country and the civilized world, parents should not be at all surprised if they find their children being attacked every now and then with diseases of the bowels; and if this be in the summer or autumnal months, dysentery is apt to be one of the forms of such attacks. Irregularity in taking food has much to do in the matter. Unripe fruit often causes it. Cold and damp at night may also bring on dysentery, particularly when the days are hot. I believe all agree that it is often produced by changes from heat to cold and from cold to heat—by sudden changes of any kind. Among armies, it is said that a vast number of persons have been suddenly attacked, when, after being exposed to heat and fatigue during the day, there has been a sudden

* Watson's Practice of Physic, Philadelphia Edition, 1809, page 818.

* Good's Study of Medicine, New York, vol. 1, p. 654.

change of temperature at night. The foul air of ships and prisons often causes it. "This disease prevails," says Dr. Elliotson, "in the penitentiary at Millbank, where there is a combination of unfavorable circumstances. The prison itself is situated in one of the most unwholesome places imaginable—as if it were intended to carry off the people quickly who have been placed there."

Bad water has been known to cause this disease. "Dr. M. Barry," as quoted by Dr. Cheyne, "affirms that the troops were frequently liable to dysentery while they occupied the old barracks at Cork; but he has heard that it has been of rare occurrence in the new barracks. Several years ago, when the disease raged violently in the old barracks, (now the depot for convicts,) the care of the sick was, in the absence of the regimental surgeon, entrusted to the late Mr. Bell, surgeon, in Cork. At the period in question, the troops were supplied with water from the river Lee, which, in passing through the city, is rendered unfit for drinking, by the influx of the contents of the sewers from the houses, and likewise is brackish from the tide, which ascends into their channels. Mr. Bell, suspecting that the water might have caused the dysentery, upon assuming the care of the sick, had a number of water carts engaged to bring water for the troops from a spring called the Lady's Well, at the same time that they were no longer permitted to drink the water from the river. From this simple but judicious arrangement the dysentery very shortly disappeared among the troops."

Dysentery may occur in connection with other diseases.—This disease may occur in connection with perhaps almost any other of a prominent character. It is seen oftenest in connection with fevers. In the epidemic visitations of continued fever, not unfrequently witnessed in England, dysentery is a prominent symptom. This fever, when of the epidemic form, appears to be contagious; and hence the idea with some that dysentery must be also communicable from one to another.

Symptoms.—The symptoms of this disease are as follow:

1. *Those relating to the general system.*—There is generally, probably always, a greater or less degree of pyrexia or general fever; but this does not, in all cases, take place before the local symptoms declare themselves. There may be also, as in other inflammations, chills with the feverishness. Sometimes this fever seems very high, and is accompanied with a hard and frequent pulse, hot skin, flushed face, and a furred tongue. There is also headache and great thirst, as much as may occur in any fever or inflammation.

2. *The local symptoms.*—These may be compared to a mixture of those of colic and inflammation of the bowels. There are violent pains, like those of colic, in the abdomen, called *tormina*; but the most troublesome symptom of all is the strong forcing down of the rectum or lower intestine, constituting a frequent and very urgent desire to evacuate the

bowels, without the power to do so. This is called *tenesmus*. These pains are not usual, but ultimate, according to the severity of the case. The bowel sometimes protrudes itself during the progress of the disease.

3. *The discharges.*—These are scanty and irregular. Mucus and bloody matters are thrown off, but not in great quantities. The natural evacuations are for the most part retained; occasionally, however, hard lumps pass from the bowels. The discharges are often very frequent, amounting to thirty, forty, or more in a day; but each particular discharge is scanty. Dr. Sydenham defines dysentery to be—"frequent mucous stools, with griping."

The blood discharged in this disease may be actual clots; or at other times it is quite liquid, and very considerable in quantity. Shreds of fibrine are sometimes expelled, and fatty matters have been known to be thrown off. "The liver very frequently ceases to secrete, so that no bile at all passes away; and sometimes it is in a state of great irritation; so that it secretes green bile, and the discharges are therefore green. Sometimes, however, the discharges appear to be of a pitch-like substance. Again, instead of thick mucus there is thin serum; and from there being a little hæmorrhage, this serum is reddish; so that the discharge from the alimentary canal has, very aptly, been compared to the washings of meat. The discharge may be of all colors, and of all qualities; but the feces are usually retained."

Sometimes pain and difficulty in passing urine are added to the above symptoms. The irritation of the rectum is reflected upon the bladder by sympathy from the lower portion of the spine, constituting what is termed dysuria, or difficult passing of urine.

The stomach not unfrequently sympathizes with the bowels, so that nausea and vomiting ensue.

With all this local suffering, and the continuance of general distress, the patient often passes many sleepless, dreamy, and disturbed nights, accompanied with great despondency and depression of spirits. When the disease proceeds to a fatal termination, the pulse becomes small and rapid, the countenance assumes a death-like appearance, the features become sharp, and the surface grows cold, an indication that death is beginning at the heart.

Dysentery as differing from diarrhoea.—In both of these diseases, there may be, and often is, severe griping pains; the discharges are frequently loose in both. But in dysentery the natural evacuations cease, or they are expelled only from time to time in small, hard, roundish, separate lumps, called *scybalæ*. But in diarrhoea the discharges are fecal. In dysentery, too, the excruciating tenesmus, or bearing down of the lower bowel, is a very different thing from what usually occurs in diarrhoea, and in fact constitutes one of the most prominent symptoms of the former disease. Dysentery often begins, however,

* Elliotson, page 920.

as a mere diarrhoea. Nothing is more common in our cities, in the summer and autumnal months, than for a child to have first diarrhoea, the discharges in which become at length streaked with blood, ending finally in severe dysentery.

Water-Cure Institution, corner Twelfth street and University Place.

(To be continued in our next.)

REVIEWS.

THE WATER-CURE AND HEALTH ALMANAC, FOR THE YEAR 1851—price six cents single, or twenty-five copies for a dollar—published by FOWLERS & WELLS: New York. Forty-eight pages, 12mo.

SOME TWENTY THOUSAND COPIES of this little annual have already been printed, as a commencement, and if we take the sales of 1850 as a criterion for 1851, we shall exceed a HUNDRED THOUSAND.

The influence of this Almanac, in extending a knowledge of Hydropathy, is very great, as its extreme cheapness renders it accessible to every family.

The Almanac for 1851 is a compilation chiefly from back volumes of the Journal, containing IMPORTANT FACTS in WATER-CURE, together with directions for "THE HOME TREATMENT" of ordinary cases, in various diseases. The calendars are adapted to all the States in the Union, and the Canadas. A list of the various Water-Cure establishments now in operation, together with much other interesting matter, may be found in the Water-Cure Almanac for 1851. All lovers of Hydropathy will aid in extending its circulation.

MALT LIQUORS AND THE CHOLERA. By J. E. SNODGRASS: Temperance Banner office, Baltimore, Md.

This is a chemical analysis of malt liquors, and is one of the most profound discourses that we have ever read on the subject. It is a powerful *Temperance* document.

We extract the following, which will interest all readers:

"According to the Domestic Chemist, *forty-six different articles* are used in the manufacture of beer and porter, which people generally suppose to be mainly a compound product of barley and yeast! Dr. Lee, of New York, in his valuable notes to the American edition of Pereira's voluminous work on Food and Diet, enumerates the following substances, as among those used by these philanthropic brewers: Bohemian rosemary, extract of poppies, St. Ignatius' bean, tobacco, henbane, opium, and *nux vomica*. Gentian, horehound, bitter orange, aloe, and wormwood, are used as substitutes for hops; from which it would appear that there is no certainty that the beer drinker gets, at all, the article for whose virtues he seeks. This, surely, is a species of 'false pretences'; but it would be a small matter, of itself, were the substitutes adopted with regard for the health of the drinker. But, then, contemplate, for a moment, the nature of one or two of the above-named drugs, which are said to be more generally relied upon to give 'body' to this wonderful beverage,

whose virtues, Mr. Lucas would fain persuade us, entitle it to supersede the use of even water! What beer drinker, not previously intoxicated to that point when all liquors taste alike, would complacently pour down a mixture with which *henbane, tobacco, and opium* had been mingled, to the sure production of their narcotic and other well-known effects upon the system, and that, too, while in perfect health! But these are not all the poisons enumerated. Contemplate the qualities of the *nux vomica*, ye beer drinkers! This is the article vulgarly known as the 'dog button,' from the use to which it is frequently applied, and the unerring effect of its deadly qualities. A small portion of it has been found sufficient to produce speedy death to the dog, the cat, and other animals. It is, indeed, reckoned among the most powerful poisons of the narcotic class. Not a few examples might be given of its fatal effects upon the human system. A single author mentions its mortal effects upon four human subjects, in which they were found to correspond with those produced in brutes; and we are assured, by the same author, that the condition of the stomach and bowels, on dissection, demonstrates that the *nux vomica* produces death by the virulence of its narcotic poison, acting through the nervous system. *Nux vomica* and the *oculus indicus* have been detected in nearly a dozen different samples of malt liquors analyzed by Professor Mapes, of New York—one of the cities, remember, where one of these very disinterested brewers carries on his business! Other poisonous articles are said to be used in brewing, among which may be named sulphuric acid, (oil of vitriol!) and conium, or *hemlock*. The corroding power of the former is too well known to require notice. The effect of the latter may be inferred from the use made of it by the ancients, in putting to death those whose virtues were not unfrequently imputed as crimes. It was by the poison of the 'deadly hemlock' that the great Socrates died, as history describes in one of its many gloomy pages. Whether Mr. Lucas, and the brewers in Philadelphia, New York, and elsewhere, on whose statements he relies in his so disinterested recommendation of his anti-cholera specific, use the same ingredients, I do not venture to affirm—nor is it my province to settle that question. But, even under the very charitable inference that they do not, the people of the United States would not be safe in taking their advice; for they, after all, manufacture but a small portion of the malt liquors consumed in the country. Besides, they cannot possibly control the adulterating experiments resorted to by the unscrupulous vender at first, second, or tenth hand."

The following statement we are prepared to confirm, on established Physiological principles:

"The flesh of malt-liquor drinkers generally assumes a condition not unlike that of 'stiff-fod pork.' It is infirm and 'flabby.' Surely one of your pury beer-drinkers is not in a condition preventive of cholera."

When these facts shall become generally known, we have reason to believe that all sensible people will abstain, TOTALLY, from the use of MALT LIQUOR.

THE HOMŒOPATHIC THEORY AND PRACTICE OF MEDICINE. By E. E. MARCY, M. D. New York: WILLIAM RADDE.

Next to Hydropathy, stands Homœopathy—the doctrine or theory of curing diseases with very minute doses of medicine. We find our views expressed by the METROPOLIS, as follows:

"In speaking of this work, we wish it to be understood at the outset that we are far from advocating either the theory or practice of Homœopathy, our faith on this subject having as yet proved very refractory, spite of the many efforts made to bring it into subjection. The author of this treatise, however, is evidently an intelligent and well-educated man, and likely to achieve much in whatever way he devotes himself to the practice of physic. Many of his observations are well worthy the perusal even of those who may differ from him in general, and the book altogether is one calculated to attract attention. Here is a passage which we would recommend to all physicians, and more particularly to those who are in the habit of over-dosing their patients with nauseating and injurious drugs,—if they must administer medicine by the *wholesale*, let them at least make freer use of such pleasant tonics as Dr. Marcy recommends:

"A cheerful face, a lively and agreeable manner, and words of hope and encouragement, usually exercise an influence of the most favorable character, and conduce very materially in bringing about a curative reaction of the organism. It should never be forgotten, that courage, hope, confidence, and a cheerful state of mind, are powerful tonics, and often enable the healthy system to resist the influence of contagious, epidemic, and other noxious impressions, and the sick organism to combat successfully the destructive effects of disease; while fear, apprehension, grief, despair of recovery, sadness and depression of spirits, by impairing the resisting powers of the economy, become both predisposing and exciting causes of disease. Show me a physician who has attained a high reputation in the treatment of difficult and dangerous cases of disease, and I will have confidence that he is one who carries a cheerful face; who delights in dwelling upon the bright and pleasant things of life, rather than upon those which are gloomy and dismal; and who does not fail to infuse into his patients, and all around him, confidence, hope and comfort. The expression and bearing of such a man always act as a beacon of hope, to arouse the sinking energies of the patient, and to encourage him to strive against the depressing influence of his malady. In these, and other analogous instances, it is the intelligence alone which is operated on, and which diffuses its influence, not over any vital properties of the organism, but upon the respiratory, circulatory, digestive, and nervous systems."

MISCELLANY.

NEW WATER-CURE ESTABLISHMENTS.—Since our last, we are happy to announce the following:

CASTLE WATER-CURE.—Dr. Jabez Green has erected a fine establishment at Castle, Wyoming county, New York, which is said to possess superior advantages.

"It is in the vicinity of GENESSEE FALLS, and in other respects certainly not deficient in interesting scenery. With an elevation of 600 feet above the level of LAKE ERIE, the salubrity of the climate will not be questioned."

The Infirmary is passed by a daily line of stages connecting the ERIE RAILROAD at ATTICA, and the GENESSEE CANAL at CUYLERVILLE.

"THE HOUSE is large, the rooms high and airy, sufficiently spacious, and fully furnished."

With such advantages, it will become a place of general resort for all Hydropaths in its vicinity. Some forty copies of the WATER-CURE JOURNAL

are taken at this place, most of which have been obtained by the enterprising merchant, Mr. G. H. HIGGINS. We are informed that a Water-cure physician may find a good field for practice at this place. See advertisement, for particulars.

VERONA WATER-CURE.—This establishment is situated at Verona Springs, Oneida county, New York, and has been in successful operation for about three years. Mr. THOMAS A. DICKEY, of Buffalo, writing to one of our exchanges, referring to this place, says:

"I am very anxious that all those individuals who have been drugging themselves year after year, should stop at once,—throw their drugs to the dogs, and go to some scientific Water-cure institution. There (if the physician does not consider them too far advanced in disease,) they may pursue a course of treatment which is sure to benefit them, and give, to a great majority of them, health and strength. Previous to leaving my home for this place, my case was examined by four or five Old School physicians in council, whose verdict was Consumption, and so far advanced that medicine would do no good. Consequently, having heard of the success of Dr. CURTIS in the Water-cure practice in all pulmonary complaints and all other diseases, I started for his Water-cure, with but little strength, the sentence of the Allopathists upon me, with the spirits of a doomed man; and, thank Providence, I safely arrived at this haven of health, where the poor invalid receives all the attention which his case demands.

"And now, after receiving treatment for a few weeks from the different temperatures of water, well applied by Mr. Robbins, (the bath attendant,) my flesh and strength have returned, so that visitors who look upon me cannot believe that I am sick.

"Do you wonder then, gentlemen, why my spirits are now so buoyant? That I feel so happy? That I am so anxious to point the sick one to the place where he may find health? when I have received so much good, so much happiness. It is true I may die with the consumption at some future time;—but I have seen the pure, sparkling water (when rightly applied,) perform such wonderful changes for good,—not only in my own case, but in that of others,—that while I do live, I must advocate its practice."

With such testimony, from a disinterested party, there can be no doubt of the judicious treatment administered at this place.

HUDSON RIVER WATER-CURE.—F. D. PIERSON, M. D., has erected a Water-Cure House, in Tarrytown, Westchester county, New York, about twenty miles from the city, near the Railroad, on the bank of the Hudson.

Dr. PIERSON has had a large experience in the practice of Water-cure, in New York city, and was, in 1846 and '7 co-EDITOR of the WATER-CURE JOURNAL, also Founder and Manager of the Water-Cure Establishment now occupied by Dr. Shew, cor-

ner of Twelfth street and University Place. In his new, commodious, and healthful location, he can hardly fail to secure a liberal patronage. Success to the Hudson River, and all other Water-Cure establishments.

THE GREEN MOUNTAIN WATER-CURE is the name of a new establishment just opened at North Adams, Massachusetts, by Dr. W. FELCH.

This Water-cure House is located at the Thayer Springs, on the North Hoosic River, one mile from the Railroad Depot, and is accessible at all seasons. When we have learned more of this establishment, we shall refer to it again. For terms, see advertisement.

Through the influence of MISS ELLIOTT, of North Adams, we now send nearly thirty copies of the W. C. Journal to this place. She will accept our thanks.

THE MILLEDGEVILLE, GEORGIA, WATER-CURE.—DR. T. C. COYLE has a large and very superior W. C. establishment, capable of accommodating upwards of two hundred persons, and we are rejoiced to learn that it is patronized by the most intelligent people of the South.

PHYSIOLOGY IN COMMON SCHOOLS.—The house have passed a bill requiring Physiology to be taught in the public schools of this Commonwealth. We hope it will pass the Senate and become a law. It is quite as important, to say the least, for children to learn the laws of health as to learn the rules of Arithmetic; quite as economical to know how to avoid a doctor's bill, as to know how to avoid mistakes in reckoning. This knowledge is important for them not merely as children:—it is more important for them against the time when they shall come to be themselves fathers and mothers. Let the truths of Physiology be made as familiar to them as the alphabet or the syntax is, and they will then be prepared to superintend the physical education of the younglings that may in after life be committed to them. The study is an attractive one, and would, we believe, be cordially welcomed in every district. —*Massachusetts Patriot.*

When the SECULAR PRESS takes this matter in hand, legislators will "Act," and measures be adopted. In many of the States, however, "The People" have introduced Physiology into common schools *without* legislative authority, and the time is not far distant when Physiology will be recognized as a study of the *first* importance. This subject will be made a very prominent feature in THE STUDENT, a monthly school reader and family miscellany, recently commenced by Fowlers & Wells, the prospectus of which may be found in our advertising pages. It is the duty of every parent to teach their sons and daughters the Laws of Life and Health, and it should be taught in EVERY SCHOOL.

SCIENCE OF HEALTH AND HAPPINESS—BY DR.

S. D. NEWBERG.—"If our physicians, instead of confining themselves to the cure of diseases, would lecture and inform the people how to preserve their health, though they might make less money, they would save suffering humanity a vast amount of misery and premature death."

Under the above title, a series of articles has been commenced in the PRIMITIVE EXPOUNDER, a Religious newspaper, published in Lansing, Michigan. This we are glad to see, and look forward to the time when all newspapers will devote a portion of their space to the promulgation of Physiology and the "Science of Health," which, when generally understood, will obviate the necessity of drug doctors.

LECTURES ON PHYSIOLOGY.—Dr. Wisner still continues his lectures in the West, teaching the people how to preserve health and improve body and mind. We understand that he contemplates a tour through the State of Illinois during the present season. We bespeak for him a warm reception by our friends. Dr. Wisner is well supplied with suitable apparatus, consisting of manikins, drawings, paintings, and other specimens, with which to illustrate his lectures. Go and hear him.

A "FERILOUS STATE;"

OR, A PATIENT IN A QUANDARY.

Now what am I to do?

Here I have got the fever!
Good luck must bear me through,
Or I recover never!

If I to Doctor Slop
Go for relief, he bleeds me;
And empties all his shop,
And with his physic feeds me.

And on my corpus sticks
Blisters enough to skin me;
And off I pack for Styx,
With half his stock within me.

And then to Doctor Gas,
Should I apply for *suthing*.
He pours me down a glass
Of sublimate of nothing!

Which is the safest plan?
To stick to pills and poisons—
Or trust life's little span
To homoeopathic notions?

If next to naught's a cure,
With infinite solution,
Nothing, unmixed and pure,
Will do't without dilution.

Meanwhile, I freeze or burn,
Blood through each vein carouses,
And where for help to turn?
"A plague on both your houses."

AN ALLOPATHIC PATIENT.—A sad picture, truly, and the *only* means by which this patient can be relieved of his pain, *without* the loss of *life*, will be found in Hydropathy.

ADVANCEMENT OF HYDROPATHY. — A greater change never came over the spirit of the medical dream than that of hydrophathy. When the first news of the practice at Gräfenberg fell upon the ears of the civilized world, it seemed as if the Ultima Thule of German humbug had been reached. It seemed the idlest of all conceivable methods as a system of cure for the thousand diseases which flesh is heir to. The victory of cold water and cleanliness had been so well known for ages among all civilized people, and especially by all good physicians, that it seemed lunacy to suppose that *their* benefits could be greatly extended. But have they not been? Meet any respectable physician, and ask him whether he gives as much medicine as formerly. No, he will tell you, he treats a great part of his acute cases with cold water, or at any rate, with nothing else. *He gives very little medicine.* The apothecaries sell very little, except of the *mildest sorts.* Hydrophathy, unlike any of the other new *opathies*, is creeping into the regular practice silently, surely, and rapidly.—ELIZUR WRIGHT.

HOW I BECAME A CONVERT.—MR. GEORGE B. GRIFFIN, of the Oswego Water-Cure, says, "While in Wisconsin, my wife and little daughter were taken sick with the chill fever. They tried quinine and calomel for three months, and in that time were cured five or six times, as the doctors said, but would not stay cured. By chance I happened to see one of the Water-Cure Journals—borrowed it, applied the proper remedy, and in one week the chill fever left, and we have seen nothing of it since. You need not wonder that we like the WATER-CURE JOURNAL. Please send us a few extra numbers, to give away as samples."

Thus the good work goes on, wherever the Journal circulates. It converts all sensible people to the truth and utility of the WATER-CURE.

WATER-CURE.—Probably so rapid a revolution in public opinion, on a matter of equal importance, was never before known as is taking place in regard to the use of water as a remedial agent, and as a prevention of disease. The press and the public are everywhere lauding its hitherto unappreciated virtues. No agency has been more effective in producing this revolution than the publication of the *Water-Cure Journal*, of New-York. This Journal is filled, from month to month, with descriptions of water-cure processes and results, scientific information in regard to the laws of life and health, and common-sense observations on regimen, medicine, &c., which render it a most valuable work to all who desire to escape the endurance of "the ten thousand ills which flesh is heir to."—*Boston Path Finder.*

POLITICAL MANIA.—"I have been recently consulted regarding the case of a rich old gentleman

about seventy years of age, of sanguineous temperament and strong frame, who made a large fortune by his own exertions, and for the last six or seven years has retired from business. With no definite object or resource, he has spent his leisure days in pondering over the horrors of a speedy Chartist rule in England, and this predominant idea is so strangely mixed up with so strong a feeling of the extreme necessity for economy, that although he would on no account dispense with a good dinner and the most expensive wines, there is the greatest difficulty in persuading him to *pay* for the most necessary articles of life. The smallest demand for money is instantly suggestive of the workhouse, which, unfortunately for the poor old gentleman's happiness, is actually visible from his library window. . . .

"He has now been under treatment for about two months, and I hear that his temper is much improved, that the moroseness and gloominess have altogether disappeared, and although the principal delusions are not altogether removed, that he regards the impending miseries of his country as a due and proper retribution, ordained by a wise Providence, for the passing the Reform Bill. I entertain strong hopes of his further improvement."

We copy the above from the *London Journal of Psychological Medicine*, a work of great ability and profundness. The proper treatment in this case, would be a very low diet, the sits bath, active exercise in the open air, and frequent ablutions in tepid, or cold water.

MORE TESTIMONY.—I have seen enough of the effects of water, as a remedy, to lead me to believe that when its virtues are generally known, people will not be so willing as they have been to resort to poisonous drugs, for the cure of their various ills.—*Portland Pleasure Boat.*

MRS. PARTINGTON having heard her son say that there were a great many anecdotes in the new almanac, begged him to cut them all out, as she had heard that when anybody was poisoned, nothing was necessary but to give him an *anecdote*, and it would cure him.

A WOMAN'S CONVENTION will be held in Boston, Mass., early in October next. Delegates from most of the States are expected to attend. We hope to be able to give particulars in our September number.

NOTICES.

MR. JOHN THOMPSON, of South Barre, Vt., will please accept our highest thanks for the *sweetest* present we ever tasted, being no less than a tub of the finest quality of the most delicious mountain maple sugar—which, to our taste, is infinitely superior to all other kinds of sweetening. We intend, when we become a farmer, to have a grove of sugar maples, from which we may extract as much pure saccharine

as ourself, wife, babies, and visitors, may have occasion to use, that we do. Mr. Thompson has long been a patron of ours, and has, from year to year, obtained clubs of subscribers for our Journal.

THIS JOURNAL comes, as usual, laden from the storehouse of knowledge, with "things new and old." It contains interesting articles on Physiology and Anatomy, Diet, Water-treatment in various diseases, Physical education, reviews, notices, &c. Those who feel an interest in the physical well-being of the human race will do well to subscribe for this periodical, as they will find much in its pages that is novel, curious, and practically useful. Success to its mission.—*Practical Christian.*

IN HAMORTON, PA., our publications may be had of Mr. CHARLES WAX, who will keep a full supply on hand.
 IN ELMIRA, N. Y., our publications may be had at the store of F. HALL, at New York prices.
 IN CANANDAIGUA, of Mr. GOODWIN.
 IN ROCHESTER, of D. M. DEWEY.
 IN BUFFALO, of HAWKS, and of DERBY.

PUBLIC AND PRIVATE LIBRARIES.—The publishers of the WATER-CURE JOURNAL are prepared to furnish, at wholesale prices, books for private and public libraries. Friends in all parts of the country may now make up their orders for such works as they may desire. All books published in America will be furnished at a discount, or imported from Europe, at wholesale prices.

WATER-CURE JOURNAL AND HERALD OF REFORMS.—This is another of those modern discoveries which is destined to work a radical change in society, and rescue man in a great measure from the slough of disease into which unrestrained indulgence has plunged the human family. We wish that every individual might learn and practice the truths it inculcates.—*Sheboygan Mercury.*

BOOKS BY MAIL.—All books advertised in the WATER-CURE JOURNAL may be sent by mail at the present low rates of postage. FRIENDS residing at a distance may avail themselves of this privilege, and receive by return of the FIRST MAIL any work published at the office of the WATER-CURE JOURNAL.

Those enterprising publishers, Messrs. Fowlers & Wells, 129 and 131 Nassau-street, New York, must keep their presses in operation night and day in order to furnish the public with such an enormous amount of valuable reading.—*The Jerseyman.*

ANSWERS TO CORRESPONDENTS.

UNDER this head, DR. TRALL has kindly consented to answer briefly such professional questions as our subscribers may wish to ask from time to time; presuming, of course, that they will be of general interest to all subscribers. With the exception of two or three, Dr. Trall has, for the last year, answered such questions as have appeared in this Journal.

GREEN CORN.—The objection to this article of food arises not from its own intrinsic nature, but from a wrong physiological condition of the digestive organs. Persons accus-

tomed to a plain vegetable diet, can use it not only with impunity, but with pleasure and comfort: while to some, who have materially impaired the stomach by concentrated and stimulating food, it might produce distress or colic. Though in itself positively a good article of diet, it may sometimes be relatively bad.

SPINAL DISEASE.—E. B. Cornwall.—The patient should pay the strictest regard to diet, which should be bland and unobstructing, as wheat meal cakes, cracked wheat, unfermented brown bread, the best of fruits, &c. The water appliances should be mild, and the temperature of the water such as to produce no great shock—mostly tepid. Very likely there is some error in her dietetic or voluntary habits which prevents her from improving. Look to it carefully.

WATER-CURE AND BLUE PILL.—We advise B. C. M., of New Harmony, Ind., to quit either his hydropathy or his "blue pills and tonic bitters." All such combinations of treatment are quackish in principle, and are apt to be disastrous in result. Take the whole Water-Cure system or the whole drug system, and stick to it.

H. F.—Your letter to Dr. K. has been sent us for publication; it will appear soon.

P. H. H., M.D.—Your inquiry, &c., No. 2, came too late for the present No. It will appear in our next.

VARIETIES.

AMUSEMENTS.—Than rational amusements, nothing contributes more to the gratification and physical well-being of society. In fact, we would have every school district supplied with all the curiosities which Nature has so abundantly supplied, where children, as well as adults, could spend at least one day in every week. All of our great cities are supplied with museums, and why should not each village also be thus provided? In administering to the demands of our people in this respect, see what splendid fortunes are yearly acquired. The American Museum, in New York, for example, is daily thronged by thousands of people from all parts of the world, simply because they are fond of amusement, and cannot be gratified at home. The tendency of such places of amusement is good, they draw thousands of young people from gambling shops, and from those theatres where the most disgusting scenes are enacted. In our visit to this Museum, we have met statesmen, congressmen, and clergymen, with their families, together with large numbers of the most intelligent and respectable of our citizens, all of whom enjoy the repast most heartily.

When our friends from the country visit the city, they are not satisfied until they have spent an hour in the Museum, notwithstanding the vast extent of our Empire City, covered with the most magnificent buildings, and hemmed in with dense forests of shipping. As a medicine for the gloomy, the nervous, or dyspeptic, we can prescribe nothing better than a dose of amusement, prepared by DOCTOR P. T. BARNUM, and administered by his gentlemanly associate, Mr. Greenwood.

MORALS OF CINCINNATI.—The seventh annual report of Horace Bushnell, city missionary, recently published, contains

the following gloomy extract. Where are HAWKINS, GOUGH, and FATHER MATHEW?—

"The city is supplied with one thousand grog-shops; each of these on an average has three attendants—each also must have at least nine customers; add to these the owners and others immediately interested in their prosperity, and you have an army of fifteen thousand, whose interest it is to prey upon the best interests of the community. They deal in death—both physical and moral—they have no ear for pity—they build their houses with blood. These all go forth armed against all good. Is it a matter of wonder that poverty and crime increase, while the time and talents and capital of fifteen thousand men are employed to produce them? Should this cause be inadequate to produce these evils, we may al-lude to another.

"If there be in this city four thousand women lost to virtue and to God, with a corresponding number of men more guilty than they, their companions in sin; if houses of infamy are more numerous than grog-shops, and the youth are constantly lured to them; if there be no solemn remon-strance against them from the bench, the pulpit, and the press, is it wondrous that vice and misery increase? We have at least thirty thousand persons, whose business it is to increase pauperism, drunkenness, licentiousness, crime and death. They are active workmen, well prepared, and yield abundant influences."

Cist's Advertiser pronounces this an exaggerated statement, yet we believe a little Hydropathy wouldn't do them any harm.

"TOBACCO JUICE.—We just now think what an ocean of tobacco juice is squirted away by a sensible people! Rivers and oceans, what a flood! Who can compute it, or the amount of the most nauseous weed in the vegetable kingdom, chewed up and spit out? Wonder the earth don't become stained with filth and burdened with old quids. Speaking of quids, reminds us of one we found in our office the other morning, in size such as was never read of. It lay lengthways in the hall. A shilling paper of fine cut was there entombed, we'll wager. The Street Commissioner has been called in with an inquest of shovels. Tobacco quids put us in mind of an incident which last winter happened at a prayer meeting in this city. An old enemy of the weed, who had destroyed it by wholesale, was called upon to pray. With much care he rolled away a monster roll from his mouth to the bench, there to lie till the prayer had been made. A waggish brother, not having the fear of wry faces before his eyes, but plenty of powdered cayenne pepper in his pocket, slyly peppered o'er the innocent quid, most piously. Prayer was made, and the old soldier again placed on duty. Spitt! spitt! spitt! spitt! whew! spitt! spitt! and the highly-seasoned morsel fell upon the floor, while the tears rolled down the devoted man's cheeks."—*Cayuga Chief*.

"Hit 'em agin," you old warrior; sink it into them, clear to the handle. We would have every such old sinner fall under the axe of the Cayuga Chief.

EVILS OF TIMIDITY AND HESITATION.—A great deal of talent is lost to the world for the want of a little courage. Every day sends to their graves a number of obscure men who have only remained obscure because their timidity has prevented them from making a first effort; and who, if they could only have been induced to begin, would, in all probability, have gone great lengths in the career of fame. The fact is, that in order to do anything in this world worth doing, we must not stand shivering on the bank, and thinking of the cold and the danger, but jump in and scramble through as well as we can. It will not do to be perpetually calculating risks, and adjusting nice chances. It did all very well before the Flood, when a man could consult his friends upon an intended publication for a hundred and fifty years, and then live to see its success for six or seven centuries afterward; but at present a man waits, and doubts, and hesitates, and counsels his brother, and his uncle, and his first cousins, and his particular friends, till one fine day he finds that he is sixty-five years of age; that he has lost so much

time in consulting first cousins and particular friends that he has no more time left to follow their advice.

PHONOGRAPHY.—So far as we have been able to observe, phonography, as applied to the reporting of public discourses, ought to be defined "the substitution of sounds guessed at for sense ascertained." We have often been amused in noticing exemplifications of this in pretended reports of the discourses of the Right Rev. Bishop as delivered in this city. The discourse of last Sunday, to which we are so glad to give up our editorial columns, was reported for us by a professor of phonography; but it has the necessary advantage of having been almost completely re-written in our efforts to make it correspond with the remarks actually made by the Bishop.—*New York Freeman's Journal*.

INDEED! then your Professor (?) was a STUPID BLOCK-HEAD, and had better at once change his occupation, or "take a few more lessons." But we think the "stupidity," or want of integrity, belongs to the Freeman's Journal, for we doubt the statement, "almost completely re-written." It is not probable. We should not have noticed this gratuitous, and unkind statement, were it not calculated to leave a false impression on the mind of the reader, in regard to our NEW and BEAUTIFUL PHONOGRAPHY.

The Freeman's Journal is no friend to UNIVERSAL EDUCATION.

A RARE SCHOLAR.—The Boston Transcript has the following:—One day last summer, the teacher of a certain district school in New England, after putting the usual questions—"Who is President?" "What State do you live in?" &c., to a juvenile class, asked a little boy what his father's name was.

"Isaac," he answered promptly.

"Spell Isaac," said the teacher.

"E y-e I, z-i-c-h, saac, Isaac."

The old scholars laughed outright at this new way of spelling a common name; even the teacher smiled—but commanding silence, she set the lad right, and proceeded with her questions.

"What is your mother's name?"

"Rachel."

"Spell Rachel."

"W-r-e-t-c-h Rach, h-e-ll, Rachel."

The smart boy was immediately given a "Reward of Merit," and dismissed!

"RATHER YOUNG.—A marriage of a pair of infants took place in this village last Sunday. They were from Norwich, aged respectively 16 and 15."—*Public Medium*.

And "rather green." Such juvenile marriages produce a world of evil. Think of it, mere children becoming parents, while their bodies are only partially developed. The result, in such cases, must usually be PREMATURE DEATH to both parents and children, if they are so unfortunate as to bring them into existence.

The proper ages in this country, for the well-being of all concerned, seems to us to be, from EIGHTEEN to TWENTY for the woman, and from TWENTY-TWO to TWENTY-FIVE for the man; younger than this will not be as well for the parties as older. An early development is a certain indication of early decay. Winter apples last longer than those which ripen early in the season.

WRITE PLAIN.—It makes no matter how coarse and clumsy the penmanship may be, if it is only plain and easily deciphered. No person should direct a letter whose handwriting is not legible. Many sad mistakes have been made in directing letters to puzzle postmasters. No less than eleven

thousand pounds are put into the British Dead Letter Office annually, because the backings of the letters cannot be deciphered. All that is required is a little attention and a little care. Editors do not like to read the correspondence of a careless writer, and printers have two kinds of devils—the attendant, known as the “printers’” imp, and manuscript that would be disowned as the production of Beelzebub.—*Scientific American*.

We regard ourselves exceedingly fortunate in respect to intelligent and careful correspondents. Most of our Hydro-pathic physicians and patrons are well educated, and we experience but little annoyance from unintelligible letters, or communications designed for publication.

“OBSERVING THE SABBATH.—At a meeting of the Sabbatarians at Glasgow, three or four years ago, a minister of the gospel declared, before a large and approving audience, that were his wife dying in Edinburgh on the Sabbath day, and she requested to see him before she expired, he would not travel on that holy day to gratify her wishes!”—*New York Evening Post*.

Without doubting this man’s integrity, we are justified in the assertion that he is without either affection or the social feelings common to man. Hence he would disregard one of God’s laws for the sake of appearing very pious. Wonder if this man would follow the example of Christ, in his observance of the Sabbath, who would both heal the sick, and perform various other deeds of mercy, on that day.

How comes it that the population of Philadelphia is larger than that of New York?—Editor *Louisville Journal of Commerce*.

We have no special authority to speak for the ladies, but we suppose it comes legitimately and naturally.—*Philadelphia Ledger*.

Our friends of the Quaker City must have the power of fulfilling the command contained in the 28th verse of the first chapter of Genesis, in a very extraordinary degree. We always thought that our New York Irish were “some pumpkins,” but we knock nader to the claims of the citizens of brotherly love.

THE EVER-BEARING RASPBERRY.—This was first discovered near Lake Erie, in Ohio. It is a good fruit, of a dark color, approaching the black. Its fruit ripens the last of June, and it continues bearing and putting out new blossoms till killed by the frost. There is another kind, the origin of which cannot be traced beyond the late Dr. Hosack’s garden of this city. Thomas Addis Emmet, Esq., of New York, rears them in great abundance, and very kindly gives away the cuttings of his vines in March to those who wish to propagate this fruit.

ALMOST all our Presidents have been tall men, as if we had selected them for their height, as the children of Israel did Saul, their first king.

General Washington was fully 6 feet. John Adams 5 feet 10 inches. Thomas Jefferson, 6 feet 2 in. James Madison, 5 ft. 9 in. James Monroe, full 6 ft. John Quincy Adams, 5 ft. 10 in. Andrew Jackson, 6 ft. 1 in. Martin Van Buren, 5 ft. 8 in. William H. Harrison, 5 ft. 10 in. John Tyler, 6 ft. James K. Polk, 5 ft. 10 in. Zachary Taylor, 5 ft. 9 in. Millard Fillmore, 6 ft.

PAPAL ESTIMATE OF FREE SCHOOLS.—The Freeman’s Journal, the organ of Bishop Hughes, noticing the fact that the Legislature of Mississippi had appropriated \$200,000 for free schools, calls it a “tax for the propagation of infidelity!”—*Christian Messenger*.

The more of such infidelity the better, Bishop Hughes to the contrary, notwithstanding. Give all the children an education, and they will be placed at once beyond the influence of either Bishop Hughes or any other Popish High Priest.

DR. S. N. PARNELA, our pleasant philanthropic Philadelphia correspondent, will, in the future, entertain our readers with original and select communications, on the various *pathics, isms, and ologies* of the day. As Dr. P. is an old joker, we shall look for something superlatively entertaining.

BOOK NOTICES.

MORALISM AND CHRISTIANITY; or, Man’s Experience and Destiny. In Three Lectures. By HENRY JAMES. New York: J. S. Redfield.

In the first lecture, we have “a scientific statement of the Christian Doctrine of the Lord, or Divine Man.”

In the second lecture, “Socialism and Civilization in Relation to the Development of the Individual Life.”

In the third lecture, “Morality and the Perfect Life.”

In his preface, the author says, “The first of these lectures was put in its present form for publication in the MASSACHUSETTS QUARTERLY REVIEW, whence it is now republished, with a few verbal emendations. The second lecture was read Nov. 1, 1849, before the Town and County Club, Boston, and is here slightly enlarged. The third lecture was read and subsequently repeated, at the request of several gentlemen in New York, during the month of December, 1849. It has been greatly enlarged for publication. The topics are perhaps somewhat difficult from their novelty, and if, therefore, the writer should appear to have treated them inadequately, he doubts not that the generous reader will allow this circumstance its due force in mitigation of judgment.”

This work has produced a great commotion wherever it has been read. While many regard it the most profound and truthful production of the present century, others denounce it as not orthodox, and regard its author a very dangerous man.

Our own opinion is simply this, that all *sensible* men and women may read the book with profit; but those who are without self-reliance, or who are dependent on the opinions of others, or incapable of coming to a correct conclusion, had better confine themselves to the narrow circles of thought already established, and not venture into boundless space, lest they get frightened. BOLD MEN only dare to investigate new moral or religious subjects.

MESMER AND SWEDENBERG; or, the Relation of the Developments of Mesmerism to the Doctrines and Disclosures of Swedenborg. By GEORGE BUSH; second edition. New York: Fowlers & Wells, price 75 cents.

“It certainly is agreeable to reason, that there are some light effluptions from spirit to spirit, when men are in presence one with another, as well as from body to body.”—BACON.

In this able work, by the distinguished Professor Bush, of New York, we have all that can be said on this interesting subject, which, within the past few years, has engaged the attention of the leading minds of the world, and the cry still is, “MORE LIGHT, MORE LIGHT!” hence the publication of this “MESMER AND SWEDENBERG.”

Swedenborg's own State Psychologically Viewed.—The more obvious Mental Phenomena of Mesmerism.—Transfer of Thought.—Spheres.—Memory.—Magnetic Vision.—Clairvoyance.—Magnetic Hearing.—Truthfulness.—Revelations of A. J. Davis.—The Seeress of Prevoorst.—Distinction of Soul, Body, and Spirit.—The Sun Circle and the Life Circle.—Separate Functions of the Soul and Spirit.—The Language of Spirits.—On Spirit Seeing.—Growth of Infants in the other Life.—State of the Heathen in the other Life.—The Forms of Spirits.—Spirits seen by a Spiritual Eye.—Swedish Document on Animal Magnetism.

Beside all this, the work contains statements and facts in Mesmerism, authenticated by the highest evidence within the reach of mortal man, and which no philosophy can disprove; of course, we would recommend the book as one above all others best calculated to shed new light on mental or spiritual life. *

COMMON SCHOOL ARITHMETIC, adapted to the use of Common Schools in the United States of America: Riverhead, New York; published by G. O. WELLS, 1850.

Of the merits of this book we cannot speak, except of its superior mechanical execution, which is unsurpassed by any which we have seen.

The work was arranged by a committee of practical teachers, and approved by the Common School Association of the county of Suffolk, in this State.

The Committee say,—

"It now remains to show wherein 'his work claims superiority over other works which are now extant, and which are of modern origin. And first: It claims superiority by being the work, not of one individual who has had no experience in teaching, and who could only write from theory, but by several persons who have had experience for several years in teaching, and who have practiced the same, or a similar system, with complete success. Then we say it is not a mere theoretical work, but a work composed of a system that has been tried for many years by competent teachers, and found to be THE thing wanted."

THOUGHTS ON THE IMPOLICY AND INJUSTICE OF CAPITAL PUNISHMENT; or the Rationale or Philosophy of Crime; and on the Best System of Penitentiary Discipline and Moral Reform. By CHARLES CALDWELL, M.D. Louisville, Ky.

On what great question is there so deep an interest felt, as that of the "DEATH PENALTY?" We know of none. It is the prevailing opinion of our Orthodox divines, that man should be punished with death for murder, while the majority of the masses (we think) are opposed to such punishment, and would substitute that of perpetual imprisonment for hanging.

The fact that capital punishment has already been abolished in several of our States, and that legislators of other States are yearly deluged with petitions, asking for its abolishment, is evidence that "our people" are not satisfied with the present state of things. Doctor Caldwell has given us the result of his extensive investigations, and offers the most valuable suggestions which we have ever read in regard to the CAUSES of crime, and the treatment of criminals.

THE MILLENNIAL HARBINGER, conducted by ALEXANDER CAMPBELL, proprietor; co-editors, W. K. Pendleton, R. Richardson, and A. W. Campbell. Bethany, Va. Terms. \$2 00 a year in advance.

This is the organ of that class of worshippers known as

Bible Christians, sometimes called Campbellites. It is now in its seventh vol., and third series. The work is conducted with great ability. However much the world may differ in opinion from this class of citizens, all who are acquainted with them will admit, that they are composed of the most liberal, generous, and intelligent people of our own, and other countries. They engage heartily in the various reforms of the day, and send out missionaries and teachers, wherever they find an opportunity. At the commencement, they were much persecuted, but of late, we have heard but little of this, and we believe they are now in a prosperous condition. Those who desire information on this subject will find it in the Millennial Harbinger.

THE NEW ENGLAND FARMER, edited by S. W. COLE. Published by J. Nourse, Boston, Mass. Terms, \$1 a year in advance. Issued semi monthly.

To say that this is one of the very best agricultural journals published in the United States, would be strictly true, and that its universal diffusion throughout our country would vastly advance the interests of our WHOLE PEOPLE.

But read what the Northampton Courier says:—

"It contains such a variety of original and well-digested articles as to do credit to the editor and his correspondents. S. W. Cole, the editor, is well known to the farmers of Massachusetts as an agricultural writer of extensive knowledge and rare skill in his profession. I would recommend to every farmer, who would get what is worth a hundred dollars a year, for one dollar, to order the New England Farmer."

OUR ISRAELITISH ORIGIN. LECTURES ON ANCIENT ISRAEL, and the Israelitish Origin of the Modern Nations of Europe. By J. WILSON. First American, from the third London edition. Philadelphia: Daniels and Smith.

Such is the title of a very good-looking 12mo. volume, of some 230 pages. We are puzzled exceedingly to interpret this author. He gives us views the most brilliant and instructive on one page, and the most absurd theological twattle on the next. How a man with the profundeness of Mr. Wilson can entertain such old, "used up" notions, we cannot understand. Such a mind surely ought to take a correct view of all subjects submitted for examination. We repeat, the theory of this work is absurd and foolish.

NEW ENGLAND OFFERING. HARRIET FARLEY, editor and publisher. Lowell, Mass. Terms, \$1 a year, in advance.

We have received the Feb. No. of this monthly magazine, and, judging from the specimen before us, it is eminently worthy of extensive patronage. We should be pleased to receive this magazine regularly.

THE AMERICAN WATER-CURE AND HEALTH ALMANAC FOR 1851, published by Fowlers & Wells, price 6 1-4 cents single copy, 50 cents a dozen, or 25 copies for a dollar. Now ready. Orders from subscribers, agents and booksellers solicited.

For a more elaborate notice of this Almanac, see REVIEWS in this number.

THE PRISONER'S FRIEND, CHAS. SPEAR, editor, Boston. Terms, \$2 a year.

This philanthropic and humane editor continues his good work with a perseverance worthy of all praise. We fear he will not be suitably rewarded pecuniarily for his efforts in this great and much-neglected field.