

THE WATER-CURE JOURNAL.

MEDICAL MISCELLANIES---No. 1.

BY T. L. NICHOLS, M.D.

INTRODUCTION.—There are many little matters—odds and ends of medical observation and experience—not worth making the subject of an article, perhaps, but which may be profitably compressed into a paragraph; and a string of such paragraphs may make a useful kind of ammunition—as grape or canister may be better in some cases than round shot; giving a better chance of hitting the mark, if they individually do less execution. All I have to do, is to jot down my observations at any odd hour through the month, and then string them together when the JOURNAL is ready to receive them. In this way I may turn even leisure moments to good account; the readers of the JOURNAL, now a swelling host, and scattered everywhere, if they are not edified, will not be bored; and if my matter in this series has no other merit, it will possess those of brevity and variety.

NAPOLEON'S OPINION OF MEDICINE.—"Believe me," said Napoleon to Antonomarchi, an Italian physician with whom he often conversed,—“believe me, we had better leave all these remedies. Life is a fortress which neither you nor I know anything about. Why throw obstacles in the way of its defence? Its own means are superior to all the apparatus of your laboratories. Corvisart candidly agreed with me that all your filthy mixtures are good for nothing. Medicine is a collection of uncertain prescriptions, the results of which, taken collectively, are more fatal than useful to mankind. Water, air, and cleanliness are the chief articles of my pharmacopœia.”

And yet, this great man, who saw so clearly and reasoned so profoundly, fell a victim to the doctors at last, for he died of cancer of the stomach, aggravated as it always is, if not actually caused, by poisonous medication. So Byron, who held similar opinions, fell a victim to allopathic butchery, even while he protested against it with his last breath. So Washington was murdered scientifically, and Harrison, and now General Taylor, the hero of Palo Alto and Buena Vista, is conquered by the doctors; he whom the sword had spared perished by the lancet; what gunpowder could not accomplish was done by calomel and quinine; and a bevy of doctors, with a few prescriptions, have done what Santa Anna and his armies attempted in vain with all the munitions of war.

ALLOPATHIC HYDROPHOBIA.—Some of our allopathic friends are becoming so violently opposed to the Water-Cure, that they will not use the li-

quid element, even for the purposes of cleanliness. The Boston Medical and Surgical Journal, in an editorial article on “The Abuses of Bathing,” says: “In our opinion, once a week is often enough to bathe the whole body, for the purpose of luxury or cleanliness. Beyond this, we consider bathing injurious.”

Here is a fine sample of medical intelligence, decency and refinement for you—a man that washes himself once a week! Such a fellow ought to lay in a good stock of cod liver oil, and establish himself among the Esquimaux.

A SERIOUS ERROR.—The *Tribune*, in its frequent, and in many respects, excellent articles on the health of the city, often speaks of the hot weather, and fruit being the cause of summer diseases. It is an old saying, that “unripe fruit is not wholesome;” but there is no warrant for the assertion, that the use of fruit increases our summer mortality. On the other hand, there is reason to believe that, without fruit, it would be much greater. When the heats of summer come, and the blood is fevered, and the air poisoned with filth, nothing is more grateful or more useful than juicy, cooling, refreshing fruit; and, instead of its being forbidden to children, they should be encouraged to make it their chief nutriment. Fruit may be used imprudently, but on the whole, it does much more good than harm, and so far from causing dysentery, it is one of the best things that can be given for its cure.

A CITY WANT.—Our city rulers are no physiologists. They make little provision for the stomach or the lungs. Those who want good food must use their own judgments in buying—those who want pure air must go where they can find it. There is another organ, almost as important, and quite as indispensable as the stomach or lungs, for which they have made no provision—the bladder. An incalculable amount of disease and suffering is occasioned by the over distension of this organ, consequent upon the total absence of such conveniences as every civilized city should furnish. There is but one of this kind in the whole city of New York. The Common Council built that close by the City Hall, for their own convenience; but quite forgot that there were a few hundred thousand people, just as liable to disease as themselves.

In Holland, such necessary matters are attended to in a curious and original manner, for particulars of which see some good book of travels, and “when found, make a note of them.” There are, however, certain conveniences and decencies which belong to civilization, and which should be especially attended to in hotels, steamboats, and

railroads, and the lack of which is utterly inexcusable. No boat or hotel will be patronized—used is the better word—a second time, which is deficient or uncleanly in these particulars.

LATIN PRESCRIPTIONS.—Strong efforts are making to compel physicians to write their prescriptions in plain English. It is of no use. The Latin is a part of the system. If prescriptions were written in English, people would be afraid to take some, and others would seem too ridiculous to be taken. We have seen *bichloride hydrargyri* given in scores of cases where the patients would have shrunk from taking corrosive sublimate. But with a vast number the Latin gives the chief virtue to the medicine. A poor Irish woman, in this city, who could not read, went to a doctor and got a prescription for her child. Showing it to a friend, before going to the apothecary's, he read it to her. "Sure and that's not Latin!" said she. "Of course not—its English—plain enough." "The devil fly away wid it," said she, "I'll not have it at all, at all!" And off she went in high dudgeon to another doctor who gave her the same prescription, written in the magic Latin. The people are, for the most part, worthy of the doctors; and the doctors are worthy of the people. With ignorance on the one hand and imposture on the other, the law of supply and demand governs the medical world as well as the commercial.

ANOTHER VICTIM.—John Inman, late editor of the Commercial Advertiser, a brother of Henry Inman, the painter, died, a few weeks since, in this city. The Day Book says he was the conscious victim of a long series of bleedings and purgations, which gradually brought his existence to a close in the meridian of life. He was sensible that the doctors were killing him by inches, but he was too strongly wedded to all sorts of orthodoxy, not to prefer dying under the regular practice to having his life saved under any other. There are many such people, and when they have all been killed off, *secundum artem*, the world will make more progress, and the doctors less.

I say *the doctors less*, for we hydropathists will last little longer than the allopathists, as by the time we have killed them off, and mended their mischiefs, the people will be wise enough not to require doctors at all. "Amen and amen."

PERILS OF HOMŒOPATHY.—The delicate doctrine of infinitissimals gets sadly antagonized in a great city. On every corner is a drug store, which it is impossible to pass without inhaling medicinal odors enough to neutralize a bushel of globules. Every highly perfumed lady is a deadly foe. A tobacconist may be given a wide berth, but there is no escape from cigar smoke. However it may be in the country, homœopathy in the city is an utter impossibility. Suppose a patient were to take one of Hahnemann's favorite doses, two smells at a single globule of the thirtieth dilution, every seven or fourteen days; the very next breath might contain something which would entirely neutralize its virtues. We do not deny the action of homœopathic remedies;

oh! no; but these practical difficulties, make us prefer a system of more certainty, if of less refinement.

ANOTHER PATHY.—There is an association of Penticostal Christians, having all things in common, in Oneida county, in this State, who have a medical system, which they contend is even superior to hydropathy. It is what they call the Faith cure; or the relief of bodily diseases by the action of religious zeal, hope, and trust. There is no doubt of the efficacy of these mental emotions. Medical experience, in all ages, has shown that almost all diseases have been cured by the exercise of faith on the part of the patient; and all religions have miracles of this kind without number. The beauty of the water cure system is that it first inspires faith, and then the faith joins with *good works* in effecting the cure.

CHILDREN HAVE LUNGS.—This fact is either not known to parents, or very little regarded. The first thing a baby wants, is fresh air, and a plenty of it. From the moment a child is born, it should have air and light; and neither be shut up in a close, darkened room, nor have its head covered up in a blanket. The other morning, making my first call on a lady, after her confinement, I saw a heap of blanket lying in a rocking chair beside the bed, but there was no baby in sight. When I inquired for the new-lly arrived, the nurse came, and after taking off fold after fold, there at last was the poor, little, half smothered baby gasping for breath. Mother and nurse got a lecture that time. Returning in an omnibus, a pretty woman got in with her babe completely enveloped in its blanket. Perhaps it was none of my business; but I think it was. The babe had as good a right to breathe, and to have the purest air to be had, as anybody; and as there was nobody else to take its part, I did. "Madam," said I, "you are smothering that child." She smiled and shook her head—she didn't believe a word of it. "You are making it breathe its own breath over and over; and no air is fit to breathe but once. It needs fresh air as much as you do. I am a physician, and I can't let you make your child sick." She uncovered the baby's head; it took a long breath, and if it had been old enough to talk, and been up in its manners, it undoubtedly would of said "thank you, doctor."

FOOD FOR INFANTS.—No mother would feed a child on the milk of a sick cow, if she knew it; but is there any reason to suppose that the milk of a sick woman is more healthy than that of a sick cow? either must inevitably be sources of disease; and the cows in New York, fed on distillery slops, are no worse off and no more diseased than thousands of mothers, who live on unhealthy flesh, and drink, not the slops, but the liquor of the distillery, with the additional poisons of tea, coffee, tobacco, and various drug medicines. What with diseased mothers and distillery cows, our children have a hard time of it; and so ten or twelve thousand die every year in this single city. And this appalling mortality, far more frightful than the cholera, goes on year after year, and nothing is done, because we think it inevita-

ble, and have got hardened to it. I have written upon this subject for years, and I am determined that people shall think upon it. When they have once thought, there is no fear but they will act. There is no man with a human heart in his bosom; and there can be no woman who must not feel interested in ascertaining the causes of infant mortality, and the means of staying its terrific progress. This mortality often amounts to sixty per cent. In Brooklyn, a remarkably healthy city, out of forty deaths in the first week of September, thirty were of children. Not one person in a hundred dies a natural death—by old age.

THE LEARNED PROFESSIONS.—The lawyers have a saying, that "a man who pleads his own case has a fool for a client," and as this saying is so much to the advantage of the lawyers, the doctors have parodied it, and say, that "a man who undertakes to prescribe for himself, has a fool for a patient;" and as law and medicine have been in the past, these maxims are not free from the truth. The intricacies and dangers of both law and medicine have required lawyers and doctors to understand them; and even these have not steered their course too well, as clients and patients can testify. But the world changes, and in a world of progress, change must be for the better. There is no reason why people may not settle their own disputes, and understand their own constitutions; and when they have gained this knowledge of themselves, we shall have no more quarrels about *tams* and *pathies* in medicine. The sick will get well, and the well will keep well, simply because they know how.

The progress of the Water-Cure is bringing this about in a very curious manner. If the doctors were getting waked up, and gaining information on this subject, instead of the great mass of the people, the latter would feel no necessity of studying into the matter very deeply; but as the doctors, with very few exceptions, cling to old errors, the people are becoming wise by compulsion and necessity.

We may as well open our eyes to the fact that the learned professions are doomed. Just so soon as society becomes crystallized into anything like order, there will be no need of lawyers; just so soon as the people become educated in the laws of health, there will be no need of doctors; and when this is the case, it will not be long before there will be no need of one man calling upon another to "know the Lord," for all will know Him, from the least unto the greatest, and then, of course, there will be no need of preachers. This is the good time coming, which we must all do all in our power to hasten.

PROGRESS OF SCIENCE.—The Hartford *Times* brings us a curious account of a Reverend Doctor, who preaches and practises medicine promiscuously in the good State of Connecticut. He publishes a small yearly newspaper, called the "*Star in the East, and Apostolic Baptist Herald*;" preaches and practises wherever he has a call, or, as he expresses it, is "governed by the openings of Providence, the wishes of the people, and

his own impressions." He takes no pay for preaching, and is down on those who do; but as medicines cost money, he sells them at very moderate prices. For instance, there is his "Electro-Chemico-Compound Fluid Extract of Cherry, Rhubarb, and Wintergreen." This is "the greatest restorer and harmonizer of nature and health." Then there is the "Electro-Chemico-Compound Aromatic Saline." This is also "the greatest restorer." Then there is the "Electro-Medico-Compound Syrup of Liverwork;" and this, too, is the "greatest restorer," as also is the "Electro-Chemico-Compound Blackberry." The Reverend Doctor does not visit patients out of the office, except in cases of consultations, surgery, and *obstetric*; but he has no objection to sell his "Electro-Mechanico-Medical N. London Corn Salve" at fifty cents a box, or to pull teeth for twenty-five cents. Altogether, this is rather a hard illustration of the enlightenment of old Connecticut.

TO WASH OR NOT TO WASH.—The bathing question bids fair to engage the attention of our allopathic medical journals, to the exclusion of dissertations on cod liver oil and chloroform. A more recent number of the Boston Medical and Surgical Journal, has an article approving of the hydrophobic views of the editor, and advocating soap. A man who washes himself but once a week must need it, and that of a pretty caustic quality. But why is the period for washing, according to the old practice, fixed at once a week? Why not once a month, or say, every new year? All you have to do is to use a little more soap. These hydrophobic doctors who denounce bathing, and rely for cleanliness on the occasional use of soap suds, must be in the condition of the gentleman whose contempt of water was visible in hands so grinded with dirt that the color of the skin was a very deep problem. One day he was asked why he let his hands get so dirty. "Dirty!" he exclaimed, with undisguised astonishment—"you call my hands dirty? Ah, you should see my feet!"

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 10.

HUNTER AND CULLEN.—These celebrated stars in the medical firmament formed a partnership in early life, the singularity and laudableness of which afforded a sure index of their future eminence. Being natives of the same part of the country, and both in straitened circumstances, they entered into business together, as surgeons and apothecaries, in the country—the chief object, of the contract being, to enable each, alternately, to spend a winter, each year, in college, while the other carried on business for their mutual advantage. Cullen went first, and chose Edinburgh. When it came to Hunter's turn, he preferred London, where he remained, Cullen having generously given up the articles of agreement. Hunter was engaged as assistant professor, and soon afterward filled the chair himself. He made splendid discoveries in anatomy—claiming, among other things, the absorbent system. Cul-

len's course was no less brilliant: he also soon took the first place in Edinburgh, where he returned, and to him is ascribed the chief overthrow of the pernicious doctrines of Boerhaave. He clearly defined the principles of life, as distinguished from those of dead matter, and pointed out expressly the bis medicatrix as the foundation of medical practice. This system of medicine was the most perfect of any of its predecessors, and his classification of diseases unequalled.

DR. JOHN BROWN.—It might be supposed that, once more in the right track, the care of medicine, in a period as enlightened as the closing part of the eighteenth century, would have continued its progress without retrograding or diverging, but it seems that the medical world are peculiarly liable to go astray, and in no one instance was this fact better exemplified than in the history of the hypothesis of John Brown. Physiology was well known; for Harvey, nearly a hundred years before, had lost his practice, by demonstrating the circulation of the blood; and that, as well as the functions of the absorbent system, was publicly taught, and little more remained for discovery.

BROWNIAN THEORY.—John Brown first taught the classics at Edinburgh, and used to translate theses into Latin for the students, who were required to present their essays in that language. This employment led him to study, and finally to teach private classes in medicine. At first, he was strongly attached to Dr. Cullen; but an altercation finally arose between them, and many suppose that he invented his system for the special purpose of overthrowing Cullen's doctrines—a gratuitous and certainly curious presumption.

TWENTY YEARS' EXPERIENCE.—"The author of this book," says Brown, in his preface, "has spent more than twenty years in learning, teaching, and scrutinizing every part of medicine. The first five years passed away in hearing others, in studying what I had heard, and implicitly believing it, and entering upon its possession as a rich and valuable inheritance. The next five years, I was employed in explaining the several particulars, in refining them, and bestowing on them a nicer polish. During the five succeeding years, nothing having prospered according to my satisfaction, I grew indifferent to the subject, and with many eminent men, and even the vulgar, began to deplore the healing art as altogether uncertain and incomprehensible. All this time passed away without the acquisition of any advantage, and without that, which of all things is the most agreeable to the mind, the light of truth, and so great and precious a portion of the short and transitory life of man was totally lost! Here was I at this period, in the situation of a traveler in an unknown country, who, after having lost every trace of his way, wanders in the shades of night. Nor was it until between the fifteenth and twentieth years of my studies, that a faint gleam of light broke in upon my soul."

TREATMENT OF HIMSELF.—He had several attacks of the gout, and he finally began to notice,

that these attacks always came on after a period of temperate or abstemious living, when he would try by that means to ward them off, as it was taught that gout was caused by high living, consequently, to prevent it, live low, and diet carefully. He was at length led to doubt the correctness of this assumption, and to suspect that he had been inviting the paroxysms by the very method he ignorantly tried to prevent their occurrence. Further observation confirmed this view. He once more lived luxuriously, and found his health permanently improved.

HIS SYSTEM.—Beginning on the foundation, he studied disease anew, and finally divided all complaints into two kinds.

Sthenic (with strength) oppression of the system, induced by too much stimulus—such as inflammatory fevers: cured by bleeding, low diet, and purging.

Asthenic (without strength) debility of the system, induced by want of stimulus—such as typhus fever: cured by tonics and stimulants.

CONSTITUTION OF MAN.—Man, according to Dr. Brown, is an organized machine, endowed with a principle of excitability, by means of a great variety of stimuli, both external and internal, some of which are perpetually acting upon the machine; and hence the excitement which constitutes its life is maintained. Excitability is like the nervous energy of Dr. Cullen; like that, constantly varying in its accumulation and exhaustion; but unlike it in not being under the guidance of a bis medicatrix, but passively exposed to the effect of such stimuli as it may chance to meet with, and necessarily yielding to their influence.

Upon this hypothesis, excitement is the vital flame, excitability the portion of fuel allotted to every man at his birth, and which, varying in each, is to serve as the whole allotment for the period of existence; while the stimuli by which we are surrounded, are the different kinds of blasts by which the flame is kept up. If the fuel be made the most of, the flame may be maintained sixty or seventy years; but its power may be weakened by having the blast too high or too low. If too high, the fuel will, from the violence of the flame, be destroyed rapidly, and its power of prolonging the flame, be weakened directly; this state is indirect debility, or exhausted excitability. If too low, the fuel will become dried and more inflammable, and its power of prolonging the flame still more weakened than in the former case; for half the blast that would be required to excite rapid destruction before, will suffice now: this state is that of direct debility, or accumulated excitability. The resemblance between this system and that of Samuel Thompson, is obvious in some of its general features; and the analogy is still more striking, when it is considered that both were ignorant men; for Dr. Brown was not really learned, though a man of some tact and genius.

HIS SUCCESS.—After completing his works, he obtained a degree, and commenced as a public

teacher, and at first with great success, as his opinions found great numbers of followers in his own and various other countries; many, even at the present day, acting more or less on these principles. He carried out stimulation in his own person so freely, that his intemperance lost him all respect, and he kept sinking lower and lower in public estimation. He died in London in 1788.

DR. BENJAMIN RUSH.—This eminent American, celebrated as a patriot, a man of general science, and medical author and teacher, was born in 1745, near the city of Philadelphia. As the head of his college he did much to influence the state of medicine in his day, and the effect of his teachings is yet strongly felt. He taught that life was a forced state, and, applied to the human body, included motion, heat, sensation, and thought. That disease consisted in morbid excitement to particular parts; and its cure, in restoring an equal diffusion of the excitements over the whole. He strongly inculcated upon his students the necessity of observing nature for themselves, and practising more according to the varying symptoms, than the *name* of the disease which they might obtain from their books. He believed that medicine was progressive, and the time would arrive, when for every disease should be found a remedy, and no outlet remain for life but the door of old age. This noble exemplar died in 1813.

REVIEW OF MEDICINE.—We have now taken a bird's-eye view of medicine, from the earliest authentic records until our own times. It were easy to swell out volumes, for the difficulty has not been in procuring, but in selecting materials. The astonishing fact has been constantly presenting itself, that medicine has really advanced but very little from the time of Hippocrates; and that even at the present day, the works of that illustrious philosopher are standards with our first medical authorities. We have seen that nothing but patient observation of the sick bed can make the true physician, and that, in consequence, the less generalization he makes with regard to his patients the better. Riding hobbies literally, puts the doctor in the position of Death on the white horse, in the Revelation of St. John. To do his duty properly, he must study and treat the symptoms and not the names of diseases. Fashion unfortunately prevails as much in medicine as it does in dress, and as an exemplification of it, we purpose to give some anecdotes of the use of blood-letting.

BLOOD-LETTING FIRST PRACTISED.—It was undoubtedly noticed at a very early period, that effusions of blood from the body, in cases of sickness, were often followed by great relief, and thus man was induced, artificially, to follow the example set him by nature; yet the length to which it has been carried almost exceeds belief; and it has been well remarked, that the lance was less fatal than the lancet—that minute instrument of mighty mischief.

CHARLES DE GRIGNON.—During the reign of

Louis XIV. it was the fashion in France, and in many parts of Europe, to bleed the patient in every disease, whatever might be its symptoms or nature. Madame de Saigne, in her letters, speaks of the Chevalier de Grignon, a relation of the family into which her daughter had married, who was seized with small-pox of the most malignant kind, and attended with putrid symptoms. The physicians immediately had recourse to blood-letting, their favorite remedy, the repetition of which the patient, from the dreadful aggravations of sufferings he had experienced, in vain endeavored to resist. After having been bled eleven times, he yielded to the attacks of the doctor and the disease, and expired a victim to obstinacy and ignorance.

DR. JACKSON.—This gentleman informs us that he has "suddenly abstracted one hundred and twelve ounces [seven pounds] of blood, and thinks the loss may be carried even further without compromising the patient's safety."

DR. ARMSTRONG.—The doctor tells of a patient with inflammation of the throat, "who was bled to the amount of 160 ounces [10 pounds], besides having the leeches applied, and yet died in a few hours in consequence of the inflammation."

DR. PAINE.—"When excessive blood-letting establishes either in disease or health a susceptible state of the system, an habitual use of the remedy may be, in some rare cases, almost unavoidably incurred. Thus a case is related of a young female who was bled 1,020 times in nineteen years to cure her of hysteria."

LANCISI.—This writer relates the case of an old man who suddenly lost from his nose eleven pounds of blood, and four more in fifteen days after, without even any sensible loss of strength. Within one pint of two gallons!

Bartholin relates the case of a young man, twenty-five years of age, who lost 75 lbs. (over 8 gallons) in the space of ten days, and recovered. Boerhaave says "he has known almost the entire quantity of blood in the body to have been lost by hemorrhage, and yet the patient recovered. Paine relates cases in which one man lost one hundred and ninety-two ounces from his stomach in a single night, and another three hundred and fifty-two ounces from his lungs in the same time. Haller himself lost 128 ounces of blood in twenty-four hours.

DR. RUSH NOT ALONE IN BLEEDING.—Prof. Paine remarks that "Dr. Rush has been often represented as having been almost alone in the depletive treatment of yellow fever in Philadelphia, at its early visitations. We correct this mistake in behalf of Hippocratic observation, and, to fortify the timid, we may add that Dr. Dewees bled Dr. Physic to the extent of 176 ounces; Dr. Griffiths bled Mr. Thompson 110; Dr. Stewart bled Mrs. McPhail 106; Dr. Cooper bled Mr. Evans 150; and Dr. Gillespie bled himself to the extent of 108 ounces during the epidemic of 1797."

DOVER THE BUCCANIER.—This celebrated pirate and physician, who was the inventor of the com-

pound known as Dover's Powder (a mixture of opium, ipecac, and sulphate of potass) of the ships, relates that, not long before he took by storm the two cities of Guayaquil, the plague raged among them, and soon broke out on board his vessels, so that, in less than ten days, there were in all, among the ships of his fleet, 180 men taken down with it. "I ordered my surgeon to bleed them in both arms, and to go round to them all, with command not to leave them till they were all blooded, and then come and take them up in their turns. Thus they lay bleeding and fainting so long that I should not conceive they should lose less than 100 ounces each man. Notwithstanding we had 180 odd down in this most fatal distemper, yet we lost no more than seven or eight. Now, if we had had recourse to alexipharmics, (drugs, etc.) I make no question at all that, considering the heat of the climate, we should have lost every man." "Here," says Prof. Paine, "was the same moral firmness, the same self possession, the same clear-sightedness and decision that distinguished this remarkable man in his naval exploits. It was only operating in a new direction."

Fortified by the recital of such cases, the young graduate leaves college fully prepared to imitate the example of the illustrious heroes of his profession, dreading nothing so much, perhaps, as that the patient should die before he has put into operation every means to save him. And when we consider that, besides bleeding, he has at command a whole magazine of potent drugs, which he as unsparingly uses, it is indeed wonderful that man at the present day "should depart from this life by any other door than that of old age."

LEBANON SPRINGS—PIO-NIO OF THE CURE GUESTS.

BY J. H. N.

THERE are few places in this country where so much of the beautiful is contained in so small a space, as at Lebanon Springs. The valley, nowhere exceeding in width a few hundred yards, is surrounded by high hills; mountains, they would seem, were not many of them cultivated to their summits. One born and bred in this delightful vale, might well suppose that all the world was herein contained, so completely does egress seem prohibited. The view from any of the elevations in the vicinity is rarely equalled: "the flat" is as green as the richest grass can make it; the hills are cut up into patches of an acre or two, varying the landscape with every kind of grain; here and there a grove of trees is left standing, which seems to heighten the picturesque beauty of the scene. Eastward, the hills of the Berkshire range rise to the height of a thousand feet. From the summit may be seen the magnificent Kattskills, the extended Helderbergs, with the vast country between; on the other side, the eye wanders over the territory of three States. The situations of the large warm spring, of the hotels, and the Water-Cure House, are known to the readers of this journal. At the

establishment, this season, we have had an average of thirty persons. In no instance has the writer heard of one who regretted the time spent in the water treatment; not that every case is *cured here*, but that each one receives a lesson which sets him on the road to health, and teaches him how to keep it. We learn here, practically, that the ounce of prevention is worth the pound of cure. A walk of a few minutes will suffice to take one into the midst of charming groves. While rambling in one of these, the idea of a pic-nic was suggested, and all entered into it with enthusiasm. The very next day was appointed for our excursion. During the morning, there were mysterious whisperings among groups of ladies; and various odors, suggestive of things good for food, ascended from the kitchen. In the afternoon, there was a great packing of table furniture in a large basket—hands and feet were busy, and tongues busier. At five o'clock, a grand meeting of all took place; the large basket was despatched to the ground by a wagon; a procession of the guests was then formed, each one carrying his contribution, or some useful article, to the entertainment. With great glee, occasioned by sundry small mishaps, we arrived at the grove. Now, seated in the cool shade, upon the smooth green turf, there was ample time for rest from our *arduous* labor, and for conversation upon the delightful prospect before us. The evening was all that we could possibly have desired—*warm* and pleasant, with a clear, transparent atmosphere. At the usual time for supper, the ladies proceeded to set the table—that is, to spread the cloth upon the grass; then were revealed treasures indeed. In the midst was a large dish of white and brown rolls; on one side a pile of potcheese, on the other a large dish of cut peaches, with the accompaniment of a pitcher of cream; at one corner, two immense peach pies, presented by a youthful fairy for the entertainment of the guests; at the other corner, some gingerbread, without the ginger. Those unable to attend had not forgotten us, as various little offerings reminded us. There was no backwardness in seating ourselves at table. No company of invalids, I warrant, ever partook with keener appetites of an expected feast. It would have done good to the hearts of the poor invalids shut up in sick rooms, and condemned to swallow nauseous doses, to have looked upon us, so lately in their places. With becoming moderation we proceeded to demolish a portion of all our good things. Meanwhile, we were enlivened with that table-talk, which is the spice of every such entertainment; pleasant games, which set the wits to work, helped on the sport. Didst ever play at the game of "twenty questions?" One must think of some object, which the company proceed to discover by asking questions; the number of twenty questions is allowed, and if not "guessed" in that time, the *questioned* is "*allowed*" to be smarter than the whole company. One object was too much for us all—it was a substance belonging to the "mineral kingdom"—

solid, of varied shapes, white, used as a luxury, produced in the country, now on the table, &c. None could make it out: it was "ice." Votes of thanks were passed, in order, to each contributor, and a committee appointed to deliver them; the delivery caused much amusement. The supper over, all glasses were filled with ice-water for the first toast—it was, "Our respected physician, Dr. BEDORTHA;" this was received with acclamation, and called up the doctor, who was almost overcome by the applause with which he was greeted. He proceeded to respond in a short speech, replete with good sense and valuable advice. Dr. Bedortha was one of the first Water-Cure physicians in the field, and has been for five years connected with this establishment. Honest, conscientious, and skilful, he inspires his patients with an uncommon degree of confidence. All regard him with profound respect as a man, and rely with perfect trustfulness upon his counsels as a physician. There is but one sentiment in the minds of those who come under his care, and that is, attachment to their physician. Hundreds who have presented themselves to him, the victims of disease, exasperated by unskilful practice, are now restored to health through his unwearied efforts and kind encouragement. Health and long life to the doctor, that he may be the means of restoring happiness to thousands of unfortunates like ourselves. Many appropriate toasts were given and speeches made. As twilight approached, the party returned, enlivened in mind and body. All declared that this was the most sensible, as well as the pleasantest, excursion in which they had ever engaged.

ODDS AND ENDS FROM BETHESDA.

BY J. H. STEDMAN, M. D.

OUR ESTABLISHMENT.

ONE year has now elapsed since Bethesda entered the list of those truly benevolent institutions, which, of late, have done so much to cheer and bless the world. It is pleasantly situated near the village of Richford, Tioga county, N. Y., and is connected with the Susquehanna Valley, and the New York and Erie Railroad, at Owego, by one of the best roads in the State or country. Our means for treating diseases, the purity of our water, and the salubrity of the climate, are not surpassed; and as our especial design is to accommodate and benefit the *laboring classes*—those whose means will not permit them to visit more expensive institutions—our terms, as heretofore, will be but *four dollars* per week, for ordinary treatment, attendance, and board.

OUR SUCCESS.

During the past year I have treated a great variety of chronic and acute diseases, and I can now enjoy the pleasing consciousness, that during that time no man, woman, or child has been made to sleep the long sleep of death through any agency of mine; and this is more than I dare say of some of those sixteen years of allopathic

blindness, when I was reckoned a "very respectable and highly successful member of a highly respectable and very honorable profession." With the exception of two or three who left after a probation of a week or two, because they *would not* dispense with some favorite beverage or crucify some darling lust, and who, of course, were neither benefitted nor pleased, every person who has been a patient at Bethesda Water-Cure has been benefitted to an extent altogether beyond anything that medicine (falsely so called,) had been able to do for them; and in most cases medicines of all sorts had been pretty thoroughly tried. I have had a few cases, which, on account of change of structure, or the advanced age of the patient, were necessarily incurable; yet even in such cases the sufferer has been made comparatively comfortable. Nearly every case of Dyspepsia, Brouchitis, Neuralgia, Rheumatism, Hepatitis, Piles, Gravel, Scrofula, Erysipelas, Spinal Affection, Prolapsus Uteri, &c., has been either cured or very essentially relieved; and the amount of relief obtained has, in most cases, been in proportion to the time expended; those who have visited us for the single purpose of "*being cured*" having had their intentions realized, while those who have visited us for the purpose of "*staying a few weeks*" have, for the most part, been but partially relieved. Now and then a case has occurred, however, in which a cure has been perfected at home, after having been commenced by a few weeks residence at our institution.

TOBACCO, TEA AND COFFEE.

Not the least important among the blessings which Water-Cure establishments are conferring upon the world is the inculcation and dissemination of correct sentiments concerning diet, air and exercise, and the breaking up of long-cherished habits of indulgence in the use of tobacco, tea, coffee and other poisonous drugs. Indeed it is pleasing to see how readily persons, who are in sober earnest in their search after health, accommodate themselves to the plain and simple fare of the Hydropathic table; and with what ease they throw off a yoke that has for years connected their happiness with, and compelled them to worship at the shrine of a Virginian weed, a Chinese shrub, or an Arabian berry. With but very few exceptions, I have had no difficulty in weaning my patients, *thoroughly*, from all such destroyers of human life.

PROLAPSUS UTERI.

During sixteen years of practice in the ranks of Allopathy, I necessarily came in contact with very many cases of Prolapsus Uteri, and other diseases peculiar to females, not one of which were cured, either by myself or by others. Cases in which a little temporary relief was obtained, and the patient somewhat "patched up," were indeed not of unfrequent occurrence; but, in most cases, a *truce* only was obtained. To be soon followed by a more aggravated visitation; while in not a few cases the disease was greatly aggra-

vated by the treatment employed. But since I have adopted a more rational system of practice, substituting the plunge, shallow bath, shower, or dripping sheet, (as each case seemed to demand,) for the chalybeates, and other tonics of the Pharmacopœias; and instead of supporters, pessaries, and vaginal injections of mineral and vegetable irritants, employing the short sitz bath, cold and often repeated, with injections, *per vaginam*, of pure cold water, enjoining at the same time the strictest temperance in *all things*, I have cured nearly every case that has fallen into my hands.

Does the experience of others correspond with mine in this particular? and if so, ought not especial pains to be taken to inform the tens of thousands of females in our land who are, and multitudes of whom have long been sufferers from this class of diseases, that there is hope for them?—that if they will but comply strictly with the practice and the rules of life which Hydropathy prescribes, they may almost certainly be restored to health, to happiness, and to usefulness? Let the truth on this point be told to every female especially. Let Water-Cure books and periodicals be circulated with a zeal and energy becoming so important a subject. At least, do not let us, Hydropaths, be outdone in activity by those who circulate those vile publications, which tend to the destruction of all that constitutes a man—the moral, intellectual and physical powers.

MEDICAL ASSOCIATION OF SOUTHERN CENTRAL NEW YORK.

By the politeness of a friend, I have recently received, in pamphlet form, the "transactions" of the above-named Association, at an annual meeting, held at Cortlandville, June 5th, 1849.

Several curious transactions, it seems, took place at that meeting, among which I notice particularly the following specimen of professional *intolerance* and *dictation* on the one hand, and professional *succumbing* and "*dough-faceism*" on the other:

It appears that Dr. Healy, of Dryden, reported a case in which he had relieved a spasmodic difficulty of respiration, by the use of Fahnestock's vermifuge. After which report Dr. Green arose and remarked upon the *irregularity* of the act, and was followed by Dr. Brooks, and others, who urged the importance of sustaining the rules of the Association, in reference to "countenancing, in any way, the various systems of quackery in vogue in our land." A committee was immediately appointed to confer with the offending doctor, and report at a subsequent session; but what were the particulars of this conference we are not informed. How be it, on the next day, Dr. H. being called upon by the committee to make a public statement, or in the language of the committee "to define his position," arose and stated to the association that he had used no other nostrum, and that he should *use this no more!*

The question very naturally arises in view of this case, what was the amount of Dr. Healy's

offence? In what did his crime consist? Did he destroy his patient? No. Did he inflict any serious injury by aggravating the disease, and thus rendering a cure more difficult? Nothing of this, so far as appears from the report, for the doctor expressly declares that his patient was relieved; and so decided, and speedy, and gratifying was the relief afforded, that he thought the case one of sufficient interest to be laid before the assembled medical wisdom of Southern Central New York. For what act then, was Dr. H. thus arraigned before his medical peers, and required to submit to the scrutiny of a committee, and finally to brand himself a *Dough-face*? Plainly for this: he cured his patient *irregularly*. He administered an article which has not yet, like paregoric, Dover's powders, and scores of other nostrums, been sanctioned by the *leaders* in the profession, and placed on the list of "*Official Preparations*," to be found in the *Dispensatories*.

But suppose a different case. Suppose that instead of Fahnestock's Vermifuge, the doctor had given a solution of tartarized antimony, or an infusion of some vegetable poison, and the patient had died in the operation, or immediately after: suppose you, kind reader, that Dr. Healy would have been called to account for his conduct? Not a bit of it. In such a case the patient would have been *killed regularly*, which, in the eyes of the profession, is much less to be deplored than to be *cured irregularly*. But this is not all. Dr. Healy solemnly averred before the committee of the "Medical Association of Southern Central New York," that he had used no other nostrum, and that he would use this no more! Although Fahnestock's Vermifuge was *the thing* that relieved his patient, and is (so far as his experience is concerned in that particular case at least) the only article that would have relieved the poor sufferer, or that will afford relief in any similar case, yet so soft and plastic was this man's professional face, that he consented to have it moulded over and worked, until he was prepared to *back out* of the position which he had honestly and honorably assumed,—that of a *contributor to the medical knowledge of the day, and proclaim himself a professional NINNY*. I have no confidence whatever in Fahnestock's Vermifuge as a means of curing disease; yet it may be as good a *palliative*, in certain cases, as any other medicated *nonsense*. But not so with Dr. Healy. He honestly supposed the case to possess sufficient interest to be reported to his professional brethren, and expressly declared that the patient was *relieved* by the article abovementioned—a declaration which *they did not once call in question*,—and yet this foolish doctor has virtually pledged himself to suffer his patient to *DIE* rather than again administer the article which proved so successful in the case reported!! Is it any wonder that so little improvement has been made by the doctors in the treatment of disease? Is it any wonder that physicians generally are ignorant respecting the truth as it is in water, air and exercise, and that they perseveringly oppose

whatever savors of reform? The poor men are in *leading strings*—they are completely *harnessed*, and dare not step to the right or the left, lest they get caught outside of the traces and receive the professional *lash* which professional bigots so effectively wield.

PRIESSNITZ AND GRAEFENBERG IMPROVED UPON.

BY JOEL SHEW, M.D.

FRIEWALDAU is a small German town of some three thousand inhabitants, situated in a very beautiful and picturesque valley, extending between two portions of the mountains called Sudates, in Austrian Silesia, Germany. It is about eighteen English miles from Neisse, seventy from Breslau, two hundred and sixty from Berlin, two hundred from Dresden, one hundred and sixty from Prague, sixty-three from Olmutz, and one hundred and seventy-five from Vienna.

GRAEFENBERG is a small colony or cluster of houses located about half way up the sides of one of these beautiful mountains. From a point a little way off, we have an extended view of the plains of Prussia. The mountain tops, the hill sides, the valley, and in fact everything here the eye can reach, is by nature most perfectly beautiful. The air is as pure and exhilarating as can be conceived of, and springs, in almost every direction, are found in greatest abundance, gushing forth water of purity and softness rarely to be met with.

Graefenberg, although so widely known, is a small place, containing only ten houses, besides four or five out-houses and barns. The "Colony," as it is called, is situated about an eighth of a mile down the mountain side toward Friewaldau, and contains some eighteen houses, besides several barns and sheds. Such were Friewaldau and Graefenberg in 1848, when we last visited the locality.

VINCENT PRIESSNITZ was born at Graefenberg, October 4th, 1800. He was of humble origin, although his father's family have been in possession of the estate he now owns, of about 150 acres of land, for upward of two hundred years. He being the youngest son, became, according to the laws of the country, possessor and sole owner of the family estate after the death of his father in 1835. It was here where this remarkable man brought into existence what is now popularly known as THE WATER CURE. This Graefenberg is an humble place—a few houses situated on the side of a mountain—yet it is a spot endeared to thousands, from every nation and clime, who have here regained that most precious of all earthly blessings, health. It is a place, the fame of which must descend to the latest posterity, carrying with its very name, to millions of sufferers yet unborn, remembrances of the most pleasing kind. Already the whole civilized world honors this humble spot and the genius through whom it has thus been so widely made known.

There is no situation or calling in the world in

which there can be exhibited more of real philanthropy than in the healing art. The Saviour of men said, "*I was sick and ye visited me*;" and he everywhere recognized the importance of the mission of healing the sick. Accordingly, too, in all ages of the world, those who have been the means of relieving the sufferings of mankind in an eminent degree, have been looked upon as being among the greatest benefactors of the race. What then must be the feelings of Priessnitz—how great his satisfaction in knowing that he has achieved so much in that noble mission to which he has been called!

But we have another story to tell of this humble Graefenberg. Great as have been the achievements here wrought, we are not to suppose that the healing art has yet been perfected. No; there must yet arise those—if they have not already arisen—who will as far outstrip Priessnitz as he has those who have gone before him. Let us, for a little, leave the Old World and its honors, and see what we can find in the New—yes, in our own humble New York. Let us see whether we shall not have, after all, to give up our water treatment, our wet sheets, fomentations, wet girdles, plunging baths, sitting baths, half baths, douches, and all the endless variety of the water art which we have relied on so much, for that which is *incomparably better, safer, and more efficacious*. Let us see, indeed, whether Hippocrates, Celsus, Galen, Boerhaave, Sir John Floyer, Baynard, Howard, Wesley, Vanderheyden, Currie, Priessnitz, and all who have so ably advocated the water-cure, must not after all be cast for ever into the shade.

Not many years ago, when Graefenberg had become somewhat celebrated in this country, there were some modest men in this city of New York—so modest that they have never yet made known their names to the public—who became convinced that they could improve on the system of Priessnitz; and as their wonderful discoveries were to be the means of accomplishing a vast amount of good to humankind, it became their duty to couple their doings with the name of GRAEFENBERG. True, Graefenberg was a place famous for healing the sick with pure water alone; but inasmuch as it has been the most celebrated place of healing in the whole world, thus far; and inasmuch as these men had now discovered methods which were yet incomparably better and more efficacious than those of this distinguished place, they must call their medicines the "GRAEFENBERG MEDICINES," and their little pamphlet setting forth the inimitable virtues of these medicines, the "GRAEFENBERG MANUAL OF HEALTH."

Taking it for granted, then, that this sage, wise, and benevolent body of men, the "GRAEFENBERG COMPANY," have done their duty faithfully in adopting the name "GRAEFENBERG," let us proceed to examine their humble book.

In the preface of the pamphlet before us, our benefactors tell us of the mournful tragedy of Washington's death by the *bleeders*. What greater example could we have of the terribleness of

the old school methods! How noble that such men as the Graefenberg Company come forth to the world's rescue! They then proceed setting forth modestly their views:

"As we have said, our young mind was severely exercised by the perusal of the melancholy tragedy. We asked ourselves, why should such things be? Though our advantages of education were slender, we found ourselves frequently pondering upon the subject. This bias had a powerful influence upon our life. Medical books, the society of intelligent medical men (when we could find them,) became a passion with us. It would take more time than is worth while, to detail how we advanced step by step, in medical knowledge, until associating with ourselves men of enlarged views and means, we were at last enabled to obtain the incorporation of the GRAEFENBERG COMPANY; which but a grain of mustard seed at first, now overspreads the country, and permits the fowls of the air to repose in its branches."

The motives by which the Graefenberg Company have been actuated are thus stated:

"In our investigations, if we know ourselves, we have been actuated by no other than the most hopeful, the most benevolent intentions. In the words of the Roman poet—"MEN OURSELVES, WE FEEL FOR ALL MANKIND."

It is well known that there has been all over our country a great rage for using mineral medicines; and also that the common drugs of the shops are nearly all miserable adulterations, wholly unfit for the human stomach. Our benevolent company of men have set these matters all right, as will appear from the following honest extract:

"So it is with residents in the country. They need, perhaps, a sure, though an easy *purge*; one which does not contain POISONOUS MINERALS; a purge which, while it evacuates and cleanses the stomach and bowels, gives tone and strength to the system. The same uncertainty as to the quality of medicines which are on sale at the shops, exists in their case as in that of the physicians; and they frequently get an acrid, griping, sickening, drastic purge; or else one which will scarcely operate. The truth is, that the poor, cheap articles, usually sold as medicines in the country, are scarcely fit for horses and cattle. *They are far from being proper for the delicate mechanism of the human body.*"

Personal Beauty—beauty of our corporeal body—being always of such great importance, incomparably more important than beauty of the "inner man," the Graefenberg Company, in their benevolent intentions, have not omitted the setting forth its charms. Hear them as follows:

"Personal beauty is necessarily dependent, in a great degree, upon the condition of the *skin*. It was to their great care of the skin that the ROMAN LADIES were indebted for that trans-

parency of complexion which they possessed. The Greek Mythology represents the goddess of love rising from the sea; indicating, that washed, refreshed and purified in the deep waters, she made herself beautiful. How much does a fresh and transparent complexion add to the beauty of both man and woman! How few Americans really possess that charm! *And yet there is scarcely a person that might not have a good complexion.*"

The Graefenberg medicines, our dullest readers will at once comprehend, have a remarkable power in producing beauty in the complexion in both men and women. All the "skin doctors," "rouge doctors," and "face powder doctors," will now and for ever be outdone. *Behold beauty made easy!*

This Company will be of immense service to mankind in controverting certain dangerous opinions which people are prone to follow. Thus the foolishness of the old saying, that if we wish to enjoy a good appetite, we must always rise from the table before it is satisfied, is thus controverted:

* * * "To rise with a good appetite, though a very frugal and common maxim, is an exceedingly bad one. He who obeys the dictates of nature, that is, his own internal feelings, will not err, but eat till he finds himself satisfied; for there is no other method for ascertaining the quantity necessary to be taken."

Seeing that people are everywhere so prone to eat less than nature requires, the above paragraph of this noble company ought to be published far and wide to a wondering world.

The foolishness of subsisting either mainly or wholly on a vegetable regimen, is thus spoken of by the Graefenberg Company:

"As to the *quality* of diet, it is of little importance to persons in health, though animal food is incontestably preferable, and to which the vegetable ought to be greatly disproportionate; for the diseases which arise from the latter are by far the most crabbed and refractory."

Away, then, with the notions of Cornaro, Cheyne, Howard, Alcott, Graham, Mussey, Priessnitz, and others, concerning the utility of vegetable diet. "Eat ham and eggs, and all good things of the kind, to your liking," is the authoritative mandate of this learned body. "Rely upon it, your potatoe, squash, pumpkin, Johnny cake, and bran-bread diet, is not the thing for rational men to live upon."

We can hardly refrain from quoting many pages of the wise sayings of the Graefenberg Company. For the want of room, however, we must for the present desist. We could not say less. And we will here remark, in closing, that there is in our humble opinion no class in the community who are so able to comprehend the true merits of what we were pleased at the beginning to term "*Priessnitz and Graefenberg im-*

proved upon," as the readers of the WATER-CURE JOURNAL. At the hands of such a tribunal the GRAEFENBERG COMPANY will be most certain of receiving their due reward.

THE CONNECTION BETWEEN DIET AND DISPOSITION.

BY S. M. HOBBS.

THE connection between what we eat and what we are, constitutes a relation as philosophical as any which pertains to the phenomena of life or science. There is a direct and positive condition always holding between the stomach and brain. The great and beneficent and beautiful laws of nature have established this condition not only in man, but throughout all animal creation. Nowhere is it invisible.

The reasons and philosophy of why this is so, are obvious. It is a law and guide to men to follow the teachings of those laws upon which life, health, and happiness depend. It is to teach them, that whatever they put into their bodies will be a blessing or a curse, just in accordance as it is a fit or unfit substance. It is a wise and kind provision of nature, to teach men that they cannot put poison into their stomachs without the most positive and palpable injury. It is to teach men, that whatever they from day to day eat will act on their dispositions, making them gentle or ferocious, loving or hateful, the lamb or the tiger, the despicable fool or the admirable man.

The connection between diet and disposition is a prominent part of history. Everywhere we shall find our position illustrated. Wherever brutal ferocity and unbridled passion have prevailed, there shall we find wide departure from, and great perversion of, the laws of our nature. The tyrant is not more marked by cruelty and blood in his outwards acts, than that those very acts are marked by a physical connection within. So of the man who is kind, generous, dignified, benevolent, thoughtful: he is marked by the same unvarying connection. Look at Nero, and then at Lycurgus. The one a base, perfidious, cruel, unfeeling, diabolical, monster; the other a wise, generous, soul-gifted, pure, gentle, glorious man. The one having no affections, no patriotism, no heart, soul, or conscience; the other possessing, in the fullest measure, these transcendent qualities. Who cannot, to a great extent, discover the philosophy of this wide difference in character and disposition? Who cannot see, that while Nero's body was the receptacle of all that is vile, and disgusting, and abhorrent, that he was the unrestrained consumer of exciting food and ruinous drink?—that the renowned and beloved Lycurgus was kindly and genially nourished by the simple fruits of the earth, and his thirst appeased at the pure springs of the hill-side? And yet these are the common principles of everyday life. Every community has its Neroses and its Lycurguses to a little or great extent.

Let us look at mankind, and see if there is not a connection between disposition and diet. And

first, the bloodthirsty, tiger-natured, ill-minded nations—those who have the least humanity, magnanimity, enlarged patriotism, and Christian virtue. Take the Austrians—revelling in human gore: fiendishly delighting in the most atrocious cruelties; compassing their strongest energies to gratify the demon within them, they exhibit a people the most passionate slaves to depraved appetites and grovelling desires. Lined, stuffed, packed with the grossest meats; soaked, swimming in the vilest liquors, they are no other than just what they inevitably must be—a nation without true heroism, mind, character, principle, generosity, public spirit. A portion of the Russians is no better. Inhuman, revengeful, thoroughly regardless of justice, equity, and the rights of nations, it would plant its iron heel upon every neck. This portion—and it is in happy and direct antagonism to a large class of its people—is an animal-fed, besotted, and generally depraved cast. Their natures are fired with passions that turn the man into the devil. If we turn to the English, we shall find this a no small element of their character. It is not of that cruel, ferocious, inhuman stamp of the nations we have cited, but is rather seen in the more moderate channel of a grasping ambition for conquest, possession, and government. The connection between the diet and disposition of this nation holds equally true as of others. The animal is the dominant characteristic. In the main, they are too much an over-fed, stomach-idolizing, dram-drinking people, though presenting many of the noblest and most admirable exceptions the world can boast. It is but little better with our own country. We, too, are, to a lamentable degree, guilty slaves to the bottle and the flesh-pot. Among us, the "war party" is shadowed forth by its unnatural, gross, perverted, and sensual diet. Still, there are saving exceptions; and, thanks to the increasing prevalence of a better philosophy, the number is increasing with a rapidity the most gratifying.

Then there are the New Hollanders. Is there a more pitiful, contemptible, God-forsaken, despicable race than they? Ferocious, ignorant, unfeeling, unspirited, except under strong animal excitement; displaying little heroism, no grandeur, as a nation. What is the philosophy running from their diet to their disposition? They are completely sensual, from brain to heel. Besotted, begrimed, illiterate, unpatriotic, living for the hour, debauched in the constant service of a debased and shameless dissipation, they present anything but a happy, progressive, intelligent, growing-in-virtue nation. They live, for the most part, on meat, and guzzle the most abominable and filthy of dishes.

We might instance the Equimaux Indians—a greasy, stupid, animalish, sleepy, unenterprising, insignificant nation, the ridicule and butt and contempt of all decent and virtuous men; with an ambition narrowed and cornered down to the grossest animal wants, having hardly a conception more than that man was made to eat and sleep, to stew and drink, from life to death.

Who, with an eye up to the size of a young mustard seed, does not see that all this comes from their most unnatural, filthy, disgusting, stomach-rioting diet? Who does not see, that all their stupidity, indolence, moral imbecility, want of every conceivable quality that becomes a man, is the direct and only result of the enormous portions of oil they perpetually swill down, and the huge quantities of fat-rolling flesh with which they literally stuff themselves? Under such a perverted, monstrous, nature resisting diet, what other than the *disposition* we find can be expected?—or rather, what else could possibly exist? Let every nation follow its course, and all that is grand, and good, and glorious, in civilization, would shortly cease to exist.

On the other side, how is it with those nations who have followed nature in diet and general regimen—living on simple provender, and for the most part drinking little but water? We almost always, if they live under a free, moral government, find them a great, noble, an intelligent, a refined, a progressive, a moral, a virtuous, patriotic, and well-ordered nation. Among such, the arts, the sciences—all that dignifies, embellishes, raises, improves—all that makes life glorious, and satisfactory, and brilliant, and enduring, is sure to be found. Such are the people who have come down to us in history with ever-increasing and genial light, and around whose memories the mind and heart so love to linger and learn.

The ancient Greeks: Where shall we find a nation to which all aftertime turns with such fondness and admiration? Where is their superior!—hardly, where is their equal? Where shall we find more noble, generous, high-souled, splendid men? Nowhere. Where shall we find men whose lives were adorned, dignified, illuminated with more beautiful or substantial qualities? Nowhere. Where shall we find more philosophical, devoted, accomplished, virtuous lives? Nowhere. The source and home of science, letters, and the arts, where is her glory approached? Nowhere. And yet, does there not run through all this a direct, palpable, certain connection between diet and disposition? We say and insist there does. Gentle in manner, high-toned and manly in bearing, gifted by the sweetest natures, the whole of life a perpetual series of calm and waving delights;—did all this, or could it all, come from a head-reeking, body-stuffing depravity, or soul-sinking diet? *Never, never*; the thing is inconceivable. If we lift the veil from the seduction of their domestic life, we shall find them frugal and abstemious—happily living on a few simple but delicious fruits, and imbibing the transparent fluid that gushed and sparkled and danced from the cool mountain springs. Such was amply sufficient to give them sound minds and sound bodies—to give them that strength and energy and mind that made them so truly great in whatever they engaged. Justice, mercy, equity, love—all the Christian graces—are sure to be found in such a people.

So of the ancient Persians: a strong, noble,

robust, muscular, healthy, handsome race; yet gentle, quiet, easy, graceful, and winning in their natures. Pure in their lives, gifted with a lofty moral standard, enjoying a high state of physical felicity, and boasting great ruddiness of body and mind, they claim our utmost admiration, and afford us the most instructive of examples. Consistent nations will by and by follow them.

How with the Swiss? Who does not love them—noble, generous, magnanimous men! How do their deeds and voices mount their eternal glaciers, and spread over the farthest nations! How favorite the memories, how grateful the reminiscences, that embalm their name and history! Patriotic, chivalric, generous, virtuous, liberty-loving, intelligent, industrious, they win all noble hearts. And yet the Swiss are a nation exceedingly prudent in diet, living almost to a man on simple vegetables and fruit. Such, we omitted to remark, was the sole diet of the Persians in their best days. On this plain sustenance the two nations have lived in health and strength, and exhibited fortitude, valor, and endurance, as iron-like and grand as any in history.

Where shall we find such strength, agility, elasticity, energy, daring, fire and life, as among the Arabs? Their feats are the wonder and admiration of all who witness them. Their food is of the plainest nature, and of the most abstemious quantity. A very little satisfies their natural wants: a little fruit, a few vegetables, and they are contented. On these are founded those surprising muscular deeds, that we, with all our full and nourishing diet, can barely imitate in the most ridiculous distance. Pacific, gentle, mild, unswerving in their dispositions and natures—they but repeat the ever unvarying logic of a connection between diet and disposition.

And so we could go on without limit. We might cite nations, and trace habits, to fill a volume. It is unnecessary; our purpose does not require it; the design is accomplished without it.

That there is a direct and positive connection between diet and disposition, cannot be evaded; it is founded in the deep philosophy of life; it is as palpable as life itself.

What are the lessons it teaches!—what the moral it suggests? This, with a force and directness we must heed—that, if we would cultivate the highest nature—if we would exhibit the development of the true, the great, the noble—if we would embellish, strengthen, dignify our lives, we must so order the physical being, by a natural simple, healthy, life-giving, correct diet, as that the baser and ignobler passions may be destroyed, for the replacement of all that makes man a physically strong, sterling, robust, healthful, lofty-minded, vigorous, affectionate being.

The Arabs of the desert are said to be so healthy that they find it more difficult to die than other nations find it to live!

TO MOTHERS.
BY A MOTHER.

WILL you permit me to speak to *mothers*, through the medium of your excellent paper. I was witness, last summer, to such an amount of anxiety for the sick, and such heart-rending grief for the dead, that I turned from such scenes with feelings of amazement, bordering on incredulity and horror, at the ignorance and infatuation which prevail so generally among us, in placing so much confidence in physicians, and so little in that which a kind *Providence* has so bountifully placed within our reach—that is, pure, cold water, plenty of fresh air, and judicious, indefatigable nursing. The season has returned when cholera morbus, dysenteries, and other summer complaints, usually prevail among children; and if any of yours should be attacked, I beseech you, instead of having them drugged, blistered, &c. as is usual, to adopt a more mild, natural, and efficient course. To illustrate, I will go into detail, however tedious it may seem; but, when the life of a darling child is at stake, I trust you will pardon me.

My youngest, one year old, had two severe attacks last summer, and at both times we thought we should have lost him. When he was taken, we immediately applied the wet girdle around his body, and tepid water injections after every evacuation. I have given from a quart to two quarts at a time; that is, one injection after another, until that quantity was injected. Of course, it does not remain long in the bowels; but it does its work—it gives a *thorough* cleansing. It can be done over a tub, standing on an oil cloth, and injures nothing. The diet allowed was simple Graham bread, soaked a long time in milk, and baked Indian pudding.

One day I thought the little fellow would surely die. We were some miles from the city where our doctor resides, and my husband was from home, and knowing how soon they were taken away with such complaints, I knew something must be done instantly; but what to do I did not know, being so alarmed at his situation. I said, if I send for my neighbors, they will want to give him paregoric, Godfrey's cordial, castor oil, &c., and then think and say that I had killed him with cold water. Then, I thought, if a neighbor should send for me in such a case, what would I do! Oh! thought I, now I can go to work; and I did, with the most happy results. In the first place, I gave him copious injections; he drank plentifully of cold water; then put him in a tub of cold water, and rubbed him well; put on him a large coarse night-gown, put him in the tub, and gradually wet it all over, also his head; then put a small dry sheet around him, when I took him out of the tub, and put him in a blanket. He soon fell asleep. I then wet a towel, and put it on his head. He slept sweetly for three quarters of an hour, when I took him up, took off the wet night-gown, and put him in a fresh tub of water, quickly wet him over, and rubbed him off, and dressed him the same as if he was well; and before I was through, he

seemed inclined to play, and noticed his clothes, &c.; then I got into an open wagon, and rode with him half a mile or more, and he came back much improved. The next day he was playing about the room, and went out every night and morning while sick. This was last August. The second attack was in September, when we called Dr. Shew to him; but I do not think he was any worse; but we felt more anxiety, so many dear little ones having been so suddenly taken from their parents. I know not what I would have given if, at that time, I had only known what I have here written, and therefore feel it a duty to be thus explicit, hoping it may be of service to some anxious mother, when she knows not which way to turn for the relief of a darling child.

Before my little boy had entirely recovered from the second attack, I was called hastily to a friend and neighbor, whose child had been sick four days with dysentery. They thought her case a very bad one. Their doctor was also in the city, and knowing of my success with my little one, sent for me. I immediately put her in a warm bath, rubbed her gently, then put her in bed, and laid a wet towel on her breast and stomach. She was much oppressed for breath, but soon breathed easier, and seemed better. When she had her evacuations she suffered much. The straining, so peculiar to the complaint, was most distressing to witness. I wished to give injections, but the parents were not willing, until they should see the doctor. The doctor came, but said nothing about giving injections, and had started to go, when one of the family asked him, what he thought of them for her. "Injections!" he said—"why, I never have thought of them!—why, give them to her, made of *rice-water*, every twenty minutes." They were administered, and gave great relief; but they came too late: the disease terminated on the brain, after a week's continuance. The injections relieved her, as every bad symptom seemed removed by the water. She was nineteen months' old, and the only child of her mother, who now thinks she might have been saved, had she only known the efficacy of cold and warm water.

I was called to another family, who had some little knowledge of cold water, from seeing the treatment in our family. I gave directions, and helped to nurse, too. Went in one day, and found the patient very languid and stupid. "Why," said I, "this don't seem like a cold water patient!" "Oh, no," said his mother; "he does not get well like your children." "Well," said I, "you must fight as I have, if you expect to succeed. Have you given him nothing but warm water injections?" "Nothing; only I put a teaspoon, or so, of laudanum in it." "Ah!" said I, "that explains it all. You must now see why he does not recover; he is under the effects of the opiate just as much, and more, than he is of the water." She was convinced, gave it up, and the child recovered, but was much reduced.

All that tried the water treatment in our neighborhood got well.

THE PROFITS ON FRUIT CULTURE.

BY S. W. COLE.

WHEN fruit becomes a standard article of DIET, as it ultimately must, facts, like these, will be regarded in a proper light, by every farmer. The Albany Cultivator says :

"The following facts, exhibiting the large profits which may be derived from the skilful culture of fruits, are furnished by S. W. COLE, editor of the New England Farmer, of Boston, who is a remarkable fact gatherer, and who remarks, 'we give some extreme cases, and others which common skill may compass. The cultivator will do well with medial success. Yet it is well to have a standard of extraordinary attainment, or the perfection of excellence, as a goal for those who inscribe on their banner '*excelisior*.'"

"Mr. Moses Jones, of Brookline, in this vicinity, a most skilful cultivator, set 112 apple trees two rods apart, and peach trees between, both ways. The eighth year he had 228 barrels of apples, and in a few years from setting the trees, \$400 worth of peaches in one year; and the best part of the story is, that large crops of vegetables were raised on the same land, nearly paying for the manure and labor. The tenth year from setting, many of the apple trees produced 4 or 5 barrels each, the land still yielding good crops of vegetables, the peach trees having mostly gone by old age. Mr. J. grafted a tolerably large pear tree to the Bartlett, and the third year it produced \$80 worth.

"Mr. S. Dudley, a very successful cultivator in Roxbury, an adjoining city, sold the crop of currants from one-eighth of an acre, for \$108, the next year for \$125, and he had good crops for several years. He picked 500 quart boxes from one-eighth of an acre the next season after setting the bushes in the fall. He had \$25 worth of cherries from one Mazzard tree.

"We saw, in Natick, Mass., on the banks of the 'classic Charles,' on the farm of M. Eames, Esq., an apple tree grafted to the Porter when 75 years old; it soon bore, and the seventh year it produced 15 barrels, which sold at \$30. The original Hurlbut apple tree produced 40 bushels in one year and 20 the next. The original Bars apple yielded 60 bushels in one year. N. Wyeth, Esq., Cambridge, in this region, had from a Harvard pear tree nine barrels of fruit, which sold for \$45.

"A farmer would not plant an orchard, thinking he should not live to eat the fruit; his son had the same views; but the grandson planted for posterity, yet his predecessors shared in the fruit also, for the grandfather drank hogheads of the cider.

"Hovey states that a Dix pear tree, in Cambridge, produced \$46 worth of fruit at one crop. We saw in Orange, New Jersey, 100 bushels of apples on a Harrison tree, which would make ten barrels of cider, then selling at \$10 a barrel in New York.

"Downing says that the original Dubois Early Golden Apricot produced \$45 worth in 1844, \$50 in 1845, \$90 in 1846. A correspondent of the

Horticulturist says that Mr. Hill Pennell, Darby, Pa., has a grape vine that has produced 75 bushels yearly, which sell at \$1 a bushel. James Laws, Philadelphia, has a Washington plum that yields 6 bushels a year, that would sell for \$60. Judge Line, Carlisle, Pa., has 2 apricot trees that yielded 5 bushels each, worth \$120. Mr. Hugh Hatch, of Camden, N. J., has 4 apple trees that produced 150 bushels, 90 bushels of which sold at \$1 each. In 1844, a tree of the Lady Apple, at Fishkill Landing, N. Y., yielded 15 barrels, that sold for \$45.

INFLAMMATORY RHEUMATISM, treated on the principles of ALLOPATHY, HOMOEOPATHY, HYDROPATHY, and the WATER-CURE.—*Facts*, like these, are valuable; they will convince, when *theory* alone, would not satisfy. We are permitted to copy the following from a private letter, addressed to Dr. Wm. E. ROGERS, of the Summit Water-Cure, in Pennsylvania:

It is now about three years since I was attacked with inflammatory rheumatism in one of its worst forms, rendering me almost helpless. Shortly after this, a distressing cough set in, and so severe were some of these spells, that I could scarcely recover during the entire day or night. This, together with a chronic diarrhoea, had brought me well nigh to the brink of the grave. In the meantime, our family physician, Dr. Graves, attended me—whose skill as an allopathist never was doubted. For six months, he visited me occasionally, and finally gave me to understand that medicine would never cure me, and that if I ever recovered, it would be by an effort of Nature alone. I tried Homoeopathy, with the same result, also many things recommended by friends. I constantly kept growing weaker, and finally gave up all hopes of ever again being restored to health, bowed down by disease, crippled in almost every joint with tottering steps and feeble muscular powers, careless alike whether I lived or died, with judgment as feeble as my body, I visited your Water-Cure establishment, at the earnest request of friends, and I confess without much hopes of relief. But I was most agreeably disappointed and astonished at the result. The ease and rapidity with which this complication of diseases gave way under your magical treatment, was truly miraculous. I remained with you in all but five weeks, and, during the first two, the cough and diarrhoea entirely left me, and the lameness rapidly improved. After I came home I continued the treatment recommended by you, and I soon laid aside my cane which I had so long leaned upon for support, and now, at the end of six months, my health is better than it has been for years; I am now some twenty-five pounds heavier, and gradually increasing in flesh. My friends tell me that I look ten years younger—this my feelings tell me is the case. And now, dear Doctor, you have my best wishes for your welfare for the good you have done to me, and others, and may God bless you and yours.

Yours, always,

H. PLUM.

Dr. Wm. E. ROGERS.

TOBACCO:

ITS ACTION UPON THE HEALTH, AND ITS INFLUENCE
UPON THE MORALS AND INTELLIGENCE OF MAN.

By B. BOUSSIRON.

Translated from the Fourth French Edition, with
Notes and Additions, by NICHOLAS T. SORSBY, M. D.

(Continued from the August No.)

We have never observed, says Dr. Grenet, that the proximity of the hot-pipe-bowl to the teeth causes the enamel to split or scale off, as some hygienists have asserted; but, we doubt not, that it does cause the gums to swell, and that, from that morbid state, result secretions, the least danger of which would be loosening the teeth.

We most often find cancer of the lip among smokers. The pressure which is too often and too long protracted of the pipe-stem upon that part, which suffers more than any other part of the mouth, from the causticity and activity of the tobacco, causes that affection.

The most simple, the most cleanly, and the most convenient mode of using the tobacco, is without doubt, smoking the cigar; it neither alters the lips nor the teeth so much, nor is it so filthy as the pipe; it makes less smoke and soot; it injures the teeth less, and does not excite so much spitting.

But no matter how, or in what way one smokes tobacco, the health is bound to suffer, unless the habit is confined to its just limits.

We say, with Percy, it is better, more especially for weak and nervous constitutions, not to contract the habit, for, adds he, out of a hundred smokers we will not find three to whom tobacco is necessary, though *one* believes he could not live if he did not throw off the phlegm that accumulates in his throat, (and every one ought to know what to understand by that;) though *another* sustains that to it is due his sight and hearing, which he would lose were it not for the pipe, or the cigar; though a *third* attests, that without the same resource, he would have been struck with apoplexy long ago; and lastly, though a *fourth* doubts not that by its protecting powers—its magic effects—he has escaped many epidemic diseases.

The same author mentions two most interesting facts not to be passed over in silence. The Count de Rieux, then colonel of the Berry regiment, was advised to smoke, to dissipate or at least to diminish the schirrous tumefaction with which his tonsil glands were affected, succeeding frequent attacks of cold and sore throat. He did so, contrary to our advice, says Percy, and at the end of two weeks, we were obliged, to prevent imminent suffocation, to cut off a third of one gland, and to scarify deeply the other, their volume had increased so much by smoking.

Professor Petit-Radel, since his return from India to Paris, had continued to smoke two pipes before breakfast, between which he drank a *demi-verre*, a very small glass of brandy. Entering his stomach empty, and deprived of the salivary juices, it displayed upon its naked membrane all

its activity and corrosive powers. This physician was attacked and died of a cancer of the pylorus (lower end) of the stomach; and thus dies almost all those who have such habits.

Dissections are daily made in hospitals of indurated and cancerous lips; and they are generally made of those of old smokers.

A story has been lately published, relative to two young officers, who destroyed themselves by smoking, thinking it was the *ton* for all young military officers to carry the pipe for ever in their mouths.

We have known a number of young and old smokers become victims of the *ton*, and die with exhaustion and consumption.

It is always imprudent, filthy, and often dangerous to use the pipe of another. We have already said most smokers are careless and dirty, and their pipes are sometimes dirtier than they are, especially if the stem be of wood, or reed, or horn, which being incessantly chewed with the teeth, imbibes, and so easily becomes saturated with, impure saliva, or the ichorous matter of an old unhealthy sore.

Before concluding this work, we will say to parents of children, they cannot be too careful in watching their children, in guarding and preventing them from contracting the unfortunate habit of using tobacco; they have been often permitted to use it with blameable facility, and without ever foreseeing all the evils and all the chagrin which result from it.

“La jeunesse est la fleur d'une nation; c'est dans la fleur qu'il faut cultiver fruit.”—(*Fenelon*.)

NOTES BY THE TRANSLATOR.

It being a government monopoly, its importation, manufacture, culture, and sale, are under the control and the superintendence of the *Minister l'Interieur*. The American tobacco is adulterated in their manufactures with their own Alsace tobacco; and vile stuff they make of it. In the United States, the manufacture of tobacco is free to any who may choose to engage in it.

To that prepared in the country for chewing, copers to color it, and licorice, sugar, molasses, honey, are added to color and sweeten it. In preparing snuff, salt is added to increase its weight, and give it pungency; and for this latter purpose, urine is mixed with it, to obtain the muriate of ammonia that it contains. Powdered glass is used “to give a greater degree of acrimony, and to stimulate the lining membrane of the nostrils; and this, by some manufacturers, is very extensively employed, particularly in the Welsh snuffs. The superiority of the Macaub snuff, of Martinique, depends upon the great attention paid to the fermentation which the tobacco undergoes: it is slightly moistened, during the process, with the best sugarcane juice. Other varieties are assisted, during fermentation, by molasses or sugar.”

(To be continued.)

* The youth is the flower of a nation; it is in the flower we should cultivate the fruit.

NEW-YORK, OCT., 1850.

ALL LETTERS and other COMMUNICATIONS relating to this Journal, should, in ALL CASES, be directed to the PUBLISHERS: FOWLER & WELLS, Clinton Hall, New York.

OCTOBER TALK.

BY R. T. TRALL, M. D.

PROLOGUE.—Pardon us, patient patrons, for devoting so much time, and defacing the face of so much innocent paper, in exposing and refuting allopathic absurdities. Peradventure some of you may imagine we would better act our part by simply telling what we know on our own side of the questions in issue between rational hydropathy and scientific empiricism, leaving the other side to take care of itself. Not so. The people have generally been educated in foolish whims and groundless theories; they are deeply steeped in allopathic sophistries; hence, before we can indoctrinate them in the true philosophy, we must enable them to give a reason why they abandon the teachings of the old system, as well for the adoption of the new faith as found in nature's hygienic and therapeutic agencies.

It is not often that the "old school" brethren condescend to notice our lucubrations by reasons or arguments. Standing high on "the dignity of the profession," they are above giving reasons. Generally they are contented with calling us hard names. (Occasionally, however, in a moment of extreme carelessness, they do perpetrate a real argument touching our differences on medical subjects. Here follows a couple of specimens:

ALLOPATHIC PHILOSOPHY.—Under the head of "The Abuses of Bathing," a late number of the Boston Medical and Surgical Journal utters the following *reductio ad absurdum*:

Water, in its proper application to the body, in health, or disease, we have always been willing to admit is beneficial; but when, from fashion or habit, its use in bathing is carried to the extent we have mentioned, without any regard to the condition of the individual or the season in which it is practised, we cannot concede that it is conducive to health, even if by its omission one feels uncomfortable. It is the argument of many, that its constant use is a great prophylactic; that mankind could, by its general adoption, be exempted from disease, and longevity be made certain. With all proper deference to the opinions of such individuals, we beg leave to differ from them. It is known to every individual that he has a skin, but *all* do not know its functions.

Nature has so constructed the animal that each part is in harmony with every other, and upon any deviation from the usual function of any organ or tissue, the animal machine must necessarily suffer, and in proportion to the existing difficulty of the organ or tissue invaded. The oil which is secreted by the sebaceous glands of the skin, serves the purpose of lubricating its surface. Now if this secretion is constantly removed as fast as exuded, its destined object is thereby defeated. The excretory ducts of the perspiratory glands, and the glands themselves, require this unctuous matter of the skin to keep them in healthy action. If very frequent bathing of the whole body is practised, it must be obvious that this

matter cannot be long present to perform its office. As to the assimilation of functions of the skin and lungs, it will be apparent, that when the skin acts imperfectly, or ceases to act at all, the lungs have an extra amount of duty to perform; and it is generally in just such cases that engorgement of them takes place, constituting inflammation, or pneumonia.

Such is the philosophy of the cutaneous function by one of the leading allopathic journals. The use of the skin is merely to secrete an oil to grease itself with! How bright! "The excretory ducts require this unctuous matter to keep them in action." How wonderful! We hydropaths teach and cure diseases on the supposition that the perspirable matters, be they greasy, oily, unctuous, or what not, are waste, effete, dead, putrescent, decomposed particles, which the skin throws off to keep the body purified. But our Boston Esculapius regards this perspirable matter as a vital motive power. Frequent bathing, we are told, rubs off this greasy matter, so that the skin cannot perform its office! Our notion is that the action of the skin, in cleansing the system, throws out the unctuous matter of perspiration; but the Boston man reverses this idea by the announcement that it is the perspirable matter which makes the skin act. How very, very learned!

Now for the beauty of consistency. The argument against frequent bathing, the reader will observe, is because the bathing rubs off the greasy matters of the skin. But mark. In the very next number of the Journal, another writer, after commending the reasoning of the first, takes ground against bathing, for reasons exactly opposite to those given in the previous number. He opposes bathing because it does *not* take the grease off. These are his words:

"I was quite delighted with the article in your last number. I have no sympathy with water. Nothing, to my mind, is more ludicrous than for a man regularly to strip, to jump into a tub of water, and then "jump out again!" There is no cleansing in such a process. You may *wet* the skin, make it look blue, give it the real parboiled *smoothness*—but as to cleansing one's skin so, you do no such thing. You imperfectly *wet* it, and that is all. Recollect for a moment the nature of one of the cutaneous secretions, essentially oily, and then with a glass or good eye see how it fares with the water which you pour upon or over it. This stands in small *separate drops*, for all the world resembling globules of mercury, and absolutely never *touch* the skin. Not only is air between them and the skin, but as dense a coating of natural grease as one can find on a summer's day."

See how easily these two allopathsies draw the same conclusion from diametrically opposite premises. One condemns bathing, because it takes off the "unctuous matters," and the other, after expressing his admiration of number one's argument, condemns bathing because it does not take off the "natural grease."

Thus it is that the advocates of a false system are continually stultifying themselves in struggling against the flood of the "pure element" which is soon destined to wash away the absurdities of their

books, as well as the infirmities of their half drugged to-death customers.

On the theories above propounded, we would like to have the above cited allopathics explain how it is that washing the face and hands, and rubbing them, too, daily and several times a day, as is the custom of many persons, makes the face and hands liable to sickness? Is it because the grease is rubbed off, or because it is not rubbed off, or is it because it both is and is not rubbed off? Do enlighten us, good allopaths!

AN ALLOPATHIC ARGUMENT.—Not long since we noticed the inconsistency between Dr. Reese, in treating of the cholera in 1833, and Dr. Reese, in treating of the cholera in 1850. This brought out in the New York Medical Gazette the following characteristic burst of eloquence from its distinguished editor:

“But after all, Dr. H. is ‘Hyperion to Satyr,’ when compared with some other writers for this journal, especially one who signs himself ‘R. T. Trall, M. D.,’ who, in commenting on the death of the late President, perpetrates pages of twaddle which would be simply ridiculous, if his paper did not abound in ‘the most extravagant falsehoods,’ to use the elegant language of this prodigy of mendacity. His affirmations concerning the editor of this paper, in relation to the Cholera, are, throughout, base fabrications, and we blush at the evidence on the face of his article, that the writer knew the utter falsehood of every statement in the article. We feel no sentiment but pity and contempt for this unfortunate man, whose propensity for evil speaking seems to have been aggravated by his disappointments in his Hydropathic experiments on the public credulity. Unless he mend his manners and morals in regard to the ninth commandment of the decalogue, he will prove an incubus upon any cause with which he is connected. The contrast between the cleverness of Dr. H. and the knavish imbecility of such men as seem to belong to the same tribe, is here strikingly manifest. The one commands our respect in defiance of his errors, by the candor with which he does homage to the regular profession, and to the majesty of truth. The other disgusts us by the demonic frenzy with which he exhibits his recklessness of truth, while he curses the whole profession in the name of all the gods at once, because they have treated him as he deserves—with ‘almighty neglect.’”

Let the readers should mistake the above for the “overflowing of the gall,” or the ill-tempered effusion of some common blackguard, we must assure them the rank, standing, and dignity of the author, Dr. Reese, precludes any such idea. An ex-professor of one of our first medical colleges, a leading member of that superlatively aristocratic body of *gentlemen*, the New York Academy of Medicine, a man who writes M.D. and L.L.D. after his name, descend to vulgar slang and vile epithets! The thing seems quite preposterous. It is intended for argument; it must be legitimate logic somehow or other. And, notwithstanding we cannot entirely comprehend it—as we do not most of his writings—we feel bound to receive and reply to it as a powerful argument.

Our reply shall consist in proving what we said to be strictly true.

In a work published by Dr. Reese, in 1833, may be found the following language in relation to the treatment of the premonitory symptoms of cholera:

“And as nature has awarded for its own protection, [the premonitory symptoms, diarrhoea, &c.] let them on no account interrupt or suppress this salutary process by astringents, tonics, or stimulants of any kind; and, above all, avoid opium, brandy or wine, as you would shun the face of a serpent.”

In relation to the cholera, when fully formed, Dr Reese said:

“I have dwelt thus long upon blood-letting as a remedy in cholera, because I believe it to be the sheet anchor on which our firmest reliance may be placed. And if there has been a single instance of recovery from well characterized cholera, without blood-letting; if there be a single being, man or woman, who has been recovered from deep collapse without bleeding, I frankly affirm I have never seen or known or heard credible evidence of such an instance.”

We submit, if it is possible to recommend bleeding in all cases of cholera in more unequivocal language. But in his Gazette, in July, 1850, Dr. Reese, says: ~~“Neither opium nor the lancet are admissible in late periods of the disease.”~~

In his Gazette, Dr. Reese recommends *checking* the diarrhoea with cold drinks, an anodyne “with or without astringents or alkaline combinations,” thus flatly contradicting the advice of his book above quoted. Again, in his book, Dr. Reese said: “The brandy and opium plan of treatment, I fearlessly affirm, is not only irrational and absurd, but uniformly fatal. I have seen the worst results from the internal use of brandy and opium.” This, *if true*, is certainly strong testimony. But in his Gazette, Dr. Reese says: “Opium, in the earlier stages of the disease, is often a valuable auxiliary in arresting the vomiting and purging.” Thus Dr. Reese, in his Gazette, commends to the patient the very plan of treatment, and nearly all its details, which, in his book, he declares to be *uniformly fatal!* And it was for no other crime than calling attention to such carelessness, for the benefit of the doctor and the safety of his patients, that he has visited us with such a storm of professional and gentlemanly rhetoric.

VINESIPATHY.—Under this title a mechanical or motor system of medicating diseases is beginning to be talked about. It pretends to cure diseases by “specific active and passive movements.” The method consists in applying external motions, passive and active exercise, &c., to the body. The system appears to be of Swedish origin, having been practised—so it is said—for forty years. It seems to be an external offshoot of infinitesimality, as we should judge from the following explanation of a writer who signs J. J. G. W., which we take to be Rev. John J. G. Wilkinson:

“Certainly the homoeopathic consideration of the subject leads to this conclusion, for perhaps there is no disease but leads in some way to alter the bearing, posture or general status of the body. In acute cases this is plain. We groan, writhe, wriggle, wince, shake, crawl, creep, dance, and so forth, with our

agonies and discomforts, showing that disease is a complete posture-master and a very good sergeant, whose drill, however, is for the purposes of relief and cure. Now, this proves, moreover, that very small areas of disease have corresponding to them large movements in the general system; and that if we understood the movements, we could, by reaction, play upon the parts and particles of the inward organs. For if a special wince or twist of the frame comes out of some one place, then by mastering the twist, and producing it artificially, we should get at that place exactly, if even it were no bigger than a pin's head. Now, here is a way of precise gunnery—of hitting disease with precision. Again, we know that there are instinctive movements of the hands toward afflicted parts of our frames. We rub ourselves with an infinite organic pity, like dumb animals, where the deep flesh is ill. This is nature in us, working for us, and showing us the beginning of an immense art of soothing, traction, nudging, &c. The details following out of it constitute *Vinesipathy*.

DEATH OF MR. INMAN.—One of the most auspicious signs of the times is the fact that many of the public papers are beginning to exercise the "liberty of speech," in relation to medical subjects. Some few gentlemen of the press have the audacity to think for themselves, and the independence to speak as they think. When this disposition becomes generally prevalent, allopathic drugging and bleeding will become particularly scarce. We copy the following article from M'Makin's Model American Courier:

"DOCTORING TO DEATH.—We regret to record the decease of Mr. John Inman, for so many years connected with the editorial department of the New York Commercial Advertiser. He was 47 years of age. There is a fact connected with this gentleman's decease which reflects a singular disgrace on the faculty that tolerates or countenances such villainous practices as this worthy editor was the victim of. A brother editor says he was originally attacked with a slight congestion of blood in the head, for which he was copiously and repeatedly bled, and took large quantities of drugs, (probably antimony,) as is unfortunately still the practice in such cases among some of our oldest, most popular, and most ignorant physicians. Mr. Inman stated to a friend of the writer, only a short time before his decease, that it was his firm opinion that he had been literally bled and physicked to death! He said he had been bled over a hundred times, and drugged proportionably. He himself stated that he did not believe he had any specific disease, but was gradually and fatally sinking under the repeated losses of blood and the action of debilitating medicines. It is most likely that he was originally attacked with the vertigo of dyspepsia, brought on by his incessant sedentary labors. Thus has another valuable life been sacrificed to the lancet and bolus, which, under any rational treatment, might still have enriched the world and blessed home, family, and friends! When will it stop?"

BLEEDING IN INJURIES.—A city paper publishes the following:

"A correspondent states that instances of severe falls down stairs—also out of windows, &c., &c., have been singularly frequent in the city the last few weeks. In addition to those published, he has heard of some six or seven others within a fortnight. What is still more singular, it is added, that in the cases where bleeding was resorted to, the patients died within a week; while all those persons treated with-

out it, are in a fair way of recovery. The popular notions on this subject, the writer is inclined to think, need some careful revision by those competent to furnish it."

It is but a few weeks since the New York Medical Gazette declared that "no such case would have been bled at any time during the last half century, by any regularly bred physician, nor by anybody else, except a medical blockhead." If this be true, a great proportion of the regulars are "medical blockheads," for, to our positive knowledge, bleeding in such cases is lamentably common to this day.

FLANNEL AND DRUGS.—The following idea is clipped from our allopathic contemporary, the Boston Medical Journal:

"In our opinion, once a week is often enough to bathe the *whole body* for the purpose of luxury or cleanliness. Beyond this, we consider bathing injurious. Flannel worn next to the skin at all seasons is proper, and is infinitely more healthful than all the daily baths now so fashionable."

Look here, Mr. Bostonian doctor! If we can coax people to keep flannel on the skin and cold water off, won't their skins get luxuriously tender, and won't they get the rheumatics, and the spasmodics, and the lumbago, and the bronchitis, and the colds and coughs, and the influenzas, and won't our trade flourish, eh?

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

XIV.—MICHIGAN FEVER.

This name will not be found in the books, but it is not the less expressive. It is a highly congestive, remittent, bilious fever, tending to typhus. Though frequent in many parts of the west, it is rare in this city, but occasionally a man is attacked with it, just after arriving here, and such cases, so far as I have known of them, have been either quickly fatal, or long protracted, under the common modes of treatment.

The only case I have had, was that of a merchant, from Michigan, who was taken sick, and found an asylum in the house of a friend in the upper part of the city. This friend was not a little alarmed, since an acquaintance of his, attacked in a similar manner, had died a short time before, under the usual treatment. My first visit was on Tuesday evening. I found my patient with a pulse at 128, skin very hot, tongue foul, eyes suffused, with pain in the back and limbs; I gave him a tepid rubbing bath, and the pulse went down to the natural standard, and he felt refreshed and comfortable.

At 7 next morning, the fever had come up again, and I gave him a pack, followed by a plunge bath, moved his bowels, put a wet bandage about the abdomen, and when I left him his pulse stood at 68.

At 8, P. M., he was cool and comfortable. At 9, his pulse was 84, and I gave him a pack, changed his clothing, and banded him for the night. Thus far his case had seemed like our common fevers, which

are often cured in three days; but still there was something about this case I did not like. The fever yielded too readily. I soon found what I had to deal with.

At 11, A. M., the third day, I gave him a pack, which he went through favorably; but at 3, P. M., I was sent for hastily. The people about him thought he was dying. I found him in one of the severest fits of rigors I ever saw, with bloodshot eyes, great heat of the head, and other symptoms of cerebral congestion. I applied cold compresses—that is towels dipped in cold water—to the head, and sponged his chest with cold water, while his extremities were rubbed, covered with blankets, and bottles of warm water placed at his feet. Fever and perspiration ensued, and the subsequent course of the disease was a course of slight chills, fever, and profuse perspirations; with a reactive power so low that constant caution had to be used to avoid sinking him into rigors.

The treatment from this time consisted in sponging the whole body two or three times a day; changing his clothes as often as they were filled with his profuse perspiration, often renewing the wet bandages, which reached from his armpits to his hips, giving daily injections, and keeping up, as nearly as possible, the equilibrium of temperature. In ten days from my first visit, he had so far recovered as no longer to require medical attendance.

I was never more satisfied than in this case, of the real, material character of disease. This man's body was full of it, and at the same time weakened by it. The fever was nature's effort to cast it out. As this effort went on, the foul matters of disease, laid up for years, exuded sensibly from every pore of his body. It filled the room, stained and saturated the clothing, and colored the water in which he was bathed. There could be no mistake about it, and no one who was not crazed with a hypothesis could deny it.

I learned much caution from this case. In our ordinary congestive fevers you may use pretty heroic treatment. A man will sometimes bear half a dozen packs, with cold plunge baths, a day; but here, after the first day, merely sponging with ice water brought on the most violent rigors, reduced the pulse to a thread, and produced sinking appearances of a very uncomfortable character. It is surprising how little is often necessary to reduce febrile action. Often a slight and rapid sponging will reduce the pulse thirty or forty beats a minute. And how immeasurably superior is this to the remediless letting out of the life blood with the lancet, or poisoning with antimony. Suppose this man had been bled in the first instance, as would have been the case had he sent for any of the old school practitioners. He would probably have died; or if he had recovered, it would have been after many weeks of sickness, and a protracted convalescence. Every case of acute disease impresses me more and more with the wonderful efficacy of the water treatment. Its miracles may be in chronic

diseases; but as acute ones are so rapid and easy to cure, they show its resources more vividly. The physician who bleeds and gives antimony at this day is a sad bungler; and the sooner he learns better—why, the better it will be for his patients, if not for himself.

CASE XV.—EPILEPSY.

An interesting boy about twelve years old was brought to our house some months since, to be treated for this terrible affliction. His fits had not been frequent nor violent; yet the disease showed itself by other manifestations. There was languor, a nerveless inactivity, a kind of timidity, a crouching attitude, a turning inward of the hands and feet, a morbid appetite, and other appearances, better distinguished than described.

He was put at once upon a very thorough course of treatment, including a daily pack, sitz-bath, bandages night and day, the douche, after a time, gymnastic and vocal exercises, and carefully directed lessons in manliness and self-reliance; and, what was of the greatest importance, a carefully selected and spare vegetable diet. After commencing treatment, he had three fits, each of which was, as I believe, immediately induced by gastric irritation, consequent upon too much indulgence in food. Twice, when the fit was coming on, I checked it, by making him drink two or three tumblers of cold water, aided, perhaps, by some moral influence.

The strength and manliness of this boy increased rapidly; and he soon began to walk, and talk, and act like another being. As a necessary piece of discipline, he was separated from his nurse, and encouraged to take care of himself; he voluntarily gave up having a light to sleep by, to which he had been accustomed from infancy. And after the appearance of a crisis, which came as a violent rash covering the lower part of his body, and which was accompanied by a profuse diarrhoea, he never had another paroxysm of his disease. He went home to continue his cure, and, at the last accounts, was fulfilling the most sanguine expectations of his friends.

That every case of epilepsy can be cured as rapidly as this one seems to have been, must not be expected; but the Water-Cure holds out to all cases the means of relief, and to many, the means of cure. I believe that every case may be cured, where there are not organic lesions of an important character.

CASE XVI.—INTERMITTENT FEVER, ENDING IN SINKING TYPHUS.

This is the first fatal case I have yet had to record, and in doing it I perform a melancholy duty. Hitherto I have written of the successes of the Water-Cure, but I have had to experience that there are cases in which even its potent and wonderful resources are vain.

A lady, who had been living in a malarious part of this city, was taken with what seemed a violent intermittent. She was thirty-five years of age; thin and delicate, with four children, the youngest only

seven months old; and her disease was complicated with uterine disease. I had to do with an active temperament, and an almost exhausted nervous system. I directed the babe to be weaned at once, that it might not imbibe the disease of the mother, and, aided by the intelligent care of her relatives, tried to guide her as carefully as possible, and with as little shock as might be through the paroxysms of the disease. In fact, this hope seemed to be almost realized, for one week from the Sunday when I was first called, I found her so well, that she went down stairs, dined with the family, and felt nearly well. It may be that this exertion was imprudent; it is certain that from this time the disease took on a typhoid character; and on the following Thursday she sank into a state of delirium, which subsided into coma, from which she never recovered for a moment, and of which she died on Sunday morning.

In portions of the country, subject to malarious fevers, such sinkings, after intermittents, are not uncommon. Often a man will be in the fields on one day, and in a fatal collapse the next; but here such cases are more rare. The sinking in this case, the paralysis of the external vessels, the consequent internal congestion, were the results of a nervous exhaustion which nothing could remedy. It was a steady sinking, which nothing could check, for the very capital of life was exhausted. The wet sheet pack, hot fomentations, with violent and long continued frictions, were alike ineffectual. Where these fail in assisting nature, or where nature fails, with these excitants, all ordinary stimulants are powerless: yet, in such an emergency, I would not for a moment stand in the way of anything that seemed to promise relief. I proposed, therefore, to call in one of the most distinguished of our Homœopathic physicians, who, though a faithful follower of Hahnemann, in his belief in infinitesimals also uses the most powerful Allopathic stimulants.

I frankly laid his opinion of the case before the friends of the dying woman, and the means he proposed to use, in the hope, which he at first entertained, of bringing about reaction, and saving her; and left them to choose whether they should be adopted. Willing to lay hold of the slightest hope, they assented to my proposal that my Homœopathic friend should administer such remedies as he thought advisable, and that we would together watch the effect. He gave arsenic, stramonium, and finally opium, each of the third dilution; he also ordered wine whey as a stimulant, which was subsequently replaced by brandy; and chicken broth as a nutriment. The homœopathic remedies produced no perceptible effect, the stimulants merely quickening the pulse and breathing. The pulse had remained steadily at 120; it now went up to 144, and became more and more rapid, until it was scarcely perceptible.

The last remedies I advised were the wet sheet, with which there was abundant warmth, but no reaction, and friction over the whole surface, especially the extremities. This was applied for some hours,

by four persons at a time, with entire faithfulness, but without effect. I left her bedside at midnight, and two hours after she breathed her last, having changed from the pure to the spirit life like one fallen into a deep sleep.

I was in no way disappointed in the effect of the stimulants used. They did their own work—what they always do; and I am confirmed, even by the results of this case, in the belief that Water-Cure appliances are the best of all remedies, though they are not infallible, or man would be immortal.

87 West 22d st., New York.

SELF PRACTICE WITH THE WATER-CURE.

BY E. A. KITTREDGE.

THE first great thing to be done in all acute cases, I said in my last, was to reduce the temperature to the natural standard. This is not so easy a thing as one would imagine who had not tried it: for in acute diseases, especially where there is considerable inflammation, the caloric accumulates so fast that though apparently you have put out the fire, you find in a few minutes that the patient is as hot as ever.

In such cases it is absolutely necessary that the attendant should stand over the patient nearly all the time, and by frequent ablutions, spongings, renewal of wet bandages, &c. &c., keep down the heat, otherwise you will have done but little.

The great mischief in fevers and acute diseases generally, I apprehend, is the accumulation of caloric, which, increasing the circulation, causes pressures, local determinations, and of course great disturbance of the nervous system, pain, restlessness, &c., &c.

This being the case, you will readily perceive how important it is to conduct off this superabundant heat as fast as generated. And you will also bear in mind that in cases like these, where the means of combustion are so constantly being evolved, that the flame, or inflammation, will be proportionably great, and the applications which in an ordinary state of the body would freeze one almost, will produce scarcely any effect.

To illustrate, you find it much more difficult to put out a blacksmith's fire while he is lustily plying the bellows beneath it, than you do when no extra amount of oxygen is applied to it.

I dwell on this point, for well I know it is all in vain to go any farther till you have "got the upper hand of the heat."

This was brought forcibly to my mind no longer ago than yesterday.

Master R., a lad of fourteen, twelve miles from town, was taken with common inflammatory fever some four or five days ago. When I arrived, a day or two after, the accumulation of caloric was immense, and the poor little fellow was fast getting "into hot water,"—the head ache, &c. being almost intolerable. By means of double wet sheets, slightly wrung out, large wet bandages being placed on the back

and bowels first, sitz baths, wash downs, &c., we soon got him into a comfortable condition; but the treatment being new to his parents, though they were full of faith, and did nobly, the calorics would now and then accumulate, and yesterday morning I was called up to go to him, because he was "so restless and full of pain in the head," being unwilling to get up, &c., &c.

I fortunately was near at hand, having stayed over night in the town, and in a few minutes the lad, who had passed one of the most wretched nights conceivable, was laughing in his snug but most delicious quarters, the double wet sheet, which in thirty minutes he left, and was washed down with a bucket of good cool water. With strict orders to keep the fever down, I left for home at 7, A. M. At 5, P. M., I saw him again, and found him as "cool as a cucumber, and happy as a clam," he having in fact suffered nothing during the day, and simply because instead of letting the heat get the upper hand, they had got the mastery of the fever, and kept it.

Query, supposing that boy had had, yesterday morning, instead of the water, some strong 'valerean tea,' to quiet his nerves! some 'tinct. digitalis,' to lessen the circulation! some 'wine of antimony,' to cool the fever!! and some 'active cathartic,' to move the bowels! and a 'good smart blister,' to relieve the head!—where do you suppose he would be in a few days from now?

No, my friends, there is nothing, I am convinced, I can say to you who are obliged to rely on your own knowledge in the treatment of disease, so important as this reduction of temperature.

Once more then let me reiterate, keep down the heat in acute diseases at all hazards. Unless you do this, you do nothing. As for the hour you do it, it matters but little, so that you do it quickly and efficiently. You will of course, always regard the patient's feelings and strength as much as possible.

The quickest and most effectual way, is to put him into a tub half full of coldish water—not very cold—and wash him down in it till he is thoroughly cool.

If you would quench a brand of fire, you would keep plunging it into the water as long as you saw any fire was left. Do so with your patient, for as a man is to a brand, so is the importance of putting out his internal fires.

Well, having succeeded in 'putting out the fire,' we have but very little to do in common cases of fever, except to see that the smouldering embers are not fanned into a flame again, and to guard against local determinations.

The next great thing to be done after reducing the temperature, is to equalize the circulation, and restore the equilibrium of the nervous system.

If the blood be determined to the head, the lungs, or the bowels, the feet and extremities, and often the whole surface of the body, except the part immediately affected, will be cold; in this case, wet sheets till warm all over, foot baths, and long continued gentle frictions must be resorted to. You need

not stop to ask what the name of the disease is; call it 'phlogosis,' and go at it! All you have got to do is to get your patient into good condition as quickly as possible, and nature, who has got up all the commotion only to rid herself of an incubus, will not care whether you give the right or any name to her efforts, if you will only aid her in a sensible way, and prevent the necessary arterial excitement from burning up the house she lives in.

'What's in a name?' In my opinion, the harm that has been done by nosology in the classification of diseases, is incalculable. Many and many are the victims who have been sacrificed at the shrine of nosology,—the doctor letting him burn up while he was looking up a name for his disease!

Have names, if you will, but in humanity's name I entreat you to get your patient into good conditions first, then you may hunt up a name as long and as high sounding as you please, but till then you have no need of names. To some of my readers this will seem terribly heterodox; they have so long been accustomed to have their disease christened, that they would as soon think of their children going without christening as their disease.

I know it has always been paramount, both with doctor and patient, but I defy either to show any practical benefit to be derived in treating the case.

It is all well enough to give some generic name to peculiar manifestations of disease, as fever, measles, Erysipelas, &c., &c.; but will any one pretend to say that it will be of any consequence as regards treatment, which of these phases of diseased action you are prescribing for?

I am not talking to men of drugs. "I speak as to wise men." "If a man has the measles, it is important to know its cause; if they don't come out, he'll die," says one.

If a man has the measles, and he is in good conditions, they will come to the surface, and tell their own name, and all you have got to do is to get out of the way, and he will soon be well.

On the other hand, if he be not in good conditions, no matter what he has got, you may stand and cry measles till you are hoarse, and stuff down his reluctant throat all the nauseous drugs you can get at, and yet I say if he be in bad conditions—if he is not, it won't be the doctor's fault!—the measles won't budge an inch, call you never so loudly. To the truth of this let the thousands who die annually victims to the name treatment in this disease, bear witness.

The drug doctors think because the recuperative power of many children is strong enough to overcome both the disease and the medicine, that the medicine does the work, and that the patient got well in consequence of the drugs, whereas it was in spite of them.

"What," says one, "do you mean to say that the same treatment is applicable to all diseases?"

I mean to say that the same kind of treatment is; but as diseases differ in degree, so must the treatment.

A patient with a high fever, no matter by what produced, wants the same treatment, and generally speaking, you *cannot know* what is the cause of it till you have reduced it. For instance, in the measles, the great reason why the eruption in bad cases comes not readily to the surface is because the fever is so high; this being the case, you will perceive how stimulating drugs and driving medicines must make a bad matter worse.

In some cases, the determination to the lungs is so great as to overpower the recuperative energy, and prevent the natural determination of the eruption to the surface, and in all cases the equilibrium of the nervous system is greatly disturbed in such cases; the fact itself is before you, all you have got to do is to remove bad symptoms in a sensible way, and not bother your already anxious and puzzled brains with what might or might not cause the commotion.

ERRORS IN WATER-CURE.

One error that is almost universal amongst Water-Cure Physicians, is allowing their dyspeptic patients to eat too much. Amongst vegetable eaters repletion is the great sin to be guarded against. A dyspeptic patient can digest much sooner and more comfortably a small bit of flesh meat, than a dozen of potatoes or peaches—hence many conclude that flesh diet is best for the dyspeptic. The true conclusion is, that a small quantity of food is better for such a patient than a large quantity. Vegetables are difficult of digestion to those whose digestive powers are impaired, and a large quantity of gas is disengaged from undigested vegetable food—hence dyspeptics who eat largely of vegetable food, complain of bloating and flatulency. The true diet for those who have indigestion, and are not determined to be carnivorous, is, 1st, *good bread*, brown or white, according as the bowels are loose or constipated; 2d, ripe fruit, rice, tapioca, sago, and milk, come next in order, or as soon as variety can be allowed. The main point in dyspepsia is to prevail on the patient to eat little enough. What are we to think of Water-Cure Houses, where the Physician never gives a direction with regard to the quantity or quality of the food eaten by his dyspeptic patients? The want of close, skilful, and careful supervision in Water-Cure Houses has become a crying sin in our land. It is not of one, or two, that I complain in this respect. No one need think I mean him alone. But I hope all will profit by the complaint that I now utter for the people, if they have need to profit. I shall be sure if they do not deserve reprehension, that they will not find fault with my words.

Want of cleanliness is a strange and grievous sin to charge upon Water-Cure Physicians, and yet I know more than one Water-Cure House where such evils exist as I am about to mention, and let it be remembered they are houses that aspire to be *first* in the land, and are so considered by many. 1st, A large plunge bath is used generally, with a small stream of water running through it, by all the pa-

tients, one after the other. I have known patients with cancers to go in with the better class of patients. We have now in our house a gentleman who has recently come from one of these "first class" Water-Cure Houses, where this is done. I asked him how he could submit to such an outrage on decency. He said, "we had no alternative; we must take that bath, or none; but I never went into it without a shudder."

The most astonishing thing to me is, not that Germans and their servile imitators should thus set at nought the first principles of Water-Cure, but that Americans should ever bring themselves to submit to be immersed amid the foul virus of disease washed from patients with all kinds of diseases—perhaps with cancer, perhaps with the taint of nameless ills that are more frightful still.

2d, Two towels are given patients for all uses for a week, and in some houses the towels are common, like the baths, and the patients must find their own, or submit to use them like the children in an orphan asylum, who all got ophthalmia from being wiped on the towels which some of their number had infected with the disease.

Now in our Water-Cure, the regular number of clean towels allowed each patient daily, is seven, and they have more if they wish, and no patient ever uses a towel but once before it is washed. Towels and packing sheets are washed after each use, and scalded and boiled once a week. Bandages are clean, morning and evening; and a fresh, clean bath is given to every one who takes a bath. We should as soon think of keeping a mad dog in our house, as one of these indiscriminate plunge baths, and we believe in keeping towels, packing sheets, and bandages sweet and pure, as much as we believe in Water-Cure.

We have had patients come from what were called "first class" Water-Cure Houses, whose bandages were as stiff as thin pasteboard. They would almost or quite stand alone. I make no remark on facts like these. They have trumpet-tongues of their own.

Inattention to the state of the bowels is another error too common. It is often enough for the physician to know that his patient has a daily movement. Now, frequently this movement is difficult and entirely insufficient, and there is an accumulation of hardened feces in the bowels, which the system makes an effort to absolve and remove. This evil of itself is enough to cause typhus. This neglect is in many ways most disastrous. New-born infants often have inability at first to move the bowels, and great pain and disturbance ensue, which an infant syringe, that will cost two shillings, and a little tepid water, will most effectually remove. All that is needed is a little thought on the part of the doctor.

As a Water-Cure Physician, and Conservator of the Public Health, I object to every species of filth, within and without us. The practice of putting cotton comfortables on beds at Water-Cure Houses, (or in any other house,) I protest against strongly. The

cotton does not suffer perspiration or transpiration to pass off ; a great store of effete and diseasing matter from the body is laid up in them ; and what is more, they are not made to wash, and are not washed. Blankets that are kept clean, are the proper coverings of our beds, and mattresses made of hair, grass, moss, straw, shavings, husks, &c., are the proper beds for us to lie on.

MARY S. GOVE NICHOLS.

87 West 22d st., New York.

AMERICAN VEGETARIAN SOCIETY.

In accordance with the arrangements made at the formation of this Society, last May, its Annual Meeting was held at the great hall of the Chinese Museum, Philadelphia, on the 4th of September, Dr. Wm. A. Alcott, of Massachusetts, presiding. Letters were read from friends of the cause, who were prevented from attending ; and also an address from the English Vegetarian Society, to their brethren in America.

Upon the nomination of the business committee, the following officers were elected for the ensuing year :

PRESIDENT.

DR. WM. A. ALCOTT, West Newton, Mass.

VICE-PRESIDENTS.

DR. T. L. NICHOLS, New York.

DR. J. GRIMES, Boontown, N. J.

WM. HORROCKS, Esq., Frankfort, Pa.

H. H. HITE, Middletown, Va.

DR. I. JENNINGS, Oberlin, Ohio.

DR. R. D. MUSSEY, Cincinnati, Ohio.

J. WRIGHT, Esq., Memphis, Tenn.

A. BRONSON ALCOTT, Mass.

DR. R. T. TRALL, N. Y.

CORRESPONDING SECRETARY.

REV. WM. METCALF, Kensington, Philadelphia, Pa.

RECORDING SECRETARY.

JOSEPH WRIGHT, A. M., Camden, N. J.

TREASURER.

SAMUEL R. WELLS, New York.

In the evening, a public meeting was largely attended, and addressed by Dr. Alcott, Mr. Lewis, S. Hough, Mr. Harrison, Rev. Wm. Metcalf, and others. A medical gentleman present, undertook to controvert the scientific positions of the speakers, and to prove that flesh was the natural and appropriate food for man, but as his zeal was not according to knowledge, he made but little progress.

But the most beautiful part of this meeting was the vegetarian banquet, which came off on the following day, and which, being prepared by Philadelphia ladies, the most of whom had never tasted flesh in their lives, was eminently worthy of the occasion. One hundred guests sat down to a table of three courses, containing over thirty cooked varieties of food, besides preserves, and not including a magnificent dessert. A richer, a more luxurious and beautiful dinner was probably never prepared in this country.

The banquet room was tastefully ornamented with

flowers, fruits, and festoons of evergreen. Above the platform occupied by the officers, was the following scriptural motto :

" GOD SAID

" Behold I have given you every HERB bearing seed, and every tree in the which is the FRUIT of a tree yielding seed ; to you it shall be for MEAT."—Gen. i. chap. 29.

Brief speeches and pertinent sentiments were the order of the evening. The following are specimens :

" A vegetable diet, properly selected, the basis of all reform, physical, intellectual, and moral."

" Live, and let live."

" Humanity—to be good, and to do good."

" Our Vegetarian festival—rational, bloodless, peaceful, humane, prepared without cruelty or stratagem,—supplied with healthful luxuries from the infinite bounty of Nature—a step in the progress of the race toward the millennial day, when the lion shall lie down with the lamb, the destroyer and his victim shall dwell in peace and harmony."

A second table was spread, at which about a hundred healthy and happy vegetarian children sat down to this real " feast of reason."

During the meeting, a committee was appointed to report upon the establishment of a monthly periodical, devoted to dietetic reform. Such a work, in good publishing hands, and ably edited, as it well might be from the amount of talent enlisted in this cause, might be the means of great good.

Having been prevented from attending this meeting and festival, by a pressure of professional duties, it gives me great pleasure to prepare this brief sketch of the proceedings from the materials furnished me by the excellent corresponding secretary of the Society. I had hoped up to the day previous to have been able to attend, and regret that I could not have witnessed the profusion and elegance of that pure and beautiful banquet, which had not caused a pang to one of God's creatures. When a man of thought sits down to a table like that of the Astor House, there rises before him visions of stately oxen, innocent sheep, pigs wallowing in the mire, all vilely butchered ; with geese, turkeys, chickens, ducks, ruthlessly sacrificed, and not more cruelly than uselessly, to gratify a perverted appetite. Looking further, he sees a train of diseases come to avenge this barbarity. What a contrast was that afforded by the Philadelphia banquet ! There was variety and profusion enough to satisfy every natural and healthy appetite ; but all was bloodless, pure, and healthful. A man could sit at such a table without wondering whether the food he was eating was not tainted with disease ; he could see a lovely woman eat without the idea intruding itself that her beautiful mouth was becoming the receptacle of dead carcasses, and what, but for cookery, would be carrion.

There can be no more impressive way of disseminating vegetarian principles, than by giving such banquets ; but we fear there are few places where they could be so well managed as in Philadelphia, where there is a society of considerable numbers, in which the elder members have lived for more than

forty years, and the younger ones all their lives, upon a vegetarian diet.

I believe that I am very far from being fanatical; I recognise all conditions and uses; I think there may be circumstances in which even such an omnivorous scavenger as the hog may be eaten; I will not say that men, under the pressure of famine may not be justified in eating each other; but I contend that there is a natural and proper food for man, consistent with his highest degree of health, development, and happiness; and that this diet is to be found in the vegetable kingdom.

I have already written upon this subject in the Journal, and shall probably have more to say in future numbers. My present experience of vegetarian diet is of about two years and a half duration, and my health has all this time steadily improved, while my strength is such that I can endure almost any amount of labor, mental or physical, and can carry my own weight up two long flights of stairs without much quickening my circulation.

T. L. NICHOLS, M. D.

87 West 22d st., New York.

HYDROPATHIC RECIPES.

BY R. T. TRALL, M. D.

WATER BISCUITS.—Mix fresh ground wheat meal, (Graham flour,) with warm water, into the substance of rather soft dough; roll the mass out as thin as common Boston crackers; cut into small biscuits, and bake in an oven, range, or stove. This is an excellent form of unfermented bread, admirable for weak stomachs and dyspeptics, and can be made in families who have not the knowledge, experience, or patience necessary to make good loaf bread.

FRUIT PASTRY.—Pies are generally condemned in all systems of dietetics, pretending to be physiological; while plain puddings are as generally commended, or at least allowed; but pies can be so made as to be really more healthful than the plainest puddings. The great objection to pastry, as usually found, is its bad preparation. Unbolted flour, milk, and sugar, with a little sweet cream, are in themselves unobjectionable; and they can be put together in the form of pastry, as well as eaten unmixed. The crust should be made of Graham flour, or equal parts of Graham flour and farina, and shortened with sweet milk, and a little fresh cream. For the contents, it only requires some kind of fresh or good dried fruit—blackberries, whortleberries, apples, pears, peaches, &c.—and sufficient sugar or molasses to make them palatable.

INDIAN CAKE.—For making Indian cake, bread, mush, or pudding, the fine meal should never be used. It will not cook as lightly, nor be as sweet or palatable. What is called coarse meal should always be selected; and it should always, if possible, be fresh ground. This may be wet up with warm water, sweetened moderately or not, according to taste, and

raised with sour milk, and super-carbonate of soda. It must be well baked.

BROWN BREAD BISCUITS.—These may be made of wheat meal, managed in all respects as the Indian meal above mentioned. They help to make a variety, without departing far from the law of simplicity.

TOMATOES.—This delicious fruit is not usually well cooked. It is perfectly healthful in its natural raw state, and many persons prefer it so; but when cooked at all, it should be stewed until part of the water is evaporated. Toasted bread crumbled into it, is harmless, and makes a more agreeable dish to many.

GREEN CORN.—This should never be boiled in salted water, as the fashion of many is. The salt hardens it, and renders it less digestible. Those who use salt should put it on after the corn is boiled. I have always used green corn at my invalids' table, and have never known the most delicate stomach injured by it. If butter, however, is eaten on it, I would not be willing to answer for the effects.

CUCUMBERS.—I regard these articles as perfectly healthful to stomachs accustomed to plain living, if eaten just as they grow. I can use them with the same impunity as potatoes. But as the public taste has become so fixed on those pernicious condiments, vinegar and pepper, whenever cucumbers are on the table, it is better to keep the condiments out of the way.

THE WATER-CURE AT GRAEFENBERG.

The following letter was addressed to Frank Stewart, M. D. of Philadelphia, and transmitted by him to the publishers:

Friedwaldau, Germany, August 2d, 1850.

We arrived here on July 13th, found PRIESSNITZ's place at GRAEFENBERG full, so came here. Friedwaldau is about a half hour's walk from Graefenberg, over a most beautiful country; the hills abounding with springs of water, so arranged as to be constantly flowing through the pipes or spouts placed on walls of stone or marble, each one having a particular name. The rule here is for patients to drink a tumblerful at each spring, until you have taken five before breakfast. I carry in my pocket a flat tumbler, a great many persons have cups similar to powder horns, with the small end plugged, and the large end open to drink from. The cup so constructed answers a double purpose: by taking the plug out, the cup becomes a horn, or trumpet, which you can sound as a signal to a friend. A great number of persons have these cups or horns slung with cords around their shoulders.

We had quite a difficulty in finding rooms hereabouts, or a place to stow ourselves; but at last, by perseverance, obtained some; but they lacked every thing requisite for comfort, we having to purchase or hire beds, bedding, towels, china ware, cooking

utensils, &c. &c., and a person to cook for us, and bath tenders, to have our baths ready for us, &c.

PRIESSNITZ has been several times to see us, he is present always during the first bath, and from that makes his diagnosis, then listens to the recital of the symptoms as given by the patient himself, merely nodding his head from time to time as he understands what is spoken; then he gives directions to the bath servants, and patients must obey the orders. One of the gentlemen present being ordered sitz baths, made the remark that a distinguished physician in Munich thought his heart was affected, and that sitz baths would not answer for him as they gave him some pain in that region. He immediately replied, "of course they would,"—and repeated the order stating that he had cured a number of cases of heart disease by the "water-cure."

* * * * *

There are no Americans here that I have seen, except ourselves, but an immense number from other nations.

There was a grand Flower Festival and Ball at Graefenberg a few days ago; no stranger would have supposed that the guests were patients,—they all looked better in health, and were in higher spirits, than any assemblage of dancers that ever perhaps congregated in a Philadelphia ball room; a number of Prussian officers came from the frontier by invitation—the rooms were decorated with flowers, and fountains of running water, (copies of the fountains around here,)—and flags of nearly every nation hung round the walls, amongst which were two American, (our own.)

Priessnitz has long since discontinued sweating his patients—he now adopts a plan of merely exciting some action on the skin, say sufficient to establish a general glow, a feeling of warmth, whilst undergoing the wet sheet pack, and then immediately has the bath administered.

After taking the bath, he orders his patients now not to dry themselves immediately by rubbing with towels, but to have a coarse sheet thrown over them whilst standing before an open window, and then to fan themselves dry by slapping the ends of the sheet on their persons, &c. His plan is pleasant.

For breakfast we have, or are allowed, sour milk, (buttermilk,) strawberries, brown bread, &c.; same for supper. Meat and vegetables for dinner.

It is amusing to see the different persons of various natures, here, undergoing the "Cure," walking about over the hills—some ladies, elegantly dressed; they are mostly English—some with their faces tied up, some with bonnets on, some bare headed. Gentlemen all go without hats or cravats. I met one this morning, walking without hat or cravat, or stockings, and carrying a piece of honey-cake in one hand, and a tumbler of water in the other. Hats, cravats, stockings, gloves, and waistcoats, are here termed superfluities, and immediately dispensed with by all the real Water-Cure patients.

A most wonderful effect has been produced on me

already by this system of living; the great desire I have had for so many years for segars, smoking as you know some ten a day, has been so far overcome or checked, that I cannot smoke more than one after each meal, and I do not in reality enjoy that number.

I have a paragraph to add, you will be sorry to hear or read. Priessnitz was seriously ill a few days since with an attack of apoplexy—ho was insensible for several hours, but I am happy to add that by immediate water treatment he so far recovered as to be able to be about, looking after his numerous patients, in two days,—indeed the day following he was out.

People here have so much confidence in the Water-Cure, and are so sure of being relieved of the cholera, or other sudden complaints in a few hours, that we eat everything; nobody seems to be afraid of any sickness.

I will send you in my next letter Priessnitz's treatment for the cholera. It is said he never lost a case where it was adopted in time.

THE WATER CURE AT HOME.

BY J. B. KIRKALDIE.

As I see frequent notices of "Home Treatment" in Water-Cure, in the Journal, I take this occasion to communicate its results in my own family. The patient, a little girl of two and a half years, was treated by her mother, whose information in the matter was all gathered from your publications. She was attacked early on the morning of the 7th of August, with a violent dysentery. The discharges, after a few of the first, were little else than bloody mucus, very frequent and accompanied with much pain, together with nausea and vomiting, which in a few hours completely prostrated her physical energy. As soon as a suitable syringe could be procured, cold water injections were given at each movement of the bowels, together with warm water to drink, which acted well the part of an emetic. The evacuations changed in appearance immediately after using the syringe. The third resembled very nearly the operation of calomel, (no medicine however was used,) after which she was put into a warm rubbing bath, 15 or 20 minutes, followed with a bandage around the abdomen, wet in warm water. The fourth injection was retained 8 hours, and the fifth perfected the cure. All in less than 18 hours. The third day from the first she was at her play, as though nothing had occurred.

PRESERVING BUDS AND GRAFTS.—The mode first suggested by T. G. Yeomans, of Walworth, N. Y., of preserving the scions of fruit trees in moist sawdust, has proved superior to any other. It is better than damp moss, as the scion may be perfectly imbedded in it, leaving no interstices; and it excoals moist sand, in being lighter, more spongy and entirely free from any grit which may injure a knife.

REVIEWS.

BY R. T. TRALL, M. D.

INFORMATION FOR THE MILLION, OR TRUE GUIDE TO HEALTH.—Here we have a book from Charles D. Hammond, M. D., pretending to be a medical guide on "eclectic and reform principles." Judging from the manner and matter of this book, it seems to have been made up on the following *selectic* plan. The author, we will suppose, possessed a small library, perhaps fifteen or fifty volumes. He was anxious to make a book. He wished his book to possess all the variety and interest possible within a specific bulk. We will suppose the author took about so many pages from one book on one subject, so many from another book on some other subject, and so on until he had filled out an *original* book of his own! We judge this from appearances, from the promiscuous and disorderly manner in which his subjects and chapters are jumbled together.

The book, however got up, contains some sayings and writings which, being true, are very good; many which are exceedingly vulgar and foolish; and not a few which are positively pernicious. Its medicinal department smells strong and rank of the rum-shop. Perhaps it was intended to "catch" the patronage of that class of community who are known to be "liberal minded" on temperance matters, and can "drink or let it alone." Thus, among his prescriptions this wonderful guideboard of a doctor recommends *nervous* persons to take *wine* and water with a little *branded* nerve tincture at meals. For *consumption*, *old Madeira* is prescribed. *Dyspeptics* are handed over to *old cider*. For *faintings*, *cordial* or *brandy* and water must be given. For *loss or defect of memory*, the patient must take a tablespoonful of *brandy* three times a day. *Nightmare* is doctored with half a wine glass of *good old brandy* ten minutes before bed time. For *impotency* the doctor deals out a long list of the "crittur,"—*madeira*, *sherry*, *good ale*, *porter* and *stout*.

We would not waste ink in noticing a book so full of "information" calculated to "guide the million" to drunkards' graves, were it not the fact that many are deluded with just such contemptible distillery trash, simply because it is mixed up with a little smattering of common place medical subjects, and some advice which is really correct. False doctrines never do any harm, except when mixed with a little truth to make them "take." The devil never preached a lying sermon, since his first appearance in the Garden, without seasoning it with more or less facts to make it go down.

ECLECTIC SURGERY—Benjamin S. Hill, M. D., Professor of Surgery in the Eclectic Medical Institute, at Cincinnati, has given us a work under the title, LECTURES ON THE AMERICAN ECLECTIC SYSTEM OF SURGERY. Surgery is either mechanical or medical. The former is confined to operations, the

latter contemplates medications. The operative part of surgery is a real art, a "fixed fact;" the medical part, as ever thus far practised, is almost wholly unphysiological. The eclectic school have, by an abandonment of the more heroic measures and agents of allopathy,—bleeding, calomel, etc., and the substitution of safer and milder means, certainly made an improvement in treating diseases on the drug system. The "heresies" of this school are now to be applied to those complaints, the management of which comes more immediately under the prescriptions of the surgeon. Here Dr. Hill has well sustained his part. Indeed much of the success of operative surgery depends on the direction of that part of the treatment which is strictly medical; and in this relation the eclectic heresies have the advantage over regular orthodoxy, in employing better and less hazardous agents.

Surgical diseases, and their mechanical and medical management, are presented by Dr Hill in a manner remarkably clear, candid, and judicious. Probably his work is the best general system of surgery extant. His greater reliance on hygienic agencies indicates a nearer approach to and greater confidence in the true physician, Nature, than we are accustomed to find in surgical works. Many of the dangers and fallacies of allopathic drugging are exhibited in bold relief, and the sophistries of their authors are exposed with exceeding pertinency and brevity. On the whole, the work is highly creditable to the eclectic school; and, as to the profession and the public, the best they can do is to accept it as their work of reference until, at no distant day, a still better system shall make its appearance on hydropathic principles.

MISCELLANY.

GOSSIP FROM BOSTON, BY NOGGS.

DEAR FELLOW-CRITTERS:—The season has been "terribly healthy," the doctors say, hereabouts, there being some seven hundred less deaths in Boston this last month of August, than in the same month last year! but "we live in hopes" they say, or would say, I suppose, some of 'em, if they "spoke out."

Just think, only a thousand deaths in the great city of Boston in a month! Where there are nearly two hundred physicians! with the cholera to help them, too.

Don't let anybody say in future that physicians are not useful!

What could we do with all the children, if they all lived?

How beautifully the doctrine of "specifics" is proved, too.

Children who take them, never are troubled with the disease again; very many of them, at least.

Brother Lorenz has left Waterford for the region of Philadelphia; he was much liked at W.; he would have done well there under other circumstances.

The Water (Cure) is rising rapidly hereabouts, and great demand is made for physicians.

Can there be no way of supplying the demand?

Why not start a Hydropathic College?

Everybody knows that it is very much needed, and, in my opinion, if the thing was properly begun and prosecuted, it would be easy enough to establish one.

Many are the fields now "ripe for the reaper," and many the laurels that might be won and worn, compared with which, those of the greatest chieftain that ever drew sword on his fellow-man, are but whives of meadow hay.

One poor little doctor died in this vicinity a few days ago, a victim to his own cruel treatment, being literally loched, blistered and irritated to death, as many a poor fellow had been by him. Verifying the Scripture, which says, "Whoso taketh the sword shall perish by the sword."

The town in which he lived, mourn his loss as the "terriblest thing that ever happened" to the town of W—, but the knowing ones there look upon it as one of the "wise dispensations!" He, in fact, "died that others might live."

He was, no doubt, a fine man as a man, and if he had not mistaken his calling, might have been a useful man.

The plumpness and richness of your last number excites universal admiration. One lady remarked to me to-day, that she "never knew a journal so well kept up and supplied with good reading matter for so low a price."

There is only one fault that I hear of, and that is, it don't get here till we are almost out of patience; it is the tenth of the month, and the lady above referred to has not yet received her copy, and mine only came two days ago.

Is the fault in the mail? or have you so many to mail that your mailer can't find time to mail them? if the latter, I pray thee let another mailer help mail the mailable copies.*

The Second Advent critters are quite elated hereabouts with the hope of a speedy fulfilment of their prophecies, as the weather is so rainy and has been, that they feel sure this time that the end of all things is nigh. Well, I'm agreed, for I think the best thing the world can do, is to adjourn, unless they take to improving mighty fast.

HEALTH MAXIMS.—Children should be taught to use the left hand as well as the right.

Coarse bread is much better for children than fine.

Children should sleep in separate beds, and should not wear night-caps.

Children under seven years of age, should not be confined over six or seven hours in the house, and that should be broken by frequent recesses.

Children and young people must be made to hold

their heads up and their shoulders back while sitting or walking.

The best beds for children are of hair, and in winter, of hair and cotton.

Young persons should walk at least two hours a day in the open air.

Young ladies should be prevented from bandaging the chest. We have known three cases of insanity, terminating in death, which began in this practice.

Every person, great and small, should wash all over in cold water every morning.

Reading aloud is conducive to health.

Sleeping rooms should have a fire-place, or some mode of ventilation besides the windows.

Young people and others cannot study much by lamplight with impunity.

The best remedy for eyes weakened by night use, is a fine stream of cold water frequently applied to them.

THE ART OF COUGHING.—It is injurious to cough leaning forward, as it serves to compress the lungs and makes the irritation greater. Persons prone to the enjoyment should keep their neck straight and throw out the chest. By these means the lungs expand, and the windpipe is kept free and clear. There is an art in every thing, and the art of coughing is, perhaps, as important a way as any other.

LONG LIFE.—John Vanhoosier, a German, of Jefferson county, Tennessee, who emigrated to this country about a hundred years ago, and was in several of the most important battles of the revolution, is now in the one hundred and twenty-second year of his age, and is still in the enjoyment of a good degree of health and vigor. One of his daughters, a bonny lass of eighty years, recently made the old gentleman a visit.

BOSTON FEMALE MEDICAL SCHOOL.—The next (5th) term of this Institution commences on the 6th November, 1850.

"This School has now been in operation two years, having commenced in 1849. It is conducted by the FEMALE MEDICAL EDUCATION SOCIETY, incorporated by the Legislature, April, 1850, with all the powers necessary to establish a thorough Female Medical School; and, in connection with it, a Maternity Hospital, to afford the pupils practice in the department of Midwifery."

The following liberal proposition is taken from a circular.

"Ladies and gentlemen should select suitable persons, and encourage them, by pecuniary assistance, if necessary, to attend with a view to practise in the towns from which they are sent. Where such a woman cannot be found, if the necessary amount be paid in to the Society, some one will be assisted with

* "We can only repeat, "Uncle Sam's to blame."

it, on condition of locating in the town from which the funds are furnished. As there have been and will be more denations of this kind, females of the requisite qualities, who can bring good references, are hereby invited to apply for such *benefits*."

An advertisement in this Journal, will futher explain. For particulars, address SAMUEL GREGORY, 17 Cornhill, Boston, Mass.

NILES, BERRIEN CO., MICH., July 25th, 1850.

MESSRS. FOWLER & WELLS:—Gentlemen, enclosed you have ten dollars, for which you will please send me twenty copies of the WATER-CURE JOURNAL, which I intend for distribution. Fully impressed with the important truth "that a greater blessing cannot possibly be bestowed on the human race than the universal diffusion of the Life and Health Principles advocated and taught in the Water-Cure Journal," my anxiety to become in a small degree the promoter of such diffusion among suffering humanity, induces me to take this course of doing so. Besides, I am in hopes that the cause may be yet further advanced, inasmuch as by the circulation of a few copies of the work many more will see it than those merely to whom I distribute them, and may thus be induced to take the work. You will please begin with the July number, and send by mail. I have received the back volumes of the same work, which I sent for some time ago. I have as yet not had time to do anything but take a hasty glance through them, but have seen enough to satisfy me that they are of inestimable value.

Very respectfully yours,

JAMES H. HENDERSON.

J. J. B. writes as follows: "As it is suggested in the July No. that many subscribers would prefer to have the Journal enlarged, as well as the price increased, I would just say that in my opinion, it is the bounden duty of the publishers, co-operating with the subscribers, to place this indispensable work in EVERY FAMILY THROUGHOUT THE LAND; therefore, the present low price should at all events be adhered to."

THE PUBLISHERS have concluded to continue the WATER-CURE JOURNAL at the present low rates, issuing occasionally, an extra number of pages. While our subscribers exert themselves to increase our subscription list, we can afford the Journal at present prices.

VANITY OF VANITIES.—At the Massachusetts Lunatic Asylum, on the 6th, Mrs. Susan Gregg, aged 51 years, a native of Groton, Mass., died of general debility, supervening on tight lacing and insanity. She has been for many years an inmate of the Poor House and Lunatic Hospital. Her figure was what is called genteel, and her vanity on this point probably led to tight lacing, which is in part the cause of her death. Her insanity was of a very harmless character, and if allowed to make and wear head-

dressess of extraordinary height, she was easily managed. While wearing those monster head-dresses she imagined that she was the queen of the world.

A CASE OF CHILDBIRTH.—D. B. writes from Mount Healthy, Ohio, as follows:—A case of childbirth occurred here last spring in the family of one of your subscribers. The woman was treated hydropathically both before and after the birth, and no case that I have seen recorded in the Journal succeeded better than this. This being the first case, it was a great marvel to many, especially among the old ladies.

The head of this family (he has six children,) says, "the W. C. J. last year saved him \$50—\$25 doctor bills, and \$25 in health."

This reads well, and we are pleased to know that the man *thinks* he has got his money's worth.

ECLECTIC MEDICAL INSTITUTE, OF CINCINNATI, OHIO.—The annual announcement of this flourishing College appears in our columns. The Faculty have re-organized, and the chairs are all filled by gentlemen of the highest reputation in their respective departments as teachers and authors. The Institute holds the same relative position in the American Eclectic system of medicine which the Medical School of Paris does to the old-school profession. The vacancy occasioned by the death of the Professor of Theory and Practice of Medicine has been filled by the election of Dr. J. G. Jones, of Columbus, a veteran teacher and practitioner, who is regarded by his friends as having no superior in our country in the department to which he has been chosen.—*Columbian*.

See advertisements for particulars.

CHRONIC RHEUMATISM.—Timothy Lyon, at the advanced age of sixty years, writes us, that he has, by the advice contained in the WATER-CURE JOURNAL, nearly recovered from an impaired constitution, and has, by the aid of water and diet, removed a chronic rheumatism.

Thus speaks an old man full of years, who has passed through the various conflicting systems of "prolonging life," and has, in the maturity of his judgment adopted HYDROPATHY. We can add nothing. Such testimony is sufficient.

E. D. H., OF PAINESVILLE, OHIO, says:—"THE PEOPLE in this region are "in" for Hydropathy, just so fast, and so far, as they become acquainted with it. All that is needed to kill the "medicine humbug," is the *living voice*, to call the attention of the masses to the purifying and health-restoring properties of water."

WATER-CURE ESTABLISHMENTS.—Since the first of January, 1850, there have been treated at the Summit Water-Cure Establishment, in Eastern Pennsylvania, ONE HUNDRED PATIENTS. This proves, quite conclusively, the popularity of the house. At this rate, another year will leave our Allopathic friends entirely "under water."

Mrs. E. L. P. writes as follows:—For your encouragement, let me say we have many in this region that are doers as well as believers in the Water-Cure System. We have used cold water in our family, (consisting of six members,) both as a beverage and medicine, for six years, and have not had occasion to call in a physician during that time. For six years previous our doctor's bill was a heavy tax.

NOTICES.

TO POSTMASTERS AND OTHERS.—We occasionally hear of some mistaken mortal charging *pamphlet postage* on this paper; and as we intend sending it out with a loose cover, or wrapper, containing advertisements, we deem it necessary to call the attention of postmasters, to the post office law, defining what is a newspaper, namely: *A publication issued as often as once a month on not more than two sheets of paper, whose superficial area, united, does not exceed 1,900 square inches, and giving intelligence of passing events; and this is precisely what the Agriculturist is, and is only subject to newspaper postage.* The form in which it is folded has nothing to do with postage, unless stitched and cut, and then it would be a pamphlet. As it is sent through the mail, it is a newspaper, and has been so decided by the Postmaster General.—*American Agriculturist.*

The above is applicable to the Water Cure Journal, yet one or two postmasters have, evidently without any wrong motive, charged *pamphlet postage.* We hope no farther difficulty will be experienced by our subscribers in future, on account of postage.

SAMPLE NUMBERS of this Journal will be sent **GRATIS,** when desired, with which to obtain new subscribers. We hope our friends will order freely, and circulate them where they may do good.

ADVERTISING.—Besides our full compliment of reading matter, we are enabled to devote a few pages to Advertising. Our terms will be in proportion to the circulation, namely:—

One page, one month, \$20.00 One half page, \$12.00. Less than half a page, twelve and a half cents a line.

To insure an insertion, all advertisements should be sent in before the 10th of the preceding month.

We do not pretend to endorse *all* that may be found in our advertising department; yet we shall admit nothing of *immoral* tendency.

BOOKSELLERS, and Agents, residing at a great distance from New-York, will do well to supply themselves with books for the winter sales, before navigation closes. It is now a good time to make up orders.

BACK VOLUMES OF WATER-CURE JOURNAL from the commencement, we can no longer furnish. Copies for 1849, beautifully bound, will be sold for \$1 25.

IN HOUSTON, TEXAS, our publications may be had of J. S. TAPP, Bookseller, to whom we have just shipped a large stock.

IN KINDERHOOK, N.Y., our publications may be had of MR. LEONARD REXFORD, bookseller and news agent.

IN UNION MILLS, Ind., our friend CHARLES G. POWELL will act as agent for our publications

IN TORONTO our publications may at all times be had of our friends JAMES LESLIE & SONS, who keep a supply.

TO CORRESPONDENTS.

NERVOUS DERANGEMENT.—L. P. H. puts the following query:—

“In cases of nervous derangement, where the *tonic* and *sedative* effects of water both seem to be indicated, inasmuch as there is great irritability united with weakness, what treatment would you recommend? I have been a sufferer for years, while observant of all the laws of health, and for the last six months have practised the water treatment at home, with little if any relief. Prostration of mind and melancholy forbid my leaving home to enter a Water-Cure institution. Please reply in your next number.”

Here is a poser. Nervous derangement means almost every thing. If a sufferer for years has been observant of *all* the laws of health, she must now be under the penalty of previous transgression. Probably tepid or sitz baths, with occasionally a full warm bath, followed by a gentle shower or pail douche, would constitute the essentials of a plan, both soothing and tonic as practicable.

A. W., reports a case of **TYPHUS FEVER** as having been successfully treated by water. He says—“I had a very severe attack of Typhus Fever, for which I applied the Water-Cure process in opposition to the wishes of friends, who said it would kill me, but not vigorously, as I should have done had I had Water-Cure friends to have assisted me. The cold water did not kill, as they expected, but cured without medicine, so that my health is better than it has been for six years past.

My friends, who witnessed the cure, were all turned to advocates, instead of their remaining opponents of Water-Cure.”

A. W. POTTER.—What kind of diet will make the most compact tissue and muscle? Do temperaments make any difference as respects air, water, exercise, &c. ? In answer to the first question, we say, use natural food, fruits, grains and vegetables. We mean unbolthead and unconcentrated grains. Temperaments make no other difference in the application of any hygienic agencies, than respects quantity and degree; not as to kind. The laws of hygiene are the same in all.

SPASMS IN THE STOMACH.—J. A., Toronto, Canada, is informed, that these affections are as common here as there. They are usually curable, without difficulty, by the full treatment. Uterine obstruction or irritation is a frequent cause with females. An ulcerated state of the mucous surface of the duodenum, consequent on a long standing liver complaint, the excessive use of very hot drinks, the free employment of salutaris, frequently occasion them.

EGYPTIAN OPHTHALMIA.—G. N. S. of Berlin, Wisconsin, wants to know how to manage this complaint, which is prevalent in his neighborhood. The pack sheet followed by the dripping sheet, daily, and a half bath daily, are the best leading measures. The diet must be strictly regulated. It must be purely vegetable, and consist mainly of the best brown bread, or cracked wheat, and sweet or sub-acid fruits.

S. M.—Nocturnal emissions often require one or two years to entirely cure. Your diet is all right—persevere. Let the water part of the treatment be very mild. A morning ablation, or rub sheet, and two or three short sitz baths, cold—say ten minutes—daily, the last in the evening, a short time before retiring. The abdominal bandage might be worn half of each day, with advantage.

COD LIVER OIL.—H. W., North Eaton, Ohio, writes:—"Cod Liver Oil is finding its way into this place, and we want the Water-Cure Journal to drive it out. Two cases of lung fever in this neighborhood have been cured by water." As fast as civilization has progressed westward, noxious animals, —snakes, wolves, wildcats, bears, &c.—have retired to deeper shades and more benighted regions; and as fast as the Water-Cure philosophy pervades the minds of civilized people, just so fast will Cod Liver humbugs be driven to less enlightened haunts.

J. G. C., ATHENS, GA.—The case of rheumatism described in your place requires a persevering use of the rubbing wet sheet, and the douche applied to the spine and the parts affected. Occasional packs will be serviceable whenever there is excess of bodily heat. The chest wrapper should be continued about half the time, so long as there is cough or expectation.

S. C. W., of Wappenger's Falls, N. Y., informs us, that the successful treatment of several cases of disease, by water, in this place, has awakened a very general interest in the Water-Cure. This, we are glad to hear, and hope the good cause may thus spread throughout the land. Its success will depend entirely on its merits; and "EXPERIENCE" is the only true test.

SCROFULA, WEAK EYES, &c.—S. A. B., Warrenham, Pa., must expect to diet plainly, and observe the laws of health several years before the constitution can become re-invigorated. The best baths to continue steadily are, the rubbing wet sheet, not very cold, and tepid sitz bath—about 72 degrees. Her mother's case will do better under rubbing wet cloths, or the rubbing sheet, than the shower bath.

T. G., Warsaw, Ills.—Most thankfully shall we receive such testimony, and experience as you may send us, from your beautiful "Prarie-land." We are rejoiced to know that so much good has resulted from the circulation of our publication in your region. Hope our new subscribers will be pleased with the Journal.

D. T. M. D., of Ala.—When sending a list of subscribers for the W. C. Journal, says,— "Although I am a Botanic Physician, I wish the Water Cure Journal success, and shall endeavor to extend its circulation."

Now this is what we like to see. It indicates a fairness and liberality, which we wish were true of all men.

M. G., CLARKSVILLE, O.—Your case requires a very plain and rather abstemious diet, coarse farinaceous food, milk, fruit and vegetables, with a daily ablation, and one or two sitz baths, 15 to 20 minutes. The last sitz bath should be just before bed-time.

PILES.—H. S. E., Lebanon, O., is informed that aggravated cases of piles are very frequent at the Water-Cure Establishment. Many bad cases, attended with hemorrhage, prolapsus, &c., have been cured without chirurgery.

FRANK B. LOBINGER.—Sir, you failed to give us the name of the STATE in which you live. We cannot, therefore, answer your letter, not knowing where to direct. All letters should contain the name of the post-office, county, and State.

INJURY TO THE HIP.—Mr. C., Cynthia, Ky. Stiffness and weakness of muscles, consequent on blows, falls, &c., are often improved or cured by a persevering use of the douche—applying as strong a force to the affected parts as can be borne without discomfort.

J. J. S. writes us from Onondaga county, viz:—"Some few here are turning from the error of their ways; less tea and coffee are drank, and there is a general growing distrust in doctors and their medicines." (All right, go ahead, you are on the right track.—Ed. W. C. J.)

D. B.—You have done nobly. A place so "Healthy" needs the Journal less than many other places, yet, according to the number of the inhabitants, we think you have almost equalled the best.

S. R. J., Memphis, Tenn.—Accept our thanks for favors, and rest assured, our efforts for the well-being of our race shall be continued through life. We experience great pleasure in doing that which we believe to be our duty.

H. N. W., of Jefferson, Texas, will accept our thanks, for the plump list of subscribers which he sent us. May the Journal do good, and the number of subscribers be multiplied.

B. S. WINSTEAD.—We shall send the Journal one year, from July, 1850.

S. S. M.—We shall, in a future number, publish the article, referred to in your letter, probably in the November number.

VARIETY.

LITTLE SODUS, vs. ONTARIO BAY.—We enjoyed the pleasure, a few days since, of a visit to Little Sodus—or as, by a unanimous vote of our party and those interested, "in solemn council convened," the name was changed, "Ontario Bay." We were not aware of the existence of so picturesque and really beautiful a place so near our own goodly city, or we should probably have been there before. As it was, we were most agreeably disappointed, and highly delighted with the excursion.

The bay is a beautiful sheet of water, something over a mile in width and extending inland about two and a half miles from the lake, from which it is separated by a heavy sand bar running entirely across the mouth of the bay, with only a narrow opening for the passage of light craft. The water of the bay is deep, and surrounded by bluff, steep banks, affording excellent facilities for landing places for boats; and, being securely protected from storms and the sea, by the sand-bar pier, separating it from the lake, it is capable of being made, in our opinion, a most admirable harbor. An appropriation of \$10,000 for its improvement, is, we notice, incorporated in the River and Harbor bill now before Congress. This, together with the railroad which the people of that vicinity assure us is "morally certain" to be constructed between there and Auburn, and from Auburn to Ithaca, thus connecting them with the Albany and Buffalo and New-York and Erie roads, and the improvements contemplated and being made in that locality by enterprising land-holders in New-York city, will undoubtedly make Little Sodus, (Ontario Bay,) a great place. Indeed, who can say that it will not in a few years become a rival of Oswego? Who can say that, instead of occasional communication now—and that only recently established—

shall not have boats daily plying between these two rival lake ports, on errands of commerce and pleasure?

Whether it ever becomes a city or not, it can scarcely be surpassed for beauty and variety of scenery, and the requisites for pleasant private residences. The ground upon all sides of the bay is rich, productive, and elevated, and affords a complete view not only of the bay but of the broad, blue, and noble Ontario in the distance. And the beauty and grandeur of this scenery is greatly enhanced when night has lightly drawn her sable curtains o'er the earth, and hung out ten thousand starry lamps in the clear blue heavens above. A boat ride then, too, on the smooth, silvery surface of this bay,

"— 'neath the deepening vault of the sky,
When the stars, faintly gleaming, are whispering in glee,
And the moonlight is melting effulgence on high."

affords a view and enjoyment to be obtained from few if any other sources, and we wonder that the place is not more a resort of pleasure parties than we suppose it is.—*Oswego Palladium*.

JENNY LIND has arrived. We have heard her sing. She greatly surpasses any other singer which we have ever heard. The high encomiums which were bestowed on her in Europe she fully sustained at her first concert in New York. She has the DIVINE power of electrifying and transporting her audience from the earth to a HIGHER sphere, and exciting in them HOLIER feelings than are commonly enjoyed by man. To what shall we attribute that power? surely it cannot be in consequence of a superior musical education, for others have had this same advantage; can it be that she possesses more kindness, affection, or devotion than all others? No; this cannot be, although she is blessed with a full share of each of these qualities. Then what is it that enables her to thus CHARM all who hear her voice? It is a SPIRITUAL power obtained from a HIGHER source than from human teachers. This is OUR interpretation of this otherwise inexplicable phenomenon.

Those who have not heard her sing may think that we overrate her power, yet we cannot allow them to pass an opinion until they have had an opportunity to judge for themselves. Thus far, from amongst the thousands who have heard her, there is but one opinion, and that is in harmony with our own. WE advise ALL to hear her.

MUSIC AND POVERTY.—In all the accounts I have seen of Jenny Lind, there is no intimation that so many people, or any portion, are running after her because of the goodness she possesses, or because they expect to receive useful instruction, but simply because she possesses a particular faculty of tickling the itching ear—of producing certain sounds which gratify the passions. Such a flocking after empty sounds is aluminable while so much grinding and oppression, and poverty and misery, claim attention on every hand.—*Portland Pleasure Boat*.

NOW FRIEND HACKER, for once you are a little too cruel, for we know Jenny Lind to be one of the "goodest" creatures, that we ever knew, and, in our opinion, as *useful* as the distinguished personage with whom you compared her. From what motive did she receive of our rich men \$10,000 on the night of her first concert in New York and give the same at once to the poor? Was it selfishness? Has she not invariably given away the greater portion of her receipts to the poor? What would you have her do? "Sing for nothing, and board herself." Are you not willing that she should sing the money out of rich men's pockets into those of the poor?

TREES ON THE PUBLIC HIGHWAYS.—An order has been issued by the Minister of Public Works in France, to have all the public roads bordered with trees; those over 43 feet wide are to have a double row on each side. It is considered as very beneficial in hindering the edges of the roads by the gradual spread of the roots.—*New York Sun*.

This is as it should be, not only in France but throughout the world. How delightful it would be in the warm summer to ride all day on a good road, in the SHADE. Besides, the value of a farm, in our estimation, would be enhanced much more than the cost of thus setting the trees. Suppose our young men try this thing, and in place of shade trees set out FRUIT trees in the highway fronting the homestead.

GENIN, the man—(fool)—who gave \$225 for the first choice of seats at the Jenny Lind concert, worked several years ago as a journeyman hatter; we hope he will have to again.—*Brandon Post*.

Not so fast, Mr. Post. The result of this investment shows that it was not so foolish, for in less than a week after this purchase, Mr. Genin sold some five hundred of his "Jenny Lind Hats," at paying prices. Was not this quite a Yankee speculation? Besides this large sale of hats, Mr. Genin has had the honor of being mentioned in connection with this matter in nearly every newspaper published in the United States. This, of course, serves him as an advertisement, and will pay a large dividend. Mr. Genin is an enterprising man; he plants dimes and reaps dollars.

"RAILWAY SUPERINTENDENTS respectfully beg leave to remind gentlemen who SIT, that the car floors cannot be washed while the train is in motion."

"Passengers must not smoke in the cars or station houses," (nor anywhere else, we say.)

BOOK NOTICES.

THE BOOK OF NOTIONS. Compiled by JOHN HAYWARD, Boston. Published by Bela Marsh.

The Author says.—

"The compiler of this book, in the course of his reading having frequently met with moral and religious thoughts, hints on health, articles on domestic economy, poetic gems, anecdotes, witty sayings, &c., deserving more conspicuous places for preservation than where they were found has been induced to select, arrange and publish some of them in this form, believing that the collection may prove an agreeable and useful companion in the parlor or kitchen, the steamer or packet, coach or car,—particularly to his FAIR COUNTRYWOMEN, to whom the volume is respectfully dedicated."

In looking over this book, we find many excellent thoughts and suggestions, good for every one to read and remember; yet we cannot but regret, that the author had not omitted those foolish medical receipts, such as all Hydropathists will laugh at, for example—

"EXTERNAL USE OF COD LIVER OIL IN SCROFULOUS ULCERS.—"Cod Liver Oil, half an ounce; liquor of Potash, half a drachm; Lard, sufficient to make an ointment. Apply three times a day."

Again—"FOR DISEASES OF THE SKIN."—"Pure whale or seal oil;—dose, a tablespoonful three times a day."

Once more—"RHUBARB PILLS."—"Take pulverized Rhubarb and camomile flowers in equal parts, mix with honey till of a proper consistency to make into pills. Take two common sized pills one hour before dinner."

There, John, what say you to this? We think you better at "gastesteering" than doctoring.

OUR NEW WATER CURE LIBRARY.—Many of our Hydropathic friends, at home and abroad, have expressed great satisfaction in being able to obtain, in a beautiful uniform edition, at an exceedingly low price, nearly all the works which have ever been written on this, best of all, systems of the healing art, THE WATER-CURE.

The *New York Evening Post*, referring to these works, has the following: THE WATER CURE LIBRARY.—Fowler & Wells, of Clinton Hall, have just issued a series of seven 12mo volumes, of the best extant works on the subject of the use of water. They treat of the matter not in its technical sense only, but in all its aspects, and furnish the reader with a summary of the most important facts that have been observed in relation to the effects of water on the animal economy. A person who should desire to know all that mankind has thought and done about water, from Noah down to Priessnitz, will find it in these works. They are simple and unpretending in style, but are compiled with great care and judgment. The whole experience of the medical faculty in times past is given, and complete illustrations are added as to the best methods of applying the agent in various processes of cure. The books are neatly printed, and the whole getting up does the greatest credit to the enterprise and taste of the flourishing house by which they are put forth.

The price for this LIBRARY, which contains nearly 3,000 pages, and which should be in the possession of every family, is only FIVE DOLLARS.

MOORE'S RURAL NEW YORKER. Published every Thursday, at Rochester, New York, by D. D. T. MOORE, Proprietor. Terms, \$2 a year.

Of all subjects, which should engage the attention of every young man in America, AGRICULTURE is the most important. True, he should, to some extent, acquaint himself with mechanics, yet first of the two, let him learn to cultivate the earth. To do this successfully, let him avail himself of the experience of those who have devoted their lives to it. He can do this, by reading books, journals, papers, &c., which contain the experience of men in *all* ages, and especially of the present. After reading, let him practice; in a short time, and at small expense, he will become efficient. After all this, should he prefer any other pursuit, he will be the better qualified to succeed in it, having "first learned to live, by cultivating the earth." We find in the "RURAL NEW YORKER" matter well calculated to facilitate judicious farming, and we would recommend it to every family in the State, or out of it.

A TREATISE ON ENGLISH PUNCTUATION; designed for Letter-writers, Authors, Printers, and Correctors of the Press; and for the use of Schools and Academies, with an Appendix, containing hints on Proof Reading. By JOHN WILSON, Boston, 21 School Street. Published by the Author. Price 75 cents.

A work, which should be in the possession of every student who aspires even to write a letter. We can suggest no improvement to this edition. It is a perfect guide, in all matters, covered by the title.

The *Christian Register*, in speaking of this work, says,—“We advise any one who wishes to understand thoroughly the whole art and mystery of Punctuation and Proof reading to get this volume. It is a book to be kept on the table, or to be studied by letter-writers, authors, and printers; by every one, in short, who wishes to make what he writes clear and intelligible.”

PATH-FINDER RAILWAY GUIDE, for the New England States. Boston; Published monthly, by Snow & Wilden. Price, 5 cents.

UNITED STATES RAILROAD GUIDE, and Steam-boat Journal. New York. Published monthly, by G. R. Holbrook & Co. Price 12½ cents.

Before starting on a journey, we always provide ourselves with one of those useful, and we may say, *indispensable* Travelers' Guides.

The traveler may, in a moment, without stopping the car or conductor, inform himself on all particulars relating to the distance, time, and price, in passing from one place to another. Besides many necessary statistics, rules and regulations relating to baggage, freight, &c., are given. We will here suggest to the publishers, whether it would not be well to insert a brief list of some half dozen HOTELS in each of the various cities, stating the charges per day, for board at each. We think this would be an accommodation to many.

It is our opinion, that the extensive circulation of these Railway Guides increases the travel, enriches railroad companies, and in *all cases* improves the *health* of the traveler.

OUTLINES OF PHYSIOLOGY. By J. L. COMSTOCK. "A Friend" wishes to know our opinion in regard to the merits of this work. Of course, we give it freely, yet briefly.

The work is chiefly a compilation from *old school* authors, selected with care. The work is quite in harmony with itself. When the author broaches a subject with which he is not familiar, he honestly confesses it, and quotes largely from others, to show also that they were equally ignorant with himself. This he deems the safest way to get over the "NEW VIEWS" which *modern* writers on Physiology have advanced. Mr. Comstock is highly conservative, opposed to all things which are not "regular." IMPROVEMENTS he does not advocate.

We cannot recommend the book under notice. It is a "medley" of but little value to the public.

THE OCEAN FLEET: or a Voyage to Quebec in an Irish Emigrant vessel: embracing a Quarantine at Grosse Isle in 1847, with Notes illustrative of the Ship Pestilence of that fatal year. By a CABIN PASSENGER. Boston: Coolidge & Wiley.

This is a Journal of a voyage across the Atlantic, written in a free and easy style, embracing many of the incidents and occurrences of a sea voyage, by one who had an opportunity of witnessing the horrors of the emigrant ship, in some of their worst forms: and contains an Appendix, furnishing much general information respecting the ship pestilence; and is deserving of an extensive circulation. For sale at the Journal Office; 25 cents, mailable.

THE PRISONER'S FRIEND, A monthly Magazine; edited by CHARLES SPEAR, Boston, Mass.

This "friend of the fallen" comes to us in an improved condition, new types, a new cover, and a hopeful spirit; all this we are rejoiced to see. May the PRISONER'S FRIEND be permitted, through the Christian benevolence of our people, to do the work it has commenced, namely,—To improve the physical, mental, and moral condition of our prisoners. Subscriptions may be sent to Charles Spear, Boston, or to the Office of this Journal. Terms, \$2 a year. Volume 3 commenced with the September number. Now is the time to subscribe.