

THE WATER-CURE JOURNAL.

THE CURSE REMOVED.

A Statement of Facts respecting the Efficacy of Water-Cure, in the Treatment of Uterine Diseases, and the Removal of the Pains and Perils of Pregnancy and Childbirth.

BY T. L. NICHOLS, M. D.

In my "Introduction to the Water-Cure," I have spoken briefly of the adaptations of the hydropathic treatment to the diseases of women, and the conditions of gestation and parturition. As my experience has increased, and the sphere of my observation has extended; as I have been brought into contact with human suffering, and have been able to guard against or relieve it; as the perils and agonies of childbirth, under the usual modes of treatment, have been contrasted with the safe, and speedy, and almost painless labors of those who have had the benefit of the water treatment; I have felt it my duty to address a few earnest, and, I hope, impressive words to the wives and mothers, the husbands and fathers, who may feel an interest in a subject, the importance of which human life can scarcely parallel.

It is no egotism in me to say, that I have studied this subject with very peculiar advantages, and such as no physician in this country has probably ever enjoyed. I allude, of course, to the aid, counsel, and assistance of my wife, whose intimate acquaintance with this branch of medical science, and whose extensive and most successful practice, are widely known and appreciated. This acknowledgment of my obligations to her science, experience, and skill, is due alike to her, to the reader, and to myself; and I am proud to say, that she has taught me far more, in connection with this subject, than I could ever have learned in all our medical libraries or colleges; and to her is justly due the credit of some of the most important reforms connected with the hydropathic treatment.

There is a common impression that gestation is, of necessity, a period of disease and suffering, and that parturition is inevitably a painful and dangerous process. This belief, it must be admitted, seems to be lamentably justified by experience. Amid the deprivations of civilization, there are comparatively few women who escape nausea, vomitings, and other symptoms of a deranged nervous system, during the period of pregnancy; few who do not suffer long agonies in childbirth. A painful labor of six to ten hours, with two or three weeks close confinement after it, is called "a good time;" and labors of twenty-four and forty-eight hours are by no means unfrequent. And though death, as the immediate result of parturition, is comparatively rare, it is

still frequent enough to be recognized as no improbable event. On an average, three women die every week in this city, from what are termed the accidents of childbirth; while one thousand three hundred and twenty children last year were stillborn, or born prematurely, so that their lives were sacrificed.

I need not dwell upon the state of disease and the amount of suffering which these facts indicate. The peculiar diseases of women, the pains and perils of gestation and childbirth are familiar to us all. They have come to be considered as among the necessary evils of life, to be borne patiently, and with humble submission to the will of God, who has laid this terrible curse upon woman in consequence of the sin of Eve, in seducing Adam to partake of the forbidden fruit. And this superstition rises to oppose all reform, and every effort to ameliorate the condition of woman, to heal her diseases, protect her from danger, and save her from her terrible, and all the more terrible, because needless, sufferings.

The sentence, or curse, or prediction, on which this superstition is based, is contained in the third chapter of Genesis:—

"Unto the woman he said, I will greatly multiply thy sorrow and thy conception; in sorrow shalt thou bring forth children; and thy desire shall be to thy husband, and he shall rule over thee.

"And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree of which I commanded thee, saying, thou shalt not eat of it, cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life," &c.

Now the curse of the ground has not hindered inventions in agriculture, until portions of the earth have been converted into new Edens; and if Adam ate his food in sorrow, with the loss of Paradise an ever-present and embittering memory, this has not hindered millions of his posterity from eating their food with gladness and festivity. So of Eve; every conception may have been to her a new sorrow, when she thought of the heritage her offspring had lost. She may have sorrowed to bring children into a world cursed by her disobedience; but to her posterity conception has often been a joy, and the birth of a child, though painful, an event of exceeding happiness. It is very plain that the text in no way justifies the common notion concerning it; for were it a law that childbirth should be accompanied by pain, it is a law daily and continually violated, and one which I daintily to show can be so far set aside that pain in childbirth, instead of being the rule, shall be the rare exception.

This immunity from suffering is not a thing unknown. Throughout the world, now and in all times, just in proportion as women have lived according to the requirements of nature, they

have been exempted from this supposed punishment of original sin. If painful labor were a curse on Eve, resting on all her posterity, what should exempt the women of savage life, the negro slave, or the healthy and hardy peasantry of Europe, from its operation? The Indian woman, living in the open air, a stranger to the weakening refinements of civilization, knowing nothing of dyspepsia or hysterics, with no idea of spinal disease or prolapsus uteri, when she feels the signs of coming labor, repairs to the nearest brook, gives birth to her child, it may be amid the snows of winter, washes it and herself in cold water, and is ready to resume her journey, without hindering her party more than half a day. The women of nature have no such word as "confinement," a word so appropriate in civilization.

The great truth to be learned by everybody is, that gestation and parturition are natural processes. It is as natural for a woman to bring forth children as for a shrub to produce flowers and fruit; and her organs are as naturally adapted for the purpose. In a state of health no natural process is painful. Pain is, in all cases, the sign of disease. It has no other use or significance. With a sore throat it is painful to swallow; with a diseased stomach digestion is painful; so is childbirth painful to a diseased nervous system, but never to an entirely healthy one.

There is no more certain fact in physiology, than that the nerves of organic life, in a healthy condition, are not susceptible of pain. They acquire a morbid sensibility in disease. Thus all the involuntary functions of life are carried on without our consciousness. We breathe, sleeping and waking, without effort or pain, until some portion of the respiratory system becomes diseased, and then each breath may be a labor and a pang. So the strong heart works on, year after year, expanding and contracting its four receptacles, and pouring the tide of life through a thousand channels, and we are never conscious of the working of this wonderful engine until some of its apparatus becomes impaired by disease. So the stomach receives the food, expands, contracts, keeps up a churning motion, and for many hours every day labors in the function of digestion. No healthy person is conscious of even having a stomach, but the poor dyspeptic knows it to his sorrow. It is the same with the alimentary canal, with the liver, the kidneys, the bladder, and not less so with the uterus. Conception, gestation, and parturition are the natural functions of this organ and its appendages; and nature has made no mistake in adapting it to its proper work. Its nerves, like those of the stomach, the heart, and all the nerves of organic life, are not nerves of sensation in their healthy state; and it is only in their diseased condition that they are liable to pain. In its healthy condition, the uterus receives the germ of a new being, provides it with its proper nourishment, expands to make room for its development, and, at the time appointed by nature, dilates its opening, and contracts, by a series of involuntary and painless muscular efforts, so as to throw the infant into

the new existence which its growth demands. It performs its own proper functions, just as the lungs, the heart, or the stomach perform theirs; because it was formed by the same Infinite Wisdom and Goodness, who ordained that pain and sorrow should be the consequence of sin, and who ordains that health and happiness shall ever be the result of obedience to the laws of life.

It is not credible that any natural function should be attended with pain in a healthy state of the system. All nature protests against such an idea—all experience is opposed to it. Causes and effects are too well adapted to each other—ends and means too admirably fitted. This world is the work of infinite power and benevolence, and the human system is the masterpiece of all this fair creation. It is not to be supposed that the most important of all the functions of the most perfect of created beings, of whom we have any knowledge, should be subject to inevitable pain and peril in its performance. Such a belief is an insult to Providence. When God looked upon his creation, and pronounced it good, he could not have overlooked the most important function of his last and most perfect work; and there can be no question, that in the original creation of woman, she was fitted to obey the command, "increase and multiply, and replenish the earth," without peril or pain. The very idea of the curse inflicted upon her carries with it the belief that she was originally created perfect in this particular. Has there been any change, then, and if so, what is its nature?

There is no more reason to believe that the bony pelvis has changed its form, than that the head or chest have been altered in their relative dimensions. On the contrary, in all healthy subjects the size of the pelvis is now found to be admirably adapted to the size of the fœtus, at the period of its full development. There is no more reason to suppose that the uterus is by nature less adapted to its functions than the eyes or ears are to theirs. No—nature has not changed; woman is, in her healthy condition, the same glorious being that she was when she first came from the hands of the Creator.

What then has made the change? Why is woman subjected to all her pains, sufferings, outrages, and perils, in the performance of the great function of her life? It is because the forbidden fruit of enervating luxuries and excesses is continually eaten. And just in proportion as women transgress the laws of nature, which are the real and unquestionable commands of God, just so far are they subject to the curse.

Man has it in his power to incur all direct curses by transgression; or to avoid all curses, and invoke all blessings, by obedience to the divine law. Industry makes of the barren earth another Eden. Temperance and cleanliness give health, and health brings happiness in all the duties of life. So it is with woman. Indulgence, self-indulgence, voluptuousness, and all sins against the laws which God has written in the structure of our bodies, bring with them the curse of deranged nervous systems, broken health, irregularity of

function, disease, pain, and premature death. Every woman is an Eve, and forbidden fruits are all around her. If she listen to the voice of the beguiling serpent, hers is the wo. But, on the other hand, faith in God, obedience to his laws, and living in harmony with his works, assure to woman health, and safety, and joy, in fulfilling all her destiny. These are truths pregnant with meaning, and incontrovertible as the principles of nature.

In my work, already referred to, I have treated, as fully as the space admitted, of the conditions of health and the causes of disease. I wish every person who reads this article to get that little book, and give it a careful perusal; and I shall be acquitted of any mercenary motive in giving this advice, when I state that I made a present of the copyright to the publishers, on the sole condition that it should be published at the nominal price of twelve and a half cents, and so freely advertised as to secure a wide circulation. In this article I can but briefly allude to the causes which have brought upon civilized women their multiplied miseries.

By the immutable laws of Nature, the sins of parents are visited upon their children to the third and fourth generation; consequently, women are born scrofulous, weak, and often with bodies imperfectly developed, and tendencies to spinal and pelvic deformities, forbidding the possibility of healthy and natural labors. All such women must suffer; but even to them, obedience brings its rewards, and their health can be greatly improved, and in most cases their unfortunate liabilities lessened.

In consequence of the wise adaptation of the human lungs and skin to the atmosphere, the free access of pure air, from the first moment of independent life, is of the highest necessity; yet our women, even more than our men, are smothered and poisoned all their lives, and while they should breathe pure air, day and night, at all times, they are almost continually deprived of it. In the curtained cradle—the close bed room—the heated nursery—the crowded school room—the unventilated church, ball room, theatre, and through a whole life of falseness and luxury—the blood never gets its share of oxygen, and the whole system becomes loaded with impurities. Every organ becomes weakened and every function deranged. What can we expect but disease and suffering from such violations of nature?

Activity is a great law of our being. Heart, and lungs, and all the alimentary and excretory systems are ever at work; and it is the evident intention of nature, that every faculty of the mind, and every voluntary nerve and muscle of the body, shall have its seasons of activity and repose. Exercise, full, and varied, and abundant, is a condition of health. Do our women get it? Not one in a hundred. Imprisoned in school rooms, drilled into proprieties, taught to dawdle in drawing rooms,—made to knit, and sew, and embroider, when they should: un about the fields, or work in gardens, they exercise in rocking chairs, and get fatigued with a shopping excursion:

or, on the other hand, compelled to labor from morning till night at severe and monotonous employments, they break down with over-exertion. Either as the doll-baby or the slave of civilization, woman is wronged in her whole nature, and suffers for the wrong; and all society suffers with her.

It has been demonstrated that the right performance of all the functions of life depends upon their harmony. If one vital organ be impeded in its action, the whole system suffers; and there is no more vital organ than the skin, which requires air and light, and especially cleanliness. It is hard to imagine that any woman neglects the law of cleanliness; but I can call no woman cleanly, much less delicate and refined, who neglects the daily ablution of her whole body. This will be a hard saying to many; but it is my business to write the truth, and the laws of nature and the conditions of health are not to be neglected with impunity. Whatever hydrophobic doctors, in their anger at the progress of the Water-Cure, may say, a daily bath is to every woman the condition of decency, of comfort, of health, and of beauty, which health alone can give. I make no exception. She needs a daily cold or tepid bath, at all times and in all conditions. A daily bath is more needed at her monthly periods than at other times. It is never more required than during pregnancy: it promotes wonderfully the ease of parturition, and is the great restorative provided by nature, and sought by instinct, even among savages, as soon as this work is accomplished.

A pure nutrition is an indispensable condition of healthy development and action. No nervous system can retain its integrity, when loaded down by the poisons of tea, coffee, tobacco, alcohol, spices, and drugs. No woman can partake of this forbidden fruit without experiencing the curse—the curses of her sex. There cannot be a disordered stomach without a weakened uterus. Every such indulgence is a draft upon the capital of life, to be paid with a heavy interest of pain.

Even in dress, women have sinned against nature with a strange perversity. I never meet a young woman in the street, with a waist laced into half or one-third its natural dimensions, without a sigh of pity at the thought of the terrible penalty she must pay for such unnatural folly—such ridiculous depravity; for in what can human depravity be greater than in the profanity of marring the works of God? In a chest and abdomen so distorted, neither lungs, nor liver, nor stomach, nor intestines can perform their functions. The system cannot receive a healthy nutrition, the blood cannot be purified, and what then can be expected of the crowning function of life? In women whose bodies have been so tortured and abused, gestation must be a long disease, terminated by miscarriage, abortion, or a perilous and painful labor, with puny and miserable offspring. Oh! woman, blush for your folly—tremble at your guilt. What was the sin of Eve compared with your daily violations of

the laws of God, written on the fairest and most perfect of his divine works?

The system of reproduction suffers from every violation of the laws of health, and from every injury to the organs of any other function; but it suffers above all, from the irregular or excessive action of its own organism. Stimulated to premature development and excessive activity, by all the luxuries of artificial life, the reproductive system is broken down, its health destroyed, and what should be the happiness, the delight, and glory of woman, becomes her dread, her misery, and her despair. It seems to me that I need not speak more plainly of what, alas! so many of my readers must too easily comprehend.

And when one, or several, or all those causes of disease produce their legitimate effect upon the female constitution; when palor and languor take the place of rosy health and energy; when there come loss of appetite, and nervous palpitations, and hysterical sobbings; when there is suppression of the menses, or painful menstruation, pain in the back, a sinking of the stomach, a dragging sensation between the hips; when to these symptoms of nervous and uterine disorder are added whites and falling of the womb, medical aid must be resorted to, and then begins, too often, a new catalogue of wrongs and abuses.

Thousands of women, especially the young and delicate, suffer years of torture, before they can be forced to seek for medical advice, and no one can blame them. When I see how women are treated, I have no words for my indignation. All I can do is to go on steadily and earnestly in the work of enlightening the world. I would not be thought rude or uncharitable; I wish to treat the profession with courtesy, but I must also treat it with justice. I am therefore compelled to say that there is throughout the medical profession, with but few exceptions, a deplorable ignorance of the causes, the nature, and treatment of female diseases. I do not blame men for this—it is their misfortune, and the misfortune of those who rely upon their skill. Books, and professors, and practitioners, are alike in the dark. But there is something worse than mere ignorance. Where men do not know what to do, and are called upon to do something, they are very likely to do wrong. Thus women are drugged into an aggravation of all their evils; they are outraged by frequent and useless examinations; they are made to wear useless or hurtful mechanical contrivances, the most miserable of all palliations; and to crown the whole, they are leeches and cauterized day after day, and week after week, until death itself would be a welcome refuge from their sufferings.*

* The almost universally diseased condition of civilized women, and the equally universal ignorance of the nature, causes, and proper treatment of their diseases, have exposed the sex to the most odious and mischievous quackeries. Our drug stores are filled with pretended remedies; and women are made to wear irritating pessaries, supporters, and other instruments of torture. Regular practitioners grow rich, and quacks make rapid fortunes, by these devices, which may well be called infernal. A recently patented instrument for prolapsus uteri, is valued by the inventor at ten thousand dol-

I do not fear to write these things, for many men and almost all women know that they are true. I denounce the whole system as ignorant or corrupt, and in either case, barbarous. There are comparatively few cases of female disease where an examination is called for, and in these, a single examination is all that is necessary. The exposure, from which sensitive women suffer more than death, is all the worse, because it is unnecessary. There is not one case in ten, where doctors pretend to find, and where they honestly think they do find ulceration, or schirrous, or cancer of the womb, that they really exist. There is not one case in a hundred where they apply lunar caustic, that it is needed, even by the rules of their own system; and no man needs to burn when he knows how to heal. These caustic doctors are like the other quack who made every kind of sore a burn, and then sold his salve to cure burns.

If such be the "regular" treatment of female diseases, what are we to expect when the physician comes to the bedside of the parturient woman? We have here the same unnatural, and often outrageous treatment. Here, where august Nature should reign supreme, her laws are too often violated, and all her teachings set at naught. Instead of preparing a woman to go through the process of labor with all the energy of her vitality, she is weakened by medication and blood-letting. Instead of being put upon a proper regimen, and a diet suited to her condition, she is more than ever pampered and indulged. And when labor comes on, the chances are that it will be interfered with in the most mistaken, the most unjustifiable, and too often the most outrageous manner. The uterus will be stimulated into excessive and spasmodic action by the deadly ergot; the mother, at this most interesting and sacred hour of her life, will be made dead drunk with ether or chloroform, both preparations of alcohol; and if a weakened and deranged system does not act as promptly as the doctor wishes, he proceeds to deliver with instruments, with the risk, often the certainty, of destroying the child, and very often inflicting upon the mother irreparable injury.

A fashionable physician, such as we have too many of in this city, finds a patient in labor; he looks at his watch and says this child must be born in an hour; and if the labor does not proceed rapidly enough to suit him, he administers the dose of ergot, which he always has ready. Frightful contractions ensue; the birth of the child is accompanied with rupture of the peritoneum, inversion of the uterus, or, at the least, is followed by terrible prolapsus; and it sometimes happens that such treatment causes instant death by rupture of the uterus. This is no fancy sketch, but a history of actual cases, in the practice of some

lars; and a new catholicon is held at fifty thousand. The instrument is a stupid and torturing hambag—the medicine a mischievous compound; and both are designed to plunder the ignorant and suffering. So odious and shameful is this whole business, that I am determined it shall be broken up, if I have to devote the best years of my life to the work.

of the most distinguished of our obstetric practitioners. There are others who, on all occasions, are accompanied by a case of terrific instruments; and, if a labor is protracted, instead of waiting for the operations of nature, and aiding her efforts by gentle and justifiable appliances, they proceed to drag the infant into the world by the forceps, or plunge a perforator through its skull, or tear its limbs piece-meal from the abused and tortured victim of such barbarity. Who shall say how many of the eleven hundred still-born children, registered in the office of the City Inspector, in a single year, were "scientifically" murdered, in this fashionable practice of Midwifery?*

These outrages have been borne, because women have been so strangely ignorant of the laws and functions of their own beings, that they have not known how they were abused; and because, in pain, and sickness, and in the hour of peril, these doctors have been their only resource. In denouncing the ignorance and malpractices of so great a part of the medical profession, I well know what I shall encounter from them and their blind and bigoted adherents. I know that the very quackeries I denounce, indecent and detestable as they are, make up a large portion of the regular practice of medicine. Daily useless examinations and mischievous cauterizations are exceedingly profitable. One man—if I do not too much insult humanity in giving him that appellation—residing in the vicinity of New York, has made these female diseases a speciality; and if the men of New-York knew how he has deceived, and outraged, and plundered their wives, and sisters, and daughters, they would visit upon him a heavier retribution than the London brewers and coal-heavers inflicted upon the Austrian butcher! The infamy of his bold quackeries and obscene manipulations would make the paper blush on which it was written. I have known of case after case, which he has maltreated; and I

* I fearlessly appeal to the wise, the gentle, and the really skillful of the medical profession—for many such there are, and well would it be for humanity if there were more—if I have misstated the facts, or spoken too severely of the treatment of female diseases and the practice of midwifery, by professional mountebanks of high standing in this community? I am perfectly aware of the ground I stand upon; and understand the abuses I mean to remedy. It is but justice to state that the practices I denounce and would remedy have been pointedly condemned by some of the most distinguished men in the profession. Professor Bedford, of the University of New York, has very severely criticised many of these abuses; and Marshall Hall, one of the most distinguished medical writers in Europe, in denouncing frequent examinations, and the abuse of the speculum, in a late number of the *Lancet*, says:—

"I have seen cases in which the speculum and caustic having been employed—and unduly employed as I believe—the patient remained more miserably afflicted in mind and body than ever, and this the effect of that treatment. I will not advert even to the epithets which have been applied to the frequent use of the speculum by our French neighbors, who are so skilled in these matters; but I will ask, what father amongst us, after the details which I have given, would allow his virgin daughter to be subject to this "pollution"? Let us, then, maintain the spotless dignity of our profession, with its well-deserved character for purity of morals, and throw aside this injurious practice with indignant scorn, remembering that it is not mere exposure of the person, but the dulling of the edge of virgin modesty, and the degradation of the pure minds of the daughters of England, which are to be avoided.

know of no case, in which, after a time, and when the peculiar excitement he induces has lost its effect, the patient has not sunk into a worse condition. Many of his patients, filled with shame at the outrages to which they had ignorantly and uselessly submitted, have since been entirely restored to health by the Water-Cure. I am happy in believing that this man is not recognized as a "regular" physician by the Faculty.

The Water-Cure is fast becoming known to the whole world; and recognized by all intelligent minds to be what I have elsewhere described it—"a comprehensive system, founded in nature and adapted to all the wants of man." The rapidity and certainty of its remedial action in acute, and its power over chronic, diseases; its absolute efficacy in all derangements of the human system; its marvelous cures of cases which have for years defied every other system of medication;—these, with its simplicity, its universality, its beauty, and harmony with nature, have attracted to hydrophathy the sympathy and confidence of all intellectual persons, who have given the subject the least examination.

But the most brilliant triumphs of Water-Cure have been and are to be achieved in the treatment of the diseases of women, and in carrying them safely, and as far as can be painlessly, through the period of gestation and the processes of parturition. The treatment of female diseases by the Water-Cure is all that the common system is not, in its rationale, its processes, and its results. It looks to the causes of disease, some of the principal of which I have already enumerated, and does not insidiously set to work in the hope of removing an effect while the cause is allowed to continue. It surrounds the patient with all the conditions of health, and trusting to the recuperative energies of nature, aids them by the processes of art; and by adapting its processes to the nature of the disease and the condition of the patient, effects a thorough and permanent cure.

In bringing about a cure, it may be necessary to excite the action of the skin, by the wet sheet pack, and the douche; we may have to cure the dyspepsia, the liver complaint, or the spinal disease, which is at once the cause and the complication of the uterine difficulty; we support the falling womb with the wet bandage; we give tone by frequent sitz-baths and vaginal injections; in a word, we give health, and strength, and energy, to the whole system, and cure all its disorders.

In the adaptation of Water Cure to the conditions of pregnancy and child-birth, its efficacy comes so near the miraculous, that I hardly expect to be believed. The Water-Cure preparation for child-birth is to establish the highest condition of health. We prevent the nausea and vomitings of a diseased nervous system; we continually strengthen the muscles of the abdomen; we daily give tone and energy to the organs of reproduction; and when we have produced that state of health which belongs to the woman of nature, we trust nature to do her own work, giving all the aid she requires, and careful not to obstruct or derange her beneficent operations.

It is the disgrace of the medical profession, that ignorant women—ignorant in these things, though instructed in a thousand matters of less importance—are imposed upon by physicians, in the most shameful and mercenary manner. Even grave medical books teach students of midwifery how to deceive their patients. Thus women believe that the fetus lies in the womb with its head upwards, and that the doctor can assist it in turning over, when about to be born! Thus doctors allow women to think they can assist in enlarging the passage through which the child must pass, and violate all decency as well as all honesty, in pretending to do so, with mischievous manipulations; but there is no end to the devices by which a mercenary profession imposes on popular ignorance.

The pain of labor is caused by the dilatations and contractions of diseased organs. Free those organs from disease, and their natural functions are never accompanied with pain. In numerous instances, I have known the os uteri to dilate completely, the uterus to contract, and the child to be born with from one to three contractions, accompanied by so little pain as to scarcely discompose the countenance. This has been the case, not with Indian women, nor negroes, nor Irish washerwomen, but with delicate ladies, who, in their previous confinements, had had great suffering, but who had obtained all this blessed relief by means of the Water-Cure.

I can point out cases of this kind all over the city of New-York. Many of them have been published in the Water-Cure Journal; there are a number in Mrs. Nichols' "EXPERIENCE in Water Cure,"—a book every woman should read; and such cases are constantly occurring in our practice.

Let me not be understood as saying that all our cases of child-birth in Water-Cure are as painless as those to which I have alluded. I am called to cases where there has been no preparatory treatment; to others in which such treatment has been partial, or of short duration. In cases where the patient has taken the Water-Cure, the relief from pain, and the shortening of the labor, are the measure of the benefit derived from the treatment. It is in cases where the preparation has been thorough and complete, that child-birth is almost entirely deprived of its pains and perils.

In such cases, with patients who have suffered greatly in previous confinements, the labor has been so short and so easy, that they were scarcely able to say whether the contractions of the uterus and expulsive efforts were accompanied with pain. In my last three cases, which occurred on three successive nights, I was not in either detained over two hours, and these were far from being the most favorable. "Are these efforts painful?" was asked of one lady, a short time before the babe was born. "No," she replied, "it seems as if I had rather make them than not;" and now, in speaking of her confinement, when from habit she says, "When I was

sick," she corrects herself, by saying, "No, I am wrong, for I was not sick at all."^{*}

These wonders of the Water-Cure are so numerous, and yet so incredible to those who are unacquainted with its powers, that every one who feels an interest in the matter ought to make personal inquiry; and I shall be happy to give any one the names of many ladies who are zealous in the good cause, and who will be very glad to give their own experience for the good of others.

But it is not only the time that is shortened in childbirth, and the pain that is lessened, but the danger is almost, and in all cases of natural labor entirely, removed, by the treatment pursued. If the action of the uterus lingers, we give no poisonous and uncontrollable ergot: the cold sitz bath acts like a charm in bringing on frequent and regular contractions. Convulsions are unknown in our treatment. Floodings are checked with great certainty, in all cases, by the application of cold water, and are prevented after labor by cold injections into the vagina, and the wet bandage. I have never had a case which I could not leave with safety in half an hour after the birth of the child, with an absolute certainty that the mother was in entire comfort—the after-birth removed, the mother bathed and bandaged, her linen changed, and she removed to a clean bed and ready to get some hours of refreshing sleep. As to fatal flooding, or peritoneal inflammation, after childbirth, I have never heard of a case of either under Water-Cure management, nor do I believe such a thing possible; so surely are they guarded against by this mode of treatment. After-pains, so common with the ordinary treatment, are scarcely known in this; and the rapidity of recovery is in proportion to the immunity from suffering and danger. In many

* In a little tract, entitled "The Water-Curer," prepared by Mrs. Nichols, for gratuitous circulation, she says.—

"The writer has had a large obstetric practice for several years, and has never had a patient who was not able to take an entire cold bath, and sit up and walk, the day after the birth of a child. I need not say, that life would often be the forfeit of even rising from the bed, at an early period after delivery, where patients are treated after the old methods. The Water treatment strengthens the mother, so that she obtains a great immunity from suffering during the period of labor, and enables her to sit up and walk about during the first two days after delivery. In all the writer's practice, and in the practice of other Water Cure physicians, she has never known an instance of the least evil resulting from this treatment."

The same writer published the following in the April number of the Water Cure Journal:—

"I have been very much gratified with several births that have recently come under my care. One young lady, who was really far from strong, but who had been living very carefully on Water-Cure principles through her pregnancy, encouraged and supported by a strong earnest husband, suffered slightly one quarter of an hour. Another, with a first child, and whose friends frightened her all in their power, took the cure under my care, and when she was delivered, she could hardly be said to suffer at all. I was uncertain whether the expulsive efforts were accompanied with pain. I said, after the birth, 'were these efforts painful?' She hesitated, and then said 'slightly.' 'The same day she sat up and held her babe, and said she felt well. Another, the last case I had. The babe was born with three expulsive efforts, each of which was somewhat painful. This was all. The lady was up the day after the birth, and about house, as usual, in a week."

cases, the patient feels as well as ever on the third day. Every patient gets up the first day, takes a sitz bath, and is washed all over, taking two such baths daily. A week may be considered a fair period of convalescence, and I would not advise any patient to venture out under that period. I have seldom found it necessary to make more than two visits after confinement.

I have given a simple statement of facts connected with the treatment of female diseases and management in childbirth by the Water-Cure, as practised by Mrs. Nichols for some years, and more recently by myself. Our methods may differ somewhat from those of other Water-Cure practitioners, but they are such as we have found to be in all respects satisfactory. No woman who has once experienced the blessings of this treatment, would ever choose any other, and there is no doubt that as fast as it is made known, it will be everywhere adopted.

And now, in conclusion, let me recapitulate some of the benefits that the Water-Cure offers to women.

It relieves their weaknesses, and cures their peculiar diseases, without exposure, without indelicate examinations or manipulations, and the dangerous applications of the actual or potential cautery.

It does away utterly with the cumbrous, disgusting, and mischievous instruments which women have been compelled to wear, to their great annoyance and real injury.

It restores the tone of the entire system, gives action and energy to all their organs and functions, and prepares them to perform the duties and enjoy the happiness of the marriage relation.

It carries them safely through the period of gestation, preserving their health, increasing their strength, and preparing them, in the best possible manner, for the period of maternity.

It greatly shortens the duration, and mitigates and often almost entirely prevents the pain of childbirth.

It allows the immediate removal of the placenta, and prevents hemorrhage and after-pains.

It removes all danger of puerperal fever and inflammation—diseases from which thousands of women yearly perish.

It secures a rapid recovery, and a certain freedom from prolapsus uteri, and other affections, which so often follow childbirth with the ordinary treatment.

It gives the best promise and security that can be given of healthy and well developed offspring. The comfort, cheerfulness, and hope of the mother seem to have the most happy influence upon the character and constitution of the child.

And, by these influences, the Water Cure realizes our title of "THE CURSE REMOVED."

New-York, 87 West 22d street.

MANY midwives and experienced matrons admit, that not to indulge in eating and drinking more than is barely necessary, retards the growth of the fetus, and thus contributes to the safety of childbirth.—*Water-Cure Library.*

WATER, ITS MODE OF ACTION.

BY EDWARD JOHNSON, M. D.

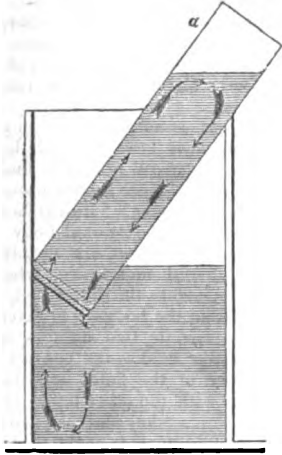
THE poisons, which may be held in solution in the water of the blood, escape through the skin when in contact with water, by the well ascertained laws of endosmosis and exosmosis, discovered by Dutrochet, and more elaborately examined and established by Liebig, under the less outlandish name of Alien or Heterogeneous Attraction.

It is not necessary to enter here into any elaborate discussion of these laws. It will be sufficient to explain their general principles and mode of operation. Those who are more curious on the subject may consult Liebig's "Researches on the Motion of the Juices in the Animal Body." The facts or laws, broadly stated, are simply these: whenever any animal membrane, whether living and still attached to the living body, or dead and separated from the body—whenever any animal membrane has its two surfaces in contact with two dissimilar fluids—the one surface in contact with one of the fluids, and the other surface in contact with the other fluid—an interchange of the two fluids takes place. A part of the fluid which is on the outer side of the membrane passes through it and mixes with the fluid on the inner side; and a part of the fluid on the inner side passes through the membrane and mixes with the fluid on the outer side. This requires illustration. Let some pure water be put into a basin; and let some water containing any soluble substance, as sea-salt, any of the soluble salts of mercury, arsenic or iodine, be put into a glass tube, one of whose ends is tied accurately over with a piece of bladder. Now plunge that end of the tube which is tied over with bladder into the water, and let it remain there. The necessary conditions are now established. We have a piece of animal membrane, (the bladder,) one of whose surfaces is in contact with pure water in the basin, while its other surface is in contact with a dissimilar fluid, viz., water, containing, say, bichloride of mercury, i. e., mercury and water. Now, what happens is this:—A part of the mercury and water descends from the tube, through the animal membrane, into the water in the basin; while a part of the water in the basin ascends through the membrane, into the tube, to supply the place of that which has descended out of it. And this interchange of fluid goes on until the water in the basin contains as much mercury as the water in the tube. When this equal distribution of the mercury has taken place, the interchange ceases; for the fluids are now no longer dissimilar. They have become similar. If now the water in the basin be thrown away, and the basin again filled with pure water, the interchange recommences, and again continues until again the two fluids have become similar—that is, until the water in the basin contains as much mercury as the water in the tube. Thus, by continually emptying the basin and resupplying it with pure water, all the mercury may be withdrawn out of the tube—or a portion only left

which is too minute for the human imagination to conceive.

The experiment may be tried thus: Take a glass tube, (a, fig 1,) the diameter of whose caliber is four-tenths of an inch. Close one of its ends accurately with bladder, and fill the tube with brine.

Fig. 1.



Now take a much larger tube (b) — a common tumbler will do — and fill it three parts full with pure water. Then immerse the bladder-end of the small tube just under the surface of the water of the larger tube or tumbler, giving it an inclination of about 45° . In a short time a current of liquid will be seen rising from the bottom of the water in the tumbler, upward along its side, in the direction indicated by the arrows, through the bladder, and up along one side of the small tube to the surface of the brine; then it descends along the other side of the small tube, in the direction of the arrows on that side, down through the brine, and through the bladder, down to the bottom of the water. The downward current is a current of brine descending into the water in the tumbler. The upper current is a current of pure water ascending into the tube to supply the place of the lost brine; and this current will continue until the two fluids have become similar—that is, until the fluid in the basin has become as salt as that contained in the tube.

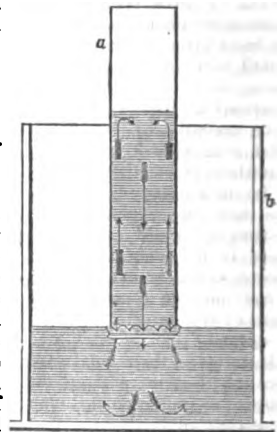
If now the tumbler be emptied, and refilled with pure water, the current will be re-established; and in this way the brine in the tube may be completely purified of its salt.

The currents will be seen with beautiful distinctness if some very fine particles of indigo be suspended in both fluids—viz., that in the tumbler and that in the tube.

If the tube (a, fig. 2) containing the brine, have a caliber whose diameter is four fifths of an inch, and if it be supported vertically, so that its bladder-end be immersed just below the surface of the water in the tumbler, (b) two currents will be seen to ascend, in the direction of the arrows, through the bladder, one on either side the tube to near the surface of the brine. They now turn, and descend together in one double current through the middle of the brine in the tube, down through the bladder into the water, where they diverge, turn again, and again ascend. The double current descending through the mid-

dle of the tube is a current of brine coming down into the water in the tumbler. The two separate outer currents ascending from near the bottom of the water in the tumbler are two currents of water going up through the bladder into the tube, to supply the place of the brine which has descended into the water.

Fig. 2.



Now, when pure water is held in contact with the external surface of the skin of the body, by means of the wet sheet or any other means, precisely the same conditions are established with regard to the fluids within the body—that is, on the inside of the skin—and the water which is in contact with its outer surface, as are established, in Fig. 2, between the fluid (brine) contained in the tube—that is, on the inside of the bladder—and the water in the tumbler which is in contact with the bladder's outer surface. About 80 per cent of the blood is water, and it is this water which holds in solution whatever soluble substances, whether poisonous or otherwise, happen to be present in the blood; and it is this water, holding in solution fibrine, albumen, and the various salts proper to the blood, which alone circulates in those myriads of millions of millions of capillary vessels which are too small to admit the red particles. When any poisonous matters are present in the blood, it is in this water of the blood that they are held in solution, as the salt is held in solution in the water of the brine.

Now when, by means of the wet sheet, pure water is held in contact with the outer surface of the skin, and supposing that the water of the blood, which is on the inside of it, is poisoned, say with bichloride of mercury, what happens is this: an interchange takes place between the fluid on its outside (pure water) and the fluid on its inside, viz., the water of the blood holding bichloride of mercury in solution. The mercury-and-water passes through the skin into the water of the wet sheet, while the pure water of the wet sheet passes through the skin into the blood to supply the place of the mercury-and-water. As in figures 1 and 2, a double current is established—a current of pure water into the body, and a current of mercury-and-water out of the body; and in this way, by frequently renewing the external contact of pure water with the skin, the blood is purified of whatever poisonous or otherwise morbid matters it may happen to contain.

If a glass tube be partially filled with a satu-

rated solution of salt (brine), one end of the tube having been first carefully tied over with bladder, and if the tube be suspended in the air, in a short time that side of the bladder which is exposed to the air becomes covered with salt. The brine passes through the bladder from the inner to the outer surface. When it reaches the outer surface the water evaporates, leaving the salt adhering to the bladder.

When a person has taken the nitrate of silver for a considerable length of time, it is well known that the skin becomes colored permanently blue from the lodgment of oxide of silver in the tissue of the skin—the nitrate being converted into a simple oxide.

It would seem that something similar happens here with regard to the salt of silver (nitrate of silver), and the skin, as happens with regard to the salt of the brine and the bladder, in the experiment just described above. The water of the blood, holding the nitrate of silver in solution, passes through the under layers of the skin until it reaches the rete mucosum, which lies immediately under the scarf-skin—not traveling along the perspiratory spiracles, but permeating the tissues. Having reached this locality, the water of the blood evaporates, while the silver, unable to penetrate the dry and horny cuticle, is left fixed in the rete mucosum.

It is febrifuge, anodyne, antispasmodic, and derivative. It allays excitement, soothes the nerves, and lowers the pulse.

When the wet sheet is used, as in fevers, inflammations, &c., for the purpose of extracting as much heat as possible, and as rapidly as possible, the patient is merely enveloped in one or two blankets outside the sheet, and thus left, without any more coverings, being put into a fresh wet sheet as often as he becomes hot. Two sheets should be used for this purpose—the one being spread over a chair to cool, while the patient is lying in the other. The principle on which the sheet is used on these occasions is precisely the same as that on which cold wet cloths, cold lotions, &c., are applied to an inflamed part. In these cases the whole body is inflamed, so to speak, and therefore the application is universal instead of partial.

NEW VIEWS ON HEALTH.

BY SAMUEL BOWER.

The Water-Cure Journal "is willing and anxious to discuss all questions of life and health, disease and remedies, in fact all matters of difference on these subjects, and all principles relating to them, before the whole people." * * * "It ranks NUMBER ONE as a practical health journal, and has already much the largest circulation of any medical periodical we have any knowledge of."—*July No. page 17.*

A fairer invitation than the above to discuss old questions of health, or moot new ones, is not to be wished for, nor a better medium of communication. The writer of this article avails himself of the offer to present certain principles, facts,

and suggestions, which, howsoever well understood and applied at past periods of our history, have been forgotten or neglected by modern society.

The subject of health, involving, as it manifestly does, whatever is fundamental or constitutive in our being, is necessarily, in its most extended relations, heliacal. Inhabiting a system, of which the sun is the visible centre and chief material cause, it is impossible that the full measure of health can be attained, unless our natural relations to that orb be first clearly perceived. That the full measure of natural health is attainable, and attainable only by individuals being placed and kept within good natural conditions, will readily be assented to. To obtain an equally ready assent to the proposition that the most important of these are solar, is our present object.

Man, in common with all animals which dwell above the earth's surface, requires, for growth and development, the free and full use of certain natural means. These means are everywhere provided, and are each the best for helping to the designed end. They have each a special use, which can be answered through their agency alone. None can stand for, or serve in the absence of another. Food will not satisfy thirst, nor water hunger.

The manifest, elaborating chief cause, in the production of all the material means of life and health, the sun, radiates, at least, two powers, light and heat, whose diurnally recurring direct action is indispensable to all the growth which proceeds on the earth's surface, whether vegetable or animal, and to the preservation in health of this two-fold existence. Water will serve to cleanse and purify from the gross matter of disease, and vegetable food will qualify for an unsensual life. But neither of them are orthopathic. They do not, cannot preserve the body in perfect natural health. They subserve, help to that end, within larger influences. These larger, universal material influences, absolutely conduce to and preserve health. The universal natural healing influences which civilized man has now to learn to apply, are solar light and heat. These are orthopathic.

In recovering from a state of ignorance and declination, the procedure is, inevitably, by a sort of reversed causation, that is to say, that what is really not the cause, in the highest sense of the particular evil we are dealing with, is yet understood to be the cause. It is the nearest, grossest, most palpable. That removed, a more powerful cause is discovered, which can be counteracted only by the application of the more refined natural means at our disposal. You may rid of impurities city sewers by flooding them with water; and men will be all the better for a proper use of water and food and air. That that is complementary to these, has yet to come. Civilized man everywhere excludes the most powerful natural causes of health. The extent to which the debilitation of the human frame has been carried, and the frightful amount of suffering consequent thereon, cannot be comprehended,

until it is understood that exclusion from direct contact with the body of man, of solar light and heat, is fatal to health, notwithstanding the presence and use of the other natural proper conditions, fresh air, good food, and pure water.

Of all the causes which have operated to reduce man from a state of beatitude to his present pitiable condition, pride and luxury rank, doubtless, among the foremost. So far as luxury, in one of its main features, drink and diet, is concerned, the corrective is being well applied by the temperance, cold water, and diet reformers of all grades. A more serious evil has to be encountered. The attack has to be made on ignorance and vice in their last entrenchments—vanity and pride. Will success fail us here? It cannot. Approaching, by successive degrees in causation, the chief visible cause of life and health, his final and direct agency admitted, disease in every form must cease to exist. Strip evil of its last disguise, bring the sick and habitually diseased out into the vivific solar ray, and you have the absolute and immediate health agencies in operation to recover and restore. Let us doff our foolish bedizenments, come out of our miscalled homes—too often, alas, nurseries of sickness—and present ourselves, strong in the belief of science and natural truth, before the glorious source of life, and light, and concrete form. It is conceded that, at a rash presentation, the departing death might, in his haste to escape from the healer's burning ray, hurry off with him his hapless victim. Yet there are the strongest assurances that where a suitable preparation has been made by hygienic observance, life and not death, health and not increase of disease, will be the joyous result.

Why does civilized man put on, at all seasons, over that natural garb which the all-provident Creator has given him, his clothing? Why is he, during so large a portion of his time as to make it the rule and not the exception, housed with gloom and noxious vapors? Not to preserve health, certainly. These practices minister to disease. By the voice of ten thousand savans, physiology proclaims its law: "Man, be clean; hinder not the escape, through myriad pores, of those noxious gases which the divine chemist, assimilating only what conduces to health and strength, casts from him. Keep in communication at every point with the outer world. Let not ignorance, vanity, and folly, with frivolous purpose, hang around thee their pitiful contrivances, calculated solely to unman, debase, and destroy. Let rains or rivers wash thee. Let the tonic air blow on thee. Above all, let the sun-beam reach thee, let it play on and around thee, everywhere, at every point. Yield thee to all the skiey influences, but especially to this, of all the heavenly ministries the best."

Man, the reformer, does well to attempt but one thing at a time. He has bestowed thought enough on the stomach, let him turn his attention to the skin. In this matter, we hand him over to science, to whom he owes henceforth an additional responsibility. Let us look at this

wondrous tissue of coat over coat, with its millions of microscopic ducts and nerves, and its countless conductors of electricity bristling on its surface. Our subject is a civilized man. A small part of him there is—it is the smallest possible part, the digital ends of his arms and a few inches around his mouth, nose, and eyes—which is uncovered. Remove some part of his so-called clothes. There, bare that thigh, or this shoulder. Lo, death! It is the limb of a cadavre! Now compare with that embrowned hand, or this face, which has always looked honestly on its maker, the sun. Well may the comparison strike with fear the mind—it ought also to fill it with shame. Now "off with those lendings," and let winter's breath blow on the body, or a July's sun shoot its rays on the enfeebled frame. Preposterous! the idea is utterly inadmissible! Prejudice, habit, and fashion imperiously forbid it. Never must the bracing air, nor the enlivening sun bring health to that wretched being. He is in charge of some malign influence. He fears the love which would save him, and clinging to untruth and custom, will go down to an early and unhonored grave.

Atmospheric air should at all times be in contact with the entire person, should at all times freely come and go. The solar ray should impinge directly on the body; everything which hinders is ceremonial, shutting in with death the living man. These are axioms, are bases of all health knowledge, because fundamental to life itself. It is the natural right of every individual to have full use of abundance of air and light; of that air which circulates freely around the earth; of that genial effulgence which awakens and preserves life in every animated form. Without these, existence soon becomes a wearisome burden, and happiness to consist in an escape from it. Doubtless the bitter wailing, which continually ascends wherever civilized man is, arises from extensive infractions of the health law. The infraction, in multitudinous detail, of the general law could hardly occur, were it not that in modern times men have been raised in ignorance of what really is the veritable material source of all life, the preserver of all health. Civilized man has forgotten that his home is in the natural heavens, that he ought to abide there, that the full measure of happiness awaits him there; and by night and by day he hides himself in noisome enclosures of stone, or brick, or wood. He seems not to know that, in common with the birds and beasts, which move untrammelled above and on the earth, he has been fitted with a natural covering, the only covering suited to his use; and during summer and winter, in hot and cold, or dry or wet, his false draperies hang about him, cling to him, are almost a part of himself. To help man recover from this debasement, and reassume the character which properly belongs to him, is, of all things, the most important. Is the consummation impossible? No, no. Teach him spiritually to reassert his natural rights. Let him understand that "the government is upon his shoulders." Deliver to him, word by

word, the whole of the health law. Baptize him with water. Sanctify, make him pure-blooded with vegetables and fruits. Fix him, wed him eternally to these, by bringing him bodily within the influence of the all-preserving sun, and human love and intelligence will have fulfilled its mission. Once restored to their long-lost natural state, freed from the abominations of cities, and the enthrallments of art, the spirits of men will not descend to any lower life than the most perfect wisdom shall prescribe. In that future which, by the aid of science, is now opening to man, it is absolutely certain that there will be no diseased life, no painful death. The day-long, life-long observance of the laws of health, it is certain, can result only in health, and health is happiness; beyond it there is nothing to be desired, nothing to be had.

It has not eluded the observation of the writer, that the intellectual and moral state of civilized man is, at this moment, such as to insure the greatest possible misapprehension of, and opposition to, the propositions now set forth. This is unfortunate, certainly; but to defer giving them publicity would be nowise remedial. Time itself will be no cure for the evil. The ignorant may remain ignorant forever, unless efforts be made to enlighten them; and opposing forces shall not be diminished, by neglecting to arm with new powers the friends of progress. It is all-important to follow the path which science and philanthropy point out. Neither the temperance and diet reforms in particular, nor, generally, those numerous other reforms for which the age is distinguished, can be completed or made permanent, unless the field of reform be opened to its widest possible extent. This can be done in no other way than by developing, from universal grounds, special principles of action. How far this has been done on the present occasion, readers must determine.

Farmington, Iowa.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR—No. 11.

SAMUEL HAHNEMANN.—Ten years after the birth of Rush, in Philadelphia, Samuel Hahnemann first saw the light, at Meissen, in Saxony. This extraordinary man, after completing his medical studies at the University of Leipsic, became so dissatisfied with the practice of medicine as taught in his day, that he devoted himself to literary pursuits instead of pursuing his profession. While thus occupied, he is said to have had an attack of intermittent fever, in consequence of taking some Peruvian bark. Much surprised and startled by this circumstance, he again examined the history of medicine, and also interrogated nature, to find if possible a similar case in its annals, where a specific would induce the disease for which it was a remedy. The result was the formation of a new system, which he promulgated to the world under the name of Homeopathy, a word derived from the Greek, and signifying the same symptoms, identical with the old Latin

aphorism, *Similia similibus curantur*: Like things are cured by like.

ANTIQUITY OF HOMŒOPATHY.—He tells us that from the remotest times men have had some glimpses of the true art of healing. Hippocrates, in his book on epidemic diseases, tells of a case of cholera which was cured by hellebore, a substance capable of exciting cholera. The sweating sickness raged in the fifteenth century, and all attempts to check it failed until sweating medicines were given: after which but few died. Musk is a specific in spasmodic asthma; given to a healthy person it will cause symptoms of suffocating tightness of the chest. Cow-pox, although of a milder character, is identical in its nature with small-pox, and will therefore prevent it if vaccination has been performed before exposure. Wearing sulphur in their clothes will secure workers in wool against the kind of itch to which they are subject; and a small dose of deadly nightshade is a preventive of scarlet fever, where the latter rages epidemically, exciting upon the skin an eruption resembling that of the disease which it scares away.

ITS POPULAR PRACTICE.—In domestic practice it is common to rub frozen limbs with snow, and in Germany to lay frozen sourcroun upon them. The cook who scalds his hand with boiling sauce, holds it near the fire, regardless of the temporary increase of suffering, well knowing that in a short time the burnt place will be free from pain. Dr. Kentish, who practised among miners, and had numerous opportunities of treating burns, found they did best when stimulated with turpentine and alcohol. John Bell gives a case of a lady whom he attended, who had scalded both her arms; one was moistened with spirits of turpentine, and the other put into cold water. The former was cured in half an hour, but the other continued in pain for six hours; for as soon as it was taken out of the water the pain was renewed.

HIPPOCRATES AND HOMŒOPATHY.—Hippocrates remarks that by vomiting, vomiting will be made to cease. Many regular practitioners of the present day in accordance with that maxim, prescribe small doses of tartar emetic for nausea with success. Dr. Harding made out that senna tea cures colic by its power of exciting colic in the healthy; and Bouldue saw that rhubarb cured looseness by means of its purgative quality. Stoerck asks whether, since stramonium produces delirium in the healthy, it would not be worth trying to restore sense in the delirious. But Stahl, a Danish regimental surgeon, speaks out his sentiments on this subject in the clearest manner, and observes that the common rule of curing diseases by remedies of an opposite kind, is totally erroneous; and that he is convinced that diseases yield to remedies which produce a similar malady, and adduces many cases similar to those last mentioned, adding that he has cured acidity of the stomach with a very small dose of sulphuric acid, in some cases where a

multitude of absorbent powders had been used in vain.

SHAKESPEARE'S HOMŒOPATHY.—Shakespeare alludes to the same class of facts :

“Tut man, one pain burns out another's burning,
One pain is lessened by another's anguish ;
Turn giddy and be help by backward turning ;
One desperate grief cures with another's languish ;
Take thou some new infection to thine eye,
And the rank poison of the old will die.”

REAL OFFENCE OF HAHNEMANN.—So far then Hahnemann discovered nothing new, and had he been content with theory alone, would not have met with much opposition, or ever been branded with the epithets of quack and imposter, and a hundred similar appellations generously bestowed by the successors of the Galenical physicians, on those who interfere with their methods of thinking and practice. But he went far beyond this, and invented an entirely new system of compounding and prescribing medicines as far as doses were concerned. All that is required, he teaches, to cure a disease, is to find a similar remedy, and to administer it in such a dose as shall cause an extremely slight and temporary aggravation of the symptoms ; the slighter, the better ; and hence the smaller the dose of the remedy the better, provided this slight aggravation takes place.

DILUTION OF MEDICINE.—He proclaimed that he had made a grand discovery of a method of immensely increasing the powers of medicinal substances, by minutely dividing and triturating them ; and that by treating in this way matters before considered inert, such as charcoal, he could make them active agents. The extent of this division seems incredible to a mind unprepared to hear it. Thus, one grain of calomel is rubbed up with one hundred grains of sugar, until the whole is intimately united ; one grain of this compound is rubbed up with another hundred grains of sugar ; one grain of this again rubbed up with another hundred, and so on for ten times, a grain of the last being a common dose. It is the same with liquids : one drop of a tincture is dissolved in one hundred drops of a proper liquid ; one drop of this in another hundred drops ; and one drop of this again used in the same way, and the process repeated to the tenth dilution. Even the number of shakes to assist the dilution is limited. Hahnemann says, “A long experience and multiplied observation upon the sick lead me, within the last few years, to prefer giving only two shakes to medicinal liquids, whereas I formerly used to give ten.” The reason assigned is, that the inherent power of the medicine is thereby so much increased, that it makes it too potent for safely prescribing.

MEDICAL DARING.—How the properties of medicines were first discovered it is impossible to tell. Take two roots, one of jalap and one of ipecac, and by merely examining them, without previous knowledge, the most acute intellect would utterly fail to predict that one could purge and the other vomit ; and few would be willing to swallow them in order to test their powers. We are told that

Stoerck, of Vienna, first tried his poisons upon himself, and thereby acquired merited honor ; and that Mr. Jukes, a daring and intrepid English surgeon, swallowed laudanum enough to kill a horse, for the purpose of showing the utility of his machine in extracting it from the stomach ; but, in the nature of the case, such heroic examples would be rarely followed.

PHYSIC IN HEALTH.—Hahnemann's theory obliges his disciples to test their medicines on persons in health, so as to be enabled properly to prescribe them in disease ; and they have thus been forced to experiment on themselves, which, on account of the smallness of the doses, they have been enabled to do without danger. Societies of physicians have been formed for this purpose, each member taking a certain medicine, and meeting at an appointed time to compare the symptoms which were thus developed. As might be expected, extreme minuteness characterizes all their descriptions of the properties of medicines, as an example of which we will mention the *mental* effects of common salt. “Melancholic sadness, with searching for many unpleasant things—much weeping, and increased by consolation—sorrowfulness about futurity—anxiousness also during a thunder-storm, chiefly at night—indolence, aversion to talk, joylessness, and a disinclination to labor—hasty impatience and irritability—easily frightened—hate of former offenders—fretfulness, and disposition to angry violence—inclinations to laugh—alternation of fretfulness and hilarity—great weakness of memory and forgetfulness—thoughtlessness and mental dissipation—misusing words in speaking and writing—inability to reflect, and fatigue from mental exertion—awkwardness.”

NATURE'S ADMONITIONS.—With regard to the small doses, practice alone is the test of their efficiency, but the theory certainly has a foundation in nature. The symptoms disease presents to us are not the disease itself, but the vis matriatrix battling with it ; and the conservative power surely takes the best possible method of overcoming it, and the medicine that operates in the same manner must be the right one.

FLINT'S REMARKS.—“Nature,” says Flint, “has given birth to the greater number of poisonous plants and venomous animals on the borders of pestiferous marshes. May they not be placed there to absorb the poison from the air, putting in operation the machinery of life to lustrate it ? It is a well known fact, that in humid and unhealthy districts, during the greatest heats, the atmosphere germinates the greatest number of insects, and that then serpents are most poisonous. Wherever corruption reigns nature begins to put forth a vigorous vegetation, and to scatter flowers to conceal or neutralize it, and to create vast numbers of noxious insects and animals, probably by absorbing the miasmi to restore the air to purity.” Acting on this principle, a clergyman, living in a marshy district, where chills and fever was rife, and the people unable to purchase Peruvian bark, gave the bark of willows, which he

noticed growing in great numbers around, with the idea, that wherever Providence had allowed disease he always provided a remedy. The success was so great, that willow bark has been adopted into the list of medicines, and chemists extract from it *salicine*, a salt similar in properties to *quinine*. Regarded in this light, Hahnemann's views and practice well deserve attention.

UNCERTAINTY OF MEDICAL OPINIONS.—A celebrated medical journal of London, remarking over the difference of opinion at the present day, says: "There are as many schools in medicine as in theology. *Fever* is nothing but debility, teaches one school; *fever* is nothing but inflammation, inculcates another; *fever* is a morbid state of the brain, says one theorist; *fever* is a morbid state of the intestines, says another: one is giving wine, while another is drawing blood; and some, disgusted with such empiricism, or deterred by such opposition, leave nature to herself, believing with Lully, that those who are left to God's providence and cold water, have the best chance of recovery."

ANATOMICAL SCHOOLS.—A class of physicians has sprung up of late years, who closely watch all the symptoms of disease shown by the patient and note them down. After death, the body is opened and carefully examined, and the part most affected, considered as the cause of all the trouble; and when similar cases present themselves, the treatment is directed almost entirely to that portion, to the exclusion of the rest. This mode does away with all notions of a life power and its sympathetic phenomena. Some of these anatomists having found a few oval disks in the small intestine called Peyer's Glands diseased in typhoid fever, attributed to them all the symptoms presented in that affection, and ridiculous to relate, instead of attending to the real state of their patients, directed every effort to cure this supposed trouble. Thus the celebrated French physician, LOUIS, says—"We must infer that it is in this last lesion (the glands of Peyer), and not in any other, that we must look for the cause of the delirium, and more especially of the somnolency in typhoid fever, as all the facts seem to prove that it cannot be explained by any appreciable aberration of the brain." In another place, he says, "Anatomy is the strongest support of pathology."

CAUSE OF CHOLERA.—These same diseased glands of Peyer, by another French physician, OHOMEL, have been pronounced as the cause and seat of cholera; and finally of scarlet fever, and even ulcerations of the face; and for the same reason, they were found inflamed, etc., after death.

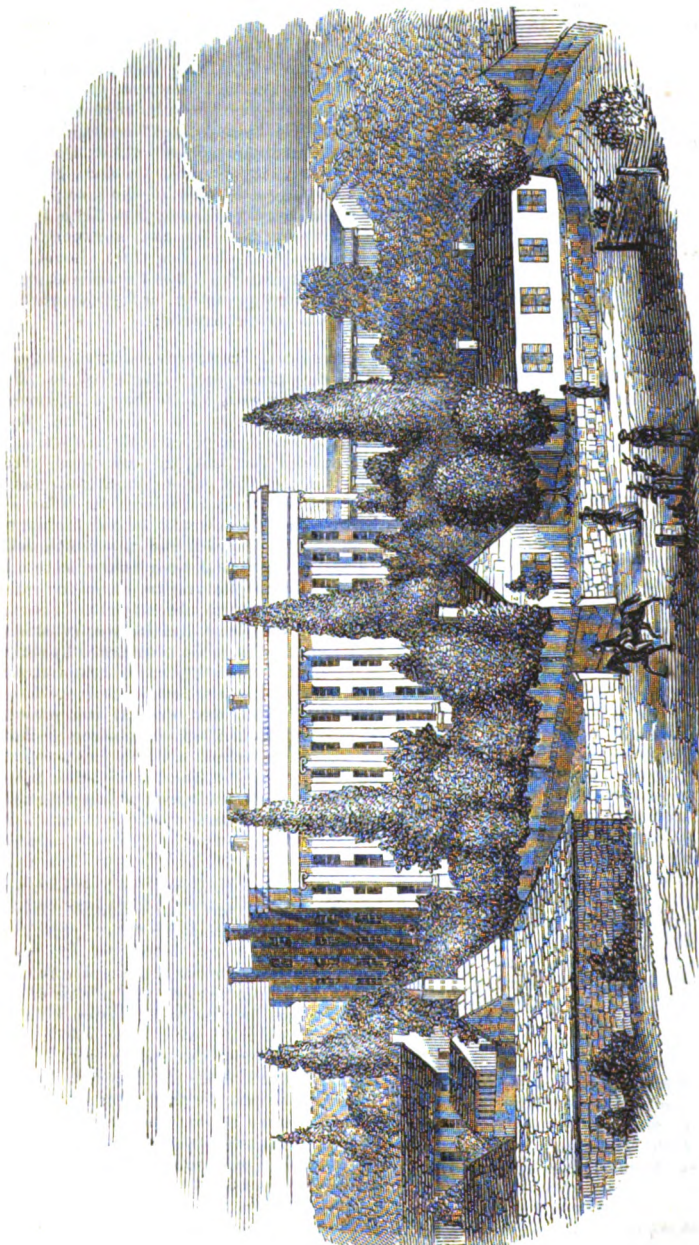
THE NEW PLAN ALWAYS THE TRUE ONE.—Of course, as is common with medical men, the promulgators of this new method decry all their predecessors. "The pretended experience of authors," says Louis, "is worth nothing; and after all their assertions and denials, we are no better

off than before." "Let those, hereafter, who engage in the study of therapeutics, pursue an entirely opposite course from their predecessors." "Happily for the future well-being of science, the numerical plan [his own] is considered as the sole means of arriving in medicine at rigorous and accurate results," etc., etc. Do not the words of Paracelsus deserve to be repented in this connection: "Get behind me, Avicenna, Galen, Rhases, Mesue, Montagnana! behind me, Doctors of Paris, Montpellier, Suabia, Cologne, Messina and Vienna. You Islands of the Sea; thou Italy, thou Athens, thou Greek, thou Arab, thou Israelite,—BEHIND ME, FOR THE MONARCHY IS MINE." Yet despite all his boastings, Louis has been taken at his word, as was Paracelsus, and his influence on both practical and philosophical medicine been very extensive!

NUMERICAL TREATMENT.—Distrusting all previous experience, and determined to go by the light of their own, which they were forced to acquire for themselves, the anatomical physicians hit on a new plan of arriving at results. Thus, they would sort out say 100 cases, presenting something of the same symptoms, and divide them into four classes, subject to different treatment. One class would be fed highly, another bled, a third purged, and the fourth let alone. As fast as they died, their bodies were minutely examined, and the results recorded: of course they did not want for subjects. The method that gave the least deaths was considered the best, until it was again overturned by subsequent dissections, and another mode adopted, which in turn, for the same reason, shared the fate of its predecessors: so that even at the present day, there is no union of sentiment amongst them. To an American mind, all this may seem cold-blooded murder, but the French think differently, and are willing to advance *philosophy* at the hazard of any sacrifice.

TO BRING THE DROWNED TO LIFE.—*Intended to be put in every man's hat.*—Immediately as the body is removed from the water, press the chest suddenly and forcibly downward and backward, and instantly discontinue the pressure. Repeat this violent interruption until a pair of common bellows can be procured. When obtained, introduce the muzzle well upon the base of the tongue. Surround the mouth with a towel or handkerchief, and close it. Direct a bystander to press firmly upon the projecting part of the neck, (called Adam's apple,) and use the bellows actively. Then press upon the chest to expel the air from the lungs, to imitate natural breathing. Continue this at least an hour, unless signs of natural breathing come on.

Wrap the body in blankets, place it near a fire, and do everything to preserve the natural warmth as well as to impart artificial heat if possible. Everything, however, is secondary to inflating the lungs. Avoid all frictions until respiration shall be in some degree restored.



MAMMOTH WATER-CURE, HARRODSBURG, KENTUCKY.

C. GRAHAM, M. D., PROPRIETOR,

E. B. THOMAS, M. D., PHYSICIAN.

MAMMOTH WATER-CURE OF THE WEST.

This establishment is situated on a commanding eminence adjoining the village of HARRONSBURG, Ky., being thirty miles from FRANKFORT, twenty-eight from LEXINGTON, and eight from the Kentucky river, near the Geographical centre, and in the finest section of the State.

DOCT. GRAHAM, the accomplished and enterprising proprietor, avoids no trouble or expenditures that will add to the comfort or conduce to the improvement of health-seeking invalids, having already expended the sum of \$300,000 for various improvements. The main ESTABLISHMENT is one of the most elegant and spacious buildings in the West. This, together with the surrounding cottages, (which are all admirably adapted to the comfort and convenience of the occupants,) will accommodate 500 patients. While seeking to render the dwelling as desirable as possible, other and equally important considerations have had due influence in the mind of the proprietor. "The grounds are elevated and extensive, adorned with every variety of shrubbery grown in America, interspersed with some of the most beautiful and rare exotics from Europe and Asia, and traversed by wide gravelled walks intersecting and crossing each other in every direction. A small and beautiful lake is situated within the pleasure grounds whose glassy surface is enlivened by the presence of many tame and wild waterfowls."—*Collins' History and Antiquities of Kentucky*, 1847.

There are also two Bowling Saloons, and an elegant Saloon for the accommodation of patients who may wish for other kinds of physical exercise. These, together with the varied walks, equally protected from summer's sun and winter's winds, render this one of the most desirable establishments in the country for treatment during all seasons, while the purity of its water is excelled by none.

CHOLERA INFANTUM.

"NOW AND THEN," OR THE NEW AND OLD SYSTEMS.

In September, 1830, I had a child seized with a disease pronounced by the doctors to be Cholera Infantum. The disease baffled the skill of the physicians, and the child died after a scene of suffering that time can never erase from my memory.

Again, in June, 1836, I had another child attacked with the same disease, and though attended by two skillful physicians, the termination was for weeks in doubt; but the child ultimately recovered. It has now almost grown to years of manhood, with a constitution much enfeebled by that disease, or by the remedies made use of for its removal.

About eleven o'clock on Thursday night of August 22d, 1850, my attention was called to one of my children, who was reported to be very alarmingly sick. Upon examination, I found, by the haggard countenance, the cold feet and hands,

the incessant call for water, the continued vomiting, the feeble, fluttering pulse, were all unmistakable evidences that Providence had seen fit to visit my family again with another of the so much to be dreaded attacks of Cholera Infantum. In addition to the other symptoms, were spasmodic pains just above the pit of the stomach, which caused the child to writhe and scream in agony. Of three physicians residing in the vicinity, all were absent from the town. The case was one I felt assured would not allow of delay. I had the WATER-CURE MANUAL, and felt constrained to trust the treatment of the case to its instruction. From a pitcher of water direct from the well, I allowed the child to drink as often as it wished, but in small quantities at a time. It drank, of course, every minute, and vomited as often as it drank. I next directed that a flannel cloth be doubled three-fold and wet with warm water and wrung out in a towel and be applied to the stomach and changed every ten minutes. The second application removed the spasmodic pains. For the stools, which were frequent, watery, and of a very offensive odor, I directed frequent cool injections. The child soon began to show symptoms of improvement; the vomitings became less frequent, and at three o'clock, A. M., ceased altogether; and from that time the child slept till morning. In the morning the disease had assumed the appearance of regular fever. The fluttering pulse had given place to one distinct, but quick and wiry; the haggard countenance, to one very much flushed; the cold feet and hands, to those unnaturally warm. In this state, I directed the packing wet sheet, which was applied for half an hour; after which, the pulse became regular as in health, the heat and flush had ceased, and there was a regular pass of the bowels. At two o'clock, P. M., the fever again threatening, the packing sheet was resorted to for half an hour, after which nothing was done but dieting and water drinking. In less than two days, the child was about the neighborhood, and is now apparently in even better health than before the attack. I send you this communication, that if you think it worthy, you may give it a place in your journal. If I am not deceived, it is a case from which not only the public at large but even the medical fraternity may profit.

In my opinion, if the physicians of our country, in cases of Cholera Infantum, would lay aside Dewees, and adopt the treatment taught by the peasant of Silesia, they would save many a parent an aching heart, and many an innocent child the most excruciating of sufferings, and the most terrible of deaths.

C.

Hilldale, September, 1850.

Here we have another case of the successful "Home Treatment." Is not this encouraging!

We repeat, the WATER-CURE may be safely applied to ALL CASES, and in ALL DISEASES. Inform yourselves on the subject and "TRY IT."

"Wash and be healed."

AGUE AND FEVER TREATED BY WATER.

"CASES OF CURE AT HOME."

We are always glad to record these HOME CURES. They show how the thing may be done, (by those who understand it), even without the aid of a doctor. Should not every individual become acquainted with the various processes of the "People's Remedy?" Read the following "Home Practice in the Water-Cure."

Last October our little daughter, aged two years, was taken with the ague and fever; had two paroxysms in a day. I had seen but little of the ague, and did not know how to treat it. As quinine was the only medicine I heard recommended, I reluctantly consented to give her a prescription. This broke the ague for the time, but she was not well. A diarrhœa followed for three weeks, when she had a second attack, the ague coming on every other morning at seven o'clock. I gave her no more quinine, but kept her warmly clothed, and from the damp air, washing her with vinegar and water after the fever left. The chills grew lighter, and left her in four weeks. Her health was good through the winter; no symptoms of the ague until spring, when, taking a severe cold, she was chilly in the morning, and feverish in the afternoon. Fearing the dumb ague, we commenced active treatment by giving her a quick cold rubbing bath, and covering her warm in bed. This produced perspiration. I then washed her in cold water, and rubbed her until she was dry and warm, following it with a tepid bath at night. A few days treatment sufficed to drive off all symptoms. Her usual baths were continued until the last of May, when I had an attack of fever, and was quite sick for a week. Her case was neglected, and she took a severe cold; the effect was a return of ague. On the morning of the 31st she complained of being tired and cold, and at nine o'clock wanted to lie down. I put her in bed, where she soon fell asleep, and slept soundly until twelve o'clock, when she awoke, and vomited several times. Fever came on at one P. M.; then gave her a cool bath. At two fever continued to rise, with delirium: she took no notice of anything. At three she did not appear to know any of the family, and could not or did not speak for two hours, her eyes continually rolling, as if she was going into a fit. I had never known so severe a case of ague, and supposed it must be scarlet fever. Mr. J., who was absent, came in at four o'clock, looked at her, and assured me that it was not. I kept cold applications on the head, and at five she roused a little and spoke. The fever left her about six; I then washed her in cold water; she was very weak. June 1st, after bathing her I took her in the air; she was feeble through the day; bathed her three times. On the 2d gave quick cold rubbing bath at eight A. M., wiped dry and warm. At ten she was cold and shook a little; wrapped her in flannel as warm as possible. Fever came on at one P. M.; packed her in a wet sheet, which was soon smoking; repacked in dripping sheet; at half past two fever seemed ab-

ating; washed and kept her cool; cold applications were kept on the head; at seven she walked round the room a little. June 3d she was better, and played some; bathed her three times. On the 4th gave her a cold bath at eight A. M.; no ague. At two she was feverish; packed her in dripping sheet twenty minutes; washed and took her in the air; continued bathing, but no more ague. A diarrhœa followed a few days, which was cured by a cold girdle and tepid sitz bath. She is well now, and I do not think she will ever forget how to cure the ague; for if she hears it mentioned she says that she jumped into the tub to get away from the ague, and was wrapped in a wet sheet to drive off the fever. Diet in the above case, plain Graham bread. Respectfully yours,
M. A. A., Jr.

ERYSIPELAS CURED, OF FORTY YEARS' STANDING.

Aurora, Erie Co., N. Y., Aug. 20, 1850.

ALTHOUGH a stranger to the publishers of the Journal, yet I feel a freedom in addressing you, since you are engaged in promoting the health and consequent happiness of our race. In the last seven numbers of your interesting Journal I have been pleased with the narration of several cases of speedy cure, by the application of water and reform in diet. I beg leave briefly to state a case of my own.

For the term of forty years I was severely afflicted with *Erysipelas*. At times it affected my head, at other times my limbs. The best physicians prescribed many remedies, all which I faithfully tried, but without any relief. For more than ten years past I have carefully avoided the use of all stimulating drinks; still the complaint grew worse. Instead of acting as a mere humor, it broke out in the form of ulcer sores, eating deep, and becoming at times painful, besides being very irritable. With fifty or sixty of these troublesome ulcers, I came to the conclusion (*two years ago last June*) to abstain from the use of flesh. I tried this abstinence for three months before I perceived any visible change in my complaint. I then found my sores smaller, and less irritable. Being thus encouraged, I persevered in a vegetable and milk diet, with frequent bathing in cold water for a year. At the close of the year I had scarcely a vestige of the complaint left. I then discontinued the use of butter and all oily substances. My living is plain milk toast and vegetables of different kinds, using neither tea nor coffee. I have not been in the least troubled with that ugly complaint, nor indeed with any other, for nearly a year past. The food that I now eat I relish equally as well as I did in my childhood, (which I had not done for forty years before,) and I sleep as sweetly as a child. I can labor in the sun all day and feel no inconvenience more than I did when I was but fifteen years of age. If you think these facts would be of any service to others, you are at liberty to insert them in your useful Journal. Yours, very respectfully,
D. PICKERING.

CASES FOR THE W. O. J.

BY DR. W. P. COLLINS, OF NORTH PROV. W. C. E.

I HAVE noticed a disposition of Hydropathic practitioners to give not only general treatment, but the treatment of particular cases. This, in my opinion, is as it should be. The readers of the Water-Cure Journal take that periodical for the purpose of becoming their own physicians. Consequently, if they can have facts, such as they can use under similar circumstances, it will be the one thing needful.

I have several cases which I will hand in for publication if you think best, and if not, hand them over to the Allopath to be bled, blistered, and physicked, &c., and then to the sexton, to be buried according to their usual custom. The first, and one which I think will be needed as much as any at this season of the year, is a case of Acute Inflammatory Rheumatism.

Mr. F., of —, took a severe cold on the 7th inst. It settled in his left elbow and wrist, and his right ankle. He tried hot drops, &c., to burn it out. It continued to grow worse. The night of the 14th he slept but little. The night of the 15th, none. Just at night on the 16th, he sent for me. I found him writhing with pain, with some sort of leaves bound upon the inflamed parts. He was of a family subject to the rheumatism, having had a brother hauled up into the dry dock for repairs for three successive winters.

Finding him with some general fever, I gave him a pack and a cold bath after it; after which we kept a constant stream of cold water running upon the inflamed parts, till we killed (not the man) but the pain. After this, the cooling compresses were used. Slept considerably the latter part of the night.

17th. The inflammation nearly subsided. Treatment the same. Slept soundly all night.

18th. Said he was comfortably sick. Treatment still the same.

19th. Felt well. Took nothing but a bath. Thus ended a disease which Dr. Macintosh says formerly took twelve months to cure.

HOME-TREATMENT IN CROUP.

BY MEDICUS.

MANY persons are, doubtless, favorably disposed to the "Water-Cure," who yet do not adopt it in their families, for this very plain reason,—there is no one in their neighborhood, within call, who can skilfully apply it; and rather than risk anything, they continue to patronize the regular faculty. Such was the case with the writer of the present article. He had never seen any hydropathic treatment but his own, and that was, fortunately, very limited. In his immediate circle of friends very few get sick, and those who do have a way of not trusting themselves to his practice.

My only daughter, a child of eight months, was, on Saturday, Sept. 14th, 1850, violently attacked with croup; not the noisy and, comparatively, harmless kind, but the more quiet and far more dangerous variety. I had never before seen

a case of it. My wife had seen two or three, all of which terminated fatally, under the old mode of treatment. Before we were certain of the disease, (at first rather thinking it a cold, somewhat strange and violent, but still a cold,) the symptoms had become alarming; so much so that a gentleman who called on business remarked it. Business was concluded, and the gentleman left. The symptoms were rapidly changing for the worse.

After a brief consultation, my wife and I, with some misgivings it is true, determined to try the Water-Cure. We collected all our works on the subject, not very numerous, and formed the general plan. I brought a large tub, and nearly filled it with pump-water. This, with a few cloths and a bottle of hot water, comprised our entire medicine-chest. Our whole science was this—*bring the child's body to a natural temperature.*

The first thing was to put the patient into the tub, and give as thorough a bath as we thus could, with considerable rubbing of the entire body, but particularly the breast. This was repeated whenever we thought our rule of temperature required it, no two being generally nearer together than forty-five minutes. Once in every two or three hours the pack (neither of us had ever before seen one) took the place of the bath. Cold cloths were applied to the head and breast, and the bottle of warm water to the feet, whenever it seemed necessary. We express all when we say, that this treatment was kept up through Saturday night, Sunday and Sunday night, before we felt any assured hope. The blessing of God, however, crowned our efforts with success, and on Monday our child began to get well.

These are the facts. Had they not occupied so much space I would make a few comments. But enough for this article.

MANSLAUGHTER—VENTILATION.

THERE is no term that more fitly characterizes the results of the numerous accidents daily taking place from explosions of engines, locomotives, &c., than manslaughter, and yet we question if there are not results happening to the traveling community full as fatal, from bad ventilation of cars and a variety of other equally silent influences. We fully concur in the view that there is no crime so prevalent, yet so generally unpunished and even uncensured, as the reckless trifling with human life. No one seems to reflect on the enormity of destroying a hundred human lives by sudden explosion, or sapping and wasting twice as many by slow but sure decay, for the sake of adding some paltry dollars to an unearned hoard already accumulated. In every street, on every thoroughfare, man-traps of one sort or another are set by greedy avarice and reckless ignorance which no care nor prudence can wholly avoid. Steam, powder, perpendicular banks of earth, insecure buildings, &c., are among the agencies at work; but the most universal and deadly of all is *foul air*, caused by

the absence or insufficiency of arrangements for ventilation.

In this age and land of liberty, we suppose a man who *will* poison or stifle himself and family in their own private dwelling must be permitted to do as he thinks fit; but whoever constructs a public edifice, hall, apartment, or conveyance, without providing for its ample ventilation, is a homicide, and ought at once to be put on his trial for manslaughter. Ignorance is no excuse for him—he has no right to undertake such works without knowing what their influence on life and health must be. If he knows not that a close apartment, filled with human beings, is poisonous, is pestilential, he ought to be punished for his audacity in undertaking to construct one.

Being on the train that left Baltimore on Sunday night last for Philadelphia, says the New-York Tribune, we had a striking illustration of the extent of the popular ignorance on this vitally important subject of ventilation, and of the criminal advantage taken of that ignorance by builders and transporters. There were four or five cars full of passengers, each, apparently, without the least provision for ventilation, shut up as tight as a drum, and its whole atmosphere breathed over at furthest ten minutes; after which it was deadly poison: yet in that larger coffin, forty or fifty human beings drowsed and stewed for four or five hours, mitigated only by the occasional and unwelcomed opening of a door. Nay, in one case where a passenger endeavored to open a window, he was informed by the conductor that the windows had been fastened down on purpose to prevent any such opening of them by passengers, and when the conscious sufferer from a depraved atmosphere succeeded in opening another window, barely a hand's breadth, so as to enable him to breathe by holding his mouth to the orifice, the conductor, being incited by another passenger, who had an aversion to fresh air, dictated and enforced a closing of the window, in defiance of all remonstrances. "I'm not too warm," was the ruling idea of the jackanapes who could not imagine that any one should desire fresh air except to cool off in.

Now it is very plain that opening windows is not the best way to ventilate cars or buildings. It is often inconvenient, unpleasant, and to many annoying, to have a current of air pouring in through an open window. True, we consider this a trifle when compared with sitting in a closely stowed, unventilated apartment, but nine people out of ten know no difference between the breath of heaven and the whiskyfied excretions of diseased lungs, and fear the former more than they loathe the latter. The provision for ventilating should therefore be ample, unailing, and beyond the reach of accident or stupidity. No hall, no car, devoid of such ventilation, is fit to be sat in by human beings, and whoever puts one or keeps one in public use, ought at once to be indicted and tried for manslaughter.—*Railway Times*.

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. SOBSEY, M. D.

(Continued from the October No.)

THE great prevalence of consumption in the United States is due in part to the general and excessive use of tobacco. I was attacked in the night with nausea, prostration, and diarrhœa from sleeping in a room in a hotel at Antwerp, the bed, carpet, window-curtains, &c., of which had been recently saturated with tobacco smoke. I experienced the same, but more violent symptoms, from riding in a diligence from Brussels to Waterloo, and on reaching the top of the *mountain* overlooking the *battle-ground*, had a severe vomiting spell at the feet of the old Belgian Lion, who looked down upon me and grinned with pity, or contempt. I was confined several hours from this attack.

Tobacco smoke will produce the same effect on me at any time now, if I inhale it long enough. Though I smoked once for seven years, yet I cannot bear tobacco in any form now. Thanks to a kind Providence, I freed myself so early from the yoke of bondage—the "tyrannic and abject servitude of tobacco," or else, perhaps, I might have been ere this *where* it has sent many a victim. I have no more desire for this noxious plant now than I have for Jamestown weed (stramonium,) or skunk-cabbage.

It is needless to multiply cases to prove the injurious effects of this plant on the human constitution, when they are so familiar to every one. Look into your own systems and see the disorders raging there! But people will not believe or own that their complaints arise from the use of it until it is often too late.

To this argument we may reply that, drunkards make use of it to support their side of the question. They say they experience the same necessity *to feel* (the effects of liquor,) and drink for the feeling and excitement. Many of them *feel* very unhappy and stupid after being drunk awhile!

To smoke a large white *German meerchaum* pipe without cleaning it, until it is dyed of a yellow color by the empyreumatic-oil of tobacco. The work of a year, the filthiest smoking, and the lowest ambition.

Ladies, do you think your beautiful noses were made to love to smell the odor of tobacco? No, never! If so, they were not made to be soiled and diseased by it. Sweet odors never injure the nose.

But if she should *dip* also, oh! have pity on her!

Some nameless bard has said, with more truth than poetry, that

"Tobacco is an Indian weed,
An evil spirit sowed the seed,
It wastes our money, spoils our clothes,
And makes a dust-hole of the nose."

"The very form of the nose is a powerful argument against the use of snuff; had that organ been intended to receive the dirty additions crammed unnecessarily into it, it would have had a different form, to prevent the trouble of snuffing, thrusting, and cramming; on the contrary, the openings of the nose are downward, for the purpose of getting rid of materials noxious to the system, and *not* to take fresh ones in."

One might be excused for believing that, from the quantity of snuff that some people take, their noses contained more *scents* than their heads, and their craniums more *snuff* than brains.

I suppose the canons of the Catholic Church interdiction chewing and smoking tobacco to their clergy (except in Holland, I suppose, as I have seen priests smoke there in a railroad car, in public,) because of the uncleanness of these habits, and the annoyance they occasioned to their brethren, confessors, &c., yet excuse snuffing on what grounds I know not. Hence, the reason snuffing is so common among the Catholic clergy.

I traveled with an old Catholic bishop (French) once, who had used snuff until the sensibility of the mucous membrane of his nose was so annulled by it, as to require the addition of powdered pepper, glass, or other nostrums to his snuff, to make it produce the desired happy effect upon his nose. A small polite *pinch* of it came near blowing my nose off, and made me sneeze and my nose run a stream for a day or two. It would have made a rhinosceros sneeze. He carried the dirtiest nose and the stinkingest cotton handkerchief that I ever met with in a snuffer. It nauseates me to think of him, that checked handkerchief, and that poisonous vile snuff. Such men ought to be *ex-communicated* from society.

Though Napoleon did not smoke, yet he snuffed incessantly, and died of *cancer* of the *stomach*, perhaps partly occasioned by it. During the battle of Waterloo, he carried his snuff usually loose in his waistcoat pocket; he is supposed to have used three or four ounces. He consumed it more freely always on all occasions of great excitement, historians tell us.

I have seen many cases of the blues, melancholy, and dyspepsia brought on by tobacco. I experienced them all with all their attendant horrors. But never since I bade tobacco adieu.

How often do we see men lay aside the pipe, the cigar, the cigarette and the *quid* to resume again, and drink and eat without even washing their mouths! How few ever clean their teeth! Do you call that cleanly or healthy!

And very suffocating, unwholesome (rotten) smoky-air it is! Makes dogs sick, and drives the flies and mosquitoes away.

What ugly lips the pipe-stem makes if it does not produce a cancer; thick hanging lips, always ready to pour out quantities of ambler, or catch flies, say the boys, if they dare venture between them.

The *one* does not know smoking is the cause of the accumulation of the phlegm he complains of; *another*, I suppose, thinks by keeping the nose and eyes purged with smoke, he keeps the

brain from clogging up, and obstructing vision and hearing; he is rather thick or water-headed perhaps; and for the same reason, the *third* escapes apoplexy—how fortunate; whilst the *fourth*, wiser than the rest, reasons from the law of nature that only one disease can fairly exist in the animal economy at the same time, and as he keeps his system laboring under the effects of the constant saturation of tobacco, and its attendant diseases, a *respectable epidemic* passes him by.

Very logical. There is no end to the excuses for practising bad habits.

The toper drinks before breakfast to clear his throat of cobwebs, again before dinner to revive his burnt-up appetite; again before tea to assist him to digest it; again an eye closer at bed-time to keep off the horrors of the night-mare, or *delirium tremens*; in winter, to keep him warm; in summer, to keep him cool; and gets drunk and makes a beast of himself for mere politeness—to please whom! to give him courage to go home and abuse his wife and children!

It is astonishing how early boys and young bucks, who wish to be men, learn to use this noxious and acrid weed. Does it originate from infection, imitation, or the desire to be the *ton* to be the leaders of the fashion, and to show off? A way with such *ton*, boys; you know not what you are doing—the nature of the disease you are sowing the seed of and cultivating!

A kind word, a gentle admonition, a frown, a scolding, a threat, or a castigation from a parent or relative would often save the health, the happiness, and the life of many a youth, by preventing him from contracting the unfortunate habit of using tobacco—the first step to the fiery gulph that consumes so many. The inexperienced, impulsive youth cannot be expected to know the danger of such habits, and the evil of their ways; it is the duty of parents, friends, and relatives to point them out to them, to guard them against them by impressing it upon their minds by forcible examples, and by every means in their power. Why do you not exercise your authority and duty in this respect! If you fail to do so you are to blame, and cannot expect unguarded youth to escape bad examples, and fail to contract injurious habits.

No, the father will ever set the example to his son, and cry, "*smoke or chew on, my son!*" "Who can see groups of boys of six or eight years old in our streets smoking cigars, without anticipating such a depreciation of our posterity in health and character as can scarcely be contemplated, even at this distance, without pain and horror!"

OF CHEWING TOBACCO.

At page 77, we said tobacco was classed among the *acrid masticatories*, and described its action on the mouth. Of all the *masticatories*, it is one of the most *acrid*, and certainly the one most employed and abused.

"Stinking 't of the stinking kind,
Fifth of the mouth, and fog of the mind;
Africa, that brags her foyson,
Breeds no such prodigious poison;

Henhane, nightshade, both together,
Hemlock, aconote."—CHARLES LAMB.

Every one in America who has sense enough, and is not blind, knows what chewing tobacco is, being a *national habit*; if they do not, I'll tell them it consist in plugging the mouth with

"Shag, long-cut, short-cut, pig-tail, quid or roll,
Dark negro-head or Orinoka pale,
In every form congenial to the soul;!"—

And then squirting the juice, the noxious reddish-yellow ambler every where in or out of the house, it is all the same to the inveterate chewer, with his consummation of filthiness.

I knew a man who swallowed all the tobacco with the ambler, that he chewed, and thought it the *height of politeness*, and very *cleanly*. I dare say the earth has swallowed him ere this, and perhaps a tobacco stalk marks the spot where he lies.

Tobacco is not chewed much in Europe, as compared to this country. Perhaps it may be that Europeans are more cleanly and decent in this respect than Americans, and chew in private, where they are not likely to annoy their neighbors. They are perfectly horror-struck and disgusted, when they reach our shores, and first behold the extent to which the "delectable weed" is chewed, and the annoyance and vexation that proceeds from it. A spittoon—a thing unknown in Europe, is the first object that the emigrant stumbles over, on entering our hotels, and "*gentlemen are forbid to smoke in this room*," the next thing he sees. He soon learns the spittoon is a public character, as he sees no notice *not to chew* here; and where there is no spittoon, he finds a puddle of ambler, in the corner, in the middle of the floor, on the carpet, or perhaps, frying and cracking in the fire, as if every one were trying to put it out. The foreigner is for a while frightened out of his wits, for fear some of the republican fluid may fly in his face, in his eyes, on his nice bosom or hat, or clothes, or boots. He stands it awhile, and if he smokes, and is of a revengeful spirit, he puts in a plug and chews, and spits in self-defence. He is *au fait*—in town now, armed with a pocket full of *pig tail* or *honey dew*, and can stand his hand against any of the tobacco engines.

We have been much ridiculed about this national habit, but I fear to little benefit. Men will chew as long as teeth and tobacco can be found, and drink as long as liquor is distilled.

I shall not stop to enumerate here the diseases to which the chewer of the quid is subject. I ask them to read the history of the diseases of smokers in the preceding pages, and apply them to themselves. As chewing is the most injurious form of using tobacco, it is accompanied with the most serious and numerous diseases. The waste of saliva is greater than in smoking, and the derangements of the digestive organs proportionably severe. All confirmed chewers are more or less subject to long-standing diseases of the stomach and liver. I might cite here many cases to prove this fact from the writings of

others, and from my own observation and experience, but I refrain, and deem it unnecessary to say more than that self-respect,—respect for our relations and friends, and for strangers, should induce tobacco chewers to practise more decency in the consumption of the weed, and not spit here, there, and everywhere, irrespective of persons and places.

It is not agreeable to gentlemen-chewers to be impolite in any other respect, except in the use of tobacco; and they *do* carry their impoliteness to extremes sometimes, and then expect people to bear it in silence. They are generally treated with silent contempt, and allowed to indulge their barbarous habits to their hearts' content. They only injure themselves, and sometimes the property of others; but, as they injure themselves more than the property of others, the owners of the latter, in the depths of their sympathy for the unfortunate authors of the injury, are generally polite enough to pass it over unnoticed. However, as we have many laws to correct nuisances, and as the use of tobacco is one of the greatest nuisances that stalks abroad, there should be laws enacted, regulating it, and not allow men to make barbarians and beasts of themselves, to the great annoyance of decent people.

You often hear smokers and chewers remark how disgusting and filthy snuffing is; and the knight of the snuff-box has an equal horror of the habit of smoking or chewing, and considers his habit as the gentleman's delight.

What *nonsensical contradictions* tobacco consumers are. They all admit if put to the test, that it is a beastly, unhealthy, and filthy habit, and excuse themselves on the grounds that they used it to preserve their teeth, or to keep them from becoming too fleshy, or perhaps to kill time, and keep the blue devils away.

I hope these pages may convince all such persons that they labor under a great error, and that the weed will produce the very ills they wish to escape.

*Gentlemen, votaries of the weed, think—
"If then tobaccoing be good, how is't
That lewdest, fondest, basest, foolishest,
The most unthrifty, most intemperate,
Most vicious, most debauched, most desperate,
Pursue it most: the wickest and the best
Abhor it, shun it, flee it as the pest!"*

(To be continued.)

A PRECIOUS BOARD OF HEALTH.—The Cincinnati Board of Health have been visiting at the Falls and on the Canada shore for a few days. While at Toronto, they got on a spree at a public house, and some of their number were arrested by the landlord on a charge of stealing silver spoons. Upon investigation, it appeared that the spoons had been placed in the pockets of one of the party by another "for fun." The affair was amicably adjusted.

NEW-YORK, NOV., 1850.

PROGRESSION AND IMPROVEMENT being the watchword of the present age, we cannot think of remaining "behind the age," in anything. Therefore, we propose to give the **WATER CURE JOURNAL FOR 1851**, "A bran new suit," from head to foot, as a New Year's present. We shall enlarge our type, and make such improvements as will please all our readers. We do not intend to be surpassed in furnishing the most readable periodical published, at least so far as its mechanical appearances are concerned. The matter will "speak for itself."

WITH THE NEXT NUMBER closes the TENTH VOLUME of the **WATER CURE JOURNAL**. A new PROSPECTUS will be issued, and our present readers invited to re-subscribe. Many have not only expressed their desire to do so, but have also promised to form Clubs in the neighborhoods where they reside, and thus introduce the **JOURNAL** to those who have never yet enjoyed the reading of its pages. By this means it is expected that our already large list will be increased MANY THOUSANDS. The unparalleled success of this **JOURNAL**, during the present year, will warrant the PUBLISHERS in adding to its value, in every possible manner. THE MERITS of the **JOURNAL**, must be judged of by our readers, upon whose verdict, its future existence and continuance depends. The PUBLISHERS will supply the **Journals**, our FRIENDS and co-WORKERS the subscribers. What say you, patrons? Will you continue in the good cause, and aid us in advancing the principles of LIFE AND HEALTH throughout the land? If so, be ready, and introduce us to all your acquaintances at the commencement of the NEW YEAR.

ALL LETTERS and other COMMUNICATIONS relating to this **JOURNAL**, should, in ALL CASES be directed to the PUBLISHERS, FOWLERS & WELLS, Clinton Hall, New York.

CONSIDERATIONS FOR NOVEMBER.

BY R. T. TRALL, M. D.

THE ESTABLISHMENTS.—We hear from all quarters that the number of invalids who have resorted to the various Water-Cures the present season is a great increase on that of any former year. All the northern institutions, where a more bracing atmosphere and mountain rambles constitute peculiar attractions in the hot season, have been thronged, while the rest, in the middle or southern latitudes, have been well sustained. Here is another encouraging sign of the times. During the present sickly season—the summer months—there has been, wherever a sound, whole-souled and non-drugging hydropath has held himself up to public notice, a vast increase of water-treatment in acute diseases. People are beginning to understand that if hydropathy is the best system for invalids whose diseases are of ten or twenty years' standing, and whose stomachs have been made the receptacle of every poison known to scientific men—if it is the best system to rid them of the combined and accumulated ills of bad habits, bad diseases, and bad drugs—it may also be the best for the more common every-day ailments of life. When this conviction once seizes the majority, as in good

time it certainly will, good bye to your apothecary shops; and farewell to that countless host of drug-diseases, whose lighter or stronger marks and scars are visible in three-quarters of our population; and adieu to nine-tenths of those marred, stunted, deformed, idiotic, and miserable specimens of humanity which now so frequently excite our disgust and call forth our pity wherever we go. When the people of this country, generally, learn that hygienic agencies are the best remedies for all diseases, as well as the only preservatives of health, they will hold

"The deady virtues of the healing art"

in as utter execration and abhorrence as does the author of the "Science of Human Life," Sylvester Graham, from whose pen the above line is borrowed.

But about the establishments. They are rapidly being deserted as the weather becomes frosty. This is not the best policy, especially for the uncured portion. One winter month is really worth two of the summer to all who are able to take moderate out-door exercise. The poorer class, who can ill afford the expense of summer treatment, when rooms are in greater demand, would save both time and money, to take more winter, and less summer treatment. Another advantage to those who are able and obliged to labor, is the less value of time for business purposes in the winter season, at least to the great majority. Another suggestion. Would it not be good policy, as a matter of both interest and principle, on the part of the proprietors of Water-Cures in the Northern and Eastern States, to reduce the terms of winter treatment so as barely to cover expenses? They would then greatly benefit the public by enabling many to be treated at the establishments who could not otherwise be treated there at all, and enable many country establishments to continue open the year round, without the disadvantage of discharging a set of experienced attendants in the fall, and looking up another set in the spring. We would not be understood as recommending cheap treatment for poor folks, on the principle that our allopathic journals recommended "whale oil, or any common fish oil for the poor," reserving the luxurious cod-liver grease for the wealthy; but we would have the poor receive the same victuals and drink, the same bathing and rubbing, the same attention every way in winter for five dollars, which the rich get in summer for ten.

"MEDICUS" ON SALT.—The man who does up the "raw whiskey" and other medical advices for the *Tribune*, perpetrates a little saline nonsense after the following fashion:—

"SALT: Its Hurtful Effects on the Body and Mind of Man, as taught by the ancient Egyptian Philosophers. By the author of 'Revelations of Egyptian Mysteries,' &c."

"Well worthy of attention. We doubt not that Dr. Howard will make many converts."—*British and Foreign Medico-Chirurgical Review*.

"We direct the very closest attention of our readers to this subject."—*Asiatic and Colonial Quarterly Journal*.

✠ The above precious piece of wisdom appears

in the London newspapers. A fig for the Egyptians' Mysteries! Both the Old and the New Testament bear witness to the importance of salt. In the former, the Israelites were commanded to sprinkle their sacrifices with salt. In the latter, the Saviour expressly declares "Salt is good"—while the most learned physiologists announce that every globule of blood that circulates has an atom of salt for its basis. Hence its indispensability. When people have been long sick, and their blood has become impoverished and deficient in saline particles, who does not know that on the disease ceasing, the food which is most eagerly received is that which contains salt? It was formerly a favorite mode of punishment of the Indian princes to give to criminals unsalted food. The consequence was, they were devoured by worms. Cattle which fat on an insufficient quantity of salt have worms. It is the same with children. The atmosphere is always impregnated with more or less saline vapor, from which we derive, through the lungs and pores of the skin, a part of our supply of salt.

"MEDICUS."

How often are the people misled by the plausible flippancy of those who talk dictatorially about subjects of which they know nothing whatever! What the religious rite of sprinkling salt on an Israelitish sacrifice has to do with the question of the physiological effects of salt on the human system, we cannot conceive. Our Saviour recommended salt as an antiseptic, not a dietetic article, or rather used the antiseptic property of salt to illustrate a moral proposition. St. Paul virtually declared to Timothy that wine was good; but who would infer the dietetic use of wine from that circumstance? Whether every atom of blood has or has not an atom of salt for its basis, is immaterial as far as any salt is concerned beyond that found in the common constituents of our natural food. Sick persons, it is true, who have been accustomed to salt, crave it again when they get better. The same holds true with tobacco, tea, coffee, or alcoholic liquors. The worm bug-bear is all humbug. If it were true, as Medicus alleges, that the atmosphere is always impregnated with saline vapor for our use, it would prove that nature has provided the right way of supplying it, and that we do not need it in any additionally concentrated state. In fact, each one of the whole string of propositions, so authoritatively assumed by Medicus, is a particular blunder.

IS MAN A GRAIN-EATING ANIMAL?—It would seem not, from the inference to be drawn from the following article, copied from an exchange paper:—

"FOOD MUST BE ADAPTED TO THE EATER.—The disciples of Graham bring chemistry to their aid to show that wheat contains more nutriment than beef. This would be found true, fed to grain-eating animals, but not so, fed to carnivorous animals. Wheat would fat a horse, but would hardly raise to maturity a young tiger or lion. The moose will live and thrive on browse, sticks as large as your finger, but languish on the best fine hay; the calf would thrive on such hay, but would starve on sticks."

Now this fact, universally admitted, that man is a grain-eating animal, proves the disciples of Graham to be in the right, as far as the chemical question is involved.

ADULTERATED DRUGS.—It seems to be as difficult to prevent fraud, adulteration, and counterfeiting in medicinal drugs as in intoxicating liquors. The effects of the late drug law, about which so much noise and confusion has prevailed, appear to have made a very bad matter much worse. We commend the following article on this subject from the Evening Post, with the special advice to all who will persist in swallowing chemical poisons of uncertain potency, do make their wills before adventuring on the rash experiment. The God of Traffic rules and reigns in this part of this nether world just now, and everything considered indispensable—food, drink, medicine—is perverted with a dishonesty and avariciousness only bounded by human ingenuity.

Our readers may remember an extract which appeared in this paper a day or two since, giving some account of the adulteration of medicines in England—debasement of the oxide of zinc with Dutch lead, nitrate of silver with saltpetre, balsam of copaiva with castor oil, &c., &c. A correspondent complains, with some bitterness, that adulterated drugs are very common in this country, manufactured here, now that the custom-house regulations have checked their importation from abroad.

This result is a natural one. However, nature is alike in all countries, and people are made dishonest by the temptation of gain just as surely here as in Europe. When the bill to establish an inspection of medicines on their importation was passed, we pointed out this natural effect; we showed that the bill, so far as it was meant as a protection to the public, was an idle precaution, or worse than idle, since it would only transfer the manufacture of spurious drugs to this country. Our own people, we showed, would engage in this scandalous business, for our community is not so pure that there are no rogues in it—or if it be, the rogues in Europe, whose business is injured by our revenue laws, will migrate to America, and pursue their infamous vocation here. The state of things complained of by our correspondent shows that we were right. Rumor speaks of some of those who were active in procuring the passage of this law as engaged in the adulteration of medicines. We know nothing of this, but it would not surprise us if the fact were so.

It does not appear, therefore, that we have gained anything by the law which was meant to prevent the importation of adulterated drugs—except that it has caused the appointment of several additional custom house officers, each with a competent salary, and that it has transplanted the manufacture of spurious drugs to the shores of our continent. The Americans are great devourers of medicines; no people have the appetite for drugs to the same degree; no where are such insatiable calomel eaters, swillers of glaubers salts, consumers of quinine, bolters of boluses and pills; and generally, they no more think of waiting for the prescription of a physician, than a cannibal for the ceremony of saying grace before falling to. These people must have their usual supplies; and the same dirty mixture, for which they were formerly indebted to foreigners, are now furnished them here.

Now it appears to us, that if the public are to be cheated by drugs debased with ingredients which do not properly belong to them, it is better that the

knaves who carry on the disgraceful commerce should live abroad, than that they should live here. Whether we should pass laws for the encouragement of manufactures which may be honestly carried on, is one question; whether we should make statutes for the special purpose of inviting rogues to come over and settle among us, is another and quite a different one. It seems to us that there can be no controversy in regard to such a policy. We have knaves enough already—counterfeiters enough of all sorts, fraudulent debtors enough, pickpockets enough—without passing laws to increase their number. If it depended on us, we would have the drug law, passed so inconsiderately by Congress, repealed at once, and the makers of spurious medicines among us left on their beams ends.

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M.D.

UNDER the blessed auspices of Water-Cure, the day will doubtless come, when educated female physicians will assume the care of women in childbirth. I would do anything in my power to hasten the day. I believe that the obstetric art is woman's right and duty; and as soon and as fast as women are educated into competency for the practice of midwifery, I shall be happy to resign into their hands all its honors and emoluments.

But, in the present state of the world, this reform makes slow progress. There is want of competency on the one hand, and want of confidence on the other. There are few women who would not greatly prefer to be attended by one of their own sex in all their weaknesses and troubles, and through the trying hours of gestation and parturition, if they knew of any one in whose knowledge and skill they could put their trust. I have the best reason to know that the most full and perfect confidence is bestowed in such cases, for there is not a patient of Mrs. Nichols who would willingly be attended by any other physician; and were she physically able to attend to all who apply to her, I should probably have very few cases of my own. As this is utterly out of the question, and as those who cannot have her are complainant enough to be willing to take me for a second choice, our mode of treatment being in all respects the same, I have been in a manner compelled to enter upon a branch of practice that most physicians very eagerly covet.

I believe I shall violate no propriety, and offend no delicacy, in giving reports of such cases as seem to me most instructive, and illustrative of the benefits of the Water-Cure, upon which I have elsewhere more fully expressed my opinion.

CASE XVII.—CHILDBIRTH.

A delicate and nervous woman, about to be confined of her second child, had consulted Mrs. Nichols, and followed her directions in her preparatory treatment. As her time drew nigh, she evinced a hemorrhagic tendency, which gave me some anxiety; but as often as she was taken with flooding, she checked it by sitz-baths and the use of the vagina syringe.

Apropos—this vagina syringe is not the miserable affair usually sold by the druggists—an awkward

and unseemly thing, which will not hold more than an ounce of water. The best vagina syringe holds eight ounces, or half a pint, and is made with a curved tube, ending in a bulb, pierced with five or six small holes, so as to throw as many small streams of water in different directions. Such a syringe may be used, three or four times full, three or four times a day, or oftener when needed. I have been obliged to get a suitable article manufactured for me, with two tubes, so that any kind of injection may be given with the same instrument.

A short time before her confinement, circumstances made it necessary for this lady to undergo great exertion, which increased the floodings; and when I was sent for, two or three weeks before the time she had calculated upon, I was not a little apprehensive, and hoped that the loss of her child might be the worst of it. I arrived, by railroad, a little before six o'clock, P. M., and found that the pains, which had commenced in the forenoon, and had come on gradually, were becoming regular and frequent. The flooding, however, had continued. "How many sitz-baths have you taken to-day?" I asked. She had taken four, and each had done her great good. I could not but admire the faith and courage of this woman, who, under the most discouraging circumstances, and far from a physician, had done the very best thing for herself, but which, to most women, would have seemed like plunging into the jaws of death. "What! cold water!" exclaimed a lady, to whom I related this heroic practice. "Yes, madam; very cold well water—several degrees colder than the Croton."

But she had her reward. The uterine contractions went on with great force and regularity, though giving but little pain; the os uteri was well enlarged; and at half-past eight, without the slightest unpleasant symptom, she was delivered of a fine boy. I had a large napkin in readiness, which I wrung out of cold water, and immediately laid it over the lower part of the abdomen, to bring about prompt contractions of the uterus, and so prevent the continuance of flooding, to which there had been so strong a tendency. For the same reason, as soon as I had separated the child from the mother, and commended it to an independent and somewhat noisy existence, I proceeded to deliver the afterbirth—a somewhat delicate operation, which no practitioner should attempt to perform unless he feels perfectly sure of himself, and at home in the operation. In a perfectly natural labor, the placenta is expelled by the same effort that completes the birth of the child; but how seldom do we have a natural labor. The few we see are brought about by the strength of a "second nature," induced by the Water-Cure. The nature we commonly meet with stands in great need of assistance, but not of meddling interference. Having effected the delivery of the afterbirth, I next took the vagina syringe, described above, and threw upon the contracting uterus a pint and a half of cold water, cooling and cleansing the parts, and assuring a rapid

contraction, and safety from hemorrhage. This practice will seem heroic to many; but it is inexpressibly soothing, and so far from being accompanied with the least danger, it is a measure of absolute prudence and safety. I proceeded next to pin a bandage, wrung out of cold water, around the abdomen. The lady was then washed all over, her bed clothing and linen changed, and a soft, wet towel being laid upon the external organs, she was ready to go to sleep. The child was born at half-past eight. All that I have described was done—and I walked some distance, and took the cars for home—at nine o'clock.

On going to visit her the next day, I found her sitting up in a sitz-bath—the family all delighted, and mother and child doing so well, that I did not think it necessary to make another visit. Such is the water treatment in childbirth, even under unpromising circumstances, and with unfortunate complications.

CASE XVIII.—CHILDBIRTH.

Suddenly, one afternoon, I was called out to attend upon a case of childbirth, in one of the fashionable streets, near the Fifth Avenue. The gentleman who came for me was so hurried and excited, that it was only upon the way to his house that he explained his errand. His young wife had been taken in labor that morning with her first child. Their family physician, a distinguished homœopathist, had been there; but concluding that the labor would be protracted, he had gone his rounds, intending to call in the evening, which he judged would be in season for the termination of the labor. Finding the labor growing severe, and his wife suffering intensely, the husband had come for me, and without a word of ceremony, I found myself by the side of the patient. Her only assistant was a colored nurse.

This, it will be seen, was no case of Water-Cure labor. The room was hot, and every breath of air was carefully excluded, as if a woman at such a time was in a condition to take cold. Worse than this, the air was saturated with the fumes of camphorated spirits, which the lady had evidently been inhaling from a handkerchief. There was a rush of blood to her head, her eyes rolled madly, and I expected momentarily that she would go into convulsions.

There was not a moment to be lost. I first of all let down the window, and let in a current of fresh air. I then filled a large sponge with cold water, and freely applied it to her head, face, and neck. She eagerly pushed out her tongue to taste it, as the sponge passed over her face. I then gave her a glass of water to drink. I then refilled the sponge, and directed the nurse to wash her whole body. She was beautifully refreshed by these applications, and seemed like a new being. All her wildness disappeared, and she was comparatively calm and collected.

As she suffered much at every effort, I folded a sheet, so as to make a long bandage, and placed it around her, so that by being held firmly, it would

give the best possible support where it was most needed. This, too, she found a great relief. And now the labor steadily advanced, the patient was relieved of half her sufferings, and, even sooner than I expected, delivery was accomplished.

I had been called in under peculiar circumstances, but having taken the responsibility, I was determined to do what I thought best for the patient, as far as I was permitted. I therefore, without any explanations, proceeded exactly as I had done in the preceding case, until I came to the wet bandage. This was protested against. I had no right to insist; and so, having done everything I desired but that, I left the lady feeling very comfortable, and, I believe, very grateful.

It is very desirable, in all cases, that a woman should enjoy the advantage of the preparatory Water-Cure treatment through her pregnancy, or at least for some months previous to her confinement; but even where no preparatory treatment has been taken, the methods pursued in Water-Cure possess great advantages in comfort, and especially in safety, over any other treatment. I have now a case in my mind, in which an allopathic physician bled a delicate lady, two days after her first confinement, to the extent of a pint and a half, from the mere apprehension of a common puerperal fever. The complaint proved to be one for which few physicians, even of his school, would bleed; and the patient has been ever since in a state of nervous exhaustion, while the doctor is trying to cure her with *befsteaks and porter!* Blunder upon blunder. But it is to such shifts that allopathy, in its blind ignorance, is reduced. Every person who falls into its hands encounters a shuddering peril; and of this people are becoming so well convinced, that they show a healthy degree of caution, and in employing a doctor, stipulate that they are to have no bleeding and no calomel.

I had thought of other cases; but as they have been regular, straightforward Water-Cure cases, attended by no remarkable circumstance, I need not record them. In one only was there matter for particular remark, and this may be given by way of caution.

In all cases, I believe, women feel unusually well for a few days before labor. Nature seems to rally her forces for the coming effort. Water-Cure women who escape most of the suffering of pregnancy, are proportionably "smart" just before labor. They take it upon themselves, at the last moment, to do some outrageous thing—such as walking three or four miles, attending a furniture auction, or doing up a day's washing. This is all very fine, but it is not always very safe. In the case I allude to, the membranes were ruptured before the labor commenced, and protracted its period by several hours. Such an accident is always discouraging and annoying, and should, if possible, be avoided.

I have made the Water-Cure treatment of childbirth, and the diseases of women, the subject of a separate article in this number of the Journal; and

there are many indications that for the future these subjects will claim a large share of my attention. It is not a speciality of my seeking; but if it is forced upon me by circumstances, I shall accept it as an important duty, and in the belief that it is to be the entering wedge for the universal acceptance of Water-Cure in this city, which I look forward to as a very certain, and a not very distant, event.

New York, 87 West 22d street.

A HEALTH PICTURE IN NEW YORK.

BY JOEL SHEW, M. D.

A PHYSICIAN of the city of New York was once called to visit a young lady of an aristocratic up-town family, on which occasion, the mother being present, something like the following conversation occurred:

THE DOCTOR—"Well, Miss,—how are you to-day?"

THE PATIENT—"Not very well, I am sorry to say."

D.—"Do you attend school at present?"

P.—"Yes, I am at Mrs. —'s seminary in — street."

D.—"How long have you been there?"

P.—"Four years, including now and then a vacation of a few weeks."

D.—"What have been your studies?"

P.—"Composition, Rhetoric, Mathematics, Philosophy, Chemistry, Botany, French, Spanish, Music and Drawing."

D.—"Do you like your studies?"

P.—"Yes, some of them very much."

D.—"How do you like the study of English composition?"

P.—"I can hardly say; we have to do everything in French; address our teacher in French when we go to school in the morning; speak French in our exercises; in short it is nothing but French all day."

D.—"On the whole, you say you like your studies?"

P.—"Yes, when I am well, but latterly, I have been so ill and low-spirited I could not enjoy anything. I like study when I am able to perform it,—like it very much. I used to succeed well, but latterly I am discouraged and do not accomplish anything at all."

D.—"Well, now let us know all about your health, and see if we can find out what the matter is, and what it is proper to do. Here you have a fine airy residence, an abundance of the best things to eat and drink, and to wear; good baths, good walks, and everything about you to make you happy and comfortable."

THE MOTHER—"She has never been really well, doctor, in her whole life."

D.—"Does she take her regular baths?"

M.—"No, she won't bathe hardly ever, and as for taking an injection, she would die first."

P.—"No, mother, I do bathe two or three times a week, but then it chills me and makes me tremble so, I don't get over it all day."

D.—"But don't chill yourself, use the water milder; but take your bath every morning, or at least some time during the day. You cannot be as clean as you should be in a dusty city like this, unless you wash the body every day."

M.—"The rest of us take a cold bath every morning, and it does us a great deal of good; we would not do without it on any account."

D.—"How much does your daughter walk every day?"

P.—"Walk! why! mother won't let me walk. I only go to school and come back, that's all."

D.—"You only go to school and back. Let's see how far that is; about a quarter of a mile there, and a quarter of a mile back. Then you walk a half mile each day."

M.—"She sometimes goes up and down stairs dusting off the furniture in the house."

D.—"That is all very good so far as it goes. Does she ever make bread?"

M.—"No, we get the bread at the baker's."

D.—"And rather poor stuff at that. Does she ever wash?"

M.—"Well, no, the servants attend to that. She has too many studies you know, doctor, for that, and then —"

D.—"How is the patient's appetite?"

P.—"Not very good; sometimes I eat a great deal too much, but the most of the time I relish nothing. I am often wanting what I cannot get; and food always distresses me, gives me acid stomach and heart-burn and so on."

M.—"Yes, she likes chalk, charcoal, slate pencils, vinegar, and all such things. She has always an appetite for these."

D.—"This is a morbid, diseased appetite. Do not blame her, she cannot help that; if you or I had just such an appetite, and felt in all respects as she does, we would very likely gratify it to as great an extent. How does the patient sleep?"

M.—"Not very well; the bed is never right; sometimes we put on a feather bed, and then she gets fidgety and says she cannot sleep; then again we put the hair mattress over the feather bed; but this is either hard, rough or uneven—there is always some kink in her head about the bed; it's never right."

D.—"Does she have her window open?"

M.—"No, she's afraid of taking cold."

D.—"What kind of pillow does she sleep on?"

M.—"Feather pillow, of course."

D.—"Of course—a great many people are getting to sleep on hair pillows—and some on harder ones even, such as palm leaf, corn husks, straw, &c.; and some young ladies won't have any pillow at all; it makes them crooked not to lie straight. For my own part, I like to have one pillow, stuffed with hair, moss, corn husks, or straw—something that is clean,

without smell, and cool. One pillow and one only, that is just thick enough, so that when I lie upon the side, as I think persons who can ought, it is just comfortable. There is a great deal of truth in the old maxim "keep the feet warm and the head cool!"

M.—"I had not thought of that, I suppose the head does keep warm enough of itself."

P.—"O yes, you know mother my head is always burning hot, and aches most dreadfully too."

D.—"At what time of day does it ache most?"

P.—"It aches all the time; it's never right."

D.—"How do you feel in the morning when you get up?"

P.—"Very badly; I never sleep well; I feel heavy and weak, and my head aches."

D.—"How do you feel when you walk out in the open air?"

P.—"Well I can hardly say; in fact I don't feel as if I *could* walk. It is as much as I can do to get up and eat breakfast and fix off for school."

D.—"Did you ever go to the country in the summer?"

P.—"O yes, to Massachusetts."

D.—"How did you feel there? Could you walk?"

P.—"O yes, we had walking parties, rides, visitings, and a great many things to take the attention; and I in fact either forget all my ailments, or else had none, I don't know which. I have been to the country a number of times, and whenever I go, all my headache leaves me, my appetite becomes good, and I am soon able to bear as much exercise as any one need."

D.—"Do you have any headache?"

P.—"Strange as it may seem, not the least."

D.—"Do you study your books much in the country?"

P.—"No, very little, we go for relaxation and amusement; we read perhaps a little, but do not undertake hard study."

D.—"How much do you walk or ride in a day?"

P.—"Well, I can't tell; we go sometimes in one direction and sometimes in another. We even walk to neighboring villages; we go some days, I should think, in all ten miles on foot, and I think, indeed, sometimes twice that distance."

D.—"Does this give you fatigue?"

P.—"It does at first, sometimes, but somehow my mind has become so interested with the country, I forget all my aches and pains; you know I have always lived in the city, and the country seems to me a new life; I seem to feel as happy as the birds."

D.—"How do you sleep at night?"

P.—"It's a rude place you know, and it is fashionable in the summer there to sleep on straw beds. But it is no matter; we get so tired as to be very glad to sleep anywhere. We could sleep on the floor, or sitting up in a chair if necessary; when we get so tired sleep we must."

D.—"How long do you stay in the country?"

P.—"Six weeks, and sometimes more."

D.—"What kind of food do you eat?"

P.—"Plain food, such as the country people have. I generally take bread, vegetables, berries and milk. They have hams, pork, all sorts of meat, and things of that kind; but you know father does not wish me to eat meat; nor have I any particular relish for it. I sometimes eat a little fresh butter along with my brown bread; I suppose I would be just as well off without even that; I enjoy the bread, berries, and milk very much."

D.—"Does food agree with you in the country?"

P.—"Generally very well."

D.—"How do you feel after you get back to the city?"

P.—"Very well for a time."

M.—"I guess you would think so, doctor. She acts like a perfect romp; there is no keeping her anywhere."

D.—"It is natural for healthy girls to romp, as you call it. What would a boy be worth, if he were not allowed plenty of exercise? Girls must have their plays and sports, otherwise they will suffer in health. Thus you perceive when your daughter goes to the country, takes plenty of exercise, eats plain food, avoids excess in study, and lives mostly in the open air, she very soon becomes well. Some, perhaps, might tell you that all this is merely the result of a *change*; but, I ask, if it is merely a change that makes her so much better in the country, why does she not grow still better even when she changes back to the city? The truth is, it is not so much a change, as it is the healthful influence of air, exercise, diet, and freedom from excessive study, which work so great a benefit to her health. You perceive, also, it is not medicine your daughter needs. What has your family physician said about this?"

M.—"Well, be sure, Dr. K— used to give a great deal of medicine, but lately he has changed; he says, in such cases, it is not of much use. All he ordered was some iron pills, as he called them; and he did not seem to make much reckoning of these, either."

D.—"I suppose not. He is an intelligent man—a man of great experience; and he knows well that all well-informed physicians have given up the idea of *cmnenogogues*, or medicines which have a specific effect to bring on the monthly periods. The pills of iron are supposed to be tonic—that is, they invigorate the system somewhat for the time being; but these, even, soon wear out. You have to take more and more of them, until at last they lose their effect altogether; and, worse than that, they in the end become debilitating. That is the way with all medicines, not excepting even tonics. Physicians are in the habit of thinking that they must order something from the apothecary's, even if it is nothing more than bread pills, colored a little, to make them look like medicine. They think they must do something, or else it would not be fair to charge for their visit."

Medical men, you know, must live by their profession; and people have not been in the habit of thinking they must pay, unless the doctor *does* something. For my part, I think that physician deserves the most pay who does the least—that is, who will teach people to cure themselves, and to keep well without medicine.

“ Thus, you perceive, I advise your daughter to take no medicine. If there were any medicine in the wide world which I thought would do her the least permanent good, I would advise it; but I do not believe there is any such in her case. Correct her habits of life throughout, and then, in due time, nature will of herself make all right. I advise, then, a course something like the following:—take your daughter at once from school, no matter if she loses a year from her books. She can practise music somewhat, the best of all her studies, except perhaps reading and writing her mother tongue; but I would not have her practise music too much: a half-hour or an hour, at a time, perseveringly employed, and this two or three times a day, would be sufficient. And if you choose to take up with my plain advice, let her try her hand at the bread-trough and wash-tub. She is getting to be quite alone in her teens. Now let her imagine that she were to become the wife of some honest, intelligent countryman—a physician, merchant, or perhaps, best of all, a farmer—no matter what, so that he be a good, honest, industrious, and worthy young man. Suppose, now, that she really loved him, as I am sure she would, although he is not rich, but in moderate circumstances;—now, I say, let her imagine that she is going to be a *housewife*, as well as wife; let her suppose that she is to make his bread, cook his food, clean his house, and do his washing, at least so far as her health would permit, never further;—at least we will suppose that she is to understand all of these matters, and that she will habitually oversee them, and take some part therein—we cannot suppose that a house-servant, however good and faithful, will feel so deep an interest in so important a matter as making the family bread, as the wife would. As the wife loves the husband better than all the world beside, so she is the one who is naturally expected to take a deeper interest in all that pertains to his happiness and comfort, and general good. Now, I say, let your daughter practise all these things; for every good and intelligent young lady looks forward—and that with solicitude—to the day when she shall become a wife.

“ Let her imagine, then, if you please, that she is to be married, and that the husband of her choice is actually poor; and you know every wise and good parent will not ask their daughters, in forming connections of this kind, ‘ is he rich ? ’ No; but rather, ‘ Is he honest ?—’ ‘ Is he respectable ?—’ ‘ Do you love him ? ’ That is all. Leave other matters all to herself. And then, another thing, riches, as we are told, often take wings, and fly away; so that it is better for every one to be independent, and know

how to do for themselves. Let my daughter know how to make a living by teaching music, or painting, or drawing, or anything that is useful and proper; but, first of all, let her know how to make her own clothes, her own bread, and do her own work. Teach these things first to your daughter, and then as much more of science and the fine arts as you can—the more the better, only do not let it interfere with health.

“ And now, if, in connection with what I have said, I were to advise your daughter a course of water treatment, physiological treatment, or hygienic treatment, or whatever you please to call it; or what I consider actually best for her case, it would be something like the following:—Let her take a packing sheet, for twenty minutes, early on rising; then a good bath; then a walk; but not too much at first. Let her repeat the same process in the afternoon. Let her walk a great deal in the open air, that she may have the influence of air, the exercise, the light, and the mental impressions caused by a change of objects combined. Thus may she gradually regain her health. And let her, in connection with this, observe all good rules of which I have spoken.”

FAMILY PRACTICE OF THE WATER-CURE. INFLUENCE OF THE WATER-CURE JOURNAL.

BY T. L. NICHOLS, M. D.

It is supposed by vast numbers, who are interested in Water-Cure, that its benefits are confined to large and expensive establishments. This is a very deplorable mistake. There could scarcely be a more mischievous error. Of the millions of our people, how few could ever have the benefits of the Water-Cure, if they were to be had only at what are called Water-Cure establishments!

These have their uses, and for many cases of disease, and many people, are a great convenience; but it cannot be too soon impressed upon the public that almost all the advantages and blessings of the Water-Cure may be enjoyed at home, and that far cheaper, as a general thing, than any other system of medical treatment.

Let us see what is absolutely required for the treatment. Air, and exercise, and proper food, can be had in one place as well as another; at least, they may be had in many places besides Water-Cure establishments. All the rest is water, which can be had wherever rain falls, springs bubble, or rivers run. Wherever a single pailful of cold water can be found, all the most important processes of the Water-Cure can be enjoyed.

To have a thorough bath, a gallon of water taken with a sponge, or towel, or poured over the body in any way, is sufficient. Where there is a will there is a way. Any tinman, any cooper, any carpenter can make a sufficient bath. A piece of oil cloth or India rubber cloth will protect your carpets. To say you

cannot take a bath because you have not the conveniences, is a lazy and miserable excuse.

Then there is the sitz-bath, a very important Water-Cure process. And what is a sitz bath? Take a common wash-tub, fill it half full of water, and sit down in it as you would in a chair, with your feet on the outside. There you sit from ten minutes to half an hour. This is a most blessed remedy for constipation, as well as for diarrhoea and dysentery. It brings about regular action of the lower bowels, and so remedies each of these irregularities. The early and free use of the cold sitz-bath would save many a person from dying of the dysentery, a disease so difficult to control in its later stages.

The wet bandage, and the heating and cooling compresses, can be used wherever there are towels and cold water to wring them out.

Even the wet sheet pack, that great and important remedy of almost universal application, where can it not be given? With comfortables and blankets, a common sheet, and water enough to wet it, the pack is easily accomplished; and the bath to follow it may be given by the sponge, or by pouring, or still more conveniently, by the dripping sheet, which may be administered by anybody, anywhere.

In short, there is scarcely a process of the Water-Cure which cannot be given in any dwelling; and even the half bath, the plunge bath, and the douche might generally be managed with a little ingenuity, and at a slight expense; and when people have learned a little more of the principles and practice of Water-Cure, every house in the country will have a regular bath-room, as its first indispensable convenience.

In New-York, where the Croton comes into every house, and where most modern-built houses are furnished with baths, with hot and cold water, there is no sort of excuse for not taking the Water-Cure.

There are many cases which I should like to have under my eye constantly; but in the great majority this is impossible and needless. With suitable directions, almost every case might be successfully treated at home. Many of my best cures are made in this way, and at merely nominal expense to the patient, for I make a point of studying the economy of treatment in all cases. I have now patients under treatment at home, for consumption, rheumatism, dyspepsia, chronic diarrhoea, gravel, disease of the heart, prolapsus uteri, &c., &c., and there is not one who is not making most encouraging progress. Some of these are the most remarkable cases I have ever seen—and what is peculiarly gratifying to me is, that in several cases the circumstances of the patient are such that the expensive treatment of a Water-Cure establishment is out of the question.

All this may be thought impolitic, but this must be no half way reform. This gospel of health must be preached to the poor, and a few Water-Cure houses, though very convenient for those who can afford them, are not going to cure the whole world—

and this is the true mission of Water-Cure. It must be practised in the homes of the people, and adapted to their circumstances and conditions. I mean it shall be in New York, and hope that by the influence of the JOURNAL, and the WATER-CURE LIBRARY, it may be throughout the country.

I have seldom been more gratified than with a letter of consultation I received the other day from Canada; and I shall take the liberty of making a few extracts:

“DEAR SIR:—About eighteen months since I sent for the WATER-CURE JOURNAL. At that time the Water-Cure was not known in this part of the country. I was the first person who tried it as directed in the Journal, and in all cases thus far it has acted with the best effect. Fever and ague, jaundice, pleurisy, dyspepsia, diarrhoea, one and all yield to its force, and it is rapidly gaining ground here. I got ten subscribers in July, and am now selling the Water-Cure Almanac in great numbers. The spirit of inquiry has been aroused, and Water-Cure is on the ascendancy.

“Though it is a very sickly country here, chill fever, bilious fever, dysentery, and diarrhoea being very prevalent, my own family is perfectly healthy. We have not taken pills, powder, or drug of any kind, but pay attention to diet, ablutions, &c., as directed in the Journal, and have no occasion for the doctor. One of my neighbors, after having seen a young lady cured of the fever and ague in two days, wished he might get it, it seemed such a pleasure to be cured by the water.

“In another case, a young man has suffered for two seasons, commencing early in the spring, with the chills and fever. As usual, he had an attack early this spring, and went to the doctor again, but on his return he heard of the Water-Cure, came to me, followed my directions, was cured in a week, and has been perfectly well all summer. Under drug treatment he became so emaciated that his parents thought he was going into a decline; but under the water treatment his system soon resumed its wonted vigor, and all the symptoms of consumption vanished.

“Another—an old man, some fifty years of age, who has suffered from fever and ague for half a dozen years, more or less, was attacked again last May, took the Water-Cure, was relieved in a few days, and remained in perfect health all summer. I could mention many other cases, as these are only a sample of many that have been benefited by the Water-Cure.

“As a natural consequence, the regulars ridicule and denounce the treatment, but truth is mighty, and must prevail. I am thoroughly convinced that the Water-Cure must prevail, and that those physicians who apply it will in a few years be the only ones that will be patronized by a discerning and long abused people.”

This letter, written without the thought of publication, but to consult me respecting a case of some difficulty, or at least requiring a degree of experience, shows what strong hold the Water-Cure is taking among the people in the remotest sections of the country. The writer of this letter is evidently a public benefactor. He has introduced the Journal and other Water-Cure publications to teach the people the laws of health, and the way to cure diseases; he gives them practical examples of the efficacy of hydropathy, and is an active and zealous missionary in the good cause. May such teachers be multiplied.

Now, to make a final application, if people living in Canada West, with no instruction but such as

they get from books and the Journal, can carry on the home practice of the Water-Cure with such marked success, how much better can the people of New York, with abundant facilities and professional advice always at hand, avail themselves of this wonderful system! Good friends, we must do here, in this great field, what this useful citizen is doing in Canada. We must "circulate the documents," and teach the people this "way of life." Every person who knows the benefits and blessings of the Water-Cure, should be a missionary, and labor to convert others. We have a great and earnest work to do for humanity. I see no way in which a philanthropic man or woman can do the human race more real service, than by spreading a knowledge of the Water-Cure.

Perhaps there is no more effectual way of doing this than by endeavoring to increase the circulation of the Water-Cure Journal. It may have its faults, but upon the whole, seems to me well fitted for its work. It is beautifully got up; it is as cheap as any one can desire; and it seems to be conducted with higher motives than mere love of gain, and with a remarkable freedom from personal prejudices. It is not the organ of any practitioner, or any establishment, and is to a great extent what such a periodical should be; and if it is not *all* it should be, it is the fault of us who write for it—certainly it is not the fault of the publishers, who, from motives of interest as well as philanthropy, are earnestly desirous to make it acceptable to the people, and useful to the interests of Water-Cure.

It is my most earnest belief, that if a copy of the Water-Cure Journal could be taken by every family in New York, four-fifths of the sickness and premature mortality of this city would be prevented. At the same time, three-fourths of all our grog shops, apothecaries, and tobaccoists would shut up shop for want of customers; and our doctors—as many as would be needed, would be studying and practicing Hydropathy; but the greatest portion would take other fields of labor.

New-York, 87 West 22d street.

MEDICAL MISCELLANIES.—No. II.

BY T. L. NICHOLS, M. D.

CRABBE ON PHYSIC.—The poet Crabbe, in early life, studied physic, but soon left it in disgust, as the Water-Cure had not been promulgated, and entered the church. In one of his poems, the *Library*, he gives us his opinion of the medical profession:—

"But man, who knows no good unmixed and pure,
Oft finds a poison where he sought a cure:
For grave deceivers lodge their labors here,
And cloud the science they pretend to clear.
Scourges for sin the solemn tribe are sent,
Like fire and storms, they call us to repent.
But storms subside, and fires forget to rage:
These are the eternal scourges of the age!
'Tis not enough that each terrific hand

Spreads desolation round a guilty land;
But, trained to ill, and hardened by its crimes,
Their pen, relentless, kills through future times.

"Ye frigid tribe, on whom I wasted long
The tedious hours, and ne'er indulged in song;
Ye first seducers of my easy heart,
Who promised knowledge ye could not impart;
Ye dull deluders, truth's destructive foes;
Ye sons of fiction, clad in stupid prose;
Ye treacherous leaders, who, yourselves in doubt,
Light up false fires and send us far about—
Still may yon spider round your pages spin,
Subtile and slow, her emblematic gin!
Buried in dust, and lost in silence, dwell;
Most potent, grave, and reverend friends—fare-
well!"

This is tolerably severe, and may be considered a poetic license; but any one acquainted with medical practice and medical literature, will not dispute that there is in it "more truth than poetry."

QUININE vs. PIPERINE.—A writer in the *London Chrono-Thermalist*, advocates the use of piperine, the chemical extract of black pepper, instead of quinine, the salt of Peruvian bark. Piperine, with a small portion of arsenic, constitutes the famous chologogue extensively given in the West for fever and ague. It is a violent poison, and if possible worse than quinine, which, this writer says, "is known to have produced rheumatic pains, fearful dropsy, horrible fever sores, and a hundred other complaints, as terrible, lasting, and destructive, as those resulting from improper mercurial treatment."

Now let us hear what some advocate of quinine will say of piperine, and pretty soon we shall have the whole truth in regard to both medicines. It is said, that when rouges fall out, honest men get their dues. When the doctors get to quarreling about the relative merits of their medicines, we begin to get a little insight into their qualities.

DURATION OF DISEASES.—The medical "Old Hunkers," as the *Tribune* demonstrates those who are opposed to medical reforms, have a convenient theory in regard to the duration of certain diseases. Thus, fevers last seven, fourteen, twenty-one, twenty-eight days, and so on. Other diseases are said to be self-limiting, and never last beyond a certain period; and we are taught that it is utterly impossible to make them either longer or shorter. Of this class is small-pox, measles, hooping-cough, &c. Convenient theory! The late Professor of Theory and Practice in the New York University denounced in his most earnest manner every effort to interfere with the progress, or attempt to shorten the duration, of this class of diseases; and people have been accustomed, when the doctor announced that a person had a "settled fever," to wait patiently for it to run its course.

But Water-Cure has changed all this: it makes short work with these periodicities. I have certainly known cases of undoubted typhus, even of the kind

called ship fever, cured in six days. I have certainly known small-pox, measles, and the hooping-cough, to be reduced to less than half their ordinary duration. Intermittents are sometimes cured in a week, sometimes in ten days; and I have known them to last three weeks; but never longer, under the Water-Cure, unless under continued exposure, or some serious complication.

The laws of disease change with its conditions; and the Water-Cure is a very different affair from the old do-nothing, or do-nothing-but-mischief systems.

A GREAT NATIONAL REFORM.—A single law passed by Congress, supposing it had the power, and obeyed by the people, would effect a great reform in the public health, diminish the business of doctors and the demand for drugs, and prove of incalculable benefit to this and future generations. Thus—Be it enacted, that on the first day of January, 1852, every frying-pan in the United States be broken up, and sold for old iron, and that no more be ever manufactured henceforth forever. Frying is the most unwholesome of all modes of cooking. Everything cooked by this method is saturated with fat or butter, rendered tough, covered with empyreumatic oil, and made as unfit as possible for the human stomach. No dyspeptic should ever touch anything fried, and no one should do so who would avoid becoming a dyspeptic. Let your food be boiled, or roasted, or broiled, or baked even—anything but fried. Frying meat is the worst possible mode of cooking; destroying whatever good qualities it may possess, and exaggerating all its badnesses. And all this comes of having frying-pans, spiders, and other cast-iron and sheet-iron abominations for making food unwholesome. Good people, beware of the frying-pan; beware of the fat which it scorches, and the butter it spoils; and beware of the meat, and fish, and eggs, which it renders unfit for food, and difficult of digestion, that your days may be long in the land.

ILLUSTRIOUS VICTIMS.—The Duke of Kent, the father of Queen Victoria, is said to have died of a remittent fever. The truth is that he was bled to death by the abstraction of one hundred and twenty ounces of blood. Yet one of the most eminent allopathic authorities of that day said that if he had been called sooner, he should have bled him more freely.

General Washington was taken with a quinsy, which an application of cloths, dipped in cold-water, would probably have cured in a few hours; but he was bled again and again, and so died.

General Harrison, notwithstanding his age and infirmity, was cupped and leeches, and medicated, in the regular allopathic style, with the usual result.

General Jackson, in one of his last letters, writes—“My dear Mr. Blair: On the 12th instant, I had a return of hemorrhage, and two days after a chill. With the lancet to correct the first, and calomel to check the second, I am greatly debilitated.” No wonder.

For all this, here will be the professors of our three medical colleges, in this city, all this winter, telling their students to bleed, bleed, bleed, and calling calomel the Samson of medicine. This Samson will be pulling the temple on the heads of these Philistines. Not a bad name, that of Samson, however—blind and full of mischief.

NEW REMEDY FOR TYPHUS.—Many years ago, when the Typhus fever prevailed extensively and fatally in New Hampshire, two doctors were called in consultation over a case, when one of them informed the other that he had found a new remedy for Typhus fever, which was curing all his cases, so that he had not lost one since he began to use it. This remedy was to give the patient milk and water, and nothing else, throughout the whole course of the disease. This was Water-Cure as far as it went; and Nature, free from the oppression and poisonings of medication, did her own work. If doctors knew how much mischief they do with their meddling medication, they would hold their hands; but no; they must bleed, and blister, and deplete, and stimulate, when all the time the patient would get well faster and better if left alone. The statistics of the Russian Empire show that a larger proportion of persons attacked with cholera recovered where there were no doctors to be had, than under the care of the most scientific physicians. Homeopathy is, to all unbelievers in the potency of infinitesimals, another proof that it is much better to do nothing, or next to nothing, than to do mischief.

CATCHING COLD.—This is a universal bugbear. When a person is in a burning fever, or suffering under a violent inflammation, if cold air or water be brought near them, people fear they will catch cold. This fear is utterly groundless. Whenever there is fever, and just as long as the heat of the body is above the natural standard, catching cold is an impossibility. In a fever, a draft of the coldest air, directly upon the naked body, a plunge in a cold bath, or a thorough wetting for hours, is as beneficial to the patient as it is agreeable. So of local inflammations. I once advised a man with a very sore and inflamed foot to go and dip it into the canal. “I guess I shan’t dip my foot in cold water!” he indignantly exclaimed: “I ain’t going to catch my death of cold.” So the poor fellow went and rubbed some salve on it.

It has often happened in military movements, that soldiers with fevers and inflamed wounds have been exposed in wagons to heavy rains and severe cold; but in all the cases recorded, they seemed the better for the exposure, and to the astonishment of the army surgeons, their fever patients in such cases have all recovered. But they were not wise enough to profit by a such a practical lesson in Water-Cure.

There is one case recorded, where a number of the children of soldiers, sick of the small-pox, who were carried in panniers on pack horses, were all thoroughly wet by a cold rain for many hours, and when everybody expected to see them die from this exposure,

they all recovered in less than the usual period. Such cases of the efficacy of accidental Water-Cure are scattered through all history. It takes men a great while to learn, though Nature is forever teaching them.

POISONING BY MISTAKE.—A few weeks ago, a Boston apothecary was arrested for dealing out a dose of the wrong medicine, which killed the patient. A similar case has since occurred in Williamsburg, and another still later in Philadelphia. Is it not very probable that there are numbers of such cases occurring in all parts of the country, which never come to our knowledge? If an apothecary makes such a mistake, he is not going to turn informer. But in a large portion of medical practice, the physician deals out his own medicine; and if he makes such a mistake who is going to be the wiser? His diploma covers all blunders. There is much work for coroner's inquests which is never attended to.

But if numbers are killed by taking medicines in mistake, they are few compared to those who are destroyed where there is no mistake, but the great miss in taking medicine at all. Thousands die from the ignorance of doctors, where one is killed by such accidents as the above. Calomel, opium, quinine, and arsenic kill, if given with ever so good intentions. The lancet may be used *secundum artem* and with the very best intentions, but it destroys life none the less surely. Great learning and a high reputation are no security. I think patients are not so safe generally in the hands of celebrated practitioners, who know they can do as they like without risk, as under the care of men of less pretensions.

THE LAST RESORT.—Water-Cure is making its way against great disadvantages; and if successful now, as it most incontestably and wonderfully is, what must it be when it has an even chance with other systems? Now a patient comes and says—“Doctor, I have been sick for two or three years. I have tried Allopathy, Homeopathy, Thomsonianism, and everything, but nothing has done me any permanent good. I have come to you as the last resort. Do you think you can cure me?” Three fourths of our cases now, are of this description. I have a patient now, rapidly recovering, who has been sick for twelve years, has been twice to Europe for medical advice, and has been prescribed for by the most celebrated physicians in New-York and London. The water is curing her; but what a test is this for a system! Very often, in the progress of a disease, we are not called in until every other hope is fled, and the patient is reduced to a desperate extremity. With this state of things, it is absolutely astonishing that we lose so few patients, and that we effect so many cures.

REVIEWS.

BY E. T. TRALL, M. D.

DIETETICAL AND MEDICAL HYDROLOGY.—Dr. John Bell, of Philadelphia, is the author of an able work

on “BATHS AND THE WATERY REGIMEN.” It is an elaborate history of bathing in all the forms and fashions in which it has prevailed in all nations, including cold, sea, warm, hot, vapor, gas, and mud baths, whether resorted to for purposes of luxury, cleanliness, hygiene, or medication. The author has also partially described the hydropathic appliances, and given a very full description of the various methods of pulmonary inhalation, including the now popular anesthetic agents, ether and chloroform. Such a book must, of necessity, contain much valuable information, though it is to be valued far more for its historical than its philosophical data. Judged by the orthodox standard, the author's observations, directions, recommendations, criticisms, and reasonings concerning all the methods of bathing described in his book, must be considered as judicious, discriminating and conservative; yet as hydropaths, imbued with a very different train of physiological principles, we could neither concur in most of his reasoning nor adopt the majority of his prescriptions. Still we would commend the work for its many facts and its numerous hygienic inculcations.

Of the bungling way of curing diseases by fuming baths, the author gives us some amusing specimens, one of which is too ludicrous to pass over, yet in perfect keeping with the whole plan of medicated or drugged waters. It is all about the itch, a disease, by the way, which no *clean* child was ever yet affected with. Dr. Bell says:

“The therapeutic effects of sulphurous fumigations have been only ascertained with any degree of accuracy, since the first part of the present century, although at an earlier date these applications were recognized as a remedy in diseases of the kind. Passing over antecedent periods, we find Glauber (in 1659) making distinct reference to sulphur fumigations for the itch. I. P. Frank, nearer our own day, also suggested the use of sulphur, in the form of vapor, for this disease.

“To Gales, who was for a number of years apothecary to the hospital of St. Louis, in Paris, are the profession and the world indebted for the introduction of sulphurous fumigations for the methodical and successful treatment of cutaneous diseases. In 1812, Gales began a series of inquiries respecting the cause and diagnosis of the itch (*scabies*), which he showed, as indeed others had done before, to depend on the presence of an insect, the *acarus scabiei*. He next gave his attention to discover a remedy, safe, expeditious, and easy of application. The result was, not the discovery of a new remedy, but of a means of so applying it as to render its use general, and to remove the objections which have hitherto prevented its introduction into practice. The first trials (in the month of August, 1812,) were, it must be acknowledged, with a very simple, but at the same time, crude contrivance. It merely consisted of a heated pan, in which the flowers of sulphur, mixed with the nitrate of potash, were thrown, and the whole introduced under the bed-clothes of the patient, tucked in as closely as possible about the body.

“The success attending these first trials, between August 1812, and March 1813, which resulted in the cure of 385 patients with itch, induced Gales to devise a regular apparatus for fumigations. His first model was that of Lalhoute, employed by the latter for mercurial fumigations in the treatment of syphilitic diseases. This was afterwards improved and

altered, partly by Gales himself, and partly by Darset; and he was thenceforward enabled to prosecute his experiments in a satisfactory manner.

"M. Morque, superintendent of the hospital of St. Louis, proposed to his colleagues, the members of the administration of the Civil Hospital of Paris, that a special jury or committee should be formed to examine into the merits of the new treatment, by a series of experiments."

The fumigating jury, after thinking over the matter sufficiently, and testing it to their satisfaction, came to the following conclusions:

"That sulphurous fumigations are a perfect cure for the itch.

"That from four to twenty fumigations are required, according to circumstances.

"That females and infants are the most easily cured.

"That old inveterate cases are cured proportionably quicker than recent cases.

"That each fumigation takes about half an hour.

"That patients may take as many as four daily.

"That the treatment of itch by sulphurous fumigations does not require any particular attention to regimen, &c., &c."

Now every intelligent hydropath knows that by rubbing the skin with a coarse wet cloth—a little soap may be used in bad cases—until it becomes clean, there will be an end of the itch. The reader will see in the contrast a fair specimen of the immense waste of time, labor, brains, and money, as well as brimstone, in managing so trifling a complaint as the itch, according to the philosophy of drugging.

Dr. Bell does not represent the hydropathic methods of bathing as they are practised in a single establishment of which we have any knowledge. He describes the sweating process of the dry blanket, as it is *sometimes* used, and calls it one of the regular stages of a hydropathic course. His views here are evidently picked up hastily from some writer whose description of some special processes the doctor has mistaken for the general plan.

We should do the author injustice not to certify that his work on bathing affords ample evidence of extensive reading and industrious investigation into all the departments of medical literature bearing upon his chosen theme.

THE WATER-CURE JOURNAL TO ITS PATRONS.—

There was a time when the WATER-CURE JOURNAL was regarded by a few individuals as an advertising medium for a particular Water-Cure Establishment, when it was under the direction of parties, who had first their own pecuniary interests in view, and secondly the good of the public. This, under the then existing circumstances, was quite natural; for the proprietors were not only engaged as practising Water-Cure physicians, but were, at the same time, conducting a Water-Cure Establishment. These facts alone were enough to excite unpleasant feelings in all other Water-Cure physicians, who had no "organ" of their own through which to make themselves and their establishments known to the world. Under this state of things, the circulation of the Journal

was small, there being at this time less than a thousand subscribers, notwithstanding it had been published several years. Water-Cure physicians, refusing to co-operate, either by writing for its pages or recommending it to their friends, it did not therefore defray the expenses of publishing, except as an advertising medium for the aforesaid establishment. The Journal at that time was less than half its present size, containing *only sixteen pages*, including *all its advertisements*, while we now have never less than THIRTY-TWO, and sometimes FIFTY-SIX pages, besides the advertisements.

While in this low condition, the present proprietors were desired to undertake its publication, which they consented to do on certain conditions, being guaranteed and secured from loss by the original conductors, who were allowed to continue their advertisements as an offset to the obligation or security which they then gave, in order to insure its continuance.

With the change of publishers there came also a change in the management, and a change of feeling in regard to the Journal. Instead of confining it to an individual interest, the PUBLISHERS threw it open to the ENTIRE HYDROPATHIC PROFESSION, soliciting each and every one of them to write articles for its pages, and thereby contribute to its more general usefulness; and in order to accommodate the large number of noble volunteers in this great HEALTH REFORM, the Journal was enlarged; thereby giving every subscriber much more matter than was promised in our prospectus.

Besides this, ALL Water-Cure establishments have been brought into notice impartially, and none have been refused the privilege of advertising in the pages of the Journal, who desired to do so. When, therefore, those objections were removed, and the public became assured that THEY were to have a journal devoted to their interests, they at once came forward, and with ONE ACCORD took hold of the good work of obtaining new subscribers, and thereby extending the circulation of the Journal from a few hundred to MANY THOUSANDS.

Thus, have the publishers, by combining the interests of the Water-Cure professors, been enabled to give THEM and the PUBLIC a medium, untrammelled by private interest, and of universal good to all mankind.

REVIEW OF ROWLAND EAST'S WORK CONTINUED—
By S. O. GLEASON, M. D.—Much praise has justly been bestowed upon the wet sheet-packing. It is a process in the treatment of disease, both acute and chronic, that is based upon sound principles in medical practice. As time advances, and its use is better understood by the community at large, it "will be the first remedial resource of the sick, and the last earthly remedy of the dying."

Dr. East speaks of the wet sheet as "alterative, accumulative, tonic, and a febrifuge."

1. As an alterative, "it is neither stimulant nor

contra-stimulant, but produces a change in the organic textures, and consequently in functions." It is often asked, how can you produce different effects by the remedy? An answer to this inquiry is easily found, and can be made understandable to those who have even a *limited knowledge* of the effects of medicinal substances upon the human system. "Thus opium, in half-grain doses, is stimulant, and if given in inflammation of the lungs after bleeding, would increase the activity of the pulse, and be productive of injury, whereas in two or three grain doses it is a *sedative*. Calomel, in doses from half a grain to one grain, is *alterative*; from two to five grains, *purgative*; in doses of three grains, or more or less, according to circumstances, given twice or three times a day, is *sialagogue*." The same holds true in relation to the packing process.

"When, therefore, the hydropathist is desirous of altering a function, instead of giving small doses of mercury in affections of the liver, of squill and ipecacuanha in irritation of the bronchial tubes, he administers the wet sheet packing, and attains his object more rapidly and safely." This is emphatically true. The system has not taken into its life-current any poisonous substance, to induce irritability, excitement, and greater debility of the organs and tissues, that labor to free the body from the poison introduced. The tone of the parts through which medicinal substances are excreted or eliminated, is lessened, *lowered down*, and a long time must intervene before the organic energy of the part which has had extra labor imposed upon it can be repaired. Hence the long and tedious convalescence of patients medically treated.

The class of medicines termed expectorants, *i. e.* those which have a tendency to make one "raise more freely," must of course enter the circulation before they can be brought in contact with the mucous lining of the air tubes, and produce their desired effect. Medicines which are said to operate specifically upon a given part of the system, must of course be eliminated from that part in greater abundance than from any other. Thus, the bronchial tubes have not only to free themselves from the extra amount of matter secreted by them in diseased action, but from the medicinal substances introduced, which seek an outlet from the system from the same source. In many chronic cases of bronchial irritation, "cough medicines" will be in constant requisition, as they impose an extra task upon the part intended to be relieved. The history of many cases that have come under our care will verify this statement.

But to return to the packing, as an alterative in affections of the lungs. It "relieves the congested cells, and changes the quality of the mucus." This is done by increasing the action of the skin, and encouraging more waste material to pass off through it, and less of course will find exit from the bronchial membrane. Another object to be gained is an increase of blood to the surface of the body, and a

lessening of the amount circulating in the vessels of the lungs; as in diseased action the circulation is sluggish, which allows chemical changes to take place, and an extra amount of secretion is the result.

"In ordinary cases of mucous membrane irritations, a wet sheet-packing of thirty-five to forty minutes, once in two days, I should deem gently alterative. When I intend that other treatment of a different nature is to be taken during the day, I think this sufficient. * * It will have rendered the skin active for the day, and will not decrease the strength. But, in other cases, where there is great irritability in any organ, great tendency to congestion, large deposits of fat in the abdomen, tendency to effusions in the cellular tissue, an envelopment once a day, or perhaps even twice, of an hour's duration, would simply be alterative."—Page 35.

"Thus, during the first envelopment, the mucous membrane loses a certain portion of its irritability, and a nearer approximation to healthy secretion is set up," * * * "and in one hour the patient has taken his first lesson in alterative treatment, and the commencement of a change sets up, which does not cease till it terminates in a cure."—Page 33.

By continuing this process as the case shall require, the secretions become normal, and congestion of the large and small vessels of the internal organs disappears. The remedy exerts a constant and steady influence, keeping within the natural energies of the constitution, and even at the same time that the alterative process is going on new vigor is accumulated. In this way radical cures are wrought, which no other means could reach. Medicinal substances usually impose such tasks upon the vital energies, if long continued, as to shatter and ruin the recuperative power of the organism.

WET SHEET-PACKING-ACCUMULATIVE."

During the first few weeks of the packing, greater visible changes are produced than the same number of weeks subsequently give. The treatment continued a long time may not give strong and daily evidence of the great and radical change which is being wrought. "But suddenly a new action takes place, constituting the climax." Many may imagine that no change is being produced, since the process is so slow and silent in its operation. But the evidence is often "reserved for the latter period of treatment to make any visible demonstration of its power.

Dr. East illustrates the accumulative effects of the packing by reference to the operation of drugs. "There is digitalis, producing a lowering effect on the heart and arteries. Physicians well know that this drug is frequently administered for many days without producing any sensible impression; but suddenly the symptoms become alarming, the action of the heart feeble and spasmodic, and the effects of many doses seem operating at once as a poison. In the accumulative effects of hydropathic treatment, however, there is no such danger." Patients who do not well understand this feature in the treatment,

are liable to become disheartened, discouraged, and leave the treatment before a sufficient change has been wrought to insure health.

In another class greater changes are wrought than they suppose. When they leave the cure, they perhaps feel disappointed, and think but little has been done. The accumulative effects are not fully seen until the treatment is withdrawn, and the system has rested a time. We often hear of such cases after having left Cures. "They did not know what hydropathy had achieved for them. They glide silently into health—that health which consists in a vigorous and harmonious action of all organs and functions."

No forced and violent measures are of much practical utility in the Water-Cure. Too great stimulation or depression of the vital forces is not desirable.

(To be continued.)

MISCELLANY.

LIGHTNING AND THE WATER-CURE—A SINGULAR CIRCUMSTANCE.—Some two weeks since, we understand, a man named Ketchum, living in Babylon, in this State, was working on his farm, and seeing a thunder-storm coming up, mounted his horse and started for home. When within a few rods of his house, he dismounted, and at the same instant both him and his horse were struck to the earth by lightning. Two young men were near, who were also struck down. On recovery, they started to carry Mr. K. to his house, when Mrs. Ketchum met them, and on seeing what was the matter, immediately procured a bucket of spring water, and poured it gently upon the head of her husband. To the surprise of every one, he immediately came to, and is now doing well. What is most surprising in this is, that the lightning struck him on the side of the head, taking off the hair, and then running down his face, neck, and breast, leaving the skin blistered and burnt in its track. On his stomach the lightning forked, a branch running down each leg, tearing his pantaloons and boots to atoms. We have frequently before heard of the efficacy of cold water used on persons struck by lightning, but this is the first instance where we have known it tried. Let our readers remember this, and if occasion requires, it is at least worth the trial.—*Galena Jeffersonian*.

In volume VIII., page 47, of the Water-Cure Journal, may be found a similar case treated successfully by WATER. What could our friends of the *allopathic, homoeopathic, or botanic* school have done in such a case? Cod liver oil, calomel, infinitesimal doses, nor lobelia, could have operated in time; yet pure cold water, and *that only*, could bring this dead man to life.

A NUT FROM NOGGS.—"Beware of Pickpockets!" This is the caution that meets the eye in every public

place. And immediately the green 'un claps his hands on his pocket and is *beware'd!* But nobody cautions him to beware of impostors, and he finds himself robbed perhaps half a dozen times before he leaves town by the various mountebanks which infest our city, robbed not only of his money but of his health.

One of the latest impositions, calculated to do most mischief, because it operates on decent people, (those who are fools enough to expose themselves to the horrid, imaginary necessity of going to *any* lane for a remedy—which is ten times worse than the disease—are of not much consequence any way,) is that of a certain hairy quack, who calls himself Doctor Somebody, and pretends to cure all sorts of cutaneous diseases, make hair grow on the sole of your boot, or anywhere that you'll pay him for doing so!

This fellow, who has deceived a large number of unsuspecting females, is now as large as life with his borrowed plumes, dealing out his liquid ruin, utterly regardless of whom he may destroy.

Beware of impostors, say I, especially barbarous ones, as the head is too important an organ to be tampered with. Death has been known to ensue in consequence of humors being driven in from the scalp by the use of quack nostrums. Never use anything but [water about the head, or at most, nice soap and water. *Keep the head clean, and the hair will take care of itself.*—*Boston Pathfinder*.

SLEEP, HOW TO OBTAIN IT.—Persons engaged in literary pursuits, in the various professions, or in those occupations where the brain is much more exercised than the body, frequently experience great difficulty in obtaining sleep. To such, the following hints will be of service, if regarded. Before retiring, take a short, brisk walk of half an hour, or such other physical exercise in the open air as may be most convenient and agreeable, then a cold bath, after which the entire body should be rubbed briskly with the hand or a soft towel. This will equalize the circulation of the blood, drawing a portion of it from the brain to the body and extremities. No food should be taken during the evening. Tea, coffee, and other stimulants should also be avoided.

No person should retire with cold or damp feet, for, besides preventing sleep, they cause various ills, such as colds, coughs, cramps, rheumatism, out of which *may grow* more serious diseases, and perhaps end in consumption. When no fire can be had by which to warm the feet, they may be made comfortable by severe rubbing with a towel, or even the naked hand.

It will not be prudent or safe at any time to resort to medicines for the purpose of producing sleep, as they must necessarily damage the system, and if once practised, even on a child, mischief will grow out of it.

Every individual requires from six to eight hours sleep out of every twenty-four.

Children from the age of one month to a year

should sleep at least twelve hours. Those from two to five years of age may sleep ten hours. WOMAN requires more sleep than MAN, and a FARMER less than those engaged in almost any other occupation. Editors, authors, and artists need more sleep than those of other professions. The same is true of precocious children.

It is not as well to sleep in a room in which a fire has been kept during the day.

Every sleeping room should be well ventilated, and every bed well aired during the day. The second floor is always preferable to the ground or first floor. Too much clothing should be carefully avoided, as unnecessary warmth is always debilitating.

THE MEDICAL PRESS.—The profession have, at last, become fairly awakened to the imperative necessity of keeping pace with the times, by means of periodicals suited to inform them of the discoveries and improvements which are daily made in medicine and the collateral sciences—hence the increasing demand for such publications.

This diffusion of knowledge, growing rapidly cheaper and more accessible, is telling loudly upon the community at large. Empiricism is fast hiding its diminished head; *false delicacy is going into its last hysterics*; and, as shown by the introduction of elementary physiological works in schools, the study of subjects heretofore restricted to one class of the young, is receiving that attention which it so well deserves, and would be still denied, were the public mind as unenlightened, and therefore intolerant, as in a less favored age. Society being thus made aware that medicine is the most progressive of sciences, will not employ the physician who allows himself to be distanced; and if no higher incentive will animate him, due regard for his "bread and butter" will spur him on.—*The Northern Lancet*.

WELL DONE! Were it not that we send the WATER-CURE JOURNAL to the editor of this "Medical Gazette," we should think him crazy. Whoever before heard of a "regular" medical journal advocating the study of PHYSIOLOGY IN COMMON SCHOOLS? If this editor does not apologize for his "rashness" in the next number of his "Lancet," we shall conclude that he has lost all claim to support from the "regular medical profession."

A CHEAP MODE OF ADVERTISING.—Dr. FUSTION has Abdominal Supporters, Shoulder Braces, and other traps to sell. He writes and prints a book called *Six Lectures on the Lungs, &c.*, describing the superior merits of his machinery and medicines. This book is either given away or sold at a very low price, the object of which is to advertise, and make a market for the above named "Traps and medicines." Have the pockets of any of our readers been "bled" by this "CHEAP MODE OF ADVERTISING"?

AGAIN, there was a company formed of highly conscientious persons, who took upon themselves the name of "THE GRAEFENBERG COMPANY," who also

printed a book entitled the *Graefenberg Manual of Health*, which book is devoted, namely, to advertising such remedies (?) as the Graefenberg Company manufacture and have to sell. This same Company print a newspaper once a month, which they call "*The Western World*," devoted to the same purpose. Have any of our readers ever heard of the *Graefenberg Company before*?

Do any of our readers know of anybody else who resorts to a similar means by which to obtain patronage? We hope none of our friends will allow themselves to be "taken in" by "self puffing organs" of any sort. There are others in circulation which we may mention at a future time; but "*A word to the wise is sufficient*."

NEW WATER-CURE ESTABLISHMENTS.—It will be as gratifying to our readers, as to ourselves, to notice the increase of these establishments in all parts of our country. In the East, in the West, and in the North, we have many commodious and well managed houses, and we are pleased to find the people of the South taking hold of the good work so earnestly. The splendid establishment now in operation in Harrodsburg, Kentucky, is a fine example, not only of what may be done, but what is actually needed in every county in the South. In ALABAMA and GEORGIA great interest is felt in the Water-Cure, and a demand for competent physicians daily increasing. THE NORTH is much better supplied, at present, with both Water-Cure physicians and establishments than the South. Yet the system may be practised with equal success in all parts of the Union.

WORCESTER MEDICAL INSTITUTE, WORCESTER, MASS.—"The course of study required by this Institution is intended to occupy three full years; and candidates for the regular degree of M. D. must have attended two full courses of Medical Lectures in some established Medical College, one of which must have been in this Institution. They must present satisfactory testimonials of good moral character, must have a competent literary education, and must well sustain an examination in the various branches of medical study, as contained in our Course of Lectures, and in the text-books which we recommend, or equivalents.

The next Course of Lectures will commence on the first Thursday in March, 1861, and continue sixteen weeks."

CALVIN NEWTON, M. D., is the President, to whom communications should be addressed for further particulars.

A TRUTH.—The revolution which the Water-Cure is destined to work out will be of immense and incalculable benefit to mankind.—*Portsmouth Enquirer*.

We believe it.—*Water-Cure Journal*.

A MISTAKE—A doctor, on calling upon a gentleman who had been some time ailing, put a fee into the patient's hand, and took the medicine himself which he had prepared for the sick man; he was not made sensible of his error till he found himself getting ill, and the patient getting better.—*Southern Literary Gazette.*

Don't believe a word of it—doctors are not so absent-minded. Besides, how absurd it must appear to every one, to suppose that genuine allopathic medicines ever made *any* body ill, or ever failed to make a sick man well! We don't like to have the "regular" medical profession thus scandalized.

HABITS OF JENNY LIND.—A personal friend of Miss Lind informs us that "she is remarkably temperate in all things, carefully avoiding stimulants of every description. She is an early riser, bathes every morning regularly, winter and summer; exercises much in the open air. She always dresses with a view to comfort rather than show, religiously avoiding tight lacing. She partakes freely of the plainest food, using much fruit. She attributes her uniform good health to her temperate mode of living, she seldom having occasion to consult a physician."

JENNY LIND undoubtedly *inherited* a good constitution, and descended from a long-lived, healthy parentage. She resembles her father both in organization and disposition.

THE COLD SPRING WATER-CURE.—About three miles from Buffalo—under the general supervision of S. M. Davis, M.D., Prof. of Theory and Practice of Medicine in Central Medical College. This establishment is favorably located as regards access, beauty of scenery, and convenience, and will furnish a desirable home for the afflicted, where all the benefits to be derived from the proper use of pure cold water can be received. From the rapidly increasing favor with which this mode of treatment is being received, we have no doubt that this institution will soon be in the full blast of successful operation, and from what we know of its proprietors, we have no hesitancy in advising the invalid to give it a trial.

THE WATER-CURE IN EGYPT.—An hydropathic establishment is about to be opened, by an English surgeon, at Alexandria, Egypt, on the Graefenburg system. It is expected to derive the main support from invalids arriving from India.—*New York Courier and Enquirer.*

"So we go," nor will it be long before our "glorious Water-Cure" will be known and practised all over the world. Already it has been introduced into CHINA, and will soon become THE SYSTEM EVERY WHERE.

A desirable place for a Water-Cure Establishment, in the State of Maryland. For particulars, see advertisement in October number W. C. Journal.

WATER-CURE IN INDIANA.—The Editor of the STATE JOURNAL says, "Water establishments are greatly on the increase in this country, and patients have been treated at many of them with great success."

THE WATER-CURE JOURNAL.—This favorite Monthly comes dashing and sparkling as usual with truths that enliven and invigorate. It is a work that does one good to read. Its treatment of the drug system is cool!—*Cayuga Chief.*

Well, Friend Brown, how else can we treat it! The use of drugs sometimes produces heat, which renders it necessary for us to "pour on water."

NOTICES.

EIGHTEEN HUNDRED AND FIFTY-ONE is rapidly approaching. We are ready for it. It is a principle in nature, for all things, not in a decline, to look forward with hope. This is true of all men who have not yet attained the summit of their ambition. Every boy wishes to become a man; and every man, while in a vigorous state, wishes to improve his condition, and thereby increase his happiness. The great HYDROPATHIC INTEREST, and the WATER-CURE JOURNAL, are yet in their infancy. They are growing. MILLIONS are yet to be blessed by their teachings. Will it not be the pleasure of every one who has tried them, to aid in extending their growth and usefulness.

Old things must pass away, and new things fill their places. Various systems of medicines have been invented, tried, and are now buried with their thousands of experimental victims. Worse than worthless "discoveries" are daily being made, by those who still cling to the old drug system, as a drowning man clings to a straw, and with about the same result. YET A BRIGHTER DAY IS DAWNING.

"HYDROPATHY HAS BEEN BORN."

LET NATIONS REJOICE! as does all nature, when revived by those gentle showers, composed of the great curative element which pervades the world, without which LIFE could not be.

ALTHOUGH YOUNG, the Water-Cure Journal has already exerted no small influence in the world, but its GREAT HOPE is in the FUTURE. With present prospects, it will yet completely revolutionize the practice of medicine, throughout the civilized world. Our system is the CHEAPEST, the SIMPLEST, the most HARMLESS, the most UNIVERSALLY APPLICABLE, and INFINITELY the BEST. We are young, but GROWING RAPIDLY.

THE WATER-CURE JOURNAL is before the public with its valuable digests of this newly popular system of treatment in diseases. The uses of water as a medicine, or curative, have received the sanction of experience and common sense, both in the old and new world, and are fast gaining the confidence of the faculty, and taking the places of the lancet and calomel. The importance of the system renders it interesting to all, therefore we recommend the Water-Cure Journal, published by Messrs. Fowlers and Wells, Clinton Hall, New-York.—*New-York News.*

TO TEACHERS.—We wish to acquaint our Hydropathic friends, who may be engaged in teaching, that they may, without other expense than the trifle for postage, receive a copy of a monthly publication, entitled THE STUDENT, which is particularly devoted to EDUCATIONAL purposes.

We will not *advise* our readers to subscribe for the Student, until they have perused a sample number. Hence, we say, let EVERY TEACHER, send for a sample, THEN if he APPROVES let him subscribe. The terms are only ONE DOLLAR a Year, while it is richly worth FIVE.

HYDROPATHY.—The uniform success which has attended the Hydropathic treatment of diseases, and the advantages derived from following the plain and common sense directions of that system, are beginning to be appreciated by the public, and we are glad to perceive that in consequence of this diffusion of light, the *Water-Cure Journal* is attaining a wide-spread circulation. It is published by Messrs. Fowlers & Wells, Clinton Hall, New-York, and is one of the most able, fearless, advocates of the prominent reforms of the day.—*Washington Globe*.

The Democratic Pioneer, of Sandusky, Ohio, in referring to our Journal, says, "They are worth their weight in gold, but can be had for one dollar per year, each,—published monthly. No family should be without the 'Water-Cure.'" Address Fowlers and Wells, 131 Nassau Street, New York.

The RURAL NEW YORKER.—See advertisement for the prospectus of this excellent paper.

ANSWERS TO CORRESPONDENTS.

CONSTITUTIONAL SICK HEADACHE.—This is always a troublesome ailment to manage, and takes a long time to cure. Mr. P., of Aurora, would be benefited by wearing the abdominal bandage a part of the time, and using at least two sitz baths daily for 15 minutes. We wish more husbands could say of their wives as Mr. P. sings of his,

"Cold water from the limpid spring,
Now quenches all her thirst :
Her heart would e'en an offering bring,
More pure than golden dust."

WET NECK-CLOTH IN BRONCHITIS.—C. E., Powls Valley.—The wet compress should be worn all night ; several folds of wet linen should encircle the neck, covered with a light dry cloth to protect the bedding. If this does not prove sufficient, the chest wrapper would be advisable. The above correspondent writes, as people might write from all parts of this drug-cursed country. "There is nothing we want in our neighbourhood more than a hydropathic physician. One of our neighbors and his wife were recently taken sick about the same time ; the husband died in six days, and the wife in ten, both calomelized to death. The windows were kept closed, and all fresh air excluded," &c., &c. This calomel-killing business will be "showed up" in our December or January number.

C. C.—Writes us that Lynchburg, Va., presents a desirable location for a Hydropathic Practitioner. Country rolling and mountainous, subject to sudden changes though generally healthy, fine freestone water, good society, beautiful scenery, and not a Hydropath in that part of the State. We fear the people in Lynchburg must try and content themselves with family practice awhile. We see no other way but that a Hydropathic Medical College must be established, and that soon, as the demands are pressing.

Tho's N.—You are quite right. Your request shall be complied with. We were rejoiced to hear from "Eden." We hope the W. C. J. will keep the serpent down.

S. S. S.—Why do you "cut into" the Allopathic Doctors so severely? Do you expect to drive them out of the field? or compel them to adopt the Water-Cure.

We do not expect nor wish to drive them out of the field but we do intend to drive their *drugs* out of the market. It is our sincere hope, that all good drug doctors will examine the WATER-CURE SYSTEM, after which, we are confident, they will at once adopt it, and thenceforth, use no more *poisonous* drugs. This is why we "cut into" Allopathy.

DIET FOR NERVOUS PERSONS.—Mrs. S. C. W. L. inquires what kinds of food are most appropriate for nervous invalids? There is no peculiarity in the requisite diet. What is good for all invalids is good for them; plain, unseasoned, unstimulating, and unconcentrated. The class of invalids designated nervous are usually particularly benefited by the exclusive vegetarian diet.

G. W. C., Raisin, Mich.—We are sorry to say that we know of no physician you could engage to take charge of your establishment. The Water-Cure practice is so rapidly gaining converts, that we have daily applications for practitioners that cannot be supplied.

H. H. H.—Most cheerfully do we send both our Journals to J. G. C., of Knoxville. We doubt not he will remunerate yourself and us, if he has not already. We hope your K. M. G. has reached you.

J. L. McM.—Wishes to know why cotton sheets will not answer as well as linen. Because they are more irritating, less soothing, to the skin. Probably this is owing to linen being the best conductor of caloric.

L. B. H., of Farmington, Ills., will accept our thanks for the long list of subscribers which he sent us. "The work goes bravely on."

The P. O. address of P. H. HAYES, M.D., formerly of the Cuba Water-Cure, will be, until December, West Bloomfield, N. Y.

H. D.—We shall "take that hint," and probably profit by it.

VARIETY.

TRADE AND MANUFACTURES IN ST. LOUIS.—A correspondent of the New York *Evening Post*, says:—The St. Louisians are proud of their rising city. Our levee groans under the weight of its merchandise for barter and exchange. Our streets teem with the various commodities of commerce. Our eyes are well nigh strangers to mendicants. Labor is in demand. A busy hum ascends from every quarter of our far extended city. Every anvil rings from morning till night. The shuttle is not idle. The omnipotent power of steam is impelling nearly every branch of manufactures known in the country. A sugar refinery, which began a very few years since, is doing a business of \$40,000, and is now employing about two hundred hands, and distributing an expenditure of a million. One of the largest rolling mills in the United States is nearly completed at the north end of our city. A magnificent white lead and oil factory is in full operation.—Numerous flouring mills, turning out from 100 to 500 barrels

per day, keep up the supplies for the non-producing millions. A few days since, in descending from the Upper Mississippi, I counted sixty steamboats hugging our wharf. Handsome blocks are taking the place of irregular and old edifices.—Some fine warehouses, ornaments to any commercial city, now overlook our landing and the river, and give imposing impressions to the visitor.

REAL ESTATE.

Real estate is universally valuable. Rents are freely paid at very high rates. Lands that could have been bought two years since by the arpent, (one fiftieth less than an acre.) are now sold by the front foot. The increase in the suburbs, within this period, in value, will average fully one hundred per centum. It would seem incredible to your readers, were I to relate instances within my knowledge, of what is here rather investment than speculation, and the profits resulting from it.

RATES OF INTEREST.

Money has been bringing two per cent. a month here for three or four months, in some cases secured by trust deeds.

INVESTMENTS IN LAND—DESTINY OF ST. LOUIS.

In this connection I suggest the inquiry, Why do not eastern capitalists, burdened with surplus funds for investment, signify a willingness to double their profits by a sure investment in St. Louis? The old story of "western speculations" is a theme no intelligent man associates with St. Louis. The course of this city is predetermined, by a natural destiny, to be onward and upward. The location is the natural confu-ent of an imperial country. Agriculture, the basis of all greatness, has chosen St. Louis for her royal granary; and a fertility greater than that of the Nile shall supply it, from sources more extended than a soere of Egypt. I shall, in another letter, allude to the elements of her greatness.—What Moscow is to Russia, Vienna to Austria, Pekin to China—that, as certainly as a destiny is ever revealed to mortals, is the future of this city with respect to the interior United States. MISSOURI.

A SONG OF '76, OR BEFORE.—Our friend Clark, of the Knickerbocker, seems to be in "high dudgeon" because of, as he says, the appearance in the columns of a weekly contemporary of an awful version of a song of his infancy. He says the true version of the verse is this;—

"A frog he would a wooing ride,
With a rigdum bully-milly kimo;
With sword and buckler by his side,
With a rigdum bully milly kimo;
Kimo kero, dolto karo, rigdum bully milly kimo,
Strim-stram, pumadiddle, billy-bonny rig,
With a rigdum bully-milly kimo.

Whether this is correct, we leave for the decision of our grandmothers, WHO USED TO SING IT TO US IN OUR BABY DAYS.

CHEAP POSTAGE, WHAT IT WILL DO.—It will induce the people to learn to write, and those who can already, to write more frequently.

It has been emphatically styled the "self-educator of the people."

The young will commence early in letter-writing, because the payment of postage will oppose no obstacle to their correspondence. It will create in them habits of thought, reflection and observation, and lead them to examine more closely and accurately the language they use in describing their thoughts. Lord Bacon has truly said, "reading makes a learned man, speaking a ready man, and writing a correct man."

We go in for cheap postage, the world over, and so do all

our sensible readers. Let every one protest, until we yet cheap postage, namely TWO CENTS, prepaid, throughout the United States and all our Territories.

FLOGGING IN THE NAVY ABOLISHED.—Rejoice every mother's son, at this GREAT REFORM. The naked backs of our poor seamen are to be lacerated no more, by those inhuman barbarians, sometimes called "officers." What sort of punishment is to be substituted in place of the bloody lash, we have not yet learned, but it cannot exceed in cruelty the former flogging system. Now for another reform. We must, at the next session of congress, abolish the liquor rations, which cause so much mischief. Take away the grog, and you thereby banish the necessity of punishment of any kind. Two-thirds and a half of the floggings formerly inflicted, were in consequence of mischief caused by grog. If officers insist on the rations, give it to them, and the floggings with them.

"THE NEW DOCTOR."—A young doctor, "away down East," writes to his father as follows.—"Dear daddy, I concluded I'd cum down and git grinded into a doctor. I hardly dont think I was in more than 3 ours, afore out I cum as slick a wan as ever was seen.

Hale Columby happy land,
If I aint a Doktor, I ll be hang'd,
I pukes, I purges, and I awets em,
Then if the di, wi then I lets em.

I gets plenty of custum, because they says they dize eazy. When you rite, dont forgit to put doctor afore my name."—Georgia Citizen.

More scandal; who believes any such thing ever took place, especially "down east."

"He that will not reason is a bigot; he that cannot is a fool; and he that dare not is a slave."

READER—To whom is this language applicable? Certainly not to you, a BIGOT, FOOL, OR SLAVE. We are unwilling to be classed with either.

Yet we fear there are to be found in the world, bigots and slaves, and by the violation of nature's laws, we have, unfortunately, a vast number of fools or idiots.

There are also, many who are only foolish, i. e. only partially so. No one who is not idiotic, has any cause to be a bigot; and why should any man be a slave.

We like the sentiment of the following quaint stanza, and commend it to back biters generally.—*Transcript.*

"What are another's faults to me?

I've not a vulture's bill,
To pick at every flaw I see,
And make it wider still.
It is enough for me to know,
I've follies of my own,
And on my heart that cure bestow,
And let my friends alone."

We wish our friends, the Allopaths, would let us alone, but if they won't, why then we shall give them a *ducking*, that's all.

INSANITY WITHOUT FLOGGING.—Senator Yulee, on Saturday, says a telegraphic correspondent, read from a report of one of the inspectors of our State Prison, an opinion that doing away with stripes and the substitution of other punishments induced insanity. We would be obliged to any one who will favor us with a copy of that report, or the name of the inspector referred to. We are curious to know the name of the man who thinks flogging necessary to preserve a *mens sana in corpore sano*.—*Evening Post.*

GRAMMERS.—Dr. Graham, the dietetician, displayed his wisdom before the American Institute, by arguing that the two sexes ought to be kept entirely apart from each other in youth—that they should have no agency themselves in forming matrimonial alliances,—and that the future husband and wife ought never to see each other till after the match has been agreed upon and irrevocably fixed by the parents.—*Farmers Chronicle*.

We shall believe the above, when we have satisfactory evidence of its truthfulness.—*W. C. JOURNAL*.

THE STICKING PLACE.—It is said that a certain good old lady in Bridgewater, who was holding a religious controversy with a neighbor who was not of the same faith, either because she had the wrong side, or else was not so well skilled in argument as her neighbor, was obliged to concede one point after another, until at last there was nothing left but the question of total depravity. "There," said she, wrought up to fever heat, "you may talk to me till doomsday, and I'll never give up my depravity! I'll cling to that just as long as I live!"

A COOL IMPOSITION.—The Illinois Gazette publishes, under the above title, a paragraph relating to a New-York *Washing Pamphlet*, which has been sent by mail to a large number of persons, subjecting them to the expense of postage, of which they have just cause to complain. We have before warned our readers against this trick.

DOCTORING.—"Is there anything really the matter with you?" said an allopathic physician to a person who had sent for him."

"I don't know how it is," was the reply, "I eat well, sleep well, and have a good appetite."

"Very well," said the doctor, "I'll give you something to take away all that."—*Exchange Paper*.

AGRICULTURAL PRODUCTS OF ANTI-REFORM FARMER.—"Sonny, I don't see anything growing about here, what does your father raise on this land?"

"Wall, he raises hackmatack, grass-hoppers, hop-toads, tumble-bugs, and some other vegetables. Yesterday, he raised a double-breasted pig-pen right under the window, and mother raised Cain."

WATER-CURE AND THE CLERGY.—A disease is apparently raging among the clergymen of the different denominations in this country, which appears to be constantly on the increase. The only remedy yet found for it, appears to be cold water;—viz., taking a trip to Europe.

BOOK NOTICES.

TO BOOK PUBLISHERS.—The Water-Cure Journal having obtained a very large circulation, renders it a desirable medium through which to bring new publications into notice. We are therefore obliged to devote a portion of our space, each month, to a brief mention of such as the various publishers may please to send us.

MEDICAL WORKS will usually be carefully reviewed, while those on other subjects will be fairly yet critically examined, and their merits or demerits laid before our readers.

OUR JOURNAL is read by all classes, but it is mainly devoted to the interests of FAMILIES AT HOME, in all parts of the United States, and every book noticed will obtain a wide publicity. With these observations, we submit our Journal to publishers as a suitable medium through which to announce new publications.

THE FIFTH ANNUAL REPORT OF THE PRISON ASSOCIATION OF NEW YORK, which has been laid upon our table, is

an interesting and valuable document of 400 pages. The objects of this Association, as appears by the first article of its charter, are, 1st. The amelioration of the condition of prisoners, whether detained for trial, or finally convicted, or as witnesses. 2d. The improvement of prison discipline, and the government of prisons, whether for cities, counties, or states. 3d. The support and encouragement of reformed convicts after their discharge, by affording them the means of obtaining an honest livelihood, by sustaining them in their efforts at reform. In order that the purposes for which the Association was organized might be more fully carried out, an application for an act of incorporation was made to the General Assembly of the State, which was granted in 1846. The business of the Association is transacted by an Executive Committee, of which John W. Edmonds is chairman. This Committee, which reports annually, is divided into four subdivisions, viz: Finance, Detention, Prison Discipline, and Discharged Convict Committee. The Finance Committee manage the money affairs of the Association, and in their report show the following statements:

Receipts during the past year,	\$1,922 04
Balance on hand the preceding year	170 14
	\$2,092 18
Of which was paid for sundry expenses of the Association the sum of	1,978 72
Showing a balance on hand of	\$113 46

The funds of the Association are made up of the contributions of benevolent individuals, whose ideas of charity are not so extensive, but that objects of commiseration can be found at home, and who are willing out of their abundance to administer to the necessities of the erring and the sinful with the hope of once more restoring them to a respectable station in society. An annual contribution constitutes a member; \$500 constitutes a life patron; \$100 an honorary member of the Executive Committee; and \$25 constitutes a life member of the Association.

The Committee on Detentions report many cases where their interference has been deemed necessary to procure the release of persons unjustly charged and unlawfully committed, and in a city like this, such cases must be frequent. Did space permit, we should like to make a few extracts from the diary of their agent.

The Prison Discipline Committee complain, and justly too, of the opposition they have met with in the discharge of their duties by the prohibition to the examination of the prisons of the State. Measures have been taken to prevent this in future. The reports from the Keepers and Wardens of other states, are somewhat extensive and very interesting.

The Discharged Convict Committee report that their usefulness has been considerably circumscribed during the past year, for want of funds. The results of their labor, however, are such as to leave no ground for doubt as to the beneficial effects of their efforts.

The report of the Female Department of the Association is full and extensive. The correspondence from former inmates shows a seeming determination on their part to cease to do evil and learn to do good. Many have changed their course through the influence of kindness and humane treatment, and bid fair to spend the rest of their lives in usefulness.

The whole report breathes a spirit of determination toward improvement, and with the exception of a few points more particularly connected with the discipline, reform seems to have been the order of the day. But when we read of the cruelties that are inflicted by some of the keepers upon the

convicts under their charge, we no longer wonder that the Executive Committee found difficulty in obtaining desired information, as the prison authorities well know when they appear that "a chief's among them takin' notes, an' 'faith he'll pent 'em." But we are glad to see in many cases corporal punishment is entirely abolished, and the beneficial result of a kind and humane system of treatment is beginning to be realized. There is no doubt but in a very short time all Wardens who have any care for the moral improvement of their convicts, will adopt a mode of discipline in which they will be treated like human beings, and not like brutes. But we regret to see that reform does not extend to the Department of Medical Treatment. Here, like everywhere else, it appears to be difficult to resign the old methods of treating diseases, and we see no instance of the Hydropathic system being introduced. But have attention, friends; it takes a long time to reform old established customs—but we perceive that the effects of *baths* are by some of the Wardens spoken of in the highest terms—the physicians wouldn't mention such things of course. In the next report we hope to see that the convicts of at least one prison are treated when sick upon the true Water-Cure principle.

THE BOSTON ONE LINE PSALMIST, embracing DAY & BEAL'S new Musical Notation and Sight singing Method, by which classes, schools, and choirs, in a few lessons, become better readers of music than common singers do the old way during life. Also, a large variety of SACRED MUSIC, new and old, by German, English and American composers, comprising tunes in the usual metres and keys, together with Sentences, Anthems, and Chants, by H. W. DAY, A. M., President and First Professor in the Boston Phonographic Musical Institution. Boston: Published at No. 8 Court square.

THERE, reader, you have the complete title of this remarkable book. What more can we say of it: Simply that we hope it shall prove to be as great an improvement on the old method of teaching *everybody to sing*, as its friends claim. We have confidence in the *sincerity* of many whose judgment may be warped, biased, or prejudiced; and as we have not yet studied this new system of teaching music, we cannot consistently pronounce a decision, as to its claim of superior merit.

We will add, however, that it will be quite safe for those who are particularly interested in teaching music, to TRY the ONE LINE PSALMIST.

THE ALPINE GLEE SINGER, a complete collection of secular music, in four vocal parts, for choirs, singing classes, and musical societies. By WILLIAM B. BRADBURY. New York: Mark H. Newman & Co., publishers.

We have, in this choice collection, popular songs harmonized, melodies, popular German people's songs in parts, original pieces, Flora's Festival, the Vocal Exercises and Scales, and in fact every improvement which the present advanced musical experience can suggest. The author says, "It has been our constant aim to make the heart better and the life happier, in endeavoring to bring out and cultivate the better feelings of our social natures, by calling to our aid the powerful influence of BEAUTIFUL MELODY and SWEET HARMONY.

The influence of music on the sick is sometimes most potent, and if the spirit of the music be well adapted to the patient, great good will result therefrom. A hopeful and animated selection should be made when the patient is prostrate and sinking,—never melancholy, or on a minor key.

HARPERS' NEW MONTHLY MAGAZINE continues to grow in popularity, although it has reached a circulation surpassing that of any other of its age.

This Magazine will doubtless take the lead in this country, as it will be adapted to the greatest possible variety of tastes. SCIENCE, LITERATURE, and ART, will be brought out in a cheap yet durable form, and placed within the reach of "the million." We would suggest to the editors the propriety of introducing scientific subjects, somewhat after the manner of "CHAMBERS'S INFORMATION FOR THE PEOPLE." This, we are confident, would be responded to by our working classes, who prefer to read on subjects of real utility, rather than on higher subjects, such as romances, poetry, tales, &c. The "New Monthly" is printed on the most beautiful type and paper, illustrated with fine wood engravings.

THE OREGON SPECTATOR—A semi-monthly Journal, devoted to the Moral, Social, and Literary interests of the people of Oregon. ROST. MOORE, of Oregon City, O. T., Proprietor. Terms invariably in advance. One copy, per annum, \$5

"Westward the Star of Empire takes its way."—Thus says the Oregon Spectator. The paper before us is a fair specimen of New England or Yankee enterprise, for the proprietor is evidently an "Eastern man with Western principles." We hope his paper will be liberally patronized, and serve as a directory to the tens of thousands who are yet to become citizens of this great and glorious territory. We hope our hydropathic friends in Oregon will see to it, that the "Spectator" is well sustained.

ARTHUR'S HOME GAZETTE.—T. S. Arthur, editor and proprietor, Philadelphia. Terms \$2 a year, in advance.

This is a weekly Family Newspaper, of good size, and unexceptionable character and proportions. Who has not heard of T. S. Arthur, and who ever heard his name spoken, except to praise? Although a writer of novels, does he not always impress his reader with a generous love for humanity? Read his temperance tales. We have no doubt but that great good will result from the circulation of Arthur's Home Gazette. See his Prospectus on the cover of our September number.

THE AGRICULTURIST'S GUIDE, AND ALMANAC for 1851.—By a Practical Farmer. New-York: J. G. Reed. Price 12½ cents.

The Calendars of this Almanac are duplicates of those used in the Water-Cure Almanac, and are adapted to the United States and the Canadas. There are about one hundred pages devoted to subjects of special interest to every farmer, and the trifling sum which is charged for it, (a York shilling) could not be better spent. Of course, everybody ought to have it.

THE KNICKERBOCKER, or New-York Monthly Magazine, edited by LEWIS GAYLORD CLARK, published by Samuel Hueston. Terms, \$5 a year, in advance.

Besides upwards of ONE HUNDRED CONTRIBUTORS, composed of the leading writers in America, this Magazine presents its readers with the richest monthly repast of FINE and FABRIC, that can be found on the continent. The "Editor's Table" always overflows with old and new anecdotes, which seem to please everybody who have the felicity of reading them. In fact, the "Old Knick" is the only GENUINE PUNCH we have in America.

THE LIFE AND SPEECHES OF PATRICK HENRY.—A publisher has left a lot of this every-young-man's Book at the office of the Journal, for sale, price 75 cents.