

THE WATER-CURE JOURNAL.

SELF TREATMENT WITH WATER-CURE.

BY E. A. KITTREDGE, M. D.

I SAID in my last that the main thing or the first great requisite in applying the water-cure was to have good judgment, for without this rare possession you are as likely to do harm as good, and a little more so.

It is the stupid adherence to routine practice that often brings the water-cure into disrepute. A man may be ever so well versed in book knowledge, yet, if he be not possessed of good judgment, his learning will avail him but little.

For instance, the books tell you that wet sheets are good to allay nervous irritation and cool down fever; well, so they are if properly applied, but otherwise they will increase both. What is one man's meat is another man's poison; what will soothe one man will irritate another.

The books say that sitz baths are good for all diseases of the digestive organs, and so they may be, if taken properly and at the proper time.

But the how and when to take them!

It is not in the power of books to tell precisely how long a man shall sit in a tub of water and get nothing but good from it.

This depends upon his constitution, the particular phase of his disease, and the length of time he has been afflicted.

For instance, a person with certain conditions of the stomach cannot take a sitz bath with impunity under four or five hours after a full meal, simply because his food remains in the stomach an hour or two longer than it ought to; but the general rule is to take it three hours after eating. Sitz baths, be it remembered, always affect the stomach, and should never be taken on a full meal, unless merely to cool off, which would be better done some other way.

Again, a person of delicate, irritable constitution might be seriously injured by sitting in a sitz bath thirty minutes, which is considered necessary in certain chronic conditions of the liver, &c., and in ordinary cases is decidedly beneficial. So it is with wash-downs. What will suffice to cool one patient down sufficiently after a pack, would not be a circumstance towards the accomplishment of this all-important object in another. Hence the great discrepancy of opinion, as regards the effects of water by the laity and not a few of the "faculty."

Oh, says one, I tried sitz baths for my dyspepsia, and the more I tried 'em the more I didn't get no better!

But how did you try 'em!

Why just exactly as you yourself told Mr. — to use 'em!

Yes, madam, said I, but allow me just to insinuate that there is as much odds in folks as

in anything! and that Mr. —'s dyspepsia and yours are as different as Jenny Lind's singing and a common hand-organ. Mr. — is a great fat, bloated alderman, who has lived on venison pastry, turtle soup, and rich viands of every description, washed down by gallons of wine, brandy, &c., till he is absolutely in danger of spontaneous combustion, and nothing short of three halfpails of cold water applied for twenty-five or thirty minutes, would have any effect in relieving the terrible inflammation existing in his much abused stomach.

You, madam, are the victim of an ill assorted union, brought into the world with a constitution which has the curse of scrofula and violated law indelibly inwoven upon it, have been reared with a view to show and a market, and, like other hot-house plants, when exposed to out-door life you wilt and wither.

The winds of heaven visit you not more roughly than they do your neighbors, but while they pass unscathed, you are prostrated, simply because you have no power to sustain yourself, no stamina within.

Compared with the alderman, your life has been as an anchorite's to a gourmand's; but like him you are prostrate, but, unlike him, you have fallen from want of sustenance or capability of receiving it so as to nourish you, he from too much; he has too much tone, you not enough. Now, need I tell you that your treatment should be altogether different!

The water necessary to quench his internal and infernal fires, would extinguish entirely the feeble spark within you. In other words, the trouble in your case is irritability, caused by debility; in his, inflammation, produced by intemperance.

The treatment in your case would be to soothe by tepid baths the irritability, being careful not to have them carried too far, as they would produce debility. A five minutes sitz bath, at a temperature of seventy, and a rubbing wet sheet or a pack of twenty minutes perhaps, would be the first things; afterwards, slight wash-downs in water colder and colder by degrees, the gentle plunge, and the moderate douche, would make you as well as it is possible for you to be.

In the alderman's case, buckets and buckets of water, nearly cold, will have to be used to bring down the circulation, reduce the heat, &c.; sitz baths, long and deep, and oft repeated, will also be needed, and hours of sheet-packing will be necessary, week after week, to restore the long abused nervous system to its equilibrium.

In short, as in the one case debility has produced the irritability, and needs to be removed before the irritability will cease to come, so in the other must the irritability which has produced the debility (of stomach) be first reduced.

We often hear persons say that they have

tried bathing mornings, and that it made them worse. Well, I don't doubt this, but did they do it right? or long enough?

I am very much mistaken if, should they persevere till they got the right temperature, exercising well, and *immediately* after it, they would not always find it beneficial, though, perhaps, like the acting Editor of the Boston Medical and Surgical Journal, they have no particular fancy for cleanliness, or don't care about having such practices prevail, for the same reason that shoemakers would discourage the practice of going barefooted!

My advice then to home doctors is, to be very sure, before they commence "practising" upon anybody, that they understand the principles of the water-cure; if not, all the cases they ever heard of may not avail them; in fact, they will probably do them more harm than good, from reasons above stated.

I heard of an old man once who always swallowed a bullet when anything ailed him! The last time he swallowed it, it proved a swallow too much, as his case happened to be intromission of the bowels—which is the shutting in of one portion of the bowels into the other—and of course the specific gravity which the old man relied on to "put things through," only put the upper portion of the intestine still farther into the lower, and he died.

Active cathartics, which the allopaths give in such cases, have the same effect generally.

But how shall we get "the principles?"

Why, by study and observation.

Be sure you are capable by nature and education to understand such things, have a proper knowledge of anatomy, physiology, &c., and then get all the books you can find on the subject, read and ponder, select the good and leave the rest. If you are good, perhaps I'll write a book of purpose for you. Ain't I clever? More anon.

CONFESSIONS AND EXPERIENCE OF AN ALLOPATHIC DOCTOR.—No. 12.

THOUGH living before the era of Priessnitz, the writer of these articles was not ignorant of many of the properties of water in the external and internal treatment of disease. From Esculapius downward, it had been freely used, and the mode of its application discussed.

Forbes remarks that in 1700 Sir John Floyer and Dr. Baynard, used water freely as an external application, but preceded by a course of physic. Sir John supports his views by the citation of numberless learned authorities, from the Bible to Dr. Mead. Both writers mention the occasional practice of persons bathing in their shirts, and wearing them the remainder of the day without drying; and also give instances of cases relieved by the application of a wet towel.

Baynard, in support of his hydropathic views, says, "I conceive life to be an actual flame; as much flame as any culinary flame is, but fed by its peculiar and proper fuel, made out of the blood and spirits for that purpose. It is as ex-

tinguishable as any flame is by excluding the air. When the lungs or air-strainers of the body have taken out of a certain quantity of air all its fuel, the flame will go out if more be not supplied." He supposes that food and air, acting as fuel to the flame, leave behind in the body, on the various membranes, in consequence of this combustion, salts and acrid substances, which the sweat dissolves and throws off. "I look," said he, "upon the pores and sweat vents as so many back doors and sallyports, by which nature drives out the enemy crept into the garrison." Of course, when this perspiration is clogged, disease sets in and the best means of cure consists in giving enormous quantities of water, which will dissolve the acrid matters, wherever they may be, and thus thoroughly cleanse the system, open the pores, and restore health. And he practised accordingly; though, holding such views, why he should have used drugs of any kind, is certainly strange.

Lanzani, who represents the Italian practice in this respect, published a book in 1723, wherein he represents the true method of using cold water to consist in its internal administration, in very large doses, in certain stages of fevers. Many of the Italians cure intermittents by continued doses of cold water. In Moore's life of Lord Byron, a letter is preserved from the noble poet to his publisher Murray, wherein he tells of an effectual cure by this method, in a short time, when his gondolier, a stout healthy man, suffered under the apothecary's drugs without benefit for over three months.

DR. CURRIE'S PRACTICE.—James Currie in 1815 wrote a work on the effects of cold and warm water as a remedy in fevers and other diseases, in which he strongly recommends immersion at the commencing stages of fever, and in acute affections of the nervous system. Forbes remarks that he cannot be said to have forestalled Priessnitz in any other respect, than in the prompt and energetic use of cold water in the suppression of acute febrile and nervous affections. He placed in a clear light some points of practice on which some important errors previously prevailed, such as the safety of cold applications when the body is heated beyond the natural degree, and the relative value and safety of cold or tepid water, of immersion, affusion, and ablation; on these points his work being of great practical value.

WATER IN REGULAR PRACTICE.—Before the time of Priessnitz, water in its cold form was recommended as a valuable tonic, used with many restrictions, in nervous debility, and other analogous states; and in its warm form its use was limited to the allaying of irritation in certain disorders, the more formidable symptoms of which were encountered by other remedies. "Beyond this," said Forbes, "the medical profession have hitherto done little or nothing with bathing as an instrument of cure; and there is reason for believing that a vast superfluity of caution has existed in the employment of this remedy, and that some of the supposed cautions

have really increased instead of diminished the danger, as well as destroyed the efficacy of its application."

WILLIAM PENN'S ACCOUNT.—The water-cure practice of the North American Indians, is thus described by Wm. Penn: "I once saw an instance of it, with divers more in company. For being upon a discovery of the back part of the country, I called upon an Indian of note, the Captain-General of the clans of those parts. I found him ill of a fever, his head and limbs much affected with pain, and at the same time his wife preparing a bagnio for him. The bagnio resembled a large oven, into which he crept by a door on the one side, while she put several red hot stones in at a door on the other side, and then closing up the doors and apertures, excluded all air. Now, while he was sweating his wife with an axe was cutting her husband a passage into the river, for the ice was very thick, in order to the immersing himself after he should come out of his bath. In less than half an hour he was in so great a sweat that when he came out, he was as wet as if he had come out of the river, and the steam of his body so thick that it was hard to discern any body's face that stood near him. In this condition, stark naked, he ran into the river, which was about twenty paces, and ducked himself twice or thrice therein, and so returned, passing through his bagnio to his own house, some twenty paces farther, and wrapping himself in his woolen mantle, lay down at length, near a long, gentle fire, in the middle of his wigwam, turning himself several times until he was dry, and then he rose and fell to getting us our dinner, seeming to be as easy and well in health as at any other time."

VINCENT PRIESSNITZ.—This medical reformer was originally a small farmer, residing in Graefenburg, in Silesia. A succession of trifling accidents in early life, led him to employ water for their cure, and so successful was he, both with himself and his neighbors, that his fame gradually spread, and after a while he received pay for his labors. From simple villagers he had at length nobles for his patients, by whose means he became gradually possessed of an enormous establishment, capable of containing several hundred patients, which for years has been crowded with ladies and gentlemen of every degree and of every nation; while thousands of his followers have set up similar establishments in their own countries.

MODE OF TREATMENT.—He ranks as the first one who comprised his whole *materia medica* in water alone, and he makes this apparently inert remedy act as a stimulant, sedative, tonic, purgative, astringent, dietetic, styptic, febrifuge, diaphoretic, alterative, and counter-irritant. In his first interview with the patient, after hearing sufficient to give him a rude insight into the locality and general features of his malady, Priessnitz proceeds to investigate its suitability to the water-cure. He does this by sprinkling the surface of the body with cold water, or wit-

nessing the taking of a cold bath, and then watching its development of reaction. If this appears in a certain amount of activity, he pronounces the case appropriate for his treatment: if not, he advises the abandonment of all hydro-pathic intentions. Forbes sees no decisive reason for not pronouncing this method as good a guide as the orthodox custom of feeling the pulse.

RUBBING AND PACKING.—If Priessnitz thinks the patient strong enough to undergo the water treatment, no time is lost in applying it. Early in the morning an attendant enters the sick-room, throws a wet sheet over the person, and over it rubs the whole body rapidly until a glow is excited. The patient then dresses and takes a long walk. In some cases perspiration is excited by enveloping the patient in blankets, and then the cold sheet applied, or water poured on the body from pails, or a plunge taken into a cold bath; either kind followed by friction, dress, and exercise, as before. When the object is only to excite a glow, and not perspiration, the body is simply packed in the wet sheet, and when the reaction ensues, bathed in the cold bath. The sitz bath, shower bath, hand bath etc., need no explanation. In all cases of fever the patient is enveloped in a succession of wet sheets, renewed as often as they become warm, for a period varying from half an hour to six hours, or more according to the violence of the symptoms: cold washing and immersion are also resorted to for the same purpose. The *compress* is a cloth wetted with cold water applied nearest to the seat of disease, securely covered, and changed as often as it becomes dry.

DRESS OF WATER CURE.—Priessnitz does not allow his patients either to wear flannel or take any kind of drugs whatever. The diet is generous, consisting of meat, milk fruits and vegetables, and no restriction as to quantity. Stimulants of all kinds, as spices, wines, tea and coffee, are forbidden, and nothing hot must be taken into the stomach. Exercise is taken at once upon rising from the table. Water is drank during the day in large quantities, varying from a few pints to gallons.

RATIONALE OF THE WATER-CURE.—Rausse, a celebrated German writer on this subject, considers water as the one great element necessary to preserve health and cure disease. His theory is as follows:

RAUSSE'S THEORY.—Nature has built her system upon one great fundamental principle, which is the power given to all bodies to assimilate or work up to their own use all other bodies; and this law applies equally to inanimate as to animate beings. This power serves as a mutual protection of one against another, and is so contrived by nature that each shall grasp of the other only what is necessary to be thrown off.

Thus organic bodies require two conditions for existence—substances to act upon, which they can incorporate into themselves; and substances in turn acting upon them, by which these excrementitious matters may be removed. De-

prived of the first, they would starve and die from inanition. Deprived of the second, their bodies would become clogged up, and they would equally die, in consequence of the corruption and coagulation of the juices.

All organic bodies are constantly changing their substances, throwing off the old elements and receiving new into their places. Anything solid in the body must be converted into the liquid state before it can be thrown off: hydrogen possesses the power of making soft the solids, and oxygen of hardening the liquids, and thus rendering them fit for service as solids. Water is composed of the two gases, hydrogen and oxygen; therefore its presence is necessary in health to carry on the operations of life, and in disease to carry on the processes of cure.*

TRUE EXPLANATION.—All substances act upon the life power, and the phenomena resulting from that action are solely produced by it upon the solids of the body: we say solids, for the fluids must be made or secreted by their agency, and these secretions are carried on in obedience to the mandates of the nerves, which carry orders from the brain. The Water-Cure, in addition to its cleansing powers, acts mainly because it is a vehicle of heat, and thus capable by skillful management of suddenly elevating or depressing vital actions. By this means the original impression under which excitability labored is replaced by a new impression, any ill effects resulting from which the *vis medicatrix* is able to obviate. Many of the American Water-Cure practitioners found their principles of practice, like Hippocrates, on the existence of the conservative power, disdaining all humoral explanations about the impurities of the blood, and unhealthy secretions causing disease. As Dr. Forbes remarks, the Hydropathic plan can only be fully acted upon in establishments expressly for this mode of treatment. We have many such in the United States, and the number is constantly increasing, and they are daily gaining the respect and confidence of the community. As a means of preventing disease, Hydropathy is entitled to all praise, and there are thousands of living witnesses to its efficacy, who, by constant bathing have become inured to the changes of atmospheric temperature, and who, fearless and unbundled, discard all invalid notions.

MESMERIC PRACTICE.—This has been practised in all ages and times, and enters as an ingredient in both the Homœopathic and Water-Cure systems. Hahnemann directs the patient to be stroked in some cases, downward with the palm of the hand, until relief is obtained. And Priessnitz orders that the attendant who does the rubbing over the wet sheet be strong and robust. To the nervous fluid of the operator the tractors of Perkins and rods of Mesmer alike owed their power.

CHRONO-THERMAL SYSTEM.—"Fifteen years ago,"

says Dr. Dickson, "it was my fate—I can scarcely call it my fortune—to make two most important discoveries in medicine, namely, the periodicity of movement of every organ and atom in living bodies—and the intermittency and unity of all diseases, however new, and by whatever produced. To these I added a third—the unity of action of cause and cure, both of which involve change of temperature. Such is the groundwork of the Chrono-Thermal system—so called from *Chronos*, time, and *Therma*, heat. This I gave to the public in 1886. Then, for the first time I announced the appalling fact, that up to that hour, the professors of the healing art had been to a man in all but utter darkness on the subject they pretended to teach. Thirty centuries and upwards the blind had been leading the blind in medicine.

THE BLOOD ALIVE.—"It was once a question," says Jackson, "whether or not the blood be alive. John Hunter, to the conviction of everybody, proved it to be alive; and every drop that artificially leaves the system is a drop of life. He who loses a pint of blood loses a pint of life."

CHRONO-THERMAL PRACTICE.—Of course the vital fluid is most carefully cherished, and no bleeding ever performed even in apoplexy, but contrarywise stimulants prescribed. Dr. Turner mentions the case of a wealthy merchant, "who was greatly alarmed by a sudden numbness on one side of his head, one arm, and one leg. He started for his physician, but met on the way another, to whom he told his case, who told him he must lose a pint of blood. Imagine the patient's surprise, upon reaching my brother Chrono's office, at receiving from the hands of the doctor, not a bleeding and deliquium, but a brimming bumper of Champagne! Confiding in his friend, he quaffed the unpalatable draught without hesitation, and in a few minutes rubbing his leg and arm, exclaimed he was better. "I told you so," said the doctor, "now you may go home and take another glass at bed-time." The gentleman did so and has had no palsy since.*

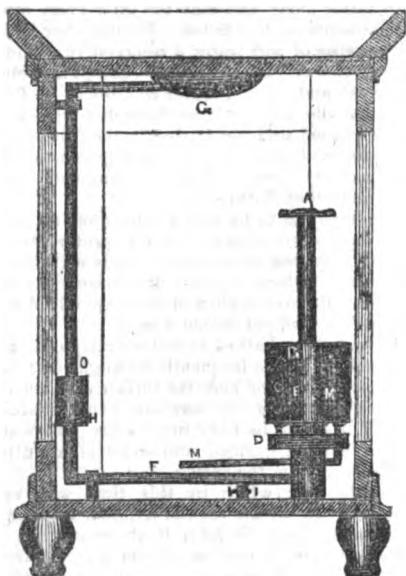
CONCLUSION.—And now we would ask the reader is it strange that medicine is considered as an incomprehensible study, and its practice a work of mere chance. It is evident that no other science requires such an amount of both theoretical and practical acquirements, and yet the majority of its cultivators pride themselves on being ignorant of the former. The author of these articles began life a perfect bigot, with but one redeeming trait, a love of truth, which once discovered, induced him to embrace it wherever found. The observation of nature for himself gradually expanded his views; every succeeding year in his practice saw the lancet less used and the drugs more seldom given, and with the gratification too of increased success, until at last the bigot was liberalized, willing to judge his fellows by the metal and not by the artificial impress stamped

* The probability is, that this patient had no palsy before, and a glass of (colored) water would have answered the same good effect.—Ed. W. C. J.

* For a complete elucidation of this theory, see WATER-CURE LIBRARY, 1850.

upon it. He learned at length that there was as much quackery in the profession as out of its pale, and now, quaker-like, keeps on his hat when passing alike the Academy or the Root shop.

COLD SHOWER, WARM SHOWER, AND VAPOR COMBINED BATH.



THIS Bath is the invention of MR. JEREMIAH EASEX, of Bennington, Vt., and was patented on the 25th of last September. Its utility, as will be observed by the description, is beyond all question. This is an inside elevation, showing the whole arrangement. By it a person can take a cold or warm shower, or a vapor bath, at pleasure.

The outside casing is the box of the bath, which may have screen sides like the common kind; and the tubes below, as they are small and lying on the floor (the one, F, may run below the floor,) can be of no inconvenience. C is a small circular vessel of water surrounding the tube, E, seen in section, and communicates with it by a small opening inside, near its bottom. When the tube, E, is nearly filled, the vessel or chamber, C, contains water to the same height. F is a conducting pipe extending up into the tube, E; and A is the handle of a piston, which extends down into E, having its lower end made to force the water up through the pipe, F, past the valve, H, into the shower vessel, G. This gives a cold shower bath. To make a warm bath, D is a lamp placed under the vessel, E, which heats the water, when it may be forced up as in the cold shower.

To make it a vapor bath, the pipe, M, seen partly in section, is attached near the top of the vessel, C, and it has holes at its lower end to let

the vapor escape into the chamber. When used for a vapor bath, the piston should be withdrawn, and the inside hole in the vessel, C, closed up, when the lamp will generate the steam in a short time. The top of the vessel, C, to the tube, E, is made of a funnel shape, as represented by B, to allow the water to be easily poured in. I is a faucet to drain off the water that may be in the pipe, and there is an attachment to the outside of the valve case, O, to lift the valve, H, to drain off the water above.

The different parts of this bath are very simple, to accomplish its triple object. The lamp burns spirits, is always clean, and gives out a great heat, to do its work rapidly. More information may be obtained by letter (*p. p.*) to the patentee.

By the politeness of the gentlemanly publishers of that excellent paper, the *SCIENTIFIC AMERICAN*, we are permitted to use the engraved illustration at the head of this article.

We have not examined this newly invented Bath, consequently, cannot give an opinion in regard to its merits, yet we take pleasure in calling the attention of our readers to the fact of its existence, that they may try it, prove it, and, if it shall prove useful, to recommend it.—*W. C. Journal.*

COXALGIA AND SO FORTH.

BY JOSEPH S. BURR.

ON 21st of July last, I was called to the wife of Joseph Kirby, who resides some six miles from our village, and found her severely afflicted.

They gave me the following history of her case. Two weeks ago she was brought to bed with her first child,—nothing peculiar occurred at the time, nor was she more than usually amiss for three, four, or five days afterward. However, some weeks previous to her confinement, she experienced weakness in her right leg, by times some pain in hip joint, extending down the limb (especially on the inside) to the knee, and occasionally to the calf of leg, and to the heel; so as to discommode her some in walking,—causing her to halt or limp a little betimes, and occasionally, considerable. When most on her feet worse than when sitting or laying down. Whilst confined to bed after delivery, she felt but little amies in the limb, but as soon as she began to set up, and especially when she attempted to walk, found the same old difficulty existing in hip, leg, and foot, which in a few days became worse, (though her general health was tolerable, and continued to improve moderately,) until the pain in the knee and calf of leg became intolerable, attended by times with some swelling, and much soreness on pressure wherever the pain had been, which however changed alternately to and from almost every point from the hip to the foot: in which condition she had been several days previous to sending for me, growing worse continually, and the limb now entirely useless.

At once I suspected coxalgia, or disease of the

hip-joint. The symptoms when I first saw her were entire inability to move the limb in the least as she lay upon her back, the pain in the knee *exceedingly severe*, and nearly equally so in calf of leg; both of which were some swollen; also top of foot quite puffed up. An exsanguineous surface all over, and preternaturally *hot* and *dry*, the pulse much accelerated in frequency and force, hard, full, and bounding, not easily obliterated by pressure at wrist. Tongue mostly covered with a whitish yellow coat, except centre, which was brown,—tip and edges very red, the whole organ dry and clammy—pupil of eyes dilated—heavy, throbbing, half aching state of head—betimes some delirium, with low incoherent muttering when dozing. Quite comatose, though she had not been known to have slept for several day and nights. Entire abhorrence for everything like food, and but little desire for drink. Sick at stomach, (and very tender on pressure,) with sense of sinking weakness, and yet feeling of unusual fullness. Bowels constipated. Urine small in quantity and *very high colored*, and passed with difficulty, attended with heat and pain. The lochia still continues, though very vitiated and fetid. Some precidentia uteri, and tumefaction of os uteri, with much heat and tenderness of parts. Left mamma, and most of the side of trunk, badly excoriated and red as scarlet, with the constantly discharging ichorous fluid from the breast.

When both legs were brought in a straight line with the centre of the body (which was excruciatingly painful to the diseased one) the diseased leg was found to be at least an inch *longer* than the other, as was manifest by the inner malleolae, and condyles of the femur. The toes of diseased leg turned outward as she lay upon the back; calf of leg and knee too tender to admit of touching enough to move it; hip painful and sore to pressure, especially back of trochanter major; unceasing pain in groin, knee and leg; hip some swollen. The spine I could not get at to examine, in consequence of the severity of the pain in attempting to move her.

In so formidable a case, what should be done?

Having in the main been a *regular* physician for twenty-nine years, you may readily suppose that in the emergency of the occasion, I at once adopted a *thorough* allopathic treatment.

On the 24th I visited her again, and found the symptoms much the same, except the excoriated breast and side some better, from the lotions of nitrate of silver and sugar of lead, but the hip had become by this time enormously swollen, which extended far to the adjacent parts, and exceedingly hot.

I retired to the grove, and reflected that I had treated, and known others treat several cases of this same hip-joint disease by the *regular* practice, and not one of them *cured* in the proper sense of the term—several had died, and those who had barely lived it through had been left with a permanently stiff hip for the balance of life, with almost useless limb—therefore I could not in this case flatter myself with any reason-

able prospect of success by continuing the allopathic course. I felt fully convinced that now the hip-joint would ulcerate, the bones in all probability become carious, and the final result, at the end of months or years, be doubtful as to life, but certain at least to leave the hip-joint ankylosed.

I also recollected that within the last year or two I had performed some very important cures with water alone, and that too after every other available means had failed. Finding they had a good spring of soft water, I resolved to abandon the use of medicine altogether (except as below set forth), and adopt a water treatment. I fully and candidly reported the foregoing reflections to the patient and her husband: they cheerfully coincided with my judgment, and agreed to fully carry out any course I would recommend, which agreement they faithfully executed.

I ordered her to be well scrubbed off all over with lukewarm saleratus water, pretty strong, followed by long continued rubbings with coarse dry towels, which, for the first time since she was unwell, gave a glow of fresh or red color to the surface, and yet cooled it to the bone.

I ordered her bathed in water nearly cold, and well rubbed off, as frequently as might be found necessary to get and keep the surface cool, and the excessive action of the heart somewhat subdued, even if it should be forty times a day; the water at first a little warmed and some alkali, afterward fresh from the spring.

To the hip (which by this time was very sore and raw by the counter-irritants applied) I ordered a sheet 16 folds thick, wrung out of water direct from the spring, over which a strong thick dry bandage was applied pretty tight, which was to be renewed every hour or two, so as not to be found much warm at any time. Into the bowels I had 12 ounces of water direct from the spring injected each morning and evening, and caused to be retained long enough at least to become warm. Into the vagina I ordered injected every four hours, alternately, a cold solution of chloride of lime, and a cold decoction of wych hazel leaves (*Hamamelis Virginica*), enjoining her to drink freely of fresh spring water, but make no attempt at eating until she felt hungry—which happened in about two days.

My object was to extract heat from the general system, but especially from the hip and its vicinity, to the greatest possible extent, not only by evaporation, but especially by the direct applications; hence the *cold* lotions, cloths, injections, and drinks. I aimed to get up and maintain the *sedative* influence upon the hip and adjacent parts, until the danger of ulceration was past.

Could I have done better in any respect?

I have often heard and read of medicine "acting like a charm," but I never saw any treatment prove more so than the above. The first application thereof immediately cooled the surface considerably, calming the feelings, and was very grateful to the patient, and so continued throughout. After a few applications, she needed no prompting, but herself would call for its application. The whole diseased action seemed

at once to be held in suspension, and soon abated most obviously, not only in her feelings, but in all the symptoms. In two or three days all pain, and much of the preternatural heat of skin, and undue action of heart was subdued, and returning health was manifest to all around; and now, in seven weeks from the time I first saw her, she is doing her own work, and has been for two or three weeks to some extent.

I treated her in all ten days—seven by water. However, she kept up the bathing, sponging, &c. some time after I quit visiting her.

PORT WASHINGTON, OHIO.

CASES OF WATER TREATMENT AT HOME.

CHILDBIRTH—TYPHOID FEVER.

We take the liberty to make the following extracts from a letter of one of our subscribers in Wayne Co., Ohio, for the purpose of showing to our numerous readers that the practice of relying upon the physicians for medical treatment is entirely useless. All that is necessary is to acquire information as to the proper mode of applying water, and then all "the thousand ills that flesh is heir to" may be set at defiance, without the use of calomel, opium, lobelia, or any of the other drugs which are at present so freely used, and that too without danger of the deleterious effects which so generally accompany their use.

On the 26th of June my wife gave birth to her fifth child. She had practised bathing once a week for six months previous, and amid many prophetic warnings, like—"you had better be careful with your cold water, you will surely kill her," &c., she was about half way treated Hydrophatically during parturition and confinement. The result was as follows: The severity of labor was much less; the amount was not so much as had been usual with her. The after-pains were diminished more than one-half in number, and a considerably in severity. She was up and able to work in half her usual time—up and about in three days, and perfectly well in six days.

On the 9th day of September one of my neighbors sent for me. I went to see him, and found that he had been in bed for five days with a very high fever, during the after part of the day and night, with remission in the early part thereof, and suffered most intolerable pain in the back, head, and legs, with slight delirium. He had done nothing for the fever; and as he had no confidence in the doctors, would not employ them, but getting continually worse, and knowing that I had advocated the Water-Cure principles, and studied them, he concluded to send for me. He was treated according to the best of my knowledge and judgment, being but a tyro in the business. The result was that in two weeks he was perfectly well—being less than half the time that others with the same disease were under Allopathic treatment.

TOBACCO:

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

By B. BOUSSIRON.

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

(Continued from the October No.)

DIPPING AND RUBBING THE TEETH WITH SNUFF.

"Want of decency is want of sense."

My love and respect for the female sex almost induce me to suppress these lines, describing one of the most disgusting habits to which American females are addicted; but a clear conscience and a better judgment say go on, for their own good; if they are immodest enough to be guilty of such things, they will hardly blush and scold on being told of it. Hoping this article may be the means of guarding some fair one against the spell-bound fascinations of this unfortunate habit, and of inducing some of those who are already enchanted by the use of the "filthy abomination" to abandon it, I ask the pardon of the sex for submitting it to their consideration.

The following is a graphic description of the custom among the people of the section of our country where apple brandy and tobacco were formerly the principal articles of commerce and of home consumption, and horse-racing and cock-fighting the greatest sources of amusement.

A raw and wild Irishman chanced, on a certain Sabbath, to attend preaching at the Baptist meeting-house at *Peach-Tree*, in the country and piney woods, not far from Tar river, in the county of —.

Paddy took a seat in the church. The preacher rose, cleared his throat, spit first on one side, and then on the other, hemmed and hawed, gave out the song, in which all joined in singing, except the astounded Catholic Paddy. That done, the Bible was opened, the preacher spit again, again, again, and wiped his mouth, and read, "*Eat, drink, and be merry, for to-morrow ye die.*"

Very appropriate, thought Paddy, as he understood a horse-race and a cock-fight were to come off close by next day.

The preacher commenced his discourse in a droll kind of way. Paddy was all attention and observation. "*Eat, drink, and be merry,*" was frequently repeated. Soon the men drew from their coat-pockets large twisted plugs of home-made tobacco, the boys followed suit, and each came near twisting their heads off, Paddy thought, biting a mouthful off of the smaller end. At the same time the women drew from their "*reticules*" large, square, black, wide-mouthed bottles, and long sticks with a mop at one end. What next, thought Paddy, for he had lost the thread of the discourse in watching those large twists and black bottles. The men chewed voraciously, and the ambler flew over the floor, against the logs, and through the cracks between the logs of the meeting-house. The women drew the stoppers of their bottles, held the bottles firm in the left hand, whilst with the right hand they passed the mop of the long sticks from one side of their

mouths to the other, and then half down their throats, gave them a thorough sucking, and drew them out dripping with saliva, stuck the mop down the neck of the bottle, and withdrew it double the size, with a black powder that looked to Paddy like coffee-grounds, or chocolate; into their mouths goes the mop again, flies from one side to the other, and then to the centre, where it rests for another sucking. Now and then, when the preacher stopped at the end of an eloquent sentence, at the top of his voice, to take breath and to spit, (a period of excitement for the hearers,) a fit of coughing, hawking and spitting seized the audience, and for a few minutes nothing could be heard but a discord of "sweet sounds," amid a shower of saliva and ambler spattering on the floor of logs. Then away flies a quid of tobacco, and down goes the women's mops into the bottles, and out into their mouths, with their heads leaned back, they eat sucking and fanning, as happy as saints. "*Eat, drink, and be merry*," and these *manipulations* of the women being continued and repeated for an hour, Paddy became restless and sick, and left the meeting-house to go and throw up his breakfast, not being accustomed to a tobacco atmosphere.

This was a novel, disgusting, and sickening sight to Paddy. The sermon was an hour and a half long; and I need not say that many got happy and "merry" before it closed, shouting, "Glory, glory to the Redeemer," such as Paddy had never before heard.

During the excitement, at the close of the sermon, you may be sure many brushes were trampled under foot, bottles dropped, and snuff, and saliva, and ambler spitted on the floor and women's dresses. After service, Paddy asked a bystander what the women called the operation he had just witnessed with the *bottles* and *sticks*.

"Dipping," was answered.

"And what is dipping?" said Paddy.

"Its dipping and rubbing with snuff; I thought everybody knew that!"

"Indeed, your honor, and for what purpose?"

"For the pleasure of it, and to clean their teeth," he was told.

More puzzled than ever—dipping and rubbing with snuff for the mere pleasure of it, and to clean the teeth, in a public meeting-house too—there must be some other reason for doing it, thought Paddy. "Beg your pardon," says Paddy, "there is some mistake here, or I do not understand you."

"No mistake, sir, everybody knows that."

"But is this business of the toilet a part of your religion?"

"Yes," says one, "a part of the service; the men and women can't keep their eyes open, and listen to and enjoy the sermon, unless they chew and dip all the time."

"And, faith in my Jesus," replied the Irishman, "does your priest chew and dip too?"

"He only chews and smokes, and takes a pinch occasionally."

"O, holy fathers! I never heard of such a thing in all my life. A wee-bit would they be-

lieve this of the Americans in ould Ireland if I were to swear to it."

"O, yes," says one, "we make so much nice tobacco in these parts, when we can't sell it, we eat it up, (for spite), and the women help us, to keep the price from getting too low."

This speech sickened the Irishman, and he replied, "I understand you; it is a punishment inflicted upon ye by your priests for your sins; and I assure you you are all too dirty ever to get to heaven."

Like the Irishman, few would believe this unless they were to see it. I have often had the misfortune to witness dipping in private houses, and in church, *Peach-Tree* and others; and any one who has a fancy to see it can do so in many parts of Carolina, unless it has been abolished since I was there. I believe it is going out of fashion, and is much less common than it was ten or fifteen years ago, when the snuff-bottle and the hickory-bark-tooth-brush chewed to a mop at one end was carried in the "reticule" of many a matron and a fair damsel. It is done now more secretly by modest ladies, knowing how filthy and disgusting it is to their "nice husbands and beaux," who only chew a pound of tobacco a week, and smoke all the time.

Dipping and rubbing with snuff seems to be infectious, and to run in families. It is only a substitute for chewing, smoking, and snuffing, and is done for the *feeling* it occasions, and not alone as a part of the toilet. It is equally as filthy as chewing, and smoking, and snuffing, and more unhealthy than either. If one is asked why she dips, she blushes and replies, "Only to relieve a distressing tooth-ache." Poor creatures, dying with the tooth-ache all their lives. They know not that the remedy causes the complaint, and not only that, but many other *aches* of which they daily complain. Better have no teeth, say I, and gum it the balance of your lives, that to spend your time and destroy your health eating snuff. The fact is, the teeth are rubbed away, decay and fall out long before many of them reach the age of thirty; and they then, to patch up their mouths, and keep up the appearances of health and youth, have to resort to doctors, dentists, modistes, and all sorts of artificials.

Let me assure the ladies; be not deceived;—tobacco and decayed teeth will smell in spite of the perfumer; and if gentlemen do not smell those who smoke and dip, it is because they can't detect the odor of tobacco amid the great variety of odors that the ladies employ to conceal it. Now, if the nose deceives us, (and mine rarely does), the eye detects it in the hollow, pallid, and sallow cheek, the dark, sunken eye, and the decayed teeth, that defy the pinched lips to conceal.

I would not marry a lady who uses tobacco in any shape, and had rather kiss many things than the mouth of a dipper. If they would return the compliment, I am sure fewer gentlemen would use tobacco.

"If women knew"—I quote the language of M. Merat—"all the pleasures of which they deprive

themselves by using tobacco, (and, above all, of the horror which those who use it inspire in men,) of how soon it makes them appear old, and dilates their nostrils, thickens their upper lips, and changes all the features" of their lovely faces, I say they never would make snuff-bins and chimneys of their noses and mouths.

I am pleased to say, though some women smoke, and dip, and snuff, yet 'tis very rarely *ladies* do either.

As tobacco is the leveler of all conditions, *Ladies should beware!*

ERYSIPELAS AND FEVER.

BY J. BEADMAN.

On the 8th of September, Mrs. S. Beadman was taken sick rather suddenly, with high fever and face flushed; on Monday grew worse, violence of symptoms increased; but having some little knowledge of diseases, drugs, diet, &c., and having long since locked the Poison Doctors out of my house, I thought by attention to diet and the bowels, to master the symptoms; towards evening, however, with her consent, I went to ask Dr. Shew to step down—he was not at home, but his partner promised to be down quickly. He came about eight in the evening; the fever was raging and erysipelas rapidly spreading behind the ears, face, &c. We put her in the wet sheet, or "packed" her for twenty minutes, gave her a bath slightly tepid, put on a wet girdle, and applied ice to the head. This we did every six hours, and though, through a little irregularity in the application of the remedies, and the want of a precise knowledge of the principles upon which the practice was founded, there was a struggle for mastery between the pack and the fever, yet, on the second day, there was a most decided improvement in all the symptoms; they appeared as easily controlled by the sheet, the bath, and the ice, as a well trained horse by a skillful rider. From this moment both my eyes were opened some to the powers and the beauty of the water-cure in such cases. Day by day my wife mended, and she says the improvement was as steady as it was perceptible and delightful; on the fifteenth, having taken nothing but water for seven days, she began to be hungry; we fed her judiciously; her desire for food gradually increased, and on the eighteenth she was down for dinner, looking as clean and bright as a new guinea. Our friends consider the case a triumphant demonstration of the infinite superiority of the WATER-CURE over the drugging systems, whether we take the whole pill-boxful dose system, or the infinitesimal dose system of the Homœopath.

A recent London Medical Periodical makes the following declaration:—

"There never lived that conqueror who, with sword or lance, slew one quarter of the myriads that have died of lancet and leech."

TYPHUS FEVER.

BY T. L. NICHOLS, M.D.

SOME months ago, in one of my articles entitled "Practice in Water-Cure," I gave a case of what I called typhus fever. Dr. Call, of Lowell, Mass., wrote me a letter, criticising my diagnosis, or at least my nomenclature, and calling my attention to a work, entitled, "A Practical Essay on Typhus Fever, by Nathan Smith, M.D., Professor of the Theory and Practice of Physic and Surgery in Yale College," published in New York, in 1824. The book is a very rare one, but I was fortunate enough to secure it, and propose to give it a brief review, for the benefit of the readers of the Water-Cure Journal.

Before proceeding to do so, I will say, that my designation of a low nervous fever with cerebral symptoms, as typhus, accords with such authorities as Billings, and Dickson. Dr. Billings says—"There is but one simple fever, which is exanthematous, or petechial, though the rash may never be sensibly developed, as in scarlatina maligna; and it is continued, synchous, whether with high or low pulse; and when the sensorium is oppressed in addition, it is typhus."

Commonly, a distinction is made between typhus and typhoid, but Dr. Dickson rejects this distinction, and says—"I shall continue to regard all the varieties of typhus and typhoid fever as mere modifications of a single type."

The fact is, as I apprehend it, that fevers and all other diseases, while preserving some characteristic symptoms, vary infinitely according to the condition and circumstances of the patient. But, before giving my own views upon this matter, which, after all, is more one of words than of ideas, though I do not underrate the importance of the former, I will proceed with my notice of Dr. Smith's Essay.

This Dr. Smith, by the way, was a very remarkable man. He practised for many years in New Hampshire, and was once a Medical Professor of Dartmouth College. The people of that region are full of anecdotes of his wisdom and eccentricities. This book has much of the former, but no traces of the latter.

"Typhus," says Dr. Smith, "is a word of Greek derivation, which signifies smothered fire, or stupor. As applied to disease, it is doubtful whether it was originally meant to indicate internal heat, or whether it was used to denote a fever particularly affecting the mind, and producing stupor or coma." It is described by the oldest medical writers, and is not, therefore, of modern origin, like small-pox and syphilis. It was known among the early settlers of this country as the long fever, slow fever, nervous fever, putrid fever, &c. It prevails in all climates, and at all seasons, and affects both sexes and all ages.

Dr. Smith asserts that after prevailing in a particular section of country, it sometimes disappears, and is not seen again for many years. He gives instances of its return after an absence of twenty years. It seems to be of a migratory

character, going about from one place to another, so as to be traced in its travels like the cholera; exhausting the liability to the disease in one place, perhaps, and then going to another. He finds no influence of situation, occupation, or habits affecting this liability, and thinks the poor and filthy are no more liable to it than the rich and middle classes. This seems to be opposed to all experience of what is commonly called typhus; and if Dr. Smith is right in this respect, our ship fever, jail fever, camp fever, and the putrid fever which attacks crowded and filthy populations everywhere, must be a very different disease. But his observations were made on the country life of the interior of New England, where real poverty is almost unknown, and where there do not exist the wide distinctions that prevail in our large cities.

This disease, he thinks, is unquestionably contagious, and he gives strong cases in proof; as of persons taken with the fever where it prevailed going to a distance, from whom it spread, first to their own families, and then through whole neighborhoods. In one case, a young man, coming home, infected nine persons in his own family. He inclines to the belief that this is the only mode of propagation, and that it is never produced by accidental causes. In this opinion, he will find few supporters. He believes the disease to arise from a specific cause, and that of course it can only be produced by that agency.

It is, he says, a disease *sui generis*, not necessarily connected with the state of fever by which it is accompanied, and rarely affecting the same individual twice, following, in this respect, the common law of contagious diseases. In a long and wide practice, he avers that he has never known or heard of its recurrence in the same person, and he gives instances of several members of a family being attacked at one time, while some escaped, who had it by themselves at a subsequent period, years afterwards. Typhus, he says, may be combined with other diseases, as with inflammatory fever, hooping cough, dysentery, &c., as persons have been known to have rumps, hooping cough, and measles, all at the same time.

"Typhus, like the other contagious diseases" says our author, "has a natural termination, and if it does not end fatally when uninterfered with, it gradually exhausts itself and disappears. Its duration is from fourteen days to sixty. The morbid action begins, and chiefly continues in the capillary system."

The symptoms of this disease, as given by Dr. Smith, are, pain in the head, back, and limbs—stiffness of the flesh—stupidity—delirium—coma—a wild insanity—impairment of memory and hearing—unsteadiness of the voluntary motion—starting and contortions—quick compressible pulse—sense of chilliness with actual heat—two daily febrile exacerbations—hemorrhage—livid spots on the skin—tongue furred, first white, then yellow, brown, and black, then peels and goes through the same process—teeth encrusted, &c., &c. Connected with this disease

there is an odor so remarkable, that one accustomed to it could tell the disease if he was blind-folded.

Dr. Smith thinks this disease can never be cut short in the beginning, nor ever brought to a termination in less than fourteen days; and he does not believe that remedies at all affect the duration of the disease, though they may modify its character. Medicines, and especially powerful ones, in mild cases, do more harm than good. A single emetic has changed a mild case to a severe one. One of the most successful physicians in New Hampshire gave nothing but milk and water, in the whole course of the disease. Blood-letting he entirely disapproves of. Some physicians gave the most powerful stimulants, such as opium, wine, alcohol, cayenne pepper, arsenic, some making their patients swallow three pints of strong brandy, with large doses of laudanum and cantharides. "I have myself seen," he says "a written prescription, in which opium, wine alcohol, cantharides, [Spanish flies], and arsenic were all directed to be taken several times in the course of twenty-four hours.

The bleeding and the stimulating modes of practice, Dr. Smith avers, were about equally successful, that is, they did an equal amount of mischief. He disapproves of both; and discussing the various modes of treatment usually practised, as leeching, emetics, cathartics, febrifuges, blisters, diaphoretics, opium, cinchona, mercury, &c., &c., he condemns them all. Of mercury he says—"I have had several cases of necrosis of the under jaw, where I was compelled to remove a considerable portion of that bone, which had died evidently in consequence of an inordinate use of mercury during this fever. In other cases, where calomel has been used early in the disease, and the mouth has been as favorably affected as could be wished the disease, nevertheless, has run on forty or fifty days, and sometimes terminated fatally, at a very advanced period."

After discussing a great variety of supposed remedies, Dr. Smith comes to this sensible conclusion:

"All things considered, we can place no dependence on internal refrigerants, and if we wish to diminish the temperature of the body, we must have recourse to cold water or cold air. The most effectual method of reducing the temperature of the body, is by the use of cold water, which may be taken internally, or applied externally. When persons sick of this disease desire cold water to drink, it should never be denied them—they should be allowed to drink *ad libitum*. But the only effectual method of cooling the body, in these cases, is by the use of cold water externally: by this means we can lessen the heat to any degree we please. Some take the patient out of bed and pour buckets of cold water over him. The method I have adopted is to turn down the bed clothes, and to dash from a pint to a gallon of cold water on the patient's head, face, and body, so as to wet the bed and body linen thoroughly. As soon as the heat returns, the water to be applied again, so as to keep the heat

down to, or rather below, the natural standard. All additions made to water used for this purpose, such as vinegar, spirits, &c., are injurious."

Here was the Water-Cure, in a rude and imperfect way, applied by one of the first allopathic physicians in New England, thirty or forty years ago; yet how little has the medical profession benefited by his teachings!

I have little to add to this rapid review of this highly interesting work. It is my impression that the typhus we see everywhere is the same disease as Dr. Smith observed under the peculiar modifications of New England life; that in a certain degree of malignity it is highly contagious; and that, as he found it to sometimes last sixty days, and sometimes only fourteen, under different circumstances, its period can be still further reduced. Under a full Water-Cure treatment all the processes of Nature are greatly expedited. The great chemist, Liebig, after carefully observing the operations of the Water-Cure at Graefenburg, writes to Sir Charles Scudamore that the system changed as much in six weeks, under these processes, as it does in three years under ordinary circumstances. If this be the fact—and every one who has seen or experienced much of Water-Cure, knows that there is a great and wonderful rapidity in the changes of the system—there is no reason to suppose that typhus, even of the form described by Dr. Smith, cannot be cured in a much shorter period than its usual limitation. I have known several cases of malignant typhus, some of which were what is called ship fever, and some of them were in our establishment, to be cured in less than a week; just as I have known small-pox, measles, and whooping-cough to be cut short of their supposed inviolable duration.

New York, 87 West 22d st.

CARBUNCLES—THEIR TREATMENT.

THE following was sent me, with permission to publish, which, to encourage others to make known the benefits they have received from Water-Cure, I should think you would do well to give it a place.

DR. KITTREDGE:

Dear Sir—I have many times felt, since my application to you, and my complete restoration to health, that an acknowledgment of the efficacy of your system of treatment was due from me; that a drugging, suffering community demanded of every one thus benefited to speak out. So, with your permission, I will proceed to relate my experience.

Last autumn, when I made my appearance to you in such a state of health, and that painful carbuncle on my arm, I had been suffering for some two or three weeks; unable to rest, incapacitated for business, and extremely uneasy all the time. But my extreme pain and discomfort I now attribute, in a great measure, to my treatment of it, which was frequent application of hot poultices with any quantity of warm bandages. We used bread enough over it in two or three weeks to preserve a great many ragged

children in Newton or Boston from the greedy jaws of starvation; and all the time I got no better; and, at length, as a consummation of my happiness, bared my arm to the surgeon, for him to operate upon with that little instrument which it is said has caused the crimson fluid to flow from almost as many victims as has the sword.

But all these operations were just right, I was told—perfectly allopathic—couldn't do anything better.

But there was a "good time coming," and as I saw other carbuncles coming also, I thought I would just straighten up and do battle with them. On the day I thought to dispense with bandages, "rejoicing to see the curse removed," another, Phenix-like, arose from its ashes, whose aspect was quite as determined, equal in magnitude, and in all respects as formidable as its departed, but by no means lamented, predecessor.

Well, sir, at about this point, with rueful countenance I came to you, (feeling I should not be let off without at least half a dozen, all of which raised their detestable red heads,) with the question, what shall I do, doctor, for a bad sore upon my arm, which, after inquiring if I had it with me, you proceeded to examine, and then prescribed wet sheets once a day for three weeks, sitz bath twice, and a wet bandage all the time, and at the same time to keep the arm in a wet, cold cloth, to which recommendations I gave good heed, and in consequence of which my sufferings with the fire which came to the funeral of the first, were not, in comparison, to be named the same day.

In fact, so soothing, cooling, and comforting was the application of water to them, I had soon ceased to feel any particular dread of them. Whenever one made its appearance, I commenced treating it coolly, bandaging it up in a poultice extracted from the pump, and when by reason of inflammation it became dry, and consequently painful, thrusting it into a tub of the cooling element.

Thus, instead of being taken from business for a week or two, as with the first, (which I treated according to allopathy,) I pursued it daily, a business, too, which is no sinecure, viz.: house building. But, I did not think a relation of my experience would require half as many words, but when I begin to speak or write of water as a cure, I never find a stopping place.

The directions you gave have enabled me to apply water to whatever comes along, with complete success. I candidly believe your lectures in Newton, and the information I have gathered from the Water-Cure Journal, published by Fowlers and Wells, of New York, have saved me hundreds of dollars.

Yours, with much esteem,
HENRY FULLER.

HY-DROP A THY.—The Water Cure, a mode of treating diseases by the copious and frequent use of pure water, both internally and externally.—WEBSTER.

MEDICAL MISCELLANIES—No. 3.

BY T. M. NICHOLS, M. D.

DOCTOR BILLS.—In New York City there are about one thousand physicians. Some of these receive ten thousand dollars a year in fees; a few, perhaps, a larger income; but not many. There must be a great number who get but a bare living; and it is probable that two thousand dollars a year is an average income. This would be an aggregate of two millions in doctor bills. Our apothecaries come in for a handsome slice—perhaps a million more. New York prices are by no means extravagant. A full consulting fee is five dollars; a visit, one or two dollars; obstetric fee, ten dollars; and operations range from five dollars to five hundred.

Some London surgeons and physicians have had very large professional incomes. Sir Astley Cooper's went one year as high as one hundred and fifteen thousand dollars. Sir Benjamin Brodie's fees amounted, for many years, to fifty thousand dollars a year, the greater part of which were medical fees of a guinea each. His greatest amount in one year was sixty thousand dollars, or about one hundred and fifty dollars a day. Sir Astley once took a thousand pounds in a single fee; but such windfalls are not very frequent.

The Water-Cure is destined to make sad havoc of the profits of medical practice, and it may be surmised that those who oppose it most violently are not without some interested motives. Water-Cure families in this city, whose doctors' bills were formerly heavy items in their annual expenditures, can now hardly find an excuse for employing a physician at all. For the most part, sickness is prevented by bathing and proper living; diseases, when they do come, are nipped in the bud by an early application of the Water-Cure; or if a doctor is sent for, the sickness is of too short duration to allow him to make much of a bill. The Water-Cure is destined to be a great and beneficent reform; but not a very profitable system to its practitioners. The most profit we can ever make is in undoing the mischiefs of allopathy.

MEDICAL SHEET ANCHORS.—The lancet is the sheet anchor in inflammation—mercury is the sheet anchor in fever and almost everything—cinchona is the sheet anchor in intermittents—but what think you, gentle reader, is the sheet anchor in erysipelas? Guess again—guess as long as you like, and you will never hit it! It is *Port Wine*!

And what is port wine? "Oh! wine from Oporto." Don't be too fast, my good sir. A large proportion of the port wine drank in this country is a purely fictitious article, made of cheap red wine, cider, elder berry juice, burnt sugar, salt of tartar, red sanders, gum dragon, &c. &c. In 1883 there were 862 pipes of port wine imported into London from the Channel Islands, but not a single pipe had been brought to these Islands from Oporto, then, nor for four years previous. It was made out of the whole cloth, or rather of the articles enumerated above. Not a thousandth part of the port wine of the London

Custom-House is genuine, and what comes from Oporto is deeply adulterated, or entirely manufactured there. The following extract from a letter of an agent of the Oporto company, will throw light on this dark subject.

"The English merchants knew that the first-rate wine of the factory had become excellent; but they wished it to excel the limits which Nature had assigned to it, and that when drunk, it should feel like liquid fire in the stomach; that it should burn like inflamed gunpowder; that it should have the tint of ink; that it should be like the sugar of Brazil in sweetness, and like the spices of India in aromatic flavor. They began by recommending, by way of secret, that it was proper to dash it with brandy in the fermentation to give it strength, and with elder berries or the rind of the grape, to give it color; and as the persons who held the prescription found the wine increase in price, and the English merchants still complaining of a want of strength, color, and maturity in the article supplied, the recipe was propagated until the wines became a mere confusion of mixtures."

This is of the genuine wine of Oporto—what then must be the home-brewed counterfeits! These are execrable conglomerations of miserable trash and rank poison. So much for one of the allopathic sheet anchors!

SURGERY.—"It is better to save life than to kill;" yet war has its heroes and victims. It is better to save a limb than to cut it off; yet operative surgery, also, has its heroes and victims. The glitter of the knife, and the reputation to be won by performing brilliant operations, are the continual causes of useless mutilations. There are now hundreds of medical students attending our three medical colleges. Each college has its surgical clinics, many of the students attend at the hospitals, and there are also the clinics of private medical teachers. The students are anxious to see operations; the professors are willing to gratify them; there is an "honorable competition" between colleges and teachers, and under these circumstances, it is not to be wondered at, if a rapid and showy operation is preferred to a slow and inglorious cure. Probably two-thirds of the limbs now cut off might be saved even under allopathic practice, and with the advantages of Water-Cure a far greater proportion; since with the water we have inflammation at absolute control; and the means of stimulating the recuperative powers of the system, such as are known to no other mode of treatment.

A curious anecdote, illustrative of the carelessness in which surgeons perform operations, is given in a biography of Sir Benjamin Brodie. Late one evening, a gentleman called at the office of the author, and laid upon the table a bundle from which he proceeded to take a fair and beautiful lower extremity, which had evidently belonged to a woman. "There!" exclaims the man, "is there anything the matter with that leg? Did you ever see a handsomer! What ought to be done with the man who cut it off?"

The explanation of these inquiries was briefly this: It was the leg of the *wife* of the excited querist, who had greatly admired its beauty. He and his wife had quarreled, and she had left the house, vowing revenge, and threatening that he should never again see the object of his admiration. The next he heard of her she was a patient in one of the hospitals, where, upon her mere representation that her knee gave her intolerable pain, the limb had been removed, and her insane revenge gratified.

INFANTICIDE.—Voluntary infanticide is a rare crime—involuntary infanticide is a very frequent misfortune. Of the thousands of children who die every year in this city, a very large proportion are killed by parents, nurses, and doctors. No man can poison himself with rum and tobacco, and be sure that he is not causing the early death of his unbegotten offspring. No woman can destroy her own health with tight lacing, or tea, without inflicting upon her children the causes of infant mortality. But when a nursing mother fills her system with poison, how can she hope that the babe at her breast will escape its effects. Many is the child that gets nervous on its mother's tea and coffee, and drunken on her porter, wine, or cordial. And these children die; and often it is better they should than to suffer life-long, from diseases thus inflicted. But this is not all. Children are poisoned more directly. Made sick with over-feeding, or nervous and fidgetty on tea, the innocent babe is dosed with pægoric, or physicked with calomel. Nature is powerful and humanity is tough; so that about half of the children born, grow up; but even of them, a large proportion have the seeds of disease. We want reforms on all sides, political, social, moral; but the greatest and most needed, is a health reform.

VAGINAL INJECTIONS.—A late medical journal gives two cases, in which violent, and for the time unaccountable, symptoms were produced by injections of decoction of oak bark, and alum into the vagina. The only safe and proper injection is water; warm, tepid, or cold, even to the freezing point, according to the effect we wish to produce. A London physician says that so frequent are the bad effects of astringent injections, he always directs the patient to use the syringe with pure water, several times, both before and after the astringent injection! It seems as if physicians, educated in the allopathic practice, could not not see a truth if they stumbled over it. It never occurred to this doctor to trust to the pure water alone, though he knew enough to use it to prevent in some degree the mischievous effects of other infusions. Women by thousands, I may say millions, are suffering in consequence of the strange ignorance of medical practitioners of the simplest principles of medical science.

GUTTA SERENA.—This singular gum is now applied to some important uses in surgery. Especially to the manufacture of splints and ban-

dages, for the treatment of club foot, and similar deformities. At a comparatively low temperature, gutta serena can be moulded like wax, when, being suffered to cool, it retains its shape, and so applied to a limb, it keeps it perfectly in place, and can be renewed at every dressing.

A CAUTION.—In the use of injections of cold water, immediately after child-birth, especially where there is much hemorrhage, the physician should be careful to see that no air is retained in the syringe. This is easily managed by turning the tube up, and pressing out the air with the piston. This may seem a trifling matter to many, but it may be of great importance. The injection of cold water in these cases, if properly performed, is of great service, and so far from being dangerous, is preventive of almost all the evils we have to apprehend as consequent upon child-birth.

BARBAROUS TREATMENT.—A physician, writing in the London *Lancet*, gives the following account of his own treatment of a case of uterine disease.

"Considering that the general health of the patient was in fault [as if it could be otherwise, with disease of the uterine system] we gave opening medicine and tonics, and ordered injections with solution of alum. This treatment was continued several weeks; and the general health improved, the discharge almost disappeared, but the pains in the ovarian regions became worse, and dysmenorrhœa [painful menstruation] increased. We ordered inunctions, with mercurial ointment, and poultices to the inguinal regions, and the pain abated; but a fortnight afterwards leucorrhœa reappeared, with pain in the back, and on a second examination we found an ulceration of the inner surface of the cervix [neck of the womb] which was outwardly red and swollen. We, therefore, admitted that we had taken a wrong view of the case: it was an ordinary case of ulceration of the neck. So we cauterized it with nitrate of silver [lunar caustic], then with the acid a nitrate of mercury [mercury dissolved in nitric acid], and lastly with potassa fusa [caustic potash]."

After trying this treatment eight months, this doctor made another examination, found more mischief, and changed his treatment to leeching, a rotation of blisters and mercurial ointments and cold enemata twice a day; and this last seems to have been the only sensible and judicious application.

Here was a poor woman poisoned, tortured, leeches, blistered, and cauterized for more than a year, who could have been relieved at once, and cured in a short time by the Water-Cure, with very little trouble, at a trifling expense, and without one of the outrages described above.

SINCERITY.—The best test of the sincerity of a physician of any school is his taking his own medicines. As a general rule, doctors take very little medicine; but there are exceptions. I

have known doctors to take medicine themselves, and to die in consequence. The case of poor Dr. Houston of this city is one in point; and probably there never was a man more deplorably maltreated.

In the biography of Dr. Chambers, a celebrated English physician, it is stated that he became affected with bronchocele, and was very ill for a long time "partly from bronchocele, and partly from having nearly poisoned himself with iodine—the iodic saturation not being attended, however, with any beneficial results to the disease." This is not astonishing; for when beneficial effects are produced by iodine or mercury, in any of their preparations, they are well understood to be accidental, and they are, therefore, not to be relied on, except to produce their legitimate effect of poisoning the system. But let us read on, and see how this medicating doctor came out with his iodine.

"He was next attacked with rheumatism [quite a matter of course], and was incapable of work for three months"—and all for want of the Water-Cure. "In the autumn he was sick again, brought on by exposure to miasma at Chelsea"—and, we add again, from saturation with iodine, and the medicine he took to cure his rheumatism.

This Dr. Chambers is a remarkably energetic practitioner, and treats his patients as he treats himself, "acting towards disease," says his biographer, "as Nelson did toward the enemy—placing himself fairly alongside, and abiding the issue."

In Nelson's case the issue was that the enemy went down or blew up; and if disease does the same, with Dr. Chambers alongside, it is to be feared that the patient is also sunk or blown in pieces.

A FABLE OF WATER CURE.

FROM A LECTURE BY JOEL SHEW, M.D.

WE will suppose that an intelligent individual—an invalid—travels to a foreign and renowned country for the purpose of gaining a restoration to health. He finds in this country to which he travels, a great variety of remedial means in vogue. For example, there is a large class of physicians and of the people, who believe in using all kinds of poisons—even to the most virulent—to cure disease. It is said of them that they send one poison into the system to chase another out. These good people regard it a very dangerous experiment, in many kinds of disease, to do anything short of using these powerful drugs. They seem to think that disease is some living sprite within the body; that in some tangible form it must be combated like a thing of body, limbs and venomous bite,—that this thing, disease, can be maimed, crippled and expelled, without, at the same time, doing the living system any injury whatever. From these people's practice, we would be led to suppose that the living, breathing human body was only like the chemist's crucible, in which he puts all manner of cor-

rosive substances, that are not capable to injure it at all. But there are those, notwithstanding, who, concerning the practices of these people, have an apologue (which they say applies to their system,) like the following: "nature is fighting with disease: a blind man, armed with a club, that is, the physician, comes to settle the difference. He first tries to make peace: when he cannot accomplish this, he lifts his club and strikes at random; if he strikes the disease, he kills the disease; if nature, he kills nature."

Some of these objectors even go so far as to affirm that the people scarcely ever accomplish anything in their ways,—that their system is, when taken altogether, *worse* than guess work,—that there are great numbers, who, like one that was somewhere known of many centuries ago, "had spent all that she had, and had suffered many things of many physicians, and was nothing bettered but rather grew worse;" nay more, that not a few are actually killed outright by these modes, sanctioned withal as they are supposed to be, by the experience of ages.

There is likewise another class of people here—a very considerable one—who take an entirely different view of the healing art and the means to be used therein. They believe that these old modes are gross, harsh, destructive, and, of course, unphilosophical and absurd. Of this other class of persons it is said, that if those who practise the old modes sanctioned by our fathers, erred on the one hand in giving large doses of poisonous articles, this other class goes equally to the opposite extreme. They do in fact, it is said, go so far as to assert that the smallest conceivable doses, such for example as can neither be seen, tasted or smelled, are the best to cure disease. It is said on good authority that they go so far as to depend, sometimes in some deep-seated maladies too, on the taking of *decillionth grain doses of charcoal, silica, oyster shell and the like*. These people are of course much laughed at, and to say the least are considered very foolish; but they gain many converts notwithstanding, and taking the evidence of many distinguished patients, it must be acknowledged these small doses sometimes at least, work wonderful cures.

There is still another class, whose doctrines of healing are, if possible, still more wonderful than the last. Not very far distant in these modern times of wonders, some man or men discovered, as it is said, some marvelous property in the human system, which manifested itself in different ways. Thus some one, a girl, perchance not yet arrived at her teens, may take upon herself a certain state, or this state may be brought on by another—in which she seems to have most remarkable powers; and although she has never studied anatomy and physiology, or the properties of medicines, in the least, yet she has the power to look all through the human body, to every minute fibre and tissue; can describe all their parts, and detect whatever disease or diseases there may be in the body, and with the certainty of Omnipotence, prescribe the appropriate reme-

dy. The physicians—some of them who are, philanthropic enough—obey the dictates of their consciences, as they say, and go about the country and exhibit these wonder-working healers, so that none need lack their aid. They even go so far as to carry with them the necessary fund of medicines—a few doses of some of which are worth ten or twenty dollars—because the druggists, of which there are a goodly number in the land, are not able to keep on hand the rare kinds necessary for them to use. These *doctors*, as they are called (or call themselves), by the aid of their wonderful-seeing subject, even go farther than all we have said, and can tell people what diseases they have ever had; what medicines were taken for them, and whether those were the right ones or not for the cure. If they have been wrong, the right ones are to be prescribed. These servers of “humanity” of course meet with a great deal of opposition, especially from those honest keepers of the public health, the regular doctors, so called. But a considerable number of influential and intelligent persons, such as editors and public men, are brought over to these doctrines, asserting that they positively have been cured by the means used.

This method has likewise another phase. By making peculiar “passes” over different parts of the body, cures are performed. This is in some respects like another system which was in vogue some half century ago—called *Tractoration*. A medical gentleman of the United States made various experiments in the composition of metals, forming therefrom little blunt-pointed tractors, not longer than one’s fore-finger. One of these looked like brass, the other like steel. These tractors were to be passed over the affected part, one being held in each hand of the operator, the process to be carried on a half hour or more each day. Wonderful cures were performed in this way, and these little tractors sold readily at the price of \$25. Clergymen were presented with them *gratis*. It mattered not if these little instruments did not in reality cost more than a *sixpence*; the trouble of finding them out must be paid for. It was not long before the fame of the tractors reached all the different parts of the civilized world.

In England they met with great favor, more so even than in the humble country of their origin. Physicians, surgeons, doctors of divinity, literary and scientific gentlemen of all grades, noblemen and statesmen, soon became converted to tractoration. A great charitable institution was formed in Soho Square, London, for the carrying out this practice upon the deserving poor. But at length one shrewd physician, who was practising the mode in this institution, suspected that, after all, the imagination—that worker of wonders—might have much to do with these wonderful cures, which none could doubt. He then secretly obtained some wooden tractors, made so as to appear like the genuine metallic ones, letting the patients expect the same marvelous things to be wrought as before. Strange to tell, the same great results were brought about! Different

kinds of substances were used, but as long as the patients knew nothing about it, the same good effects were obtained. These things being once divulged, tractoration was quickly brought to an end. Still, that the cures were performed none can doubt, even at this day.

In this country, of which we have been speaking, there are, besides the remedies and modes mentioned, a great variety of medicines and remedial agents talked about, that can hardly be classed with any system. The newspapers—of which there are an abundance—contain notices and advertisements of the wonderful cures wrought by them, and which are so well attested that one must infer that the people need not, in this renowned country, die of any disease; and yet, on looking further, it is observed that no country has more sick people than this. The thought strikes the observer that the people are stubborn, and will not avail themselves of the means so lavishly furnished; but on making further examination, he concludes that this supposition is not true, else there could not be so many advertisements kept constantly in the papers about these medicines; they are bought, paid for, and used by the many, and yet there is the strange anomaly that very great numbers of people are yet found to be sick; and notwithstanding all the attested cures that *have been wrought*, no country on the face of the globe has more invalids than this.

But the observing individual in this far-off country looks still further and hears of an obscure, ignorant peasant—ignorant because he has no learning except such as God gives him, and a rude peasant’s life affords. This peasant discovers a drug by which he cures himself of a severe injury, when the best known of other means failed. His neighbors witness his success, insist upon his curing them in times of like necessity; and they find this drug to be altogether more efficacious, more powerful than any the doctors have. These people, however, grow envious of the peasant, and as the laws of the country are strict, allowing no one to sell any medicine or practice by any medical means unless licensed by the government, they prosecute him. A miller who had been cured of the gout is called up as a witness to testify against the peasant’s practice. On being questioned as to whether the physician or the peasant had relieved him, he answered—“both; the physician of my money and the peasant of my gout.” This ended the matter for the time; but after awhile he was again prosecuted in behalf of the government, upon which it sent a commission of inquiry into the merits of his practice. As a consequence of this procedure, the peasant was allowed to go on in his practice.

Now, notwithstanding this peasant lived in a very remote and obscure part of the country, entirely out of the way of ordinary travel, his drug becomes considerably known in different parts of the world; and two things are worthy of notice,—that the converts to this new mode are of the best and most intelligent class of persons,

and that this system spreads without being at all advertised through the public prints, except now and then by those who have been cured. Not a single line does this peasant ever cause to be published in favor of his mode of practice.

It is remarkable of this drug too, that it is more abundant than any other ever known; nay, it is more abundant than all others put together. In truth it literally costs nothing. The poor can all get it as well as the rich. It is remarkable too, that its use has always been known, more or less. The discovery of the peasant, then, consisted only in the modes of its application. In one dose it will purge; in another it vomits. It may be used to cause most profuse perspiration when the body has been either cold or hot, and the skin inactive; or on the other hand, it may be made to cause a wonderful cooling of the body, so much so it is believed, that any fever or inflammation may be positively arrested by it. It is admirably suited to the treatment of delicate women, and the most tender infant, and not less the most robust man. It is so powerful even, that, in injudicious hands, it has been known to quickly kill, and yet persons soon become so well acquainted with its nature and properties, that they do not fear in the least its effects. They would not part with it for any consideration whatever, so friendly is its action when properly employed.

In one important particular this medicine has a different effect from all others, viz.: it does not lose its good effects by use. Its action is not worn out. It seems to grow more and more friendly the more it is used.

It has been supposed, and by some yet is, that wine and other alcoholic drinks are good for the stomach, and to enable a man the better to endure fatigue and exposure to cold. But it is ascertained by many experiments, that this drug is still better than these substitutes, good as they are supposed to be. It has, moreover, many other striking effects upon the human body. Those who use it find that it has a powerfully exhilarating effect upon the spirits, and that it is quite high impossible for any one to get the hypochondria or hysterics while taking it. The teeth become cleaner and whiter, are more free from aching, and the breath purer, from its effects. The complexion improves greatly, and many, who had always looked sallow and unheathy, or long since lost their ruddiness and color, are rendered healthy and beautiful again. Those who are lean in flesh gain steadily under its use; those who are too fat become leaner, and the flesh hard. Some say it is a stimulant and some it is not; but it makes all stronger and more hilarious in both body and mind. As a strengthener of the nerves, it has no equal. This is said to have been the great remedy anciently, when nerves were not in fashion, but somehow it went into disrepute.

In various acute illnesses, likewise, this drug has a truly wonderful effect. From its great abundance it is sought by animals and those in a more natural state. Cats and dogs that are poisoned

by taking arsenic set for rats rush, at once to it and take it greedily and are cured. Persons that are being consumed by fever and thirst, find it the most soothing and refreshing agent they ever used. It is indeed thought by many that it is very unsafe in fever; but once the fever is upon them, there is no preventing them; the drug they must and will have; and some old men declare they long since knew this was the best that could be used in such cases.

This drug has likewise a remarkably friendly effect upon the blood. A great many things have been sought out to purify the vital fluid. But of all others, this drug has the most striking effect upon the blood. Those whose blood has been for years so impure that there has been no good, healthy color of the face or surface, and notwithstanding all the blood purifiers that priest, doctor, or old woman could recommend have been tried without any good effect, the peasant's drug is found exactly to answer the purpose. It is in all respects the cheapest, most abundant, most valuable, and most efficacious of all remedies known to man.

Now it is not surprising that such a drug should find favor among certain observing, knowing, and independent people; nor that such persons, speaking to each other, should the civilized world over find out its good effects; but it is surprising that people generally do not become convinced of its remarkable powers; above all is it surprising that physicians denounce it as a dangerous drug—one that ought not to be meddled with. Scarcely one in a hundred of the doctors will even try it. They are, in fact, the principal means of its being kept back as it is. First they say it has no power; and when people will use it, they palm off with the assertion that it is a dangerous remedy.

FEVER, BOILS, AND BRUISES.

CASES OF WATER-CURE AT HOME.

BY. M. S. R.

In the last No. of your Water-Cure Journal you call for more Water-Cure practitioners. Perhaps I would answer the purpose, though mine is more of a practical than a theoretical knowledge. I am no regular M. D., but have never yet failed of curing where my prescriptions have been followed. Shall I give some cases from my note book?

CASE No. 1.—Last October I was taken suddenly ill with a fever, and having such a violent pain in my head as to be unable to prescribe for myself—for I was a believer in hydropathy—my friends sent for a "regular,"* who I doubt not did the best for me he could, for I think he is a kind, well intentioned man.

He leached and blistered, and gave me powerful medicine, and plenty of it, which resulted in boils such as Miss Beecher calls bed boils. They were very painful, and the sixth being the largest and most painful, and, as I thought, in a

* He called it the bilious intermitting fever, and I did not get well enough to resume my customary employment till the middle of February.

dangerous place, immediately over the heart, I felt anxious to do something different from what the treatment had been the five preceding days. Our folks went to church and left me alone; so I got a dish of water and a cloth, and made frequent applications of water, bathing this boil, and laying on the wet cloth till it got too warm, then bathing it again, changing the hot for a cold wet cloth; and, by a continuance of this means, the inflammation decreased rapidly, till it finally broke, Monday evening, and discharged very copiously, and healed very rapidly. From that time my recovery was rapid, and I had no more trouble with "Job's comforters."

CASE No. 2.—My mother was very faithful and attentive in her care of me while I was thus on that painful and tedious bed of sickness, and I had only got well enough to attend to her in part, when she was attacked with the same kind of fever, followed with the same kind of ugly boils, only much more numerous. Having seen the fallacy of poultices in my own case, we did not poultice hers as directed, but treated them with tepid water, which soon ripened them.

CASE No. 3.—My brother-in-law, living in the same house, injured his foot badly by a cable rope, weighing upwards of a hundred pounds, falling upon it from some distance above him. It pained him sorely, and it swelled so that he was obliged to cut his boot before he could get it off. He cured it with water, and thought nothing else would have done it as soon; since then he recommends the same treatment in like cases.

CASE No. 20.—A little daughter of Captain H., the gentleman last named, was taken with a complication of ailments, causing fever, purging, and vomiting. Medicine had no effect on her, and on the evening of the second day she was put in a tepid bath for half an hour, then to bed, where she was soon covered with perspiration, and fell into a sweet sleep and slept all night, and awoke in the morning well—having been cured as with a charm, and has not been sick since.

CASE No. 23.—I called on a friend of mine, a woman of about 45 years, who was suffering intensely with her foot. An M. D. had pronounced it the neuralgia, but I called it the acute rheumatism, and advised her to fill a watering pot with water and hang it on a peg or nail, as high as she could get it,—there was no shower bath in the house,—put her foot in water enough to cover the bottom, and thus shower it. She used this "domestic shower bath" and was cured. The pain ran from the bottom of the foot to the heel, but water drove it out.

CASE No. 24.—Another friend, aged about forty years, was found suffering with a bile, called by some a carbuncle. Of late, for several years, she had been subject to such annoyances, and has taken the advice of her physician for them. He has lanced several for her, and she was under his care for this one. When I found her in such agony, I advised the use of water. It was Sun-

day evening she commenced putting on the cold wet cloths, and changed them when they got too warm till Tuesday, when it broke and discharged so copiously that she said she could not have believed it possible that so large a quantity could have accumulated. She is now a thorough convert to the Water-Cure. I don't know but you may call me Professor hereafter. Can't we women get the titles from the old doctors and spoil their practice, and then you will have no occasion to be calling for doctors?

Yours till the next time.

WHO KILLS US?

BY S. O. GLEASON.

THIS may seem a strange question, and others may be asked in answer. Are not all men mortal? And do we not die as nature designed and intended we should? That the stern decree has gone forth, 'thou shalt die,' I do not pretend to deny, but that all die as nature intended I do not believe. The truth is far from this. We are not killed by our enemies; no open warfare is made upon us with clubs, bludgeons, pistols, guns, and bowie knives. These are not the implements that kill us off annually by thousands. But that a large share of the human family die before nature intended, is positively certain.

Now, every human being has a given amount of capital put into his possession by his Maker; that capital is his vital energy—his life-force—his power to resist the destructive tendencies within, and the consuming elements about him. This life-capital may be wisely or foolishly expended. Most persons manage in some way or other to rapidly expend this capital, like the spendthrift the patrimony left him by his father. When this life-force is largely drawn upon, the energies of the system fail. Aches and pains come to remind the spendthrift of his errors, just as want stares the man in the face who has squandered his fortune. It requires years of labor and toil, as well as rigid economy, to replace the capital soon expended in rioting and drunkenness. So it is with the life-force. If by any process of self-indulgence or over-exertion this power is too rapidly expended, pain and distress result: and often years of time will be required to regain what had been lost, even if the most strict obedience be paid to the laws of life and health.

Now, with propriety, the question may be asked, who kills us? The answer is plain. We are miserable economists. We barter and sell our capital of life for the lowest of prices; merely for the gratification of pride, ambition, or our appetites and propensities.

Now, if we expended our capital judiciously, and lived in harmony with physical and organic law, our life would be full of sunshine and our pathway strewn with flowers. We cannot have "choral muses and rosy hours" to attend us, if we strive to emancipate ourselves from the bands which nature in great wisdom and kindness asks us to wear. The very act of so doing galls, frets,

and wears upon nerve, muscle and bone. Every violation of or digression from nature's laws, is open revolt, a decided warfare upon our life-force. The interest in our vital stock is not only expended, but the capital is exhausted. We are bankrupt, we are invalids. Oh! pity the invalid while he is paying his penalty. Do not mental clouds gather about him, and pour storms and tempests with hurricane fury into his soul! Let the poor dyspeptic reply. A voice goes up, "Oh! that I had not expended my life-force, that God-given power committed to my charge for the noblest and best of objects; for the purpose of enabling me to fulfill my mission on the earth in quiet and comfort, dispensing blessings and joys. Instead of tasking others sympathy and charity, I might have bestowed it upon the really unfortunate and helpless ones of the earth."

Who kills us? It has been said that in a multitude of council there is safety. But in a multitude of *bad* habits there is no safety. A little digression, now in this, and then in that direction from the path of physical rectitude, kills us. A thousand voices from a thousand directions, if permitted to utter themselves, would be heard, "I helped to kill you." What, says one, (amid the din, clamor, and confusion,) "have I so many murderers?" Why, there is an animal with a pair of pendant ears, shut up and fed to the full, as a preparatory process for human consumption, that utters a significant "grunt" in reply to the question "who kills us?" The shrill voice that greets the ear in almost demoniac tones as the knife is put to its throat, to make it a sacrifice upon the altar of appetite, is truly painful to the sensitive ear; but the flesh consumed is nearly as noxious to the delicate tissues of the human frame, as the death-cry of the poor animal would be unendurable in our pantries and dining rooms.

Every cake and pie made brittle by the fat of this animal, so that it crumbles at the slightest touch, warns us that such material aids in crumbling these frames of ours. Yet we wonder why our stomachs will not digest and dispose of all that we put in them. Were they made to manufacture *lard oil* in? If so, let us all swallow two balls of wicking and pull the ends of each through our nostrils, set them on fire, and thus be a light unto ourselves. What a splendid array would ten thousand such lamps make, after supping on swine's flesh, promenading a public street on some dark night.

Shall we riot in lard and grease, and ask who kills us? Better by far mingle it with our hair, as do some of the natives of the interior of Africa—the fat of sheep's tails—till it will stand on end and run like perspiration down their faces in the heat of the day. To thus besmear and bedaub the *outside* of the body would be vile indeed; but to put the same material *inside*, where it can be carried to all parts of the human frame, predisposing it to contagious diseases, and making some of its own! is thought to be a matter of no consequence if the appetite clamors for it.

"Why," says one, "do you think that fat, grease, and gravies made from the flesh of swine,

are unwholesome?" To be sure I do; such articles render the blood impure. "Oh, if that is all, it is a matter of the slightest consequence, as there are patent medicines enough to be had at the corner of every street in the land, that can eliminate all the impurities from the blood, and have cured 10,000 just such cases."

How kindly are men cared for by makers and venders of medicine! Do what they will, eat what they will, and there is a sure remedy at hand. I have somewhere read in some book of a character who said "thou shalt not die." This character was said to be the "father of lies." Wonder if some of his children do not make medicine that will permit mankind to violate all physical law and save them secure at last!

"*Pepsin*, another scientific wonder" has come to our aid, made from the fourth stomach of an ox (not an ass), which claims to do much for the human race. "Half a teaspoonful of this fluid infused in water will digest or dissolve 5 lbs. of roast beef in about two hours out of the stomach." The man who has expended all his digestive energies can now swallow digested food. All the work is done for him. He has no use for his stomach, only as a receptacle, sustaining the same relation to his body as the receiving chest does to the mill-stones, keeping the flour till it is wanted.

So digestion is done for us, and sleep can be artificially induced; while our thinking can be "spiritually capped out." I do not see but we shall soon be very much at our ease.

Oh glorious times—how science is progressing! How good it is to live in such an age! I once heard a young man exclaim on hearing a young rooster crow, "*dear thing*, he's glad he's alive!" We ought all to be glad that we are alive, and live in the midst of so much light and scientific knowledge.

Men have had to do their own eating, digesting, sleeping, and thinking until this time. But it seems that a more glorious era has dawned upon us. Who kills us? Why we kill ourselves, trying to do what science and art can do for us. Let us cheerfully submit ourselves to the powers that be, and we shall live, and live on, if all that is said of medicine be true, till death will have forgotten that we were ever in the world.

CHOKING—A NARROW ESCAPE FROM DEATH.

Yesterday, while a man named Wm. WALSH, was at dinner, he partially swallowed a piece of beef, which stuck in his throat and produced suffocation. He struggled fearfully for about five minutes, when Dr. WHITE arrived, who had been immediately sent for. The sufferer was then cold and livid, and apparently dead. Upon examination, the beef could be felt in the throat, and the Doctor fortunately succeeded in removing it, and by applying artificial respiration, restored animation. The patient remained insensible for about three hours and a half, when consciousness returned. He is now doing well. The piece of

beef weighed an ounce and a half.—*Boston Daily Traveler*.

We would advise Mr. WALSH to take time to chew and masticate his food, before attempting another such feat. Should he still persevere, and undertake to swallow a live ox, we would recommend him to first provide himself with a copy of that excellent little guide, entitled ACCIDENTS AND EMERGENCIES, by ALFRED SMEE, recently published at the office of the WATER-CURE JOURNAL.

In relation to choking, the author says :—

" Foreign bodies are apt to stick in the throat and cause suffocation. Pass your finger immediately down the throat as far as possible—(for example, see engraving), and you may often remove them. When a fish-bone has stuck in the



throat, take a mass of bread, chew it quickly and swallow it, which will frequently carry it down. Parts of apples, pieces of meat, etc., can often be removed with the handle of a teaspoon, or a common eating fork."

SCARLET FEVER.

A SUBSCRIBER in New Castle, Delaware, writes us as follows: " I have a little daughter eight years of age. An eminent physician told me that if she was ever attacked with the scarlet fever—it being then in the neighborhood—she could not get over it, for her constitution could not bear it. She was subject to strange attacks every month of high fever, delirious at times, sick stomach, fetid breath, extreme weakness, rather inclined to a comatose state. A few weeks ago she was suddenly attacked with sick stomach, headache, and every symptom of the scarlet fever. I at first did not know what it was, but whatever it might be, I knew water was all-sufficient. I accordingly applied cloths wrung out of cold water to her head and back, kept her cool, her room well ventilated, gave her as much cold water as she wanted to drink, and in a few days I had the happiness of seeing her able to be about the house."

We have daily reports of the home practice of Water-Cure, and in very many instances, with what would be called, under any other treatment, astonishing results—any other result than a speedy and complete cure for any disease which it is applied, would, by those acquainted with the almost miraculous effects of water, be considered astonishing and unexpected.

LIFE INSURANCE vs. APPLE-TREES.

Among the many beneficent measures that have been proposed for the advantage of mankind in modern times, that of Life Insurance holds a prominent place. In a country like ours, where a man's labor is his capital and the only resource he has from which to draw the means of maintenance for himself and family, it becomes his duty to make such arrangements as will, in case of his death, secure to that family a sufficient competence for their support.

Nor are those that have at present a fortune at their command, to be excused from taking thought for the morrow. Riches are fleeting. Some unlucky speculation or unforeseen and uncontrollable accident destroys at once the accumulations of a life-time, and the millionaire of yesterday is to-day a beggar. So long as life continues, he can, probably by his own exertions, provide for the necessities of those dependent upon him; and, by small yearly payments to one of the many Life Insurance Companies of the country, can secure for them a competency for their future wants. When then poverty and its accompanying misery, wretchedness, and suffering, can be so easily prevented, who will hold a man guiltless who makes not some such provision. A substitute for this method has, however, been proposed, which for those living in the country is an excellent one. It is this: " Let a person plant ten acres of apple-trees."

Now let us view both sides of the question, and see which of the two propositions would be likely most to benefit the community. The one recommends paying a certain sum, to obtain insurance for a larger amount, to be received by his family after his death. In this case there is no producing or earning property; it merely passes from one to another. In the other case, a man plants ten acres of apple-trees, and produces, by his own exertions, a valuable income.

We may not be able to make a perfectly correct estimate, but we will keep it low. Supposing the land to be worth \$20 per acre, and the trees \$25 more, the amount would be \$450. During ten years the improvement of the land will more than pay the interest, and for care and labor required by the trees. For the last five years, if they are well managed, we may suppose them to yield 25 cents per tree annually; and allowing eighty to the acre (some plant one hundred), this will give \$200, amounting in five years to \$1,000—paying the investment, and leaving a balance of \$550.

For the succeeding ten years, \$1 per tree would be a very low computation, thus giving the sum of \$5,000; to which add \$550, the net gain for the first ten years, and we have \$5,550—to say nothing about the interest that might have been realized. From thenceforward, \$1,000 a year would be far below what might be expected, if we take some orchards in New York as a standard, which have yielded from four to six hundred dollars per acre. We have proof that our estimate is about fifty per cent below what has been already realized.

INTERESTING CASE OF SCROFULA.

EDS. WATER-CURE JOURNAL.

Gentlemen—Below we give you an extract from the letter of a highly intelligent and respectable lady of Orleans Co., who came to Saratoga about the 10th of June last, with a large scrofulous or ulcerous sore on her leg, of fourteen years standing, which had prevented her walking most of the time. After remaining at Doctor Hamilton's a few weeks, she returned home, where she gives the following good account of herself. It should be borne in mind, she writes only three months from her first introduction to Water-Cure:—

September, 10, 1850.

"My health is good, perfectly so, and my limb (leg) improving all the time, and I must give cold water the credit. By the blessing of Providence, it has done that for me which I know all the known medicines in the wide world could not have done, and I shall ever feel grateful to Mr. W. for his influence in the matter. I have not the least doubt but it will cure all diseases, if rightly applied in season, and more in later stages than any other practice. You may think me enthusiastic; but having seen, known, and felt in my own case, therefore I have believed. My case has excited quite an interest in Hydropathy, for all thought it a hopeless one, and now I am walking all over our village, anywhere I wish to go. You cannot imagine how I enjoy going where and when I please. I have been black-berrying four times, twice rode seven miles, and picked twelve or thirteen quarts each time. Perhaps this will do about myself this time, though I must tell you how I live or diet, viz.:—eat bread or cracked wheat and milk for breakfast every morning, but not any meat, vegetables without butter, substitute a little cream, drink cold water, often go without one or two meals for a change.

Sincerely yours,

P

We think the foregoing worth publishing for the benefit of the skeptical, whose name is yet legion. We have some facts in our own case of nearly nine years experience, that ought to convince the most doubting; but fearing the charge of egotism and enthusiasm, we forbear giving them at present. Truly yours, SETH WHALEN.

BRONCHITIS—ITS WATER TREATMENT.

BY R. BINGHAM.

CASES OF CURE AT HOME.

In May last I went to the raising of a large barn, and having few hands, I lifted very hard, and immediately my whole system became chilled. The next day I was very weak, with a short cutting pain in my breast, on the right side of the centre. It continued until the 16th of June, during which time I applied all the remedies in the regular practice without any relief, when one night, on getting into bed, I coughed, and my mouth was instantly filled with blood, which continued to flow until I had discharged near a quart. Next morning another flow, as much again at night and the next morning. In the four discharges I

think there must have been three quarts. The pain was relieved. I was then attacked with a severe cough. I applied all regular remedies for seven months, but of no avail. I then thought I would try cold water. In the morning I would get up, have a bucket of cold water poured over me, then jump into wet sheet and pack for an hour and a half—then another shower and rub off dry. At night a sponge bath, and rub dry, and in four weeks I was entirely clear of every vestige of my complaint, and have been stout and healthy ever since.

OUR ENLARGEMENT.

THE PRESENT SIZE OF THE WATER-CURE JOURNAL proves to be entirely insufficient to contain the vast amount of valuable matter accumulating on our hands from month to month. All this, together with our *immense circulation*, demand "MORE ROOM," and we have determined to have it.

OUR ENLARGEMENT will commence with the first number of the next volume. We shall add one-third more space to our borders; NEW AND ENLARGED TYPES, handsomely leaded, will be used, together with every improvement known in the art of printing.

OUR PAPER, will excel, in quality, any which we have ever before used. It will be manufactured expressly for the WATER-CURE JOURNAL.

OUR ENGRAVED ILLUSTRATIONS, in PHYSIOLOGY and ANATOMY, will be numerous, and explained in the most familiar manner.

THE SHAPE OF THE JOURNAL will be changed from an Octavo to a beautiful Quarto, resembling that of Webster's Quarto Dictionary, equally convenient for binding.

EACH DEPARTMENT will be enlarged—more Editorial matter, more original communications, more elaborate Reviews, a more copious Miscellany, and a more extensive and interesting variety. In fact, all that can be said in relation to LIFE, HEALTH, and HAPPINESS, we intend shall be said in the WATER-CURE JOURNAL.

THE WARM RECEPTION and cordial greeting with which this Journal has been received, by its patrons and co-workers, shall, if possible, be still more deserving of UNIVERSAL APPROBATION.

THE PRICE, of our HEALTH JOURNAL, will remain the same as at present, notwithstanding the enlargement, and all our improvements. (See Prospectus on last page for terms.) It shall be our ambition to furnish the best FAMILY VISITOR and JOURNAL OF HEALTH in the world.

NEW-YORK, DEC., 1850.

CORRESPONDENTS who have interesting facts or cases of cure under Water treatment, which they design for publication, will very much oblige the publishers by writing out the same on a slip of paper, separate from that containing subscribers' names. For this purpose we send each subscriber a Circular PROSPECTUS on which to record names, with their Post Office addresses.

OUR NEW PROSPECTUS FOR 1851.—With this number we present our friends and readers with our PROSPECTUS for a new volume of the WATER-CURE JOURNAL, with a view of facilitating the good work of obtaining new subscribers. We hope each PROSPECTUS will be returned to us, laden with the names of old and new subscribers.

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

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

ALL COMMUNICATIONS relating to the WATER-CURE JOURNAL should, in ALL CASES, be directed to the PUBLISHERS, FOWLERS & WELL, Clinton Hall, 131 Nassau street, New York.

THE JANUARY NUMBER of the WATER-CURE JOURNAL will be sent to all present subscribers, as a sample of what we intend to furnish for 1851, which they will please circulate.

DECEMBER DOSES.

BY E. T. TRALL, M. D.

MINERAL MEDICINES.—If our readers knew, as we know, and could see, as we have seen, the vast extent to which mineral poisons are employed in allopathic practice, and the multitudinous evils resulting therefrom, they would not wonder at our earnest, ceaseless endeavors to bring the whole drug system into merited contempt, but would join us in a mighty effort to introduce a better way. To prove that, though ultra, we are not unreasonable or fanatical in our opposition, we will present a brief abstract of the preparations, uses, and effects of one of the numerous "remedies" of the mineral class, to wit, MERCURY. This we shall do entirely upon allopathic authority. All the facts exhibited shall be copied without prejudice or partiality from the latest standard books and authors of that school.

We find in the works on Materia Medica, and in the Pharmacopœias, thirty-six different forms and combinations in which the medicinal use of mercury is recognised as scientific. Sometimes it is compounded with poisons even more potent than itself, and sometimes combined with destructives of lesser power. The following is the list; we give the tech-

nical terms and their synonyms, as well as the popular names:—

1. HYDRARGYRUM—*Argentum vivum*—Mercury—Quicksilver. In its metallic state mercury is used as a mechanical and chemical agent to remove obstructions in the bowels, dissolve silver coins, &c.

2. HYDRARGYRUM CUM CRETA—*Mercurius alcalisatus*—*Ethiops absorbens*—Mercury with Chalk. This is employed extensively in diseases of children, scrofula, glandular affections, digestive derangements, syphilis, &c. It is also used freely in diseases of the liver, pancreas, bowels, &c. in adults.

3. HYDRARGYRUM CUM MAGNESIA—Mercury with Magnesia. This is employed for the same purposes as the preceding.

4. HYDRARGYRI OXYDUM—*Hydrargyri oxydum cinereum*—*Hydrargyri oxydum nigrum*—Black oxide of Mercury. This is used mainly externally in ointments; and in fumigations to effect rapid salivation.

5. HYDRARGYRI BINOXIDUM—*Binoxide of Mercury*—*Red Oxide of Mercury*—*Mercurius Precipitatus ruber*—*Hydrargyrum calcinatum*—Red Precipitate. Used as an escharotic in powder, and for skin diseases in the form of ointment. Rarely given internally.

6. HYDRARGYRI NITRICO OXYDUM—*Nitric Oxide of Mercury*—*Red Oxide of Mercury*—*Red Precipitate*—Employed internally in venereal diseases, and externally as a caustic to spongy excrescences, warts, chancre, and indolent ulcers. In fine powder it is blown into the eye in opacities of the cornea.

7. HYDRARGYRI CHLORIDUM—*Hydrargyri Chloridum Mite*—*Hydrargyrum muraticum mite*—*mercurius dulcis*—*Submuriate of Mercury*—*Protochloride of Mercury*—*Subchloride of Mercury*—*Dichloride of Mercury*—*Drago mitigatus*—*Aquila Alba*—*Manna metallorum*—*Panchymagogum minerale*—*Calomelas sublimatum*—*Calomelas precipitatum*—*Chloride of Mercury*—*Calomel*. This is the Samson of the materia medica; and it has slain ten thousand times as many as its renowned prototype. It is used more or less in the majority of diseases now prevalent among both children and adults. It is given in all sorts of doses, from half a grain to one hundred grains or more, and with all sorts of intentions, as a purgative, alterative, sialagogue, anthelmintic, chologogue, febrifuge, hydragogue, stimulant, sedative, &c., &c. It is also employed locally as a snuff in catarrhal affections to the eye in effusions, specks, &c.; and to the skin in numerous eruptions and ulcerous states. In the allopathic system, it is still the great anti-bilious, anti-inflammation, anti-fever, and anti-disease-in-general remedy.

8. HYDRARGYRI BICHLORIDUM—*Hydrargyri murias corrosivus*—*Hydrargyri Chloridum corrosivum*—*Sublimatus corrosivus*—*Muriate of Mercury*—*Ozymuriate of Mercury*—*Chloride of Mercury*—*Hydrochlorate of Mercury*—*Acidum Chlori-hydrargyricum*—*Corrosive Sublimate*. This is used rather freely in chronic diseases, rheumatisms, diseases of

the bones, scrofulous affections, skin diseases, nervous disorders, secondary syphilis. Though much more powerful, it is much less liable to produce constitutional and intestinal irritation, or salivation, by long continued use, Rem Calomel.

9. *HYDRARGYRI AMMONIO CHLORIDUM—Hydrargyrus Submurius Ammoniatum—Hydrargyrum Ammoniarium—Hydrargyrum Precipitatum Album—White Precipitated Mercury—Cosmetic Mercury—Muriate of Ammonia and Mercury—Ammoniated Submuriate of Mercury—Ammoniacal Oxychlorurel of Mercury—Chloroamide of Mercury—White Precipitate.* This is used only externally, in itch, herpes, porrigo, impetigo, and other skin diseases.

10. *HYDRARGYRI IODIDUM—Iodide of Mercury—Protiodide of Mercury.* This has been used principally in scrofulous and venereal diseases.

11. *HYDRARGYRI BINIODIDUM—Hydrargyri Iodidum Rubrum—Biniodide of Mercury—Deutiodide of Mercury—Per-Iodide of Mercury.* A more powerful preparation than the former, used for the same purposes.

12. *HYDRARGYRI SULPHURETUM CUM SULPHURE—Hydrargyri Sulphuretum Nigrum—Bisulphuret of Mercury with Sulphur—Æthiops Mineral.* Has been mostly employed in cutaneous and glandular affections, especially of children.

13. *HYDRARGYRI BICYANIDUM—Hydrargyri Cyanuretum—Bicyanide of Mercury—Hydrocyanate of Mercury—Cyanodidum—Cyanuret—Prussian Mercury.* Employed mainly in venereal complaints, indurated livers, chronic headache, and obstinate skin diseases.

14. *HYDRARGYRI ACETATIS—Acetate of Mercury.* It is used in venereal affections. Some quacks, who sell universal pills warranted to be "purely vegetable," put this preparation of mercury into them, because it is supposed to be less likely to produce a sore mouth, and thus lead to detection, than calomel or corrosive sublimate.

15. *HYDRARGYRI SUBSULPHUS FLAVUS—Hydrargyri Oxydum Sulphuricum—Yellow Subsulphate of Mercury—Turpeth Mineral.* Employed as an emetic, nauseant, and errhine.

16. *PILULÆ HYDRARGYRI—Blue Pill.* This is one of the most common forms in which mercury is exhibited to excite a slow and moderate salivation.

17. *PILULÆ HYDRARGYRI CHLORIDI COMPOSITÆ Compound Calomel Pills. Plummer's Pills.* Employed very like calomel and blue pill.

18. *PILULÆ CALOMELANUS ET OPI—Calomel and Opium Pills.* Used principally in rheumatic and inflammatory complaints.

19. *PILULÆ CATHARTICÆ COMPOSITÆ—Compound Cathartic Pills.* Employed as a common purgative.

20. *PILULÆ HYDRARGYRI IODIDI—Pills of Mercury and Iodine.* Used in scrofulous, glandular, and venereal diseases.

21. *UNGUENTUM HYDRARGYRI—Mercurial Ointment.* Employed to excite speedy salivation.

22. *UNGUENTUM HYDRARGYRI MITIUS—Mild Mercurial Ointment.* Applied as a dressing to ulcers, sores, and cutaneous affections.

23. *UNGUENTUM HYDRARGYRI CHLORIDI—Calomel Ointment.* Used in skin diseases generally.

24. *UNGUENTUM HYDRARGYRI AMMONIO CHLORIDI—Unguentum Precipitati Albi—White Precipitate Ointment.* Used as the preceding.

25. *UNGUENTUM HYDRARGYRI IODIDI—Ointment of Iodide of Mercury.* Used for the same purposes as the two preceding.

26. *UNGUENTUM HYDRARGYRI BINIODIDI—Ointment of the Biniodide of Mercury.* Used like the three preceding.

27. *UNGUENTUM HYDRARGYRI NITRATIS—Yellow or Citron Ointment, called also Mercurial Balsam.* Employed very generally in affections of the skin and scalp; as a dressing to foul sores and ulcers; also used considerably in chronic inflammatory affections of the eye.

28. *CERATUM HYDRARGYRI COMPOSITUM—Compound Mercurial Cerate.* Applied to indolent tumors, enlarged joints, &c.

29. *LINIMENTUM HYDRARGYRI COMPOSITUM—Compound Mercurial Liniment.* Applied like the cerate just mentioned.

30. *EMPLASTRUM HYDRARGYRI—Plaster of Mercury.* Used for the same purposes as the liniment; also as a local stimulant.

31. *EMPLASTRUM AMMONIACI CUM HYDRARGYRO—Plaster of Ammoniacum with Mercury.* A more powerful compound than the preceding.

32. *LOTIO NIGRA—Aqua mercurialis nigra—Black Wash.* An application for venereal sores.

33. *LOTIO FLAVO—Yellow Wash.* Used in skin diseases and chronic ulcers.

34. *LIQUOR HYDRARGYRI BICHLORIDI—Solution of Corrosive Sublimate.* This is employed internally in various diseases.

35. *LIQUOR HYDRARGYRI ET ARSENICI IODIDI—Solution of Iodide of Mercury and Arsenic.* These three potencies combined seem to make a pretty strong remedy. The preparation is used internally.

Having thus counted up the mercurial preparations according to the standard books, let us enumerate the distinct and specific diseases produced by mercurial preparations, according to the authority of the same books.

1. *Pygalismus Mercurialis—Commonly called salivation.*

2. *Morbus Mercurialis—General mercurial inflammation.*

3. *Tremor Mercurialis—Shaking palsy.*

4. *Psellismus Metallicus—Stammering; sub-paralysis of the articulating muscles.*

5. *Hæmoptysis Mercurialis—Bloody expectoration.*

6. *Delirium Mercurialis—Mercurial delirium.*

7. *Epilepsia Mercurialis—Mercurial epilepsy.*

8. *Apoplexia Mercurialis*—Mercurial apoplexy.
9. *Cachexia Syphilitidea*—Venereal disease aggravated by mercury.
10. *Febris Mercurialis*—Common mercurial fever.
11. *Erethismus Mercurialis*—Adynamic or sinking mercurial fever.
12. *Stomatitis Mercurialis*—Mercurial inflammation of the stomach.
13. *Gastro-enteritis Mercurialis*—Mercurial inflammation of the stomach and bowels.
14. *Parotitis Mercurialis*—Inflammation of the parotid glands.
15. *Necrosis Alveoli Mercurialis*—Ulceration of the jaw bones.
16. *Cancrum Oris*—Gangrene or rotting of the mouth.
17. *Diarrhea Mercurialis*—Mercurial purging.
18. *Ptyalismus Pancreaticus Mercurialis*—Mercurial inflammation of the pancreas.
19. *Urorrhea Mercurialis*—Excessive flow of urine.
20. *Hidrosis Mercurialis*—Profuse mercurial sweating.
21. *Ecrema Mercuriale*—also called *Ecrythema Mercuriale*, *Lepra Mercurialis*, *Hydrargyria*, *Erysipelas Mercuriale*, and *Spilosis Mercurialis*—General mercurial erysipelatous inflammation of the skin.
22. *Miliaria Mercurialis*—Mercurial miliary eruption.
23. *Herpes Mercurialis*—Mercurial tetter.
24. *Psyracchia Mercurialis*—Another form of mercurial skin disease.
25. *Impetigo Mercurialis*—Still another form of mercurial skin disease.
26. *Herpes Preputialis*—Mercurial eruption of the prepuce.
27. *Conjunctivitis Mercurialis*—Mercurial inflammation of the outer membrane of the eye.
28. *Iritis Mercurialis*—Mercurial inflammation of the iris.
29. *Retinitis Mercurialis*—Mercurial inflammation of the retina.
30. *Angina Mercurialis*—Sloughing ulceration of the throat.
31. *Ostitis Mercurialis*—Mercurial decay of the bones.
32. *Periostitis Mercurialis*—Mercurial inflammation of the periosteum.
33. *Hypertrophica Mercuriale*—General enlargement of the glandular structures.
34. *Adenophyma Inguinale Mercuriale*—Enlargement of the glands of the groin.
35. *Adenophyma Axillare Mercuriale*—Enlargement of the glands of the armpit.
36. *Adenophyma Mesentericum Mercuriale*—Enlargement of the mesenteric glands.
37. *Adenophyma Parotidum Mercuriale*—Enlargement of the parotid glands.
38. *Adenophyma Pancreaticum Mercuriale*—Enlargement of the pancreas.
39. *Adenophyma Testiculi Mercuriale*—Enlargement of the testes.

40. *Adenophyma Hepatophyma Mercuriale*—Enlargement of the liver.

41. *Adenophyma Cordyloma et Ganglion Mercuriale*—Enlargement of nervous plexuses and ganglions.

42. *Ulcus Membrane Fibrosae Mercuriale*—Ulceration of the fibrous membranes.

43. *Ulcus Glavulorum Mercuriale*—Ulceration of the absorbent glands.

44. *Neuralgia Mercuriale*—Mercurial tic douloureux.

45. *Paralysis Mercurialis*—General mercurial palsy.

46. *Paraplegia Mercurialis*—Palsy of the lower half of the body.

47. *Asthma Mercurialis*—Mercurial asthma.

48. *Amaurosis Mercurialis*—Mercurial amaurosis.

49. *Hypochondriasis Mercurialis*—Mercurial hypochondriasis.

50. *Cachexia Mercurialis*—Mercurial emaciation.

51. *Spasmodica Mercurialis*—Mercurial convulsions, always ending in death.

Here we have more than half a hundred specific diseases, affecting almost every part, organ, and structure of the body, produced by one specific remedy; and here one remark is deserving especial remembrance. These diseases do not manifest all or even the worst effects of this drug. More commonly the mineral kills by aggravating the usual symptoms of the disease for which it is given, or suppressing the efforts of nature in throwing off the malady, without producing any effects or symptoms which could be clearly traced to its operation. Manifold and malignant as are its apparent effects, those which death terminates, and the grave conceals, are yet the worst.

The great uncertainty of its operation—whether it prove remedial or only poisonous, or both—is noticed by every writer on materia medica. With a few specimens selected from the authorities heretofore named, we conclude this article.

"I have repeatedly seen inflammation and ulceration of the mouth, and profuse salivation, induced by a few grains of calomel, or some other mineral."—*Pereira*.

"A very frequent consequence of excessive mercurial salivation, and the attendant ulceration and sloughing, is contraction of the mucous membrane in the neighborhood of the anterior arches of the palate, whereby the patient is prevented from opening the mouth, except to a very slight extent. I have met with several such cases. In one (that of a female) it followed the use of a few grains of the blue pill, administered for a liver complaint. The patient remains unable to open her mouth wider than half an inch. Several operations have been performed by different surgeons, and the contracted parts freely divided, but the relief was only temporary. In another instance (that of a child, four years of age), it was produced by a few grains of calomel. Though several years have elapsed since, the patient is obliged to suck his food through the spaces left

between the jaws by the loss of the alveolar process.”
—*Pereira's Materia Medica*.

Dr. Wilson Phillip has witnessed a severe mercurial salivation from a single dose of blue pill.

“A patient of Mr. G.’s desired him never to give her any mercury, as that drug was a poison to her whole family, to which he, without arguing the point, at once assented. In Mr. G.’s absence, the late Mr. C. was consulted as to some trifling disorder of the bowels, and, not knowing the peculiarities of his patient’s constitution, prescribed *two grains* of calomel. The next morning the lady showed the prescription to Mr. C., saying that she was sure she had taken mercury, as she felt it in her mouth. In a few hours ptyalism ensued ; in consequence of which she lost her teeth, her jaw exfoliated, and she ultimately, after a succession of ailments, died in about two years.”—*Dr. Farrer*.

“A man took two, then three, and subsequently four grains of calomel daily for two months, without inducing salivation ; but three months afterwards he became affected with chronic vomiting, the consequence of a schirrous pancreas, of which he died in four months.”—*Neumann*.

Hellmeyer has reported a case in which a few grains of calomel, taken as a laxative, caused death.

Vagnitius once knew fifteen grains to prove fatal.

Dr. Roberts publishes a case in which an ounce was swallowed by mistake, and retained two hours without any apparent injurious effect.

In the Cholera Hospital at Bethnal Green, in 1832, several patients took sixty grains of calomel once in two hours, without any particular mercurial effect.

Dr. Griffin, of London, has repeatedly given calomel in scruple doses without any symptoms of salivation.

We leave this contradictory testimony with a quotation of equally contradictory experience from Dr. Gooch :—

“Whytt, Odier, Quin, Wilmer, Lieb, and others, says Gölis, gave calomel internally in far larger doses in this disease (acute hydrocephalus), as two, three, and more grains at a time ; and continued its use many days, without considering the many evacuations from the alimentary canal, or the violent colic pains ; and they affirm that they have never remarked from these large doses any bad consequences in the abdomen. Melancholy experience compels me to contradict them. Many times I saw, under those large and long-continued doses of calomel, the hydrocephalic symptoms arise, and inflammation of the intestines arise, which terminated in death. Still oftener I observed this unfavorable accident from an incautious use of calomel in croup, viz : when all the frightful symptoms of this tracheal inflammation, which threatened suffocation, suddenly vanished, and

enteritis developed itself, which passed rapidly into gangrene, and destroyed the patients.

The following arithmetical proposition may be regarded as a natural deduction from the foregoing data :—If thirty-six drug-preparations produce fifty-one drug diseases, how many drug-diseases will the fifteen hundred drug-preparations of the whole *materia medica* produce ?

NATURAL MEDICINES.—The true physician, who recognizes nature as the great master, and the restorative power as existing in the living organism itself, has not to travel out of the order of natural laws to find a complete, a perfect *materia medica*. In those hygienic agencies whose constant operations and influence are essential to life and health, he finds ample materials for correcting those deviations from the laws of constitution and relation which constitute disease. With water, air, food, drink, temperature, and exercise, he can remove obstructions, furnish power, supply material, regulate the conditions and modify the actions of any or all the organs and functions of the body, as required by the existing circumstances. In their adaptation to the cure of disease there is no necessary danger ; there need be no accidental slaughter. How different then is Hydropathy from Allopathy ; just as different as nature is from its perversion !

ETHER IN CHILDBIRTH. We have been among the opposers of dosing parturient women with ether and chloroform, which is now becoming so fashionable under allopathic auspices. The objection we have mainly urged has been on account of the danger to the mother. But it is very clear that, whether the mother is injured or not, the child must be. Here is a case in confirmation from the Boston Medical and Surgical Journal :—

It has been observed, when ether has been given to parturient women, that its odor is discoverable in the breath of the child after birth ; showing conclusively, that the blood of the mother must have been very strongly impregnated with the ether. Having observed the same phenomenon in a case that occurred in our practice a short time since, we were fully convinced that the fetus may be etherized in utero. But what appeared to us as very remarkable, was the short time that elapsed between the mother’s inhaling the ether, and its sensible presence in the lungs of the child, which was born in *just twenty minutes* after the first inhalation by the mother. The quantity used, in this case, was two and a half ounces only, and at no time was the consciousness of the patient destroyed, but on the contrary she was bright and cheerful, even when the *pains were most severe*. There was no mistake about it whatever, the child being at the time in another room where there had been no ether. The nurse, while washing it, directed our attention to the fact that the “*child’s breath was all ether*,” and upon drawing near to it, we could readily distinguish the smell of the vapor. The little fellow was very good-natured indeed, and did not seem to mind the manipulations of his first toilette, which the kind-hearted nurse performed in a manner that would put the opposers of hydropathy in shivers.

COLDS AND CANDIES.—Careless children are often

catching colds about these days, and mothers and nurses, more fond than wise, are continually stuffing them with lozenges, candies, liquorice, pastes, or jellies, to ease their barking coughs, and smooth the rough surfaces of their little throats. This is wrong; we speak with due respect to the trade of shopkeepers and doctors, but earnestly. Most of these things are poisonous trash, and all of them are injurious. There are easier, cheaper, surer, and better ways to prevent or cure colds. Wash or bathe your children daily in cool or cold water, and their colds, coughs, rheums, and humors will be few and light. To medicate them when sick from those affections, bathe still more frequently, and restrict them to the simplest kind of diet. Don't let them get swelled out with grease like fattened pigs. Plump children are beautiful, but fat children are a libel on human nature. Such children are more liable to diseases of all kinds, and more susceptible to changes of temperature. Healthy children, who are regularly bathed and properly fed, will be neither fat nor lean. The thing is impossible. They will be just smooth and round enough to look pretty and intelligent, while your lean little one appears as wo-begone as a pair of tongs, and your fat face is as expressionless as a ball of wax, or an enormous pumpkin. If children are one or the other, we assume and assert that they are not bathed rightfully, or are fed wrongfully—very likely both. Do not give them meats, gravies, or grease of any kind, if you would have them grow up with pure appetites and sound constitutions. Many a young child, as fair as a rose-bud, with features as fine as were ever stamped on beauty's image, has grown up coarse, rough, rusty, and sickly, all the way to manhood or womanhood, because it was fed on pork rinds, shell-fish, sweet cakes, and nick-nacks in general, instead of bread and milk, fruits and vegetables. It is a most palpable physiological truth, that all handsome children will grow more homely as they advance in years if their food is bad, and all homely children will grow continually better looking if they are fed on plain, simple, healthful, and natural food. Those mothers who feel proud of their "little beauties" had better understand this.

PRACTICE IN WATER CURE.

BY T. L. NICHOLS, M. D.
CASE XIX.—CONSTIPATION.

ONE morning a German artisan called at my house, evidently in the greatest agitation and alarm, and begged me to hasten to the lower part of the city to see his child, who he feared would die of dropsy on the brain. It was impossible to refuse his urgent appeal, though my going involved a breach of medical etiquette, for he had already employed another physician. But, though I wish to observe all the courtesies of the profession, humanity has still higher claims; and while I would not violate the one, I can never turn a deaf ear to the promptings of the other.

The patient was a child a year and a half old. It had been taken with a cold—congestion of the head and lungs; there was some irritation from teething; but the high fever, great fullness, and tendency to cerebral congestion were not sufficiently accounted for. On making inquiries, I found that very little had passed the child's bowels for some days; that the father, of his own motion, had given some injections, and had brought away some hard lumps like bullets, and so black that the very water of the injection looked like the rinsings of an ink bottle.

This phenomena seemed so strange that I set myself to investigate it. I felt the child's bowels. They were too full, but not very tense, nor tender on pressure, and the fever had been well subdued by frequent packings. The color was not caused by disease. What had he eaten? He had been fed on Farina, boiled in milk; a very pleasant, nutritious food, but far too rich and concentrated. This was enough to account for the constipation, but not for the color. He had also eaten stewed apples; but not enough to neutralize the constipating effect of the Farina. This food the child had eaten in no limited quantity, until by a very healthy instinct he refused the Farina and milk, though he continued to eat of the apple sauce.

I asked now to see the stewed apple. It was of a dark color, but by no means of the singular blackness of the feces. I next asked for the dish it had been stewed in. The murder was out. It was an old tinned stew-pan, with the tin so worn off the inside that the acid of the apples acted freely upon the sheet iron; and when this solution of iron came in contact with the bile, the product was ink.

A vigorous use of tepid injections—warm rubbing of the feet to counteract the tendency to cerebral congestion; wet clothes to the head, and packs and bandages and baths as required, soon brought the child towards a healthy condition. The bowels became natural in movement, and in the color of the dejections; the temperature of the head fell to the natural standard; the feet simultaneously became warm; the breathing was less oppressed, and all the symptoms were highly favorable in twenty-four hours.

The alarm of the father was not without cause. He had lost two children by dropsy on the brain, under the Allopathic treatment. This was his only child, and though a poor man, he prized it as highly as if he had had a fortune to leave it.

A word now as to the proper diet for this child, and for all children,—for diet is an exceedingly important matter with children of this age. I directed, that, as his appetite returned, he should be fed three times a day with milk and water,—say one-third water,—in which was crumbled wheat meal bread, with a little baked apple. Now as to quantity: At first one gill of milk and water and one ounce of bread, and the amount of half a medium-sized apple would be sufficient. Then increase it gradually to a half pint of diluted milk, and two ounces of bread

and a medium-sized apple at a meal, and this is enough for any child under five years of age.

Thousands of children are killed by feasting and stuffing. Too much food, or food of any improper character, gives them irritation of the stomach. This is mistaken for hunger, and more food is given them. If all parents would watch carefully over the food of their children, see that they eat regularly and properly, and stop the supplies on the first appearance of illness, they would seldom need the doctor.

"Would you have me starve my child?" I hear some anxious mother exclaim. By no means, madam. I would have your child fed in the best possible manner, and in the best way to secure his health and your happiness. I know by experiment, made upon myself, that eight ounces of brown wheat bread, and one pint of milk a day, or the value of this in other articles, is sufficient to sustain in health and comfort, and without losing weight, a rather large and pretty active man; and I am quite sure that what I have found amply sufficient for days and weeks together, will not starve a child five years old.

Try it! The experiment is very easy. Weigh yourself; then weigh out your food, or estimate it as closely as you can for a week; and if you find that eight ounces of solid nutriment a day is not sufficient to keep up the tone and vigor of the most active constitution, charge the balance to my account.

I am not talking now of a hunger cure. That is all very well where it is needed. I am talking of a sufficient nutrition—of enough; and "enough is as good as a feast," says the proverb. It is a great deal better. A feast makes people sick. Just enough never hurts them.

When I say *solid nutriment*, I mean just that. Thus, to get eight ounces of solid nutriment you would have to take more in weight of almost every thing eaten. It would require nearly eighty ounces of turnips or beets or apples, for these are nearly all water; thirty-two ounces of lean flesh; about thirty ounces of potatoes; but not more than twelve ounces of wheat, or peas, or beans, nor more than ten ounces of oatmeal, or rice. I mean all these in their uncooked state, as some of them absorb a large proportion of water in cooking. Thus half a pound of rice, when cooked, makes a pretty bulky dish.

There is one point in the above statement, which I make on unquestionable authority, that may be deserving of consideration. It is, that while wheat, oatmeal, cornmeal, and rice, contain from eighty-five to ninety per cent. of pure nutriment, the best beef does not contain above twenty-five per cent, and even that is so ill adapted for food that we require to eat some vegetable with it to make it tolerably wholesome.

This may seem a long story about a short case. It was a short case, thanks to Water-Cure. Allopathy, judging by its usual success, would have made it as long as eternity.

CASE XX.—CHRONIC RHEUMATISM, ETC., ETC.

I know not what other heading to give to the case I am about to describe, for the benefit of the hopelessly afflicted.

The lady of one of our importing merchants, a lovely and interesting woman of forty-six, with a family of four children, was brought to our house some months since, under the following circumstances:—

She had been sick for twelve years. For a great part of this time she had suffered from Chronic Rheumatism, and had lost the use of her limbs so as to be almost utterly helpless. Her constant pain had made the use of opiates habitual to her; and stimulants had been prescribed to such an extent for her debility, that she had come to live upon them. She had had advice and treatment of some of the first Allopathic physicians in this country, and had been twice to England for medical advice, where she had consulted the most eminent physicians in London.

When I saw her she had returned, for the second time, from Europe, hopeless of all aid, unless I could give her hope of the Water-Cure. It seemed, indeed, a hopeless case. She was emaciated to a skeleton. She had almost lost the use of her limbs, and scarcely made the effort to help herself. With no appetite for food, she was sustained by the meager nutriment and miserable stimulus of ale and porter. Her pulse was reduced to a feverish thread. Her legs and feet had almost lost sensibility and circulation. Her uterine system was disordered, and its characteristic function had not appeared for five years.

We decided to give this lady and her family the benefit of what must have seemed a forlorn hope. She was carried up to her room; and I felt by no means sanguine that she would ever leave it live. If she had strength to bear up under the treatment, and the change in all her habits for the first ten days, I felt that there was a chance for her recovery. The case was properly represented to her husband and relatives; but the case was hopeless otherwise, and they decided to make the trial; the poor lady submitted to the judgment of others, for she was too weak to have much will of her own.

Her treatment was adapted very carefully to her condition. We had to feel our way with tepid baths, partial packs, and gentle frictions; regulating each day's applications by the operation of the preceding ones. She began to pack with a single small napkin, and even that chilled her at first, in August. She took tepid sitz baths, and used the vagina syringe, with water at seventy-two degrees. Her bowels were moved daily with injections, until they became regular. It is impossible to give a detail of treatment which had to be varied from day to day.

Her diet was as important as her treatment, I was about to say; but it was a very important part of it. All stimulants, all opiates, all narcotics were at once,

and, I trust, forever, abandoned. She was furnished with the simplest, blandest, and at the same time most digestible and nutritious diet, consisting of bread, fruit, eggs, milk, and sometimes a few rarely-cooked oysters. It was varied so as to suit her appetite, but a large portion of her living was peaches, which were ripe and delicious.

At first, as may be supposed, she ate very little, and suffered great prostration from the loss of habitual stimulants, but the water did much to sustain her. In about a week I found her at the turning point. Her pulse fluttered, her pale lips trembled, the scale stood upon an even poise for life or death; but it turned the right way, and from that time, day by day, she has been rising in health. The whole process was that of building up a new and pure life; and I have seen her go steadily onward, while she remained at our house, and since she has become well enough to take her treatment at home, with unalloyed delight. The color has come into her cheeks and lips, the fire into her eyes, the wrinkles have gone from her forehead, and she bids fair to be the rival of her daughters in beauty and vivacity.

The case has presented many curious phenomena. Her pulse has increased in strength with great regularity. The restoration of the circulation of her limbs has been attended with prickings, burnings, itchings, and swellings. Her appetite has grown quite sharp enough for comfort. The last symptom I have noted is a return of an almost healthy menstrual evacuation, after a cessation of five years.

The cure is by no means completed; for there is still much stiffness and pain remaining. A disease of twelve years, with all its utterly useless, and for the most part horribly mischievous medication, cannot be cured in as many weeks, even by the Water-Cure; but I am satisfied that I have the foundation laid for a permanent cure.

May this case be an encouragement to all who are in like manner afflicted.
87 WEST 22^d ST.

“THE DAWN OF A BRIGHTER DAY.”

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

THE intelligent observer of the progressive changes of feeling and sentiment among regularly-educated medical men, can hardly have failed to notice within the last few years, that they have begun to devote no inconsiderable share of their attention to the study of *Hygiene and the remedial uses of Water*. It is an unquestionable fact, that the best minds in the profession are gradually awakening to a consciousness of the fact that it is as much the duty of a true physician to *prevent* as to *cure* disease; and that for the purpose of fulfilling both indications, there is hardly any agent to be compared to WATER, in point of efficacy and universality. The time is within the recollection of nearly all of us, when purity of air was, a rare luxury in our apartments; when errors of diet were “the rule,” instead of “the exception;” when every one considered a fragrant feather-bed a *sine*

quâ non of comfort; when exercise was commonly voted troublesome and vulgar; and when WATER was banished from every sick chamber. I do not mean to say that the world is “all right now” as regards these points; unhappily the same errors may still be detected, and possibly always will be noticeable; but what I do mean to say is, that these matters are now beginning to be estimated at their true value. Thanks to the influence of “THE WATER-CURE” upon the profession and the public, hygienic principles have come to be regarded as not absolutely beneath the attention of a medical man,—much less of our Boards of Health and our Sanitary Commissioners; while as regards the uses of WATER, practitioners are beginning to slip their lancets into their pockets, and remember that “they have always thought highly of cold water and ice, and even made so much use of them in their practice as to be the talk of the neighborhood.” It is gratifying, too, to notice that medical men are now more willing than formerly to write and publish works designed for *popular* instruction, instead of treasuring up their thoughts and experience until they could find time to embody them in an abstruse, technical, and recondite *Treatise*—destined, in most cases, to an inglorious slumber on the publisher’s shelves.

It is undeniably true that the profound impression which HYDROPATHY has made upon the public mind has greatly tended to bring about the changes to which I have alluded: the wonderful cures which have been effected, both in Europe and America, by virtue of hygienic and hydropathic management, have set men’s minds at work, and all candid and intelligent members of the medical profession who have looked into the matter—I do not care to what school they belong—have discovered to their surprise that there are remedial virtues in something else beside *p.isons*,—in pure air, pure food, pure water, and pure habits. Especial attention is now paid to *the skin*; and it is a fact which all rational hydropathists should bear in mind, that by far the ablest, most elaborate and most sensible work upon the influences which tend to keep that organ in health, is from the pen of “a regularly-educated medical man,” of the “allopathic” persuasion. I refer to the admirable *Treatise on Healthy Skin*, written by ERASMUS WILSON, M. D., F. R. S., and author of the well-known text-book familiarly known as *Wilson’s Anatomy*. In this very treatise, furthermore, there is a candid exposition of the advantages of the hydropathic mode of treatment, and of the benefits that would result if the regular practitioners would only consent to “adopt the improvements.”

Sir CHARLES SCUDAMORE’S elegantly-written account of his *Medical Visit to Grafenburg*, is another publication evincing a profound discrimination and a wise liberality on the part of its distinguished author; and I must not omit to mention in the same category the manly tributes of Drs. FORBES, SMITH-

URST, MAYO, FREEMAN and COOKE, to the undeniable merits of the modern WATER-CURE.

I have specified these publications, because, on account of their having emanated from sources to which no exception could be taken with any show of justice, they have exerted a marked influence upon the feelings and views of "the regular practitioners." Had the opinions set forth in them been advocated solely by professorial and well-known hydropathists, so great and so deeply-rooted are the prejudices of "the profession" against everything that emanates from what appears to be a rival school, that it is highly improbable that they would have wasted a thought upon them, or greeted them otherwise than with bitter derision. But, endorsed and defended as these opinions have been, by SCUDAMORE, FORBES, WILSON and others,—practitioners of the highest reputation wherever our language is spoken,—it has become a matter of necessity with all earnest inquirers after "the good and the true" in medical science, to investigate the claims of a system so honorably befriended. And the results of these inquiries are daily becoming manifest. WATER is rapidly gaining its merited rank in the *materia medica*; and one may hear almost daily of physicians who habitually employ some of our hydropathic remedies. For instance: the hip-bath is in very wide request in both New York and Brooklyn; wet bandages are so commonly employed in medical and surgical treatment nowadays as not to excite any "special wonder" when mentioned; and many a fever-tossed sufferer has reason to bless the day when PRIESSNITZ repealed the embargo upon *Water*.

I have been led to jot down these few cursory observations, from the circumstance of having met with the following passage in a report of *Dr. Parker's Clinique* for September 16th, prepared for the "New York Register of Medicine and Pharmacy." [The patient presented before him and his class was a little girl, about eight years old, suffering from scrofulous disease of the knee-joint.]

"The term *Scrofula*," (said Dr. PARKER,) "is unfortunately more frequently made use of than comprehended. It is often supposed that *Scrofula* is necessarily a hereditary difficulty; but such is not the case. It may be hereditary, or it may not be. What I wish to be understood as meaning by the use of this term is a distinct pathological condition which is the result of imperfect nutrition, and which always precedes tubercular disease, whether in the *knee*, as in this case,—or in the *back*, as in caries of the spine,—or in the *lungs*, as in consumption. *Scrofula* is then the mother of tubercles—a condition in which the tissues are not healthy and the blood is deficient in fibrine, and consequently albuminous depositions take place, which ultimately soften down, presenting the varied phenomena as exhibited in the different organs which become the seat of the disease.

"Although the offspring of unhealthy parents may inherit *scrofula*, or a predisposition to it, yet we often see it when the parents are both healthy; and, on

the other hand, scrofulous parents sometimes have healthy children, but the exceptions in this case may perhaps be considered rare. *A more common cause of this extensively prevalent disease is to be found in the violation of organic laws in the various habits of life: in fact, anything which interferes with the healthy functions and nourishment of the system, as bad air, bad food, and a want of proper attention to the functions of the skin, the office of which is as important as that of the lungs.*

"The absolute necessity of pure air for our health is too little understood. Confine any of the lower animals in the low, damp, ill-ventilated cellars which many poor families occupy, or, on the other hand, to the confined apartments of the wealthy class, and they would sooner or later die of tubercular disease; and the experience of every one tells that plants will cease to live under such circumstances; and can it be supposed that man would suffer less from being shut out from the free air of Heaven, intended for him to breathe? With regard to *food*, there is more fault in this respect, if possible, than in any other. Children are brought up on candy and sweetmeats, and allowed to drink their tea and coffee, which are not only destitute of nourishment, but disorder the stomach and prevent nutrition from the good food taken with them. We might as well think of getting good flour from smut wheat as good blood from such materials as these.

"*Treatment*.—You will understand, from what I have already said, that the indications here are for nourishment: *good food, pure air, and a clean skin, are the hygienic means; while, locally, a bandage may be applied and kept wet with cold water.*"

Such was the language of the Professor of Surgery in the College of Physicians and Surgeons of this city; an institution which has long enjoyed a very high reputation throughout the length and breadth of our country, for the ability of its corps of Professors (amongst whom Dr. MOTT has recently been enrolled), and for its lofty standard of medical education. Am I not justified, then, in prefixing to these observations the title I have chosen? Are we not looking upon "the dawn of a brighter day" in rational medicine, when we behold our ablest Professors uttering such views as I have quoted? And is it not our duty, not only as hydropathists, but philanthropists, to receive such a declaration with a cordial welcome? For my own part, I cannot admit that there are two sides to this question. The mind must be narrow and the soul contracted which cannot experience pleasure in contemplating this sign of the increasing interest of medical men in the progress the hygienic movements of the day.

No. 8, West Eleventh street.

GNAWING ON A FILE.—That man who attempts to retard the progress of the WATER-CURE.

MEDICAL EDUCATION.

BY T. L. NICHOLS, M. D.

"We must have a Water-Cure College," says Noggs.

Well, if we must, we must; but when, and where, and how?

We need one now, if ever; but where is the capital to endow it? and where are the Professors to take its chairs? What flourishing hydropathic institution can spare its physician to become a teacher? And what are the six professors, which is the standard number in this region, to do? Shall one be teaching Water-Cure Anatomy, another Water-Cure Physiology, another Water-Cure Chemistry, and another Water-Cure Materia Medica, with professorships of Water-Cure Theory and Practice, Water-Cure Surgery, and Water-Cure Obstetrics?

Surely, no friend of our reform would wish to see such an imitation of the humbug institutions with which we are surrounded.

No intelligent person ever attended a course of medical lectures in any of our allopathic institutions, without a painful sense of loss of time, and useless expense. The courses of lectures last four months, say one hundred lectures. Each professor gives his one hundred, without regard to the scope or importance of the subject. I have listened to a hundred lectures for a hundred weary hours, when the whole matter could have been much better presented in twenty, or even in ten, by a man who had any mastery of his subject. Again and again have I sat an hour, hearing a distinguished professor talking against time, and reeling off a ridiculous rhodomontade, simply because he was obliged to lecture an hour, when all he had to say could have been plainly stated in five minutes.

A great portion even of what is valuable in these lectures could be much better learned from the class-books. Students sit and chafe with impatience to hear the most simple principles dwelt upon and illustrated, as if they were the pupils of an infant school; while things they wish to have light upon are skimmed over in the most superficial and unsatisfactory manner.

The truth is, that this whole system of colleges, professors, and lecturers, comes down to us from the barbarous ages, with very little, and, some think, no improvement.

I do not think it is possible to have such a college, nor desirable if it were possible.

If any man thinks he is able to instruct others in the elements of a proper Water-Cure medical education, let him open his school. If two or more choose to join together for the same purpose, there is nothing to hinder them. Many distinguished physicians and surgeons in England, France, and in this country, give their own private courses of instruction, and attract pupils according to their ability. This is as it should be. We want no college to bolster up imbecilities, and enable incompetent men to get mo-

ney under false pretences. I have sat in a medical lecture-room, where a "learned Professor" was talking bald trash by the hour, and then made an estimate that the class had paid seventy-five dollars for an hour of tiresome chatter, destitute of a single available idea. We want no such college as this.

It is well known that not one student in a hundred would attend full courses of medical lectures, were it not necessary, to secure his diploma. Some of them are not attended by one-fifth of the class; but the routine goes on all the same, and the fees are paid all the same. One professor will have a full class, while another lectures to empty benches; but the fleeced flock of students must pay both alike. The professor gets his money, and the student his diploma, each under false pretences. Certainly, the voluntary system of private instruction is better than this.

The law requires three years as the full term of medical pupilage; yet that law can be easily evaded. Once, when I was speaking to a medical professor about graduating at his college, he said, "Come on—attend a course of lectures, get a certificate from John Snooks, and we'll put you through by daylight." Fortunately, I could dispense with any such certification. I know a man who had not studied medicine at all, who sent and bought a set of tickets for a course of lectures at a medical college in the interior, where he had never been, and never intended to go, with the design of attending a course of lectures here, presenting a Peter Funk or John Snooks certificate, and getting his diploma in one term.

What is the use, then, of prescribing a course of study of so many years, and so many hundred lectures? It is a lucrative farce. The truth is that one student can and will learn as much in one year as another will in three years; and any man of decent capacity, with or without the lectures, can pass examination at any of our colleges by six months hard study. When a man is qualified, whether it has taken a longer or shorter period, and whether he has heard six hundred lectures or only six, the work is done. What more does any one want? In this State, any man who wishes to practice law can demand an examination, and, if found competent, he is admitted to practice. Why should medicine be less liberal than law?

My idea of a proper course of education in water-cure medicine is not a narrow one. I would have it include, in a single and comprehensive course of lectures and reading, the study of
Cosmogony;
Chemistry, inorganic and vital;
Natural History, including the anatomy and physiology of plants and the lower animals;
Human Anatomy and Physiology;
Psychology, in its most comprehensive sense;
Pathology, including Hygiene;
Hydrotherapeutics; Surgery and Obstetrics.

This course, as I have planned it, and mean to

carry it out, as far as circumstances will admit, would require about six months of reading and lectures,—lectures three hours a day, and reading six;—and six months of observation of water-cure practice, with such opportunities as any large and well-regulated establishment could give, ought to qualify any man to understand and practice hydropathy, who could ever be qualified by any process whatever.

This is my idea and my plan of a water-cure medical education. If anybody has a better one, let us see what it is.

REVIEWS.

HYGIENE AND HYDROPATHY.*

BY T. L. NICHOLS, M. D.

DR. HOUGHTON shows that he has well apprehended the true office of a physician, in placing the preservation of health before the cure of diseases. This has been manifest in all his public efforts. As editor of the writings of Bulwer, Forbes, and Wilson, his own modest and sensible portion of the book was almost entirely devoted to the prevention of disease; and this is the most striking feature of the work before us.

The address of Dr. Houghton, on the occasion of the late Hydropathic Convention, has been presented to the readers of the Journal. They will remember it as a spirited criticism on some of the attacks of the opponents of the water-cure, a forcible exposition of the *vis medicatrix naturæ*, or the healing powers of nature, an explanation of the necessity of remedial agents, and a strong argument in support of the proposition set forth in the constitution adopted by the convention, that "of all the remedial agents which the experience of ages has shown to be requisite to assist nature in her operations, water is by far the best, the safest, and the most universal in its application."

The second lecture, one of two delivered before the New York Mercantile Library Association, "Hygiene, the true moral of the Cholera," is an admirable and eloquent vindication of sanitary laws. The great lesson of the cholera is taught skillfully and effectively; and wherever this portion of his book is read, Dr. Houghton will be recognized as a benefactor. It is something so comparatively rare, and at the same time so beautifully unselfish, for a physician to labor for the public health, and so undermine his own profession, that every one who does it is entitled to our admiration and gratitude.

"Hydropathy, Rational and not Empirical," is the title of the concluding lecture—a sharp criticism

on allopathy, and full of eloquent arguments in favor of the water-cure. The argumentum ad hominem is used with adroitness and advantage, and our opponents are condemned out of their own writings.

The whole work, a well-printed volume of 132 pp., is entirely characteristic of its author—modest, elegant, ingenious, liberal, conscientious, and benevolent. Dr. Houghton, with all his critical acumen, wishes to be conciliatory; with all his enlightenment, he wishes to be conservative. While he is, in many things, in the front rank of thoughtful progress, he has an amusing horror of being considered an ultra, and, while he is an active and persevering reformer, he can scarcely tolerate the word reform. To those who know him, this is easily explained. His benevolence shrinks from denunciation, and his taste is offended at the rough, uncouth, backwoods aspect of many of the pioneers of social progress. Dr. Houghton is a gentleman and a scholar—his writings are always gentlemanly and scholarly; but, for all that, he is not the less ultra, not the less a reformer; and his conservatism is chiefly and most happily shown in his efforts to conserve the public health.

BULWER AND FORBES ON THE WATER TREATMENT.

Edited, with additional matter, by R. S. HOUGHTON, M. D. Price, 75 cents. For sale at the Journal office.

This volume contains the Confessions of a Water Patient, by SIR EDWARD BULWER LYTTON; a Paper on Hydropathy, by JOHN FORBES, M. D., F. R. S., etc.; Remarks on Bathing and the Water Treatment, by ERASMUS WILSON, M. D., F. R. S., etc.; Opinions of MR. HERBERT MAYO, etc., SIR CHARLES SCUDAMORE, M. D., F. R. S., etc.; and Observations on Hygiene and the Water Treatment, by the EDITOR.

Of this work, the *New York Courier and Enquirer* remarks:—

"DR. HOUGHTON is a gentleman of thorough classical and professional education, who, after completing his medical studies with the best facilities afforded by our country, has deliberately adopted the principles of the WATER-CURE as the safest foundation of his practice. We heartily wish him success with all those who are in search of lost health."

"We most cheerfully commend this handsome volume. * * * The article by DR. HOUGHTON is a comprehensive paper, and contains a great deal of important information respecting the bodily as well as mental health of man."—*National Intelligencer*.

We might fill the Journal with similar notices, but these are sufficient.

It will be well for all hydropaths to examine the opinions of these great authors, and reduce them to practice.

The volume under notice is beautifully printed, and brought out with much taste.

* Three Lectures on Hygiene and Hydropathy. By Roland S. Houghton, A. M., M. D., Editor of "Bulwer and Forbes on the Water Treatment." To which are prefixed the Constitution and list of officers of the American Hygienic and Hydropathic Association of Physicians and Surgeons. New York: Fowlers & Wells. Price, 25 cents.

ACCIDENTS AND EMERGENCIES: a Guide containing Directions for Treatment in Bleeding, Cuts, Stabs, Bruises, Sprains, Ruptures, Broken Bones, Dislocations, Railway and Steamboat Accidents, Burns and Scalds, Explosions, Bites of Mad Dogs and Serpents, Inflammations, Cholera, Diarrhoea, Injured Eyes, Choking, Poisons, Fits, Lightning, Drowning, &c. &c. By ALFRED SMEE, F. R. S., Surgeon; with an Appendix, by DR. R. T. TRALL. Illustrated with Engravings.

Published by FOWLERS & WELLS, New York. Price, ONLY TWELVE AND A HALF CENTS, mailable. Every individual, old and young, should have this work. The book is worth many times its cost. It may be ordered and received by return of the first mail, at a trifling cost for postage. Address, post paid, FOWLERS & WELLS, Clinton Hall, 131 Nassau street, New York.

We shall refer to this work in another number.

MISCELLANY.

GOSSEP FROM BOSTON, BY NOGGS.

DEAR AQUATICS.—I rejoice with joy unspeakable to know that the Water-Cure is becoming so popular, and that the Journal's circulation is increasing so rapidly "It's good enough for ye:" you might have known it would be so!

The editor of the Boston Medical and Surgical Journal, or the sapient substitute for one—Dr. Smith being in Europe—has been much affected lately at the thought of people bathing every day!

He says, "that they work all the oil off secreted by the glands! and don't believe its wholesome or luxurious to bathe oftener than once a week!"

Well, as for the luxury, that depends a good deal upon who you are and how long you have been so. You take a pig that has been brought up in the mud, and he will be apt to be a dirty hog, and will dread being washed, but if he is one of the pigs that has "a good broughten up," having been washed often and freely, he will not shrink from a pail of the delicious element, especially in a hot day. So it is, I believe, with the human species, "hog or no hog"—and in both cases, as far as my observation goes, it proves decidedly healthy.

This dear, little, tender-hearted doctor, as I understand, applied to Jenny Lind for money to help make a fund sufficient to supply indigent people, who have a mania for bathing, with lard oil, so that they may not be made sick thereby! And he advises all keepers of tame ducks—whose wicked propensities are constantly leading them into the water—to supply each duck with an India rubber suit, if he wants to have fat healthy ducks!

And he thinks fishes very imprudent, to say the least, to be so constantly moving about in the terrible element!

Poor man, great sympathy is felt for him here, he is so sensitive, and our people are all wondering why the Lord didn't have mercy enough on him, and such as him, to "fix things" on men's backs, &c., so as to keep up a supply of this same oil so easily washed off! Strange oversight, warn't it?

The fact is, the learned doctor is given to compounds, and likes liniments hugely.

And we must all acknowledge that the morbid matter exhaled during long winter nights, when mixed with the oleaginous particles from the sebaceous glands, will make a beautiful "linimentum," and, if not washed off in the morning, will be equal to an extra coat in keeping the skin warm, and stopping up all the little holes in the skin, so that the person can't get any cold—"on to his witals!"

There is one man in the city here, who has had the impudence and daring to persevere in the use of daily bathing, notwithstanding the fulmination of the medical pope against it; ay, so uncatholic is this man, that he not only washes his ten children daily, but once or twice a week he soaps 'em all over with Babbitt's Cytherean cream, and then washes that off! If water is bad for oil, soap and water must be ternal bad!

Yet this man, who is considered "some" in these diggings, being no less a personage than the editor of the Chronotype—says that he has robbed, by this practice, a most terrible onslaught of the whooping cough of half its terrors, which lately attacked his entire brood, and that as far as he can see, they are just as oily as ever, and some of 'em more so! But Elizur's a heretic, so his testimony won't be allowed.

It is "terrible healthy" here yet, and the doctors look woful enough.

There is a doctor here in Winter street, who says that his patients have no right to send for a water doctor if they are burning up—and that a certain Water-Cure doctor in Franklin street, "is a ——— quack." So we go.

The appearance of your new Water-Cure library in our market has caused a great sensation. It is indeed beautifully got up, and seems well fitted to supply the great desideratum in the hydropathic world, hitherto felt.

The wonder is how you could do it so cheaply. I tell 'em it is a way that Fowlers & Wells have got into.

By-the-by, Dr. K. of this city, says he is a going to write a book one of these days that he means shall be a library in itself—a sort of encyclopedia of Water-Cure literature—a multum in parvo, and yet he thinks he shan't have a disease in it!

The doctor don't believe in names, you know, and thinks that all there is to say about the Water-Cure can be put into a very small book; but he thinks a good many books must be read first to enable one to understand it.

The Chronotype, which is next to the Journal as a

hydropathic vehicle, tell your readers, is in the field again with an extra hand at the quill, second to none for that business in the universe except Elizur.

The journal lately started in your city was unfortunate, very, in appearing at the same time with your double number in September—but that, with the slight exception of having nothing in it, was very good!

BROADWAY HOTEL, NEW YORK.

To the Publishers of the Water-Cure Journal.

GENTLEMEN:—As an act of justice, and as an offset to the unfavorable notice of the Chrono-Thermal work of Dr. Dickson, of London, in your number for September, I beg you to publish the following voluntary testimony in its behalf, showing that there is at least one intelligent hydropathist who differs from your reviewer. Your obedient servant, WM. TURNER, M. D., American Editor of the Chrono-Thermal System of Medicine.

GLEN HAVEN WATER-CURE, SCOTT, }
Cortlandt Co., N. Y., May 16, 1850. }

WM. TURNER, M. D.—Sir, I have procured and read Dr. Dickson's Chrono-Thermal System of Medicine, and have been greatly interested and instructed by it. As a physician, I am anxious to get all the light I can; and I candidly confess there is about the Chrono-Thermal philosophy a lucidness and simplicity that, *prima facie*, stamps it as truth. Will you, though I am a stranger, do me the kindness to give me the information I ask relative to the works of which Dr. D. is the author, and how many are republished in this country?

Connected as I am with an extensive Water-Cure establishment, and having, during the year, a large number of persons affected with chronic complaints, I have a fine opportunity to test the truth of Chrono-Thermalism. In numbers of instances I have found that the patients in this cure have their paroxysms, and intermissions, and remissions. I remain, sir, your obedient servant,
JAMES C. JACKSON.

It will be seen by the above that Dr. Jackson is simply an inquirer after truth. He cannot be expected to endorse that which he has not thoroughly examined. The note was evidently written without any thought of publication, yet we insert it by the request of Dr. Turner.

OUR EXCELLENT FRIEND, SAMUEL KEESE, of Peru, has done much to introduce the WATER-CURE JOURNAL into his neighborhood. Many "families at home" have been greatly benefited by the application of this system where he resides. Friend Keesee informs us that the mode of practice has been changed throughout the region where he resides since the water-cure has been tried,

IN SPARTA, MR. WM. BUNDLE has made up clubs of subscribers, and promises to place the Journal into the hands of every family in his neighborhood.

THE WATER-CURE IN LOUISIANA.—We extract the following from a private letter, recently received from a new convert in Louisiana: "We have no Water-Cure Doctors here, though I am trying to persuade my attending physician, to whom I pay \$500 per annum, to adopt it in some measure, but he is rather obstinate. My friend, the Bishop of this Diocese, spent a few days with me in July, and he strongly advised me to commence the water treatment with the negroes, as he had not used any medicine among his since October last. If I find after looking over the books you send me I can manage the treatment myself, I shall be apt to dispense with an Allopathic Physician: I have been attending closely to my people for nearly thirty years, and am tired of physic, seeing so many chronic diseases resulting from exposure after medicine."

In view of these facts, is it at all surprising that the Allopathic Doctors should try to shut down the gates, and keep back the Water-Cure? Is it not natural for a doctor even to "cry down" that which takes away his "bread and butter?"

CALOMEL FOR THE WEST.—One of our foreign exchanges reports the manufacture of Calomel, expressly for our Western States, by the admixture of nine parts of precipitated carbonate of lime with two parts of pure calomel. If the stories of the teaspoonful doses, which are said to be given by our western practitioners be true, their patients ought to be duly grateful to the French ingenuity which secures them in every dose so large a proportion of powdered chalk instead of mercury. A friend at our elbow suggests that so much lime being given in the calomel, may be the cause of the calculus habits of the western people, and furnish Dr. Dudley with his Lithotomy cases.—*N. Y. Med. Gazette.*

MANSLAUGHTER BY ADMINISTERING IMPROPER MEDICINES.—During the present term of the Supreme Court of Maine, at Wiscasset, there is to be tried a case in which the indictment has just been brought in against Dr. Charles Coffran, of Rockland, charging him with the crime of Manslaughter. It is said the Doctor prescribed and intended to administer an article of medicine deemed suitable and proper, and at the request of his patient, but by accident gave a different article, and death ensued in a few hours—the Doctor discovering his mistake too late. The Lincoln Democrat says Dr. Coffran is lately from Massachusetts, from whence he removed to Rockland, where he is well allied to families of respectability and influence.—*Boston Med. Journal.*

THE HUMAN EAR is so extremely sensitive, that it can hear a sound that lasts only the twenty-four thousandth part of a second. Deaf persons may converse together through rods of wood held between their teeth, or held to their throat or breast.—*Medical Times.*

TOBACCO POISONING.—The examination of John Hahn, grocer, corner of Leroy and Bedford streets, who was arrested a few days since on suspicion of having poisoned his family, was held yesterday before Justice Bleakley. Dr. Chilton, chemist, was examined, and stated that he had analyzed the tea which remained after supper, and found no mineral poison in it; it had, however, a taste of tobacco.—The two physicians who were called in, and administered at the time of the occurrence, testified that had the parties who were taken sick swallowed a little tobacco, the result would have been similar to that which did actually occur. The presumption is, that as a box of tobacco stood directly above the box from which the tea was taken, that a portion of it accidentally got in the tea. Mr. Hahn was therefore cleared from all suspicion, and honorably discharged from custody.—*City paper.*

A DISTRESSING CASE.—Lucas F., son of Rev. Amos Babcock, died in Holland, Mass., on the 8th inst., aged 22 years. For nearly five years the deceased lay without being moved an inch, or a change of clothes being made.—This could not be done without putting him in the greatest agony, and, in the opinion of about twenty physicians who were consulted, without causing death. The original causes of his painful condition was probably the shock occasioned by his making a mistep, or slide, on the brink of a precipice, where nothing but a small twig or bush saved him from instant destruction.

THE FRENCH ACADEMY.—This august body of medical savans has become famous for discoveries, none of which, however, prove of any value, except to the trade. The following paragraph proclaims the very latest novelty, which we have the best authority—common sense—for pronouncing scientific fudge:—

The French Academy of Science has appointed a commission to ascertain the remedial powers of a drug which, under the name of cedran, has been introduced for the cure of hydrophobia, and of diseases produced by its action upon the nervous system. It is said to have the property of counteracting the poison of the rattlesnake and all venomous reptiles.

SOUNDS.—There are about nine perfect tones, but 17,592,186,044,415 different sounds; thus, fourteen direct muscles, alone or together, produce 16,383; thirty indirect muscles, ditto, 173,741,523, and all in co-operation produce the number we have named; and these independently of different degrees of intensity.

HUMBUG.—The wet nurse humbugs the infant, as it rolls in its swaddling clothes in the cradle, by administering to it potations of "Godfrey's cordial" and doses of paregoric; the doctor humbugs his patients, by forcing into their stomachs "base compounds, that would kill a dog;" the long and red-

nosed shepherd humbugs his flock, by making them believe that he can teach them the language of the "unknown tongues;" and, since the world will be humbugged, and will pay the larger price to him who best succeeds in the scheme, why should not a patent Pill Doctor be allowed his legitimate reward!—*Exchange.*

A little clean water (cure) will enable the world to wash the cobwebs out of their eyes and stomachs so that they may see and avoid such cheats.—*W. C. J.*

THE WATER-CURE JOURNAL.—Teaches the art of living comfortably, pleasantly, and healthfully. This is an important art. To know it well, hundreds would give their all. How few there are, who are really in robust health, and full of vigorous life. Disease, slow, insidious, but yet certain of a final mastery, has a hold in the system of hundreds. This should not be. If we lived properly, and observed fully the laws of Nature and of health, we should never be troubled with an ache, a pain, or disease.—*Ohio Free Democrat.*

This is strong language, yet as true as it is strong. The Water-Cure Journal is intended to teach people how to prolong life, as well as to cure disease.

A NEW VOLUME OF THE WATER-CURE JOURNAL will be commenced on the FIRST OF JANUARY, 1851. It is now a good time for our friends to make up clubs of old and new subscribers, and send in for volume ELEVEN (XI). May we not hope to renew the agreeable acquaintance of our present SUBSCRIBERS, and form MANY NEW ONES? We leave this entirely in the hands of our friends. We shall endeavor to make the WATER-CURE JOURNAL an INDISPENSABLE "monthly FAMILY VISITOR," adapted to the wants of EVERYBODY. FRIENDS, what say you? May we hear from you AGAIN?

THE WATER-CURE JOURNAL.—This excellent publication is becoming more valuable and interesting with every issue. The information contained in a single number alone is worth the price of subscription for a year, which is only one dollar.—*Ulster Telegraph.*

According to this estimate, the Journal is worth TEN TIMES more than is asked for it, yet we have been assured by hundreds of our subscribers that they have been saved five, ten, twenty, fifty, and a HUNDRED times the cost of the Journal in a single year, not only in doctor's bills, but in HEALTH.

IN STEPHENTOWN, [and out of it,] Mr. Wm. CLARK has canvassed for subscribers. We doubt whether anything that even smells like "cod-liver oil" can be found where he has been. "CLUBS ON CLUBS" have been heaped in upon us, until we have now about "a cord" on hand. We expect to hear from him again.

THE WATER-CURE "AT HOME."—Our readers, of all classes, cannot fail to appreciate the practical lessons contained in this and preceding numbers.

THE TWO SYSTEMS—A CONTRAST.—A GENTLEMAN from Illinois writes us as follows:—"I am one of the regular M. D.'s, or was brought up in that school. In my practice I have met with a large number of cases of the African fever, Cape De Verd Island dysentery fever, and the West Indian yellow fever, some of which we treated regularly, and some hydropathically, and the result was this: of the regular practice ten per cent. cured,—of the hydropathic treatment ninety-seven per cent. I made an estimate of four years practice, during which time I had under my charge five hundred and ten cases. Since I have been in the West, I have had a large number of cases of chronic rheumatism, dysentery, cholera, and fevers of different type, all of which I have treated successfully with water. I have never lost a case."

What say our allopathic friends to this? Facts and figures like these should be convincing to all reasonable minds.

A QUESTION TO THE REGULAR PROFESSION.—Why is it that clerks, and other persons engaged in drug stores, become effeminate, lose their health, and die prematurely? We are acquainted with several young men who have been compelled to leave this drug business, and engage in other employments, on account of declining health. Is there anything poisonous in drugs when *not* taken into the system? Will our friends the allopaths answer? Perhaps a little "cod-liver oil" would do them good. Have they ever tried it?

LECTURES ON THE WATER-CURE.—Those of our friends who are now engaged, or about to engage in lecturing on this subject, would do well to send in programmes, to be published in the Journal, giving all necessary particulars, as to time, place and so forth. We hope every Water-Cure Physician will become a public lecturer, especially during the winter. Let all school-houses be converted into evening lecture-rooms, where parents and children may learn to be HEALTHY, HAPPY, AND WISE.

EXTRAORDINARY.—A man who died recently at the Commercial Hospital, at Cincinnati, from a gunshot wound, survived sixty-eight hours after the ball had passed through the right auricle of the heart! This is certainly a remarkable phenomenon in the history of surgery. Upon a *post mortem* examination, the ball was found lodged in the spine, after having passed through the edge of the lung.

MR. S. F. CURTIS, who has sent us several clubs of subscribers for the present volume, amounting to upwards of A HUNDRED, kindly proffers his services for the coming volume. He has placed us, and each of his subscribers, under great obligations. We hope every one will be prompt in renewing their subscriptions for 1851.

BE GOOD-NATURED.—The finest cosmetic that we know of is early rising, exercise in the open air, temperance in eating and drinking, cleanliness, and last, though not least, perpetual good humor. Keep your face with a smile on it, as smiles are easily implanted by cultivation on the human countenance. This is purely hydropathic.

ANOTHER FATAL MISTAKE.—Miss Anna R. Nell, of Philadelphia, a lovely young lady, died last Thursday, from the effects of a large dose of morphine. The apothecary's clerk made a mistake in giving morphine for *quinine*.—*Exchange*.

OUR JANUARY NUMBER will be sent to all whose subscriptions expire with this number, yet the Journal will only be continued to those who re-subscribe.

Our terms being payable in advance, it will be well for all, who intend to renew their subscriptions, to do so as soon as may be convenient after the reception of this number.

ALL SUBSCRIBERS will do well to read our answers to correspondents—all will be interested in them.

NOTICES.

A NEW PREMIUM FOR 1851.—Who will have it? We have concluded to offer the following premium to those—friends and co-workers—who take pleasure in advancing this good cause by devoting a few days in the year to obtaining subscribers for the Journal.

EVERY PERSON who obtains FIFTY SUBSCRIBERS for the TENTH VOLUME of the Water-Cure Journal, for 1851, and sends us \$25 00, shall receive Fifty Copies of the Journal one year, and a complete set of the NEW WATER CURE LIBRARY, in seven large 12mo. volumes, beautifully bound, in substantial Library style.

TO THOSE who obtain ONE HUNDRED subscribers, during the year, and send us \$50 00, we will send one hundred copies of the Journal, and Two complete sets of the Library and one hundred copies of the Water Cure Almanac for the year 1851.

TO THOSE who obtain Twenty Subscribers, and send us \$10 00, we will send twenty copies of the Journal one year and 50 Water-Cure Almanacs.

These premiums have already been secured by several of our LADY FRIENDS, who make it their business, when they go out visiting, to take a PROSPECTUS with them, recommend the Journal, and obtain subscribers. In this way large clubs may be raised in every neighborhood.

To those who feel interested in the advancement of Hydropathy, the time necessary to obtain a club of subscribers would

hardly be felt, while they would not only enrich themselves, but confer a boon on their neighbor which would be so highly prized as never to be forgotten. We repeat then, Who will accept this premium?

WHAT WE WANT.—In order to wash away "*Cod Liver Oil*," *Drugs*, and the heaps of *Pills*, together with the tubs, barrels, and bottles of "*slaps*," including all the "*Sarsaparillas*," "*Expectorants*," "*Medical Fluids*," and other whisky, rum, gin, and brandy "mixed up fixings," is simply to place the *Water-Cure Journal* into the hands of every family where these foul nostrums have been used. A single "sample number" is usually enough to "open the eyes" of all sensible people. THE *WATER-CURE JOURNAL* has declared war against all this "foul quackery," by which the *health, purses, and lives of thousands* are yearly sacrificed. Come, friends! Will you not aid us in this good work? A few "clubs" of the right sort will make a scattering among the medicine shops, like "a prairie on fire!"

In order to meet the wants of numerous friends and water-practitioners, the publishers, on receiving a remittance, will obtain any article that may be desired, such as *Surgical Instruments, Syringes, Lecturing Apparatus, Physiological and Anatomical Drawings and Figures, Skeletons, Medical Works, Bathing Fixtures*, or whatever may be wanted. These articles may be sent as freight, or by express, wherever desired. It will be necessary, in all cases, to remit with the order, as such goods cannot be obtained on credit or commission. All post-paid applications to the publishers of the *WATER-CURE JOURNAL* will receive prompt attention.

No, Sir!—We have been offered \$100 a page, to advertise a certain celebrated (of course,) *Compound Patent Medicine*, in the *WATER-CURE JOURNAL*. We politely informed the distinguished chap, that it would cost him more than he was worth, (\$100,000, which he had fished from the pockets of suffering invalids,) to obtain the desired space for advertising in the *WATER-CURE JOURNAL*. The "*Regular*" medical (not Health) Journals jump at the chance of advertising these quack nostrums—*Cod Liver Oil*, and other like *Remedies*(?).

INSTEAD OF THREE HUNDRED AND EIGHTY-FOUR PAGES, which were promised, the publishers have given their subscribers FOUR HUNDRED AND FORTY TWO, besides nearly fifty pages containing advertisements. In our next volume, commencing January, 1851, we shall give each subscriber about A THIRD MORE READING MATTER than the present year, and all this, without increasing the price. Is not this liberal? Then pile up the "CLUBS."

OUR TRAVELING AGENTS are all supplied with *engraved certificates*, which they will exhibit whenever they solicit subscriptions from strangers. Local or VOLUNTARY AGENTS will need no certificates, as they are supposed to be well known where they reside. We hope all present subscribers will become volunteer co-workers in extending a knowledge of our inestimable and blessed *WATER-CURE*.

SAMPLE NUMBERS.—We are frequently requested to send sample numbers, of a particular date, when it is impossible for us to do so. We shall, in all cases, comply with such requests, when we can. Usually, we print an extra number of copies, for this special purpose. We shall be glad to receive the names of persons residing in different parts of the country, to whom we will freely send SPECIMEN NUMBERS.

THE *WATER-CURE JOURNAL*.—This popular Journal maintains its character for useful and practical information. It is rich in essays, advice, incidents and miscellany, that, in a literary point of view alone, would do credit to a quarterly. No family should be without this monthly Journal. Fowlers & Wells, N. Y., Publishers.—*The Republic*.

GOLD DOLLARS.—Where small current Bank-notes cannot be obtained, it will be found perfectly safe and convenient to enclose and remit, at single letter postage, Gold Dollars, Half, or Quarter Eagles. These pieces should be secured to a thin card, or slip of paper, with sealing wax, or by a thread, before enclosing in the letter. This will prevent the piece from slipping out.

SPECIFY.—When our friends, co workers, and agents send in their names, it will be well to specify, as follows, "FOR THE *W. C. JOURNAL*," as the *PHRENOLOGICAL JOURNAL*, and the *STUDENT*, are published at the same office, at the same time, and at the same price. Hence the necessity of SPECIFYING.

HOW TO OBTAIN SUBSCRIBERS.—One of our most successful Traveling Agents writes us that he finds no difficulty in obtaining subscribers where the Journal is known, and where it is not known he leaves a sample number, for examination in the evening, and when he calls in the morning there is seldom a moment's hesitation about subscribing.

COLLEGES AND PUBLIC LIBRARIES will be furnished with our Journals at CLUB PRICES.

IN TERRE HAUTE, IND., W. H. BUCKINGHAM has a stock of our publications for sale, at New York prices

TO CORRESPONDENTS.

NOTWITHSTANDING the extra number of pages which we have published during the present year, we have many very valuable communications on hand, which we have, thus far, been unable to make room for. They will all appear in our next volume.

MORE SNAKES AND RAW WHISKEY.—C. B. D., of Mobile, writes:—"Permit me to say in relation to your remarks respecting the use of whiskey for snake bite, in a late number of the *Water-Cure Journal*, that it is not exactly *Water-Cure* fashion to treat a remedy with ridicule, without proposing a better cure. This cure you do not propose.

"Whiskey is a common remedy where the snake abounds. I traveled a short time ago with a gentleman from Texas, who told me he had cured three of his children who had been bitten by rattle-snakes, by the use of whiskey. Many others have told me of cures by the same means."

No, sir, we don't treat "remedies," but *snakes* with ridicule. Here is the explanation, Mr. D. The great majority of persons who are bitten by many kinds of venomous reptiles are not poisoned at all. This is especially true of rattle-snakes and mad dogs. Hence the great variety of popular remedies which have been supposed to cure. Among those who are poisoned, a majority are but slightly affected; hence whatever is used is sure to cure. The chances are about four to one that anything and everything will cure, because three-quarters will live with or without rum, whiskey, or other specifics. But when the snake or mad dog is in its best or worst condition for poisoning, and gets a good or bad, deep bite, and the condition and the blood of the person bitten in a bad state from unhealthy

habits of living, among which may be reckoned the use of rum, whiskey, and all other alcoholic stimulants, then will rum, whiskey, and all the other vaunted specifics fail utterly.

The best remedial resources are compression, cauterization, excision, suction, &c., locally, and for general treatment, we should have more confidence in warm bathing and the wet sheet pack than in all the nostrums of all the pharmacopias—for we have none at all in these.

S. H., MILWAUKIE, WISCONSIN.—“Will you be kind enough to inform a suffering piece of humanity what processes of the Water-Cure will relieve the fever and ague?” Yes, sir, all of them. A recent case wants a few days vigorous packings and wet sheet rubbings; but an old case complicated with congested spleen, enlarged liver, general debility, and drug poisons, as is usually the case, often requires several months to make a perfect cure. The paroxysms may be soon stopped, but the whole system needs renovation. A daily packing, one or two sitz baths, a rubbing shallow or half bath, with the long continued use of the abdominal bandage, constitute the outlines of a pretty thorough course of treatment, to which may be added, plain, unconcentrated and rather abstemious diet. The douche is usually highly valuable where there is not much nervousness.”

W. R. S.—Is there any perceptible difference in a person's health whether he wears his hair long or cut short, and if so, what?

What are the physiological effects of cutting the beard?

Our judgment is thus made up. It seems to be the natural state to have long hair and a long beard. The natural state is the healthy one, hence the most vigorous. Any deviation from the organic law must impair, to some extent, the physiological integrity. In the case proposed, the effect, we suppose, is slight; still it is something. Probably under the artificial habits of living which prevail throughout civilized society, short hair may be best for the head, on the principle that one evil may counteract a greater. Almost everything in our eating and drinking, and working and thinking, tends to overheat the head.

MINERAL WATERS.—P. P. L., WASHINGTON, ILL., asks, “Is the hard lime water of the West suitable for all hydropathic purposes? Would sulphur water be good?” So far from hard lime-water being suitable for *all* hydropathic purposes, it is suitable for *none*. Ditto of sulphur water; and ditto of all mineral or impure waters. The only rule for hydropathic purposes is very plain and simple. The purer the water the better. Hard water is better than none, however. River and rain water should be provided for *all* drinking and remedial purposes where pure soft WATER springs are not found. The above correspondent remarks:—“The more I see of the medicine system, the less I wish to see of it.” Such is the sentiment of all who perceive with the understanding as well as see with the eye.

N. K., COLLINS CENTRE, is informed that we cannot give consultations or full directions for home treatment in the brief space allotted to these answers. We can answer incidental questions, and give specific information on particular points of practice, but those requiring full instructions for a course of home treatment should consult a hydropathic physician through private correspondence, not forgetting the usual fee of \$5.

HEMIPLEGIA, OR PALSY OF ONE SIDE.—G. A. R. ought to apply the full hydropathic system, both as to water and regimen. The wet pack followed by the dripping rub sheet, and a moderate douche applied principally to the spine, are the leading measures. The wet girdle should be worn some time around the abdomen. Friction with the bare hand after each bath by a strong armed attendant would be highly advantageous. The diet should be mainly unboltoned grain and fruits.

C. M. WARREN, R. I., wants to know what sort of a morning bath is best in a case of extreme torpor of circulation, cold hands, &c., complicated with a humor in the face? The douche for one minute or the rubbing wet sheet would be the best; but in almost all skin diseases, a course of packing followed by tepid or cool, not very cold, half or plunge baths, is requisite in making a complete cure.

W. P., RICHLAND, MISS., asks what rule should govern, as to the length of time a patient should remain in the wet sheet? The general rule is a comfortable glow or sensation of warmth over the surface. Of course this rule must be varied to suit the indications of the disease, and the condition and susceptibilities of the patient.

TO HYDROPATHIC PRACTITIONERS, (in Brooklyn, our sister city.)—Many friends of the Water Cure have expressed a desire that some Hydropathic practitioner should locate in their midst. A large number of the citizens are beginning to tire of poisons, and are ready to “throw physic to the dogs.” Who will go?

H. B.—The newspaper to which you refer is totally unworthy your notice, or money. It is an old trick with old rogues who either give the public assumed names, or, as in the present case, no names at all. They are old foxes. Look out for them.

J. S. E.—Must drink nothing but water; abstain entirely from tobacco and meat—at least for a season. Live on coarse food. Bathe freely, especially the parts affected. The Sitz bath ten minutes morning and evening would be beneficial.

DR. P.—Will accept our thanks for his interesting article in relation to the Death of General Taylor. We should be pleased to give it a place in the Journal, had not several articles on THE same subject already appeared.

HYGEAR.—Your article was duly received. The same ideas having already appeared in the Journal, we have concluded to decline it. Can you not send us something *new*? Please give us your P. O. address.

A. S. A.—Your first was not received by the publishers of this Journal. The second has just come to hand, and will appear in our next. It is excellent.

A DIRECTORY.

ADDRESS OF HYDROPATHIC PRACTITIONERS.

R. T. TRALL, 15 Laight street, New York.
T. L. NICHOLS, 87 West 22d street, New York.
R. S. HOUGHTON, 8 West 11th street, New York.
JOEL SHEW, cor. 12th st. and University place, N. Y.

E. A. KITTRIDGE, Boston, Mass.
 SETH RODGERS, Worcester, Mass.
 CHARLES MUNDE, Northampton, Mass.
 DR. HALL, Northampton, Mass.
 E. E. DENNISTON, Northampton, Mass.
 M. W. GRAY, Springfield, Mass.
 HUBBARD FOSTER, Lowell, Mass.
 DR. HOYT, Athol, Mass.
 B. WILMARTH, Melrose, Mass.
 W. FELCH, North Adams, Mass.
 C. FARRAR, Waterford, Maine.
 T. HAYNES and GEORGE TAYLOR, Concord, N. H.
 C. R. BROADBENT, Providence, R. I.
 DR. WESSELHOFF, Brattleboro', Vt.
 W. A. HAMILTON, Saratoga Springs, N. Y.
 DR. STEADMAN, Richford, N. Y.
 DRs. JACKSON and GLEASON, Glen Haven, N. Y.
 DR. BEDORTHA, New Lebanon Springs, N. Y.
 PHILIP ROOF, Cooperstown, N. Y.
 O. V. THAYER, Pitcher Springs, N. Y.
 HENRY FOSTER, Canandaigua, N. Y.
 DR. REUBEN, Utica, N. Y.
 DRs. GREEN and FULLER, Castile, N. Y.
 J. F. BURDICK, Lansing, N. Y.
 DR. POTTER, Oswego, N. Y.
 N. STEBBINS, Clinton, N. Y.
 S. CURTISS, Verona, N. Y.
 DR. CHRISTIE, Manheim, N. Y.
 MENDELL & RANEY, Augusta, N. Y.
 F. D. PEIRSON, Tarrytown, N. Y.
 P. H. HAYES, Cuba, N. Y.
 DR. WEDER, Parkeville, N. J.
 C. H. LORENZ, South Orange, N. J.
 C. C. SHIEFFERDECKER, Willow Grove, Pa.
 S. MATIN, Gettysburg, Pa.
 DR. ACKER, Phillipsburg, Pa.
 S. M. EBY, Ephrata, Pa.
 DR. SEELYE, Dayton, Ohio.
 T. T. SEELYE, Cleveland, Ohio.
 B. THOMAS, Harrodsburg, Ky.
 T. C. COYLE, Milledgeville, Ga.

This list will be continued, and other names added, in future numbers of the WATER-CURE JOURNAL for 1851.

VARIETY.

A HOOSIER IN BOSTON. NOW DON'T LAUGH.—The editor of the Cincinnati Inquirer, writing from Boston, tells the following story:

Western folks feel in this city as though in a strait waistcoat, for their personal liberty is so hedged in, that freedom of action is gone. Those addicted to smoking especially, feel twice the desire to promenade the streets, cigar in mouth, from the bare fact that the enemies of the fragrant weed have forbidden its use in the streets of Boston. I hear of an excellent anecdote of the adventures of a live Hoosier in this city, which illustrates the municipal regulations of this city, better than a

book. After a good dinner at his hotel, he ignited a cigar, and started out for a stroll. After a few steps a policeman tapped him on the shoulder, and informed him that the penalty was two dollars for the offence of smoking. He promptly pulled out a five dollar bill and received three in change. Proceeding on his walk in a few minutes, he next met a beggar girl, who asked for something to eat. Recollecting that he had the remains of a hunk of gingerbread, the peculiar diet of Hoosierland, in his pocket, he generously proffered it to the mendicant. Again was he tapped on the shoulder by the policeman, and told it was against the laws of Boston to give away offal, as it all belonged to the city. For this grave offence the three dollar bill was drawn out, and when the policeman tendered one in change, it was refused by the Hoosier, with the cool remark, "No, keep it. I shall want to whistle in a few minutes."

THE SCOLDING FAULT-FINDER.—We suppose the JENNY LIND CRITIQUE fancies that Hercules and Samson lacked strength, that Hannibal and Napoleon were rather poor warriors, that Shakespeare and Milton were tolerable poets, that Cicero and Patrick Henry were tame speakers, that Raphael and Alton were very ordinary painters, that Mozart and Beethoven were only passable composers of music, that Washington and Madison were rather poor statesmen, that Columbus and Cabot were not venturesome navigators, that London and Paris are not large cities, that Chimborazo and Himalaya are not tall mountains, that the Missouri and the Amazon are not long rivers, that Jenny Lind is only an ordinary singer, that the Water-Cure don't amount to much, and that the sun is rather a dim sort of spangle on the vault of heaven after all. Thus are these puppies continually whining, never satisfied. What a pity that they could not be removed at once, to a more congenial sphere than this world affords.

"Who made you?" inquired a lady teacher, of a great lubberly boy, who had lately joined her class.

"I do' know," said he.

"Not know? You ought to be ashamed of yourself. A boy fourteen years old! Why, there's little Dick Filton—he's only three—he can tell, I dare say. Come here, Dickey; who made you?"

"Dod!" lisped the infant prodigy.

"There!" said the teacher triumphantly, "I knew he'd remember!"

"Well, he oughter!" said the stupid, "'tain't but a little while ago since he was made!"

Of course the Boston Pathfinder tells this story, which paper has found out a great many other curious things besides *paths*. Where's Mrs. Partington? Does she continue to take—the Water-Cure Journal?

JENNY LIND, OR THE INFLUENCE OF BEING LOVED.—"All around my room," she says, "are friendly tokens of heart-warmth—gifts from this, that, and the other friend, are constantly coming to me, like roses dropped by unseen hands guiding me through a wilderness path, into my Father's mansion. But why do I mention these things? From vanity? Nay, verily; for I am often humbled to tears to think how much I am loved, while thousands, *far nearer to God*, pass on their thorny way uncheered by love and blessing. But it came into my heart to tell you how much these things help one to be good; and therefore, in sincere humility, do I confess that if I am less guilty than some of my human brothers, it is mainly because I have been beloved."—*Life Illustrated*.

RAILROAD AND STEAMBOAT EXCURSIONS.—Mr. Burr, of the "Seven Mile Mirror," has established a "new wrinkle" with the traveling public, namely, getting up "cheap excursions." It is not long since Mr. Burr induced several hundred of the citizens of Boston to take a pleasure trip to Montreal and back, at reduced prices. The following, from the N. Y. *Courier and Enquirer*, illustrates this new wrinkle: "An excursion from Burlington, Vt., is on foot [on the railroad] for attending Jenny Lind's concert to-morrow night. Six hundred seats (the whole second tier) have been engaged, and, by an arrangement with the railroad and steamboat companies, seven dollars pays the whole expense." This may be called traveling and attending concerts "BY WHOLESALE."

ADVANTAGES OF TRAVELING.—"Much of the bigotry, and most of the lowest and meanest class of popular prejudices, are dispelled by frequent intercourse with strangers. Traveling polishes the manners and knocks the nonsense out of a man, (if any thing will do this latter thing) more effectually than any other agency." Thus says the Boston Transcript, and it is as true as the "Water-Cure." No man's education should be considered complete until he has studied *geography practically* by traveling over the country in which he lives. To become acquainted with the manners and customs of "the people," every man must travel.

SWORD CANES, AND OTHER PRIVATE WEAPONS.—Of all the most cowardly and contemptible means of "self defence," are those resorted to by this class of "noble braves," who strut about like Tom Tinkers. These fellows, conscious of their MEANNESS, thus "arm themselves." Were they MEN, they would rely on their MANLINESS to overcome and subdue an unjust opponent. Now, boys, we admonish you, throw away your sword canes, pistols, slung shots, and determine to do right yourselves, and you need have no fears, especially in any civilized country.—*Franklin*.

THE NEWSPAPERS IN NEW YORK AND NEW ENGLAND.—From a list of newspapers published in Boston, we learn that there are printed in Maine, 53; New Hampshire, 85; Vermont, 39; Massachusetts, 177; Rhode Island, 41; Connecticut, 46. Total in New England, 271. In New York State, 460.

According to this statement, there are 89 more newspapers published in the single State of New York than in all New England.

What are the facts in regard to other publications? We are aware that New York is a very great State, yet hardly credit this statement.

DANGEROUS.—A young man having cut his finger, sent for a physician, who, after examining the wound, requested his servant to run as fast as possible, and to get him a certain plaster.

"Oh my!" cried the patient, "is the danger so great?" "Yes," was the reply, "if the fellow don't run fast, I'm afraid the cut will be well when he gets back."

BURR's famous Mirror has been visited by upwards of a hundred thousand persons during the past few months.—*Boston Transcript*.

We hope Mr. Burr will bring that "Mirror" back to New York, after all the "down East" Yankees have done looking at it. Has Mrs. Partington yet expressed herself in regard to the merits of this SEVEN MILE MIRROR? If she hasn't she ought to.

PATENT MEDICINES!!!—"Joy to the Vegetable Killer, for the instant cure and entire eradication of all pain. Internal or external remedy. No matter where the pain, or of what nature, this will reach it." No doubt of it; and we advise those who wish to be "cured"—removed from all pain—to take about a quart of this "killer." If that don't "do the job," why they had better just swim over, Niagara Falls, that's all; well it is.

GRAEFENBURG MEDICINES! GREAT DISCOVERY!! MOST TREMENDOUS EXCITEMENT!!!—Cod Liver Oil Candy beaten all to pieces. When any thing is the matter, only rub on a little Graefenburg "intment," and a sure cure, or no pay. Only 25 cents a box for pure, genuine Elixir of Graefenburg. Everything in the patent medicine line for sale cheap. Second-hand pill boxes taken in exchange.

THE "Catholic Annual Register" for this year gives a list of seventy clergymen who have left the English Church and joined the Roman Catholic religion.—*Courier and Enquirer*.

Why don't the "Catholic Register" tell how many Catholic clergymen have left the Catholic Church and joined the Protestant? We should like to see both sides of this interesting picture.

If you wish to become a great man in this world, you must make a noise. Modest men stand no more chance of success than does a bob-tail horse in fly-time. It is not the shepherd, but the sheep with the bell, that the flock follows. Again we say, "go in lemons" and make a splash.

A WAY THEY HAVE DOWN EAST.—Some of the women at Jenny Lind's last concert in Boston, fainted, and were taken into her apartment, where they received her personal attention. It was well that this was not announced at the time, or half the men would have fainted too. Not a doubt of that.—*People's Journal, Oregon*.

THE HAPPY PAIR.

Says Dick to Jack, "Your neighbors say, You wrangle with your wife each day."
"Poo, poo," says Jack, "they only joke, 'Tis now a fortnight since we spoke."

"I AM tired," said the big wheel to the little one. "Who spoke?" said the little wheel to the cart. "Not me—I always hold my tongue," said the cart, turning round the corner.—*Boston Post*.

The fellow who wrote this is not "up to the Ash." A cat never has a tongue.—*Baltimore Sun*.

HE FIXES 'EM.—A quack advertises to cure, among other incurable diseases, Marcorbozzaria, Abdelkader, Hippopotamus, Potato Rot, Hydrostatics, Inflammation of the Abominable Regions, Ager, and all kinds of Anniversaries, by means of the Concentrated Extract of Elliceomfunnel, compounded with cod-liver oil, on scientific principles.

PRESIDENT HITCHCOCK, of Amherst College, returned from Europe in the steamer America, last week. On his arrival at Northampton, he was met by a body of the citizens and the students, and welcomed by a speech.

A SPLENDID PREMIUM.—A Western Editor—of course—offers to supply the GREATEST NUMBER OF PAPERS to the man who sends him the greatest sum of money!!

"WHAT is your age, miss?" inquired a census canvasser, of a young lady about sixty, in the rural district, the other day. "What's that to you, Mr. Impertinence?" said the fair one, drawing up and exhibiting a formidable *chouaux de frize* of broken teeth. "It is a very unpleasant question, but it must be asked. What age shall I place you at? twenty, I should think." "Yes," said the old girl, completely mollified, "I think I was twenty last spring"—and the gratified damsel invited him to take dinner and call again before he left town.

BLUSHING is occasioned by an increased action of the heart, from excitement, or emotion of any kind; there is consequently no means of preventing a suffusion, which, is, generally speaking, much more distressing to the sufferer than actual pain.

A NEWSPAPER, in puffing a quality of Fire safes, says that a rooster was put into one during an unprecedented hot fire, and when he was taken out, he was frozen to death. [The *Cayuga Chief* tells that.]

BETTER spend our time in trying to make this world a happier one, than in quarreling about its blessings. Heaven wouldn't suit a fault-finder.—*Ibid.* [Allopathic doctors, do you hear that?]

TIGHT boots and shoes are the most perfect inventions that the genius of man ever devised as instruments of torture; but fashion wills it, and they are endured.

It is not known from whence we first received the cultivated apple. In the report of the London Horticultural Society, the names of between fourteen and fifteen hundred varieties may be found.

BOOKS give the same tone to our thoughts and way of reasoning that good and ill company do to our behavior and conversation, without our even being sensible of the change.

It belongs to little minds, and such as move in a narrow sphere, to be decided and opinionated. The farther we extend our progress in life, and the more we observe upon society at large, the more cautious do we become of pronouncing judgment on others.

"I AM like Balaam," said a dandy, on meeting a pretty girl in a passage, "stopped by an angel." "And I am like the angel," said she, "stopped by a—JOHN DORKEY."

"WIFE," said a married man, looking for his boot jack, after she was in bed, "I have a place where I keep all my things, and you ought to know it." "Yes," said she, "I ought to know where you keep your late hour."

MR. FROST saw a pretty Flower and sought to marry her, "Wilt thou," said MR. FROST, and the Flower *wilted*. [So says the *Cayuga Chief*.]

MUSCAT WINE is very hurtful. "Mue" is the Latin for mouse. Only just think of a "mouse" and "cat" in full chase through your intestines.—*Busy Bee*.

THE doctor who operates for "cataracts" is going up to Buffalo, to see if he can't do something for Niagara.

A MOTHER having told her little son never to say fat at the table, but *gravy*, the next day he saw a large man going by, and exclaimed, "Mother, there goes a *gravy* man."

"SHON," said a Dutchman, "you may say what you please 'bout pad neighbors: I have had to worst neighbors as never was. Mine pigs and mine hens come home mit de ears split, and todder day two of them *come home missing*."

"PRONE to wander, Lord, I feel it," as the schoolboy said when the master was administering to him a dose of the oil of birch for staying away from school.

AN extraordinary surgical operation was lately performed, which resulted in the complete removal—of the patient to another world. The physician is doing well.

SOME "bottle-nose whales" have been seen off Ireland. It is but fair to infer, then, that they were pointing their noses towards Cork.

THERE is a dog in Roxbury, Massachusetts, who has acquired the habit of chewing tobacco. He is shunned by all the decent dogs of the neighborhood.

REGULAR RASCALITY: Giving poison to a poor fellow-human.

SOMEBODY calls quack doctors "the drivers of the last stage of consumption."

BOOK NOTICES.

LECTURES ON HYGIENE AND HYDROPATHY. By R. S. HOUGHTON, M.D. To which are prefixed the Constitution and List of Officers of the Hygienic and Hydropathic Association of Physicians, and Surgeons. New York: FOWLER & WELLS, Publishers. Mailable, price 25 cents.

Those who have read the articles by Dr. HOUGHTON, published in this Journal, will be enabled to appreciate the merits of these LECTURES. The *practical utility* of the Water Cure is established by the most profound arguments, and the usual objections carefully examined, and, of course, refuted. Our friends residing at a distance, who could not attend these lectures, will rejoice in perusing them, at their leisure, and at home.

The universal diffusion of these Life and Health principles should be, and *is*, the pleasure of every well-wisher to the advancement of the WATER-CURE. The work under notice will prove a successful auxiliary in promoting this great and good cause.

LECTURES ON THE GENERAL RELATION WHICH SCIENCE BEARS TO PRACTICAL AGRICULTURE. Delivered before the New York State Agricultural Society by JAMES F. W. JOHNSTON. With notes and additions. C. M. SEXTON, N. Y. Price 50 cents.

The time has been when such a thing as reading a book to obtain instruction as to how to till the earth was looked upon as the height of folly.

But the world is progressing, and it is now beginning to be understood that Agriculture and the Sciences, generally, and those of Chemistry and Geology in particular, are inseparable and—other things being equal—the more a person knows of these the more successful he will be as an agriculturist.

Many have been, and many more will be, farmers all their lives without having the least idea that they know anything about these things. They have learned by observation that by making certain applications to their land their crops are increased—but know nothing of the rationale of the matter. To such as these we would particularly recommend these Lectures, assuring them that therein they will find matters both useful and pleasing. If it is true—and who doubts it—that he who makes two blades of grass grow where only one grew before is a public benefactor, how much more so is he who shall make the barren plain bloom like a garden. We can speak no higher of the book than to give it our hearty approval, to recommend every one, whether farmer, merchant, or mechanic, to obtain it.

ANNUAL ANNOUNCEMENT OF THE HARRODSBURG FEMALE ACADEMY, HARRODSBURG, KY. ELEVENTH SESSION.
Published by the Academy, 1850.

This institution appears to be under the direction of an able board of managers. JOHN B. NEWMAN, President of the Faculty, is Professor of Mathematics and the Natural Sciences, MISS CAROLINE L. PIERSON, MRS. SARAH E. GRAY, MRS. REBECCA A. NEWMAN, and MISS EMILY SANFORD, are teachers in the different departments. Besides these, professors of Moral Science, Philosophy, Political Economy, the Languages, and Music, are employed.

"Popular courses of lectures are delivered by the several Professors, in connection with the text books on Botany, Geology, Physiology, Chemistry, &c. In addition to the apparatus now belonging to the Institution, a new and ingenious series of illustrations for the first three sciences is preparing, which is expected to be superior to anything of the kind in the country.

"The Twelfth Session of the Institution opens on the first Monday in November, and continues twenty weeks, recommencing after a recess of two weeks, and ending the first week in July.

"The Mineral Springs of Harrodsburg make it the principal watering place of the West. Dr. Graham's village for accommodating the summer visitors to his Springs fronts the southern portion of the Academy grounds."

THE AMERICAN JOURNAL OF INSANITY, published by the N. Y. State Lunatic Asylum, Utica.

The October number of this valuable Quarterly is received, and contains, if possible, more than its usual amount of interesting matter. Among other valuable papers is a Review of the Report of Hospitals for the insane in the different States, which gives at a glance the regulations, modes of treatment, numbers admitted and discharged, &c., &c., in the different institutions. We are glad to see that Dr. BECK has consented to edit the ensuing volume, and feel assured that under his direction it will not depreciate in value.

THE PATENT OFFICE REPORT FOR 1849.—Part 1. Arts and Manufacturers. Washington: Office of Printers to the Senate. 1850.

We have received a copy of this work from MR. EWBANK, the Commissioner of Patents. It is neatly got up as respects the mechanical execution, presenting a favorable contrast with the very slovenly public printing done at Washington for a few years past.

We have in this volume a vast mass of valuable statistics relating to all the leading interests of the United States. Every branch of industry is covered, and so arranged as to be readily referred to by every one.

We think it would be a good investment for some enterprising publisher to put an edition of this to press, for general and universal circulation. We think every farmer and every mechanic should have a copy.

SECOND REPORT OF THE CHICAGO RETREAT FOR THE INSANE By EDWARD MEAD, M. D., Superintendent and Physician.

Will Dr. MEAD have the kindness to forward us a copy of this Report?—**WATER-CURE JOURNAL.**

VALA; A MYTHOLOGICAL TALE. By PARKE GODWIN.
Putnam, Publisher; and Duggan, Walcott, Rositter, and Hicks, illustrators.

Such is the title of one of the most beautiful, the most interesting, and the most hopeful Tales that we ever perused. It will make happier those who read it, or hear it; a most charming present cannot be selected from amongst the Holiday Gift-Books.

OTHER BOOKS, which have been sent us, will be examined and noticed in forthcoming numbers; a want of time and room prevents at present.

NOTICES TO SUBSCRIBERS.

VOLUME ELEVEN OF THE WATER-CURE JOURNAL will commence on the first of January, 1851. The terms will be, for a single copy, \$1 00 a year in advance. In CLUBS, five copies for \$4 00, ten copies for \$7 00, and twenty copies will be furnished for \$10 00.

A FEW MOMENTS TIME is usually enough to convince every reasonable person of the great superiority of the water cure, system over that of all others; a complete knowledge of which may be obtained through the **WATER-CURE JOURNAL.**

FINALLY, it is believed that a greater blessing cannot possibly be bestowed on the human race, than the universal diffusion of the **LIFE AND HEALTH PRINCIPLES** advocated and taught in the **WATER-CURE JOURNAL.**

THIS JOURNAL will be sent in clubs to different post offices when desired, as it frequently happens that old subscribers wish to make a present of a volume to their friends, who reside in other places.

SPECIAL NOTICE.—All letters and other communications designed for the Journal, should be POST PAID, and directed to FOWLETS & WELLS, Clinton Hall, 131 Nassau street, New York.

ALL LETTERS addressed to the Publishers, to insure their receipt, should be plainly written, containing the name of the POST OFFICE, COUNTY, and STATE.

FRIENDS AND CO-WORKERS in the advancement of THE WATER-CURE will see to it, that every family is provided with a copy of this Journal for 1851.

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ON

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American Phrenological Journal, New York; Devoted to Phrenology, Physiology, Magnetism, Self-Improvement, and all the reforms of the age. Terms, in advance, \$1 00 a year.

Water-Cure Journal and Herald of Reforms:
Devoted to Hydropathy and Medical Reform. Terms, in advance, \$1 a-year.

Water-Cure in Every Known Disease. By J. H. Rauase. Translated, by C. H. Meeker, M.D., from the German. 50 cents.

The Water-Cure Manual. A popular work on Hydropathy. By Joel Shew, M.D. Every family should have a copy. It contains full directions for the application of water in various diseases. 50 cents.

Lectures on the Philosophy of Mesmerism and CLAIRVOYANCE. With instruction in its process and practical application. Recently republished in London. 25 cents.

Elements of Animal Magnetism: or Process and Practical Application for relieving Human Suffering. 12½ cents.

A Sober and Temperate Life: With Notes and Illustrations, by John Burdell, Dentist. 500,000 copies have been sold. 25 cents.

The Teeth: Their Structure, Disease and Management, with the Causes of Early Decay. With directions for their preservation. By John Burdell, Dental Surgeon. Extensively illustrated. 12½ cents.

The Parents' Guide for the Transmission of Desired Qualities to Offspring, and Childbirth made Easy. By Mrs. Pendleton. The importance of this work is beyond description. 50 cents.

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