

WATER-CURE

JOURNAL

AND HERALD OF REFORMS, DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

VOL. XI. NO. 4.]

NEW YORK, APRIL, 1851.

[\$1.00 A YEAR.

FOWLERS & WELLS, PUBLISHERS,
131 Nassau street, New York.

Contents.

Women's Dresses,	81	Spasmodic Asthma,	96
Familiar Correspondence,	82	Reviews,	96
The Ear and its Diseases,	84	Bulwer and Forbes on W. T.,	96
Physiology of Audition,	86	MISCELLANY,	97
Practice in Water-Cure,	86	Water-Cure in Missouri,	97
Case 21.—Hooping Cough,	86	An Old Doctor's Testimony,	97
22.—Measles,	87	All was done, etc.,	97
23.—Inflammation Liver,	87	Glen Haven Water-Cure,	97
"The Doctor says so,"	87	Enlargement of the Testis,	97
Childbirth—a Contrast,	88	Gossip from Boston,	98
Bronchitis,	88	The Ox in the Grain,	98
Water is good for some things,	88	The Progress of Hydropathy,	98
Leaves from a Note-Book,	89	Wanted,	98
Constipation—Sore Throat,	89	Water-Cure in Mississippi,	98
Fresh Air,	91	Water-Cure in Utah,	99
Portable Bathing Apparatus,	91	Hydropathic Anniversary,	99
Cold Water v. Snake Venom,	91	The good Time Coming,	99
Cold Water for Scalds and Burns,	92	Caution,	99
April Topics,	93	Fruit Culture,	99
Stealing our Thunder,	93	Water-Cure Establishments,	99
Water Ointment,	93	Water-Cure Lectures,	100
Chloroform again,	93	VARIETIES,	100
Allopathic Progress,	93	The New Postage Law,	100
Puerperal Anemia,	93	Mock Auctions,	100
An Elevating Dinner,	94	SPECIAL NOTICES,	100
Meat Biscuit,	94	TO CORRESPONDENTS,	100
An Allopathic Aphorism,	94	BOOK NOTICES,	102
The Peppin Business,	94	ADVERTISEMENTS,	102
Typhus Fever,	94		

WOMEN'S DRESSES.

BY MRS. R. B. GLEASON.

Oh, my Nora's gown for me,
That floats as wild as mountain breezes,
Leaving every beauty free
To sink or swell, as heaven pleases.—MOORE.

In the Feb. No. of your Journal, some of the inconveniences and unhealthy tendencies of our present style of dress were portrayed, with the intention of leaving it to the ingenuity of those who saw the evils, and seeing wished to shun, to individually invent a better mode.

But as some of the readers of that article have politely asked for some more specific directions how to remedy existing faults, the writer begs leave to reply by the same medium through which the suggestions were made which gave rise to the queries, and thus save repetition by pen and tongue. You know we Yankees love "amazingly to economize." No doubt you find many, who, in like manner, wish to further their own interest or ease under the mantle of contributors to the Journal. "To own the truth, pays half," it is

said; and as you furnish your publications at what seems like "half price," we infer you are used to working for "half pay;" though it is to be hoped that it comes in a more substantial, useable form than the above.

To denounce a present system is usually vastly easier than to recommend a better; so it is much easier for me to point out what is palpably wrong in the present mode of dress, than to describe what would be perfectly right.

Having bestowed little thought on the subject of dress, save as a matter of health, convenience, and economy of time, the writer feels inadequate to dwell on it in reference to elegance. Though a point well worthy of attention, a busy life replete with other cares and duties more pressing or more congenial to her taste, has kept this quite out of mind. We have an innate love of the beautiful, the tasteful; and for the gratification and cultivation of this love, earth furnishes multiplied resources. But we should always strive to wed beauty to utility; when this cannot be done, if the former can survive the lack of so needful a "helpmeet" let her "lead a single life," never strive to unite her to that which is hurtful to the physical, mental, or moral being. Now as to dress, most women, (and many men too, only we won't mention it), have had no mind of their own as to what is beautiful in dress, but have taken the dictates of "Dame Fashion" as the true guide. With all due deference to one who has been so long in authority, I must say she rules, if not with a "rod of iron," with splints, pads, and bands, to the great discomfort of her subjects; leading directly to imbecility of body and brain. While we "study for those things which make for peace" we should also look for "those whereby one may edify another." To rebel is better than to yield certain rights. There is a point beyond which forbearance is no longer a virtue. We have long since passed that point, as respects allegiance to the empress in question. Thousands have died, and thousands more have been made infirm for life under her senseless and arbitrary reign.

First among "woman's rights" is her right to dress in accordance to the dictates of health, the state of her purse, her employment, &c. To do this, we must in many respects be singular, and

few of us are ready to bear the criticism which singularity brings, unless shielded from its sting by a sense of duty. Few, save those who study and listen reverently to the voice of physical law, as the voice of God, will have the moral courage to dress in accordance with its commands.

The increase of comfort, the diminution of sickness which a better style of dress promises, will induce but few women to brave the world's scorn, unless convinced of the sinfulness of their present custom, and their moral obligation to invent and adopt a better.

I have written thus much on this point, because conviction of this can alone form the true basis for a reformation; and because when the few suggestions as to change in dress which are to follow are read, one will say how queer a body would look in such a rig; another how ungenteel, and a third, why I had rather be sick than suffer the mortification of being so grossly singular. All regarding it a truism that a woman "may as well be out of the world as out of the fashion."

First, then, let bodice waists and their extensors be among the things that were. Never admit genteel company, fashionable gatherings, or church going as a plea for recalling them from the oblivion to which they should be consigned. Let the 256 bones in the human frame suffice, without borrowing any from the dwellers in the mighty deep; use no splints to make your form fit your dress; but make your dress to fit your form, unless unfortunately it is already distorted; if so, leave plenty of room to invite the depressed, compressed members to resume their rightful position. Great changes may be made in the shape and size of the body, even after it has arrived at what is termed maturity, by active, muscular exercise, when clad in apparel which offers no restraint. Many ladies at our Cure have been induced to wear only loose dresses for many weeks, and they have been greatly surprised at the change in their forms. Shoulders thrown back, making the chest broader; flouting ribs thrown out, abdomen more rotund, &c.

By loose dresses, not those so misnamed, with tight backs and lining in front, laced closely, having long points and whalebones, the outside only being loose, giving the semblance of ease without

the substance, but some form of sack or double gown, which is a loose dress *in truth*, outside and in. Persons who have worn these for a time, taking much active exercise meanwhile, find that dresses which they once wore with comfort, as *they thought*, now give them *great* discomfort.

The truth is, women have been so long bound, that they are quite unconscious of the fetters they wear in the shape of apparel; yea, even think them needful to hold themselves together. Hence many say I can't sit up straight without a tight dress, feel all gone at the stomach, it seems as though I should fall *all* to pieces, &c.

The reason for this is, they have depended on foreign support till they have lost the ability to support themselves. The muscles about the chest have been so long out of use, that they have lost their wonted power, which will be gradually regained, by being brought into activity.

Strength in any direction is not gotten by *waiting for*, but by *working for*. If tight dresses were needed to keep the form upright, why are not the aborigines of this country crooked as rain-bows? On the contrary, when we wish a comparison for the erect, we say "straight as an Indian." Infinite wisdom has not left our powers so incomplete as "worldly wisdom" seems to indicate.

Another sad fault in woman's clothing, is its lack of *adaptation* in make, and material, to the varied seasons of the year. To be sure we have "mullets," "lawns," and the like, "by wholesale," for summer; and in winter such a display of fur, that one might well imagine all the animals of the cold regions were minus their skins; and precious little comfort do they bring the wearer, in comparison to what they might.

Every lady's wardrobe is supplied with "thin dresses" of a material thin enough, 'tis true; but to the waist is a thick lining well filled with whale-bones and cotton, and made so snug as to shut out all air save what passes through the pores of the cloth. The arms, that part of the body which can best bear the burden of excessive clothing, is all that is left free and cool, being clad in a thin sleeve, and perchance that a short one.

Beneath the thin flowing skirt are a load of thick ones, often oppressive, both because of their *excessive* weight, and the heat induced. It may seem untimely to denounce these, as they are now "off the stage," but so fickle are Fashion's edicts, that no knowing but they may be recalled ere this "shall go to press."

During warm weather some form of sack dress, or a similar style, should be worn, which will allow a free circulation of air between the clothing and skin, thus making the wearer comfortable for the time being, rendering the cutaneous circulation free, the skin healthful, so that it will endure changes of temperature with less liability to a chill, and require much less clothing to secure warmth in winter. Those who will pass a summer thus clad, will be delighted to find how snug and warm they feel when cold weather returns, in a dress with a close waist, without their accustomed flannel wrapper. The "short sack," "Jenny Lind," "pardessus," or whatever one is pleased to call that sort of jacket, were really quite a blessing which many seemed not to *know* how to enjoy; wearing them in summer over a tight waist

as a matter of ornament, when they would have been one of great comfort if worn with a skirt only.

These sack dresses, of whatever shape, which all agree are so becoming for a morning gown, are now *ungenteel* indeed when one is "dressed up," as it is called. But I see no other way than that those of us who look for comfort and health, must wear them still, unless our own ingenuity can invent something more tasteful, and equally comfortable; if so, then adopt it.

In cold weather, a close waist for some persons, and on some occasions, is better; but then it should be so loose that the wearer can inflate the lungs to the utmost, without any feeling of resistance from it. Those made like what is ordinarily called a loose dress, only minus the padding, point, and splints, secured by strings or a belt, is a convenient form. Having an aversion to being *unnecessarily* singular, and no objection to being in the fashion, *provided* that fashion chance to be a good one, my rule has been to conform to present customs in dress, when there were no pecuniary or physiological objections for so doing.

In winter women are clad in cloaks, shawls, merinoes, and furs; but so arranged that while the chest is oppressed with heat, the inferior extremities are chilled, being encased in only one thickness of thin cotton, and on the feet thin hose and "paper shoes." Thus there is too much blood in the chest, too little in the lower limbs. What wonder then that we have coughs, colds, congestion, and consumption, when the *equilibrium* in the circulation is destroyed, as the quack said; proper distribution of the vital fluid being indispensable to the healthful action of all our bodily organs.

Fur about the neck may be of value when one is to be long abroad in very cold weather; but if kept on during morning calls, at the evening lecture, or in the church, when the thermometer stands at eighty degrees or upward, it is to be feared they do more harm than good.

Many on short exposure have fingers well nigh frozen, though "their hands are up to their elbows in fur." Now the muff has no power to impart warmth; all it can do is to retain the heat generated by the body in contact with the surface. Air being a bad conductor of heat, those substances, such as furs, wool, and the like, which retain much in their meshes, are warm, as it is said; that is, prevent the heat of the body from escaping.

Now the kid gloves have much to do in making the cold fingers. They are so thin that but a minimum of air is held in their pores, so close that a sufficient strata of air is not allowed between *them* and the hand, and often so tight as to impede the circulation, thus lessening the amount of heat generated in that part. Good a protection as are furs, a woolen mitten or worsted glove will make the hand more comfortable than it can be in a muff, if it is first squeezed into kid-skin more tightly than its own cuticle.

Another hurtful practice is that of using fur for "fashion's sake," when the state of the weather does not absolutely require it. We often see muffs carried and fur capes worn, when a fan and parasol would be better for the health. The latter, at least, could be only useless appendages,

while the former, if not needed, are decidedly injurious.

Many wear twice, and even thrice, as much clothing on some parts of the body as health allows, or comfort requires. By being over-clad in summer, the skin is enfeebled, and made oversensitive to cold; and so the amount must be increased as winter approaches, and when heavily laden with warm clothing, like the fabled Harry Gill, their "teeth do chatter, chatter still."

Forest City Cure, Ithaca, N. Y.

FAMILIAR CORRESPONDENCE ON USEFUL SUBJECTS.

(LETTER I.)

GLEN HAVEN WATER-CURE, Feb. 1, 1851.

GENTLEMEN—The letter, a copy of which I send you for publication, I have received from a young lady—one of the noblest minds naturally which it has been my good fortune to meet. She has powers, by means of which she could take high rank in any walk of life; and she says she has—notwithstanding her terrible warping from the path—a *mind to try*. With your permission, I propose to address to her according to her request a series of letters, which shall be, after the measure of my ability, amusing and instructive. I am, with great respect, gentlemen, your ob't serv't.

JAMES C. JACKSON, M. D.

LINNET'S NEST, Dec., 1850.

TO JAMES C. JACKSON, M. D.

DEAR SIR—By the bonds of an old friendship I demand pardon for writing you. Years have passed since we met—you have grown into mature manhood. I have been by TIME, the old gray-beard, forced to cross the rubicon which separates child from womanhood, and so no longer can be counted as of the tribe who are pantaletted and wear their hair like the *Misses Kenwigs* in Nicholas Nickleby.

I am a woman grown, without womanly discipline; I lack thorough manliness; in a woman, 'tis her richest jewel. I have it yet to win. I must win it or die. The swellings of a true womanhood rise up in me at times, like the swellings of Jordan under the gaze of the Israelites.

As you know, I am *not* an only daughter. Our family numbers enough to make the circle complete. Our household gods—Penates—as they seat themselves on our hearthstone, smile at the unbrokenness of our circle.

I am the eldest child of my parents. And the *world* calls me a *beauty*. Perhaps I *am* in the eyes of others. Certainly I *am not* in my *own* eyes. Beauty with me can never be disassociated from the spirit—character has to do with it—and as yet I have no character. My condition is *abnormal*. It is, so far as it has shape, *ill* shapen. I am desirous to give it proportion. To do it I need help. And I come to you.

My father is a *dear man*. He has philoprogenitiveness large, and so loves his children, though he never was the man to praise one of us for a deed done, a temptation overcome, a virtue clung to, a noble aspiration cherished and gratified. Strange philosophy! the remnant of Puritanism, which teaches that having done the best one can,

one no less deserves —; and that to cherish with lively attention a child who may, in a given instance, have triumphantly conquered an ill habit, a seductive influence, is to waken up in his little heart the Old Adam, and so endanger his chances of the Kingdom of Heaven.

My father has always *petted* me. How I dislike it. It is the meanest kind of slavery. *He* has done it from two causes. 1st, to gratify his longing —2d, to make me happy. He has failed, as all do who have *human* pets. For pets always wear collars, and humans were not made for collars. Pet lap dogs always are *badged*, pet lambs have cropped ears, pet birds have cages, pet horses now and then get the *lash*, and petted children are *spoiled*. They grow up *awry*, ill-shapen; they have too much muscle in one place, too little in another; they become eccentric and so are sometimes called *geniuses*.

My father has money, and

"Money, you know,
Makes the mare go;"

and so I have never known what it is to *want*. What money can procure lies about me in abundance.

Joe and Bill, Dinah and Peggy, come at my bidding and go at my beck. I am waited on till nothing is left me to do. I have never known what *freedom* is. When a child, I could never go out alone, lest I should fall into a well—Dinah must go with me. The cow and calf yard—if I started after it, father would cry "deary! you must not go to the barn yard *alone*—you may get kicked," or "the sheep will bunt you over," or "the old gander will bite you;" and so onward and upward till I am a woman grown.

My mother has all along made slight resistance to this partial course, but in the general has swum with the current, so that the result of this maladministration of parental authority and watch-care is twofold.

1st. My parents evidently think me incapable of great effort—in which I know them to be mistaken.

2d. Such life has made me hollow, false, and misanthropic.

Let me give you the history of a *day* in my life—with small abatement it shall stand for all.

I rise at 7½ a. m., at 8 I eat, 8½ help mother clean off the table, for a pastime. At 9 go to the sitting room, draw up a *rocking* chair, take the last new novel, and placing my feet on the fire-fender, I proceed to dive into the depths of human *fiction*—I applaud the hero, curse his plotters, pour out all my sympathies on those who suffer, and grow excited with the writer if he does not make the *denouement* a brilliant one.

I know *you* may blame me for not reading other and better books. But do you not recollect what Sidney Smith in his posthumous lectures says of the force and power of *habit*. Rich as is my father, and many as there are of us, *he* has not, aside from our schoolbooks, a library that will amount to fifty dollars. So that now at full grown womanhood I have all my substantial reading to do, and my life's habits to break. Pardon this digression. Twelve o'clock! and dinner is ready. I eat again.

At 1 o'clock, I dress. At 2, come down in my

glory, look over my card-rack and find whether I am to give or receive calls. Whichever way it is, I am thrown into company with which I am not in affinity, and which adds to the general hypocrisy that marks my social intercourse. At 5 o'clock, eat *again*—like the majority of people, I live to eat instead of eating to live, and I eat, like all young ladies, without chewing. At 6 o'clock, Mr. —, whom I do *not* like, calls to take me to Judge B—s for an evening party. I go, meet the ton, put myself to the top of my bent—"cut a widenswath," talk, laugh, dissipate, set half the young men crazy, make the balance act like fools; despise the *whole* of them and myself also, and at 12 m., reach home, jaded out, sleepy, peevish, sick. I undress as quickly as possible, and literally tumble into bed, to know nothing till the next morning, and *not much* then.

On waking, my eyes are full of rheum, mouth is full of cotton, and my ears as full of buzzing as though a swarm of bees were tenants in common with my brains.

My room! O ye gods! On waking, what a sight! Bonnet here, shawl there, dress yonder. Shoes in one place, stockings in another, garters in a third.* Confusion *reigns*. Gradually I come to myself, and perceive how beautifully I enact the Christian—how lovely young womanhood sits on my brow. Such, dear Doctor, is *life*. How I hate it! I'd rather

"be a cabbage and grow in a garden
than such woman."

My list of bodily pains—Hear! hear! Pain in the head from temple to temple. Pain in the nape of the neck, pain in the chin, pain on the top of the head, pain hard—at times *severe*—between the shoulders, pain also under the right shoulder-blade, and in the left side near the heart. Pain in the small of the back—extending downward and forward. Pain on the inside of the limbs—*dyspepsia*—cold feet—very cold hands, intermittent pulse, ravenous appetite, constipation, and at stated periods hard headache, so that I am unfit for walking, it making me dizzy to do so.

Am I worth saving? If so, can *water* do me good? I am ambitious—want to make the most of myself—have had fine advantages, and am conscious of fine powers—I have a love for the study of medicine amounting well nigh to a passion. By the way, I wish you would address me a series of letters through the Journal, beginning at the *rudiments*. I am ignorant. I will sit at your feet and learn. There are thousands like myself—dying from dissipation, for want of something better to do. Come! here are two motives to write me. One—for sake of "Auld lang Syne," friendship—the other—you can do me and others good.

I am, my dear Doctor,
yours truly,

IVY GAZELLE.

LETTER TO IVY GAZELLE, BY J. C. JACKSON, M. D.

Philosophers have speculated from time immemorial, whether Riches or Poverty were the greater curse. Usually, Poverty is decided to be.

*And yet I would have you know that my *order* is large, and that naturally, generally, and habitually, I am neat, and keep things in their proper places.

I doubt it. Lank, lantern-jawed, staggering Poverty, twin-sister to Famine, has not much of the Divine in her I know. On the other hand, Riches that spread luxury in its most enervating forms in the laps of its votaries, that palsy their energies by the superabundance of gifts bestowed, that induce *idleness* by removing all motive for effort, and thriftlessness by non-necessity for economy, that stimulate the propensity by constant excitement, and whet up the passions to undue gratification—these also are little allied to the Divine.

Most certainly Poverty furnishes the strongest momentum to labor, and this truth may be seen illustrated in the history of very many of the great men in our country.

Take some cases as enforcing this view.

In no country and among no people do persons accumulate great fortunes out of mere labor and skill—unaccompanied by capital—as in the free States of this Union. Yet such accumulations generally stay in the families of their founders not beyond the second generation. The reason is obvious. There is no law of entail, nor of primogeniture, and the children of such men are seldom reared to habits of business. Their relation to the fortunes thus erected, are those of *expenders*; they consume—whilst they gather nothing. "They reap where they have not sowed, and gather where they have not strewed."

All men, who from poverty rise to wealth, dislike their original condition. They despise it, and generally all who can remind them of it.

They come to love Riches *per se*. Wealth becomes their Alpha and Omega. Their counting-houses, their offices, places of business, are their world—their empire. Their tripod is their *throne*; their pen their weapon of war. Here they thrive, and breathe, and have their being. Home and its comforts, society and its benefits, public associations and the intellectual pleasure derivable therefrom, all dwindle to nought before Wall street and the funds. They may beget children, but they hardly know them. They cannot be troubled with their education. If they furnish the *money*, their duty is done.

The natural consequence *is*, that the parent *toils*, the children are inert. The father acquires, the children disburse. The man of dollars and cents grows prematurely gray mid his hoarded heap, and the man of pleasure grows old surrounded by *bills* that are to be paid. Occasionally a son will apply himself and keep up the honor of the house; but generally the son *spends* his father's money. Our successful business men are, in almost all departments of business, *boys* from the country.

Twenty-nine years the 17th of April last, there were seven boys at play on a little *green*, in an inland village in the State of New York. They were all the children of poor parents: Not one of them but wore "*patched breeches*," and some of them had jackets that were buttonless. Two of them had drunken fathers. All had good, noble mothers. A thunder storm arose. They fled from the dropping rain to a horse-shed. After the shower, which was very violent, they came forth with trousers up to their knees, and went into the street gully to build dams to stop the muddy water which flowed down the street. They gave no

signs of promise at that day beyond their contemporaries. Stop! They did. They gave evidence of energy of character,—they exhibited force of will,—they showed a resoluteness to do. Crude manifestations of power, these! Perhaps: but better than none, and equal to the sphere in which at that time they moved.

Not one of these boys, with the exception of the writer of this article, that has failed to make his mark on the people with whom he dwells, or to leave his healthful impress on the age in which he lives. Four of them are prominent merchants at this day in the city of New York—the fifth, a man of high standing in New Orleans—the sixth, a lawyer of eminence in Milwaukee; and the seventh is a Water-cure doctor, who is writing to Ivy Gazelle.

From that little village of 1200 inhabitants there have gone forth within my remembrance twenty-six merchants, four lawyers, eight physicians, three ministers, nineteen mechanics—all of them poor children with but poor advantages of early education. Not one of them has failed to do well in character or business, whilst the children of the rich men of that same village, with one notable exception, have dwindled into emptiness. So far as that village is concerned, poverty was its blessing—she has developed its children, she brought forth their genius, she clothed them with the strength and the will to struggle.

"Dear lowly bowers of innocence and ease,
Seats of my youth, when every sport could please,
How often have I loitered o'er thy green,
Where humble happiness endeared each scene."

Now, what is true of my native village is true of your native village, is true as a *great fact* everywhere. The circle of the rich is kept whole by recruits from the ranks of the *poor*.

Do you inquire what has this train of remark to do with your case? I reply, much! The curse that has hung over you from childhood is wealth. Had you been of poor parentage, compelled to eat your bread in the halls of strangers, to earn every calico gown which you wore by hard labor, with your talents, your *genius*, your force of will, and your originally good physical organization, there is no telling to what height of manly culture you might at this day have arrived. You would not have complained of daily dying from *inanity*. You would have not in your own person so well illustrated the life of a woman of fashion in Vanbrugh's "*Provoked Wife*." You would have been alive with earnestness; you would have been a woman of heart and thought, a noble leader in the work of elevation to your sex. Riches are not the *heir-loom* by Divine allotment for such as you. They are for the feeble in mind and decrepid in body. *Work* is your sphere. For want of it, you are perishing by *self-consumption*. Your restless, unappeasable spirit is eating up your body. To be good for anything, you should be put to "*hard labor*."

Whoever in the arrangements of life has power to *hew* a way, should not have that way *hewn*. The Divine economy is, that under all social arrangements the individualism of the race is to be preserved. Identity is to be maintained, kept prominent, thrown into bold relief, and for no consideration submerged in parties, sects, classes,

or associations. Even marriage must not do this; for it has for *one* of its special objects the *creation* of new individuality, and so of course may not destroy that which already exists.

No greater burlesque was ever played, having reference to that institution, than that which priests and magistrates daily enact by attempts to make of two persons *one*, by one absorbing the other.

This rule holds good in childhood. As far as a child has an identity—takes naturally to itself a *personality*—the parents, friends, neighbors, and associates should religiously recognize it. Neither father nor mother should sponge up the individuality of a child. To do it is common, I know, yet it is none the less monstrous. To do so is called Christian, *parental* watch-care, yet it is none the less devilish. A soul's salvation should depend on itself. Helps may be offered where impossibilities arise, but they should be helps, not substitutes, for effort.

Without egotism on your part, or flattery on mine, let it be admitted that with good health you *can* and therefore *ought* to *take care of yourself*. You are no suckling, to be dandled in the lap of motherly affection, and have your cheek tickled. You are no weakling, lacking common sense, and therefore needing special provision in your father's will. You are a woman, with *good* talents you say, with *great* talents, I say; and all you need is *development* in the right direction. Let your father's property take care of itself—"Let the dead bury the dead." "Go you and work."

Work for some bread, be it ever so slowly!
Cherish some flower, be it ever so lowly,
Labor, for labor is noble and holy,
And let your great deeds be your prayer to your God.

The gospel of work is the gospel for you. Hitherto, yours has been the gospel of laziness and frivolity. Life has been to you a series of follies, a round of senseless dissipations. Till you get back *health*, you can pursue no severe intellectual labor. You want work in the open air—milking cows, weeding garden, working in a Water-Cure, rambling on hill and dale botanizing, collecting mineralogical, conchological, entomological specimens. Go

"Where joy, heart's-ease and comforts grow,
Go scorn proud towers,
And seek them in blessed bowers
Where winds perhaps your woods may sometimes shake,
But blustering care could never tempest make,
Nor murmurs ne'er come nigh you
Saving of fountains that glide by you."

And when *life* begins to glow more exhilaratingly and hopefully, *then* some way will be opened for you. For the hour that needed a soul to meet it never yet came and the soul *absent*. The spirit that throbs and throes for a birth into a higher sphere of life, will find that God always sends it a good deliverance.

The true principle of development is *self-government*. To govern yourself you must have resource, you must *work*. I do not mean *drudgery*, but occupation, employment; not *pastime*, but serious business. If necessary, you must turn your back on home, its luxuries, its associations, and enervating influences, as sources of weakness and not of strength to you. Mature your plans, and let them centre in yourself as the source of vitality.

Then, with uplifted eye, as if you would like God's wing to overshadow you, commence your labor of *redemption*. You will *rise*. There is net gravitating force in the Universe sufficient to keep you down. You come within the attraction of *moral* gravitation, whose force is upward; and your light shall rise out of *obscurity*, and your influence shall be known and felt.

Glen Haven Water-Cure, Feb. 1, 1850.

THE EAR AND ITS DISEASES.

BY R. T. TRALL, M. D.



The auditory apparatus is divided anatomically, into the *external ear*, *tympanum* or *middle ear*, and *labyrinth* or *internal ear*.

THE EXTERNAL EAR.—The *external ear* consists of a funnel-shaped cartilaginous plate, called *pinna*, which collects the vibrations of air, and the *meatus*, or tube, which conveys them to the tympanum.

The *Pinna* is marked by several folds and hollows upon its surface; a rim called *helix*; within it a curved ridge; the *antihelix*, which divides above and encloses a space called *scaphoid fossa*; the pointed process over the opening of the ear is

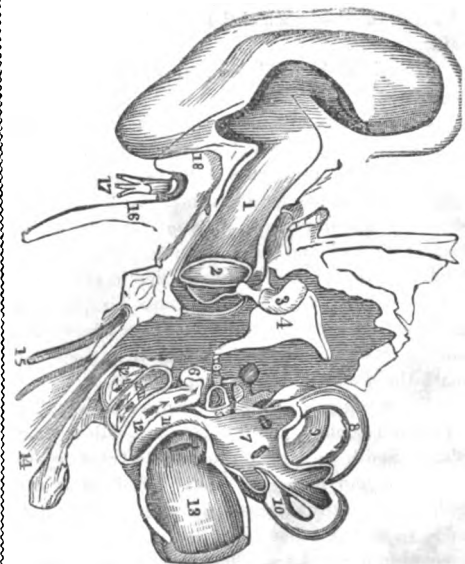


FIG. 1.—GENERAL STRUCTURE OF THE EAR.

In figure 1 is seen a general representation of all parts of the ear. 1. The tube leading to the internal ear—meatus auditorius externus. 2. Drum of the ear, or tympanum. 3, 4, 5. Bones of the ear. 7. Vestibule. 8, 9, 10. Semilunar canals. 11, 12. Channels of the cochlea. 13. Auditory nerve. 14. Eustachian tube.

called *tragus*; a tubercle opposite, *antitragus*; the dependent portion is the *lobulus*; a space between the helix and antihelix is called *fossa innominata*; the large central space to which all the channels converge is the *concha*, and this opens into the meatus.

The pinna has a number of small muscles, the names of which are *helicis major*, *helicis minor*, *tragicus*, *anti-tragicus*, and *transversalis auriculæ*; they are merely rudimentary, and the analogues of some of the lower animals which are large and active.

The *meatus auditorius* is about an inch in length, extending inwards and a little forwards from the concha to the tympanum, and narrower in the middle than at either extremity. In the substance of its lining membrane are *ceruminous glands*, which secrete the ear-wax. Short, stiff hairs are stretched across its interior to prevent the ingress of dust and insects.

The pinna is plentifully supplied with *arteries* from the anterior auricular branch of the temporal, and the posterior auricular branch from the carotid. Its *nerves* are branches derived from the anterior auricular branch of the fifth pair, with branches from the facial nerve, and from the cervical plexus.

THE TYMPANUM.—The *middle ear* is an irregular bony cavity, within the hard or petrous portion of the temporal bone, bounded externally by the *membrana tympani*, and filled with air, which enters by the Eustachian tube.

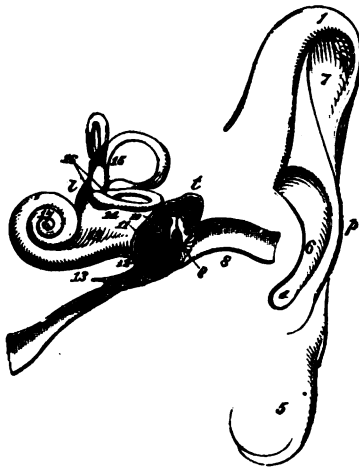


FIG. 2.—DIAGRAM OF THE EAR.

Figure 2 is a diagram exhibiting the principal divisions and parts of the ear. *p* Pinna. *t* Tympanum. *l* Labyrinth. 1. Upper part of the helix. 2. Antihelix. 3. Tragus. 4. Antitragus. 5. Lobulus. 6. Concha. 7. Upper part of the fossa innominata. 8. The meatus. 9. Membrana tympani, divided by the section. 10. The three small bones of the ear, malleus, incus, and stapes, crossing the area of the tympanum; the foot of the stapes blocks the fenestra ovalis upon the inner wall of the tympanum. 11. The promontory. 12. Fenestra rotunda; the dark opening above the bones leads into the mastoid cells. 13. Eustachian tube; the little canal upon this tube contains the tensor tympani muscle in its passage to the drum. 14. Vestibule. 15. Semicircular canals. 16. The ampullæ upon the canals. 17. Cochlea. 18. A depression between the convexities of the two tubuli which communicate with the tympanum and vestibule; one is the scala tympani, terminating at 12; the other is the scala vestibuli.

The *membrana tympani* is a thin semi-transparent membrane placed obliquely across the meatus, concave externally and convex towards the tympanum. It is composed of an external *epidermal*, a middle *vascular*, and an internal *muscular* coat.

BONES OF THE EAR.—The proper bones of the ear—ossicula auditus—are contained in the tympanum. The *malleus* (hammer-like) consists of a head, neck, and handle, called *manubrium*, which is connected with the *membrana tympani*, by its whole length. The *incus* is named from its resemblance—rather imaginary—to an anvil; it has a flattened body, which is articulated with the head of the malleus, and two processes. The stapes (stirrup-shaped) is connected by its head with a process of the incus, *os orbiculare*. These little bones are articulated with each other, and held in their places by various ligaments; and they move upon themselves by four muscles, called *tensor tympani*, *laxator tympani*, *laxator tympani minor*, and *stapedius*.

OPENINGS OF THE TYMPANUM.—There are ten foramina or openings of the tympanum, five large and five small. The *large* are the *meatus auditorius*, or external opening; the *fenestra ovalis*, communicating between the vestibule and cochlea; the *mastoid cells*, which communicate by a large irregular opening with the upper and back circumference of the tympanum; and the *Eustachian tube*, a communicating canal between the tympanum and throat. The *small* openings are, two for the entrance and exit of the chorda tympani; one situated in a fissure called *Glasseri*, for the laxator tympani; one immediately above the opening of the Eustachian tube, for the tensor tympani, and one for the stapedius at the apex of the conical body called the *pyramid*. Above the fenestra ovalis is a *rounded ridge* formed by a projection of the *aqueduct of Fallopius*; and beneath it is the *promontory*, formed by a projection of the first turn of the cochlea, the surface of which presents three grooves for lodging the tympanic branches of Jacobson's nerve.

The *arteries* of the tympanum are derived from the internal maxillary, internal carotid, and posterior auricular. Its *nerves* are branches from the facial, chorda tympani, tympanic branches of Jacobson's, and a filament from the otic ganglion.

THE INTERNAL EAR.—The term *labyrinth* is applied to the internal ear, on account of the complexity of its communications. It consists of a bony and a membranous portion. The osseous labyrinth presents a series of cavities channelled through the substance of the petrous bone, and is situated between the cavity of the tympanum and the meatus auditorius internus. It is divided into vestibule, semicircular canals, and cochlea.

The *Vestibule* is a small three-cornered cavity within the inner wall of the tympanum; its corners are called *cornua*, or *ventricles*. The semicircular canals open into it by five orifices behind, and the cochlea by a single one in front. The fenestra ovalis is on its outer wall, and on its inner are several small holes, a cluster of which is called *macula cribrosa*, for the entrance of a portion of the auditory nerve. The *scala vestibuli* is the termination of the vestibular canal of the cochlea; the *aqueductus vestibuli* is the commencement of the small canal which opens under the osseous scale upon the posterior surface of the petrous bone.

The *Semicircular canals* are three bony channels communicating with the vestibule, into which they open by both extremities, each extremity being expanded like a flask, and called *ampulla*.

The *Cochlea*, (snail-shell-like) forming the anterior part of the labyrinth, is a tapering osseous canal, one inch and a half in length; it makes two turns and a half spirally around a central axis, called the *modiolus*, which is a porous plate of bone, perforated by numerous filaments of the cochlear nerve. The canal of the cochlea is partially divided into two passages (*scalæ*) by a thin porous plate of bone called *lamina spiralis*, which terminates at the apex with a hook-shaped process called *hamulus*; this is covered by the *cupola*. The two *scalæ* communicate over the hamulus by an opening called *helicotrema*. Near the termination of the scala tympani is the small opening of the cochlear aqueduct. The internal surface of the osseous labyrinth is lined by a fibro-serous membrane, which exteriorly serves as a periosteum, and internally as a mucous membrane, secreting a limpid fluid called *aqua labyrinthi*.

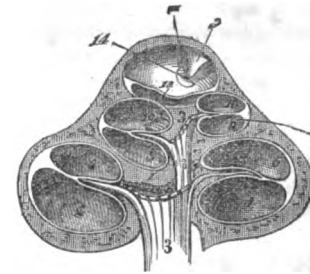


FIG. 3.—THE COCHLEA.

Fig. 3 is the cochlea divided parallel with its axis through the centre of the modiolus. 1. Modiolus. 2. Infundibulum. 3, 3. Cochlear nerve. 4, 4. Scala tympani of the first turn of the cochlear. 5, 5. Scala vestibuli of the first turn; the septum between 4 and 5 is the lamina spiralis. 6. Loops formed by the filaments of the cochlear nerve on the lamina spiralis. 9, 9. Scala tympani of the second turn of the cochlea. 10, 10. Scala vestibuli of the second turn. 11. Half turn of the scala vestibuli; the dome over it is the cupola. 14. Helicotrema; a bristle is passed through it, in front of which is the hamulus.

The *Membranous labyrinth* is in form a perfect counterpart of the vestibule and semicircular canals, but smaller in size. In structure it is composed of four layers, an *external* or *serous*, a *vas-*

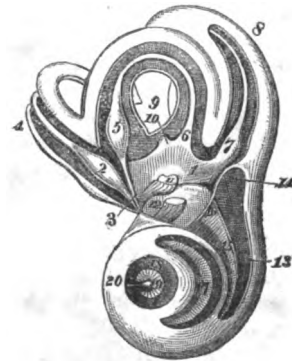


FIG. 4.—THE LABYRINTH.

Fig. 4. The labyrinth of the left ear laid open, to exhibit its cavities and the membranous labyrinth. 1. Cavity of the vestibule. 2. Ampulla of the inferior semicircular canal, with its contained membranous canal. 5. Ampulla of the inferior canal. 6. Termination of the membranous canal of the horizontal semicircular canal in the sacculus communis. 7. Ampulla of the middle semicircular canal. 8. The same canal with its membranous canal. 9. Common canal. 10. Membranous common canal. 11. Otoconite of the sacculus communis. 12. Sacculus proprius; its otoconite is seen through its membranous parietes. 13. First turn of the cochlea. 14. Extremity of the scala tympani corresponding with the fenestra rotunda. 15. Lamina spiralis. 16. Half turn of the cochlea. 19. Lamina spiralis terminating in its falciiform extremity. The dark space included within the falciiform curve of the extremity of the lamina spiralis is the helicotrema. 20. The infundibulum.

cular, a nervous, and an internal or serous. Its cavity is filled with a limpid fluid, and contains two small calcareous masses called *otoconites*; and it consists of a small sac, *sacculus communis*, of three semicircular membranous canals, and a small round sac, *sacculus proprius*.

The auditory nerve divides in the meatus auditorius internus, into a vestibular and a cochlear branch. The vestibular nerve divides into three branches, which are distributed to its various parts; in the substance of the sacculi and ampullæ the nervous filaments radiate in all directions, anastomosing with each other and forming interlacements and loops, finally terminating upon the inner surface of the membrane in minute papillæ, resembling those of the retina. The auditory nerve divides into numerous filaments, which enter foramina in the base of the cochlea, and are distributed to the tissue of the lamina spiralis. The arteries of the labyrinth are divided mainly from the auditory branch of the superior cerebellar artery.

PHYSIOLOGY OF AUDITION.

No part of the human organization exhibits a greater complexity of structure than the hearing apparatus. Nor will it excite wonder that it is so, when we consider how extensively human beings are related to the external world and to each other, in their duties, their interests, and their pleasures, by this function. The external ear is fashioned into various elevations, depressions, and curvatures, peculiarly fitted to catch the sonorous waves from all directions. The external meatus conveys them, strengthened by reflection from the walls of the canal, and modified by the resonance of the mass it encloses, to the *membrana tympani*. This membrane is not essential to sound, for its perforation or destruction is not followed by a loss of the sense; but it serves to modify the sonorous vibrations which are to be communicated to the chain of bones, in such a manner as to be thrown into reciprocal vibration; though it cannot reciprocate any sound lower than its own fundamental note.

The chain of bones, moved by their muscles, conducts the vibrations across the tympanum to the internal ear. The *tensor tympani*, in the function of hearing, performs an office analogous to that of the iris in seeing. Its contraction draws down the handle of the malleus, rendering the *membrana tympani* tense. When very tense it cannot reciprocate low sounds, and by very loud sounds it may be excited to reflection, in which state the membrane is too tense to reciprocate them. Its natural condition is rather lax, the state in which it can reciprocate the greatest variety of sounds. The *tensor tympani* muscle contracts more powerfully as the sound is louder, as the iris does upon the application of the stimulus of light.

The *tympanum* isolates the chain of bones, and allows free motion to the membrane at each of its extremities, while its contained air reverberates the sound, which is still further strengthened and modified by reflection from the neighboring walls, cells, spaces, and cavities, particularly by the reflection from the membrane of the *fenestra ovalis* and *fenestra rotunda*. The *Eustachian tube* serves principally to maintain an equilibrium between

the external air and that enclosed in the tympanum, by which undue tension of the *membrana tympani* is prevented.

The uses of the different parts of the labyrinth are not well understood. It is supposed that the *semicircular canals* regulate the perception of the direction of sounds; while the *cochlea* determines the pitch of the notes. The fluid contained in the membranous portion of the labyrinth, and the earstones, *otoconites*, which float in it, doubtless increase the impression on the sentient nerves by being thrown into vibratory motions, while this part of the labyrinth itself affords a more extended surface for the expansion of the auditory nerve.

(Concluded in the next number.)

PRACTICE IN WATER-CURE.

BY T. L. NICHOLS, M. D.

Cases have been accumulating in my note book, and the more frequent and important they are, the less time I get to write them out for the Journal. Besides, there seems less need now than formerly, since so many others are vigorously at work in this field of medical reform. I shall therefore select such as seem to me of the most practical use—such as will best teach the distant converts to hydropathy how to avail themselves of the Water-Cure, and to exemplify their faith by works.

Every mother will yet be the physician of her family. Every maiden aunt will be a Sister of Charity, dispensing the blessings of the Water-Cure among the poor. Every venerable grandmother will be a comfort to her children's children, and they shall rise up and call her blessed.

O women, who have become missionaries in this good cause, who are preaching this gospel of health, who are trying to purify the world from its evils, you know not the good you are doing! A sphere of glorious usefulness is opened to you. You can no longer say there is nothing for you to do. Here is a whole world, lying in ignorance and filth and disease, to be enlightened, washed clean, and healed. Here is the home missionary field in which you can labor unceasingly, and your reward is with you. What a luxury of delight must belong to those who have been instrumental in the spread of truths so important, and the progress of so glorious a reform!

It has been thought, that it was woman's mission to redeem the world. The beginning of that redemption must be a return to nature, to purity, and to health. Blessed are the pure, in person, in heart, and in life. Filth, and disease, and suffering are of ignorance and sin: purity, and health, and happiness, are of holiness. Every movement of a healthy man, every happy thought, every joyful emotion, is to the praise and glory of God. We honor the Creator when we obey his laws; we sin against him when we violate them in the smallest degree.

But my space is limited, and I must proceed to an account of such cases in my practice as I think may be most useful.

CASE 21. HOOPING COUGH.

This disease, often so distressing in infancy, has been thought incurable by the doctors of every

school. Even Water-Cure physicians, and those of no mean celebrity, have been content to support the strength of the patient with cold baths and bandages, to regulate the diet, and let the disease run its course.

And that course may last from one to six months; and the child may endure the most frightful sufferings. Long fits of spasmodic coughing follow each other, the child turns purple in the face, the blood gushes from the nose and mouth, and in some cases death ends the agonizing scene.

We have changed all this. We have found that the Water-Cure not only strengthens the patient, and palliates the symptoms, but that it cuts short the disease. As the treatment of children has naturally fallen chiefly to my wife, to her belongs the honor of this important discovery, which is destined to be such a blessing to children and parents throughout the world.

Case after case of hooping cough has been cured under her care in from ten days to a fortnight. The last one is that of our own child, who was exposed to the disease and attacked by it, when not quite three months old. At my request, Mrs. Nichols has written out the following particular account of this case, which every mother, I think, will find instructive.

"When my babe was about nine weeks old, she began to cough a little, especially in the night. As we often had children at our house with hooping cough, I feared she had taken it, though her cough was slight. I said, why should she have a cough at all? Still I hoped it was not hooping cough, as I had never had a case in so young a child, and I was fearful that I could not cure her as I had others.

"We had noticed the cough about two weeks, when, on a Saturday, she coughed worse, and became very feverish, and through the day needed much care. At half-past one that night she hooped violently when coughing. I will here remark that during the first month of her life she was bathed in water 70° Fah.; the next month 65°; and I had been bathing on the next month in water 60°. As soon as the hoop declared itself, and the fever came on, I dipped her in the plunge bath every morning, the natural temperature of the water.

"Sunday, I plunged her in the morning; at midday she had a full wet sheet pack for two hours, but did not get as warm as I wished. I rubbed her warm, and she was bathed again before going to bed, and rubbed much.

"That night, at about half-past one, she began again to cough and hoop, and the cough continued by spells for an hour, as on the night before.

"The next day's treatment was the same, and the time of coughing at night a little later, and a little less severe. The fourth night the paroxysm was at 4 o'clock in the morning, and somewhat less severe. The paroxysms continued to occur at about 4 o'clock in the morning, but grew less severe till the ninth morning, when she ceased to hoop. During the day, all this time, the cough was very light. In two weeks she was well over the cough. During the two weeks that she had the cough, and hooped, she did not gain or lose in flesh. She always remained in the pack two hours, unless she grew feverish and short of breath,

and then I took her out, and bathed her if she had only been in an hour; this occurred twice. Her appetite was small, but she did not appear as restless as during two first weeks.

"All the water used about her was cold.

"After her cough ceased, she appeared at times a little feverish; and I put a wet bandage on her at each accession of fever, and it was always subdued very soon. Her health is now excellent.

"The cure of hooping cough, measles, and other diseases which are exanthematous, has occupied much of my thought and practice. I consider hooping cough as strictly an eruptive disease, which is usually confined to the inner surface or mucous membrane of the lungs.

"In cases where I could give several wet sheet packs in a day, I have rapidly thrown off the disease by eruptions on the surface and by perspiration and transpiration, without eruption. I have cured the worst hooping cough I ever saw in one week, by thorough packing.

"I wish Water-Cure physicians and others to take note of such facts as this, and cure the disease instead of just supporting the patient's strength by baths, and letting it run its course, or chilling the skin by short wet packs and bandages and making the cough worse.

"If physicians will not learn the best mode of practice, the people will. This is as it should be. The mother should be the physician of her family. This day of grace, in which the prevention and cure of disease is woman's mission, and her best right, has dawned, and its meridian is approaching."

CASE 22.—MEASLES.

One Sunday afternoon, a few weeks ago, an influential gentleman of this city, who has long known us, called and requested Mrs. Nichols to go with him a short distance and see a child, six months old, who was dying of measles. The physician had given it up that morning; the friends were standing around, waiting for it to die; and there was no longer a gleam of hope, except what this gentleman, a friend of the family, felt in the miraculous possibilities of the water-cure.

When Mrs. Nichols saw the babe, it was lying in a hot, close room, with a dozen people standing about it, just as the Allopathic doctor had left it. A blister covered a large portion of the chest, but did not conceal the bites of the leeches that had preceded its application. The oppression of the lungs threatened momentary suffocation, and it was apparently so nearly gone, that a gentleman present took the father aside and protested against any application of the water-cure, as an experiment utterly hopeless.

But while there is life there is hope, especially in children; and though it was apparent to everybody that this child had not many hours, perhaps not many minutes, to live, it was resolved to make the effort to save him. The windows were opened, the room cooled and aired, and he was packed in a wet sheet. It did not seem possible that he could ever come out of it alive. But the instant effect of the sheet was to allay the irritation of the lungs; as the skin began to act, the eruption, which had disappeared, came to the surface, the breathing became easier, and the change was so rapid and decided, that the most faithless went to

the opposite extreme, and declared that he was saved.

So it finally proved; but there was a long and severe struggle. After the first application, I was obliged to attend the child, and I saw him every few hours, at first, day and night. The oppression of the lungs, and his consequent distress, were terrible, but there was never a single application of water that did not bring relief. It seemed to the mother like magic. "Doctor," she said, "this child is better every time you look at it;" and such was probably the fact, for I never looked at it without making some application of water, and I have never felt, in any case, more exquisitely the luxury of doing good, nor appreciated more fully the beauty of a system, which, whether it can cure or not, never fails to give relief, and which always affords it without the least injury.

I need not give the details of the daily treatment in this case, which lasted fifteen days, before the child was thoroughly cured.

The treatment was constant, and nothing less could have saved him. A few hours' neglect, or unfaithfulness, would have been fatal. The wet sheet packs, of from one to two hours' duration, were repeated every few hours.

When taken out of the pack, washed, and rubbed, a fresh bandage was put around the chest, and this was renewed as often as it became dry, or whenever the irritation, cough, and oppression of the lungs were increased. The child was constantly wrapped in blankets, which were changed and aired every few hours. The head was cooled by wet cloths, and the feet warmed by hot flannels, bottles of hot water, &c. It had water to drink, which it took greedily, every few minutes, and after three or four days, was allowed to have, once in three hours, a small quantity of its nurse's milk in the water, and, when still better, to take the breast.

Its recovery was regular, and as rapid as seemed possible with such a condition of disease; and all who saw the child in its extremity, consider its cure a miracle—but we have many such miracles in Water-Cure.

CASE 23.—INFLAMMATION OF THE LIVER, &c.

It is seldom that we are called to a case of acute disease until it has been treated mischievously by allopathy, or inertly by homœopathy. It is our fortune at present, to have cases both of acute and chronic disease, which have been treated by other methods, and where the Water-Cure is resorted to as a forlorn hope.

But this is not always the case. There are people who make Water-Cure their first instead of their last resort, and the number of these is daily increasing.

A lady in Hudson street, taking cold with some imprudence or exposure, was attacked with inflammation of the liver and right kidney, accompanied with great pain, a high fever, and bilious and urinary derangements.

Here was a case allopathy would have revelled in, and homœopathy left to the vis medicatrix nature; with an infinitesimal once a week, and a daily exhibition of charming placebos. An allopathic doctor of the ordinary stamp would have taken a pint or two of blood from the arm, would have applied

leeches to the side, followed them by a blister and a brisk cathartic; and then having got the system into a weak and irritated state, he would have given James' powders, Dover's powders, morphine, saline draughts, and then tonics and stimulants. It was a good case to last three weeks, and to leave the patient very weak for a long time afterwards.

I was sent for one morning. I ordered a whole wet sheet pack to be spread, and a wet compress of four thicknesses to cover the region affected. After a pack of a little less than an hour, a fresh compress was applied. In the afternoon the pack was repeated.

At night I found the patient nearly free from pain, her pulse natural, and learned that she had slept five hours. Next morning, I found that another pack had relieved the pain and fever as they arose, and that she felt almost well.

It was not necessary for me to make another visit. I had made three—the case had lasted twenty-four hours, and was so nearly cured that it no longer required my attention. This is Water-Cure in acute diseases.

"THE DOCTOR SAYS SO."

BY A MEDICAL STUDENT.

There lived, a few years ago, in the town of M—, an honest and extremely credulous pair, who never doubted, for a moment, the truth of any assertion made by Squire B—, or Doctor F—, however *unreasonable* it might appear to those in the habit of doing their *own* thinking.

They were the parents of two surviving children—a daughter thirteen years of age, and a son about eleven. The son was taken ill, and as a matter of course, Dr. F. was immediately employed, to administer to the wants of the suffering boy. He entered the sick room, and after examining the "patient," proceeded to prescribe as follows:

"He must take—here, Jane," (the daughter entering the room) "I must give you this prescription too—your mother may forget it;—take of this mixture two teaspoonfuls once an hour, for three hours, and then take a sufficient dose of the salts and senna to work it off pretty thoroughly."

The Doctor being in considerable haste, and having other patients to attend, left—expecting to call the next morning. Meanwhile the medicine was taken by the son—and daughter too! though not without a considerable degree of reluctance on the part of the daughter, who "couldn't see what use there was in her taking 'Doctor stuff' when she wasn't sick." The father returning home, and finding both his children "under medicin'," asked if the daughter was ill too. "Why," replied the mother, "I didn't know but Jane was as well as common, but the Doctor said 'she must take it too,' and I thought *he* must know *best*." "Well," rejoined the father, "if the *Doctor* said 'she must take it,' that's enough; but it seems to me like rather queer work."

The Doctor "called" the next morning, and immediately manifested his surprise on finding Jane "under the weather" too! "Why," replied the Doctor, "I didn't mean to have *Jane* take the medicine. I only wished her to *remember* the prescription." The Doctor, however, commended them for adhering so strenuously to what they

had supposed to be his orders, and thought that the medicine she had taken might be the means of preventing a future fit of sickness. His prophecy was verified; for, although it stole for a few days the rosy tint of health from her cheek, yet it ultimately gave her such an inveterate prejudice against "drugs," that however indisposed she might feel, she could not be induced, even by her friends, to swallow anything in the shape of medicine. She resolved to think and act for herself: and though nearly a score of years has passed since this (un)lucky event, she still carries out her noble resolution, and, as a natural consequence, continues to enjoy the best of health. Now a large portion of the human family are in a condition of mind similar to the parents above alluded to, so accustomed are they to employing the Squire Ba., L. G. Da., and M. Da., to do up their thinking, that they seldom find it necessary or convenient to employ their own intellectual powers; and several years of close observation has taught us that the M. Ds. receive a greater amount of confidence and respect, (at least in proportion to their real usefulness,) than any other class or profession of men. How long shall our blind reverence continue to heap honor upon a profession whose influence has swept into a premature grave more victims than famine, sword, and pestilence combined! Some may think this strong language, but let them see what I have seen, and suffer what my friends have suffered.

CHILDBIRTH—A CONTRAST.

BY MRS. O. C. W.

On the 11th of December, 1847, I was confined with my first-born. An allopathic physician was called, and I was put under the "regular" treatment, and, as a necessary consequence, all the "regular" results followed. A broken breast, sore nipples, O horror! and the like, kept me confined to my bed nearly two months; and it was not until about the middle of the following summer that I attained my former health and strength.

On the 17th of May, 1850, I was again confined. I had previously practised daily bathing, and also made free use of the wet bandage. Towards the close of the period, I took occasional sitz baths. My diet I aimed to regulate according to hydropathic, that is natural principles. At my confinement, I was attended by intelligent females of the Water-Cure order. Of doctors we had no need. At the commencement of labor, I took a sitz bath, and an enema of cold water; these soothed me into a quiet sleep, and seemed to prepare me for my coming trials. After the birth of the child, I was allowed to remain about an hour; I was then bathed in cool water, and linen towels wet in cold water were applied to the abdomen. The next morning (the 18th) I was again bathed, and I arose from my bed, walked to a chair, and sat up while I ate my breakfast, which consisted of Graham bread, a glass of cold water, and a few stewed peaches. In the afternoon I again arose, and partook of similar refreshments.

19th. Took sitz baths, and sat up three or four hours during the day.

20th. I went into the kitchen, pantry, &c., and helped myself to whatever I chose.

21st. Walked out into the door-yard and garden to inhale the fresh air.

Thus I continued improving, and in a few days was enjoying my usual health again, meanwhile continuing, as ever, daily ablutions and simple diet.

I had read many, of what appeared to me remarkable cases of child-birth under the Water treatment. I did not doubt the truth of them, yet I could not, in view of my former confinement, really believe that I should be quite so speedily raised up after such a period. Facts like these—though common to the readers of the WATER-CURE JOURNAL, are, nevertheless, rather novel—in this vicinity, and my practice in hydropathy, which has been variously termed rashness, presumption, and folly, furnished, for some time, a general topic for conversation among the neighboring pro-allopathics. Well, let them talk, we can, we need not care, when the world is thereby to be benefited.

Fairfield, N. Y.

HOME TREATMENT IN BRONCHITIS.

BY M. HARTER.

NEARLY two years ago I took a very bad cold, which I attempted to "wear off," as the saying is. But, instead of wearing away, it daily increased its ravages upon my vitals, till I was forced to call to my aid that panacea* which "has saved annually thousands and tens of thousands of suffering humanity from premature graves." After having used six bottles of this medicine without any perceptible relief, I began to think its talismanic power must have left it. So I tried "Wistar's Balsam of Wild Cherry;" but it failed to produce the anticipated effect. By this time I had contracted a cough that was quite alarming; and my general health was so much debilitated, that I thought it best to quit my experiments with patent medicine, and place myself under the care of a doctor. When I came to the Dr., he told me I had the bronchitis, and accordingly gave me a "pack" of medicine, with the necessary prescriptions. After having submitted for some time, (without any relief,) to this scientific experimenter, I was obliged to leave him and try another;—so I kept on till I had tried three regular physicians. But all their experimenting proved ineffectual. Finally, I quit taking medicine, and concluded to try that paradoxical system, (the Water-Cure,) as my last resort. Here I labored under quite a difficulty, from the fact that I had no works on the Water-Cure, and, as a matter of consequence, must have had a very circumscribed knowledge of the efficacy of cold water, except what I had from "hearsay."

However, in the course of human events, I got the Water-Cure Manual. From this I soon gleaned enough to commence my home treatment. I first applied wet bandages to my throat, (with dry flannel over them,) as often as two or three times a day, and on going to bed at night. I also got a wet jacket which I wore at night. By these appliances, and daily bathing, and moderate exercise in the open air, together with a "Graham" diet, and the blessings of a kind Providence, I succeed-

* S. P. Townsend's Sarsaparilla.

ed to remove every vestige of Bronchitis.—Four or five weeks ago, I had a very severe attack of Acute Pleurisy, which I removed by applying the wet sheet three times, at intervals of six to eight hours. I remained in the sheet from one to one and a half hours at a time.

WATER IS GOOD FOR SOME THINGS, BUT NOT EVERYTHING.

A SKETCH. BY E. A. KITTEDGE, M. D.

How often we hear the above remark; and from none more frequently than from physicians. How do they know it is not "good for everything"? they haven't tried it, half of them, in hardly any case, and often when they do try it, they try it with a determination not to have it succeed, or when it is altogether too late to have it successful.

This is not merely unfair and unkind, but it is unmanly baseness, though many, to my certain knowledge, have done this who call themselves gentlemen, and even Christians. But they needn't flatter themselves that the knowing ones are deceived, they are too keen witted to be hoodwinked by such shallow practices.

Oh, it is too bad, that men of intelligence, learning, and all that makes life useful or pleasant,—men in whom a confiding people put so much trust, and on whom such a weight of responsibility lies, should be given over to believe a lie; for a greater lie never existed, than the stupendous one palmed upon the people these thousand years, that drugs are necessary in the cure of diseases! or what is worse, that they should for the sake of paltry gold, or reluctance to give up a favorite theory—to own they have been in error, &c.—continue to support a practice so prolific of misery and destructive of life.

Such men cannot but know, if they study and experiment with the Water-Cure, that it is all its most ardent admirers declare it to be; and if they do not do this, they are recreant to the cause of humanity, and are unworthy of the trust reposed in them.

The drug law affects the whole community; no one is safe; bond and free, old and young, male and female,—all, all are in daily jeopardy, of being poisoned either purposely or by mistake!

Let us then, brethren, increase our efforts to do away this barbarous relic of the dark ages; we have been tolerant long enough; our supineness is beginning to be a reproach. "The blood of our brethren cries to us from the ground," and we are unworthy of the "new dispensation" given unto us, if we do not avenge them. Not by destroying them, but by depriving them of their power to do evil under the pretext of educating good; to stop their wholesale violation of all law, for drug doctors violate not only the laws of health and being and morality, most of them, but even statutory law—viz. by "getting money under false pretences!"

Some may think this harsh language; but is it not true—all real hydropaths know that it is.

But the "truth should not be spoken at all times," says the milk-and-water "Christian;" in reply to this, I will only say that this is "one of the times" that it should be spoken—the welfare

of millions living, and millions yet unborn, emphatically demands the outspoken of such truths, and a determination to enforce them. It cannot be denied that we have borne with the taunts and sneers and reproaches of our brethren, and waited patiently for them to "come in;" and now when we find them still working secretly against us, we are justified in speaking severely, if speaking the truth is speaking thus. It must come to this—"The war is inevitable, and I for one say, let it come."

LEAVES FROM A NOTE-BOOK OF A STUDENT.

LEAF I.

—, 1850.—How pure the air this morning, after the rain of yesterday; it is washed clean and purified by the percolation of the water through it. This is the method of Nature. Ah, it occurs to me, this is the beautiful method of Nature. When the atmosphere becomes filled with impure vapors and humors; with dust and unhealthy gases, her custom and practice is to take a "wash-down," either by shower or douche, and sometimes "it pours," which I suppose is the pail douche. Nay, sometimes she finds it necessary for her patient, old mother Earth, worn out and exhausted by her unceasing labors and productions, to envelope her in a wet sheet pack, or to give her a dripping sheet, when the wet, and lowry and dripping weather lasts for several days. I need not pursue the analogy further. It is obvious that water is the grand purifier of nature, whether of the earth or the air, as it is the heater and restorer, and the vivifier. Water is the solvent by which all decaying matter, whether organic or inorganic, is prepared for new forms and new assimilation. Water restores and keeps up the equilibrium between the various gases of the globe; it is a medium of exchange between them, even as the waters of the ocean are a highway upon the earth. Water is the universal vivifier: nothing vegetates, no plant germinates, without it. With it is life and health, and beauty and grace, and all the developments and glory of nature; without it is barrenness and disease, and the opposite of beauty or grace, and undevelopment and death. O water, what poet shall worthily sing thy virtues and praises? The ancients, the child-like and simple-hearted, and impressionable, the wise old ancients did well to deify thee, whether as Oceanus, or in all thy haunts of river and spring. And here permit me, Mr. Editor, and reader, to interpolate a query, whether there has not been a loss of piety in these more than modern times, since we have resolved all the operations and manifestations of nature into a series of natural phenomena. Whether we are not less pious than those wise men of old, since we have dispersonified these phenomena, and made God an abstraction? It is true God is no less present to us than before, but it is only by an effort of reflection that we become cognizant of His presence, which we do not always make. He is not palpable to our senses. We do not see him, as did the "children of nature," in the rustling of the breeze; in the sighing of the wind; the sunshine and the storm, and in

all the phenomena of life and death, as the great poet makes the wise man see

"Sermons in stones,
Books in the running brooks,
And good in everything."

But I began to set forth the praises of water. What can I say more of it than that it is the cradle and swaddling garments of our mother earth, in which she lies and is rocked; more than three-fourths of the surface of the globe being occupied by this graceful, and health-giving, and life-giving element. I know not who first invented—(which means to find out)—who first invented or made use of the water-bed for the sick; but this I know, that had we been observant, it might have been discovered and in use long before; for this, our "reverend grannie" rests upon one, not that she is an invalid but because, I suppose, she finds it "the best."

CONSTIPATION, SORE THROAT, ETC.,

REPORT OF CASES*

BY S. O. GLEASON, M. D.

Mr. — of —, age 34, below medium size, countenance pale, eyes light blue, presented his case April 28th for treatment. Possessed a high nervous temperament, had suffered from constipation for eight years; was a cabinet-maker by trade, and had worked in a hot room for several years, where the air was impure. Had used rhubarb almost daily for a long time, without relieving the constipated condition of the bowels. Had found the most relief from *coarse food*, as might be expected by all who will study the nature of constipation thoroughly.

Frequent emissions of a large quantity of limpid urine took place. This condition very frequently attends such a state of the bowels. Throat red, and slightly engorged. The whole alimentary tract, together with the stomach and œsophagus, often became involved together, making a complicated case to treat.

Hands were very dry and feverish; were badly cracked, and the skin thickened to a great extent, presenting a horn-like appearance and feel. In this state no perspiration could pass off through the palms of the hands, and other parts must perform an extra task, by way of compensation.

This patient, as might be expected, was subject to great depression of spirits, while the feet were cold. In such cases the inferior extremities do not carry a normal quantity of blood, while the brain has too much blood slowly carried through it, inducing mental depression by overtasking its vessels.

The indications in such a case are, *first*, to equalize the circulation by making the blood-vessels of the inferior extremities carry their due proportion of the circulating fluid, and to increase the activity of the skin; *second*, to relieve the congested state of the mucous membrane of the stomach and bowels, and of the blood-vessels of the brain.

The first indication is fulfilled by hot foot-baths, at first followed by a cold dip, and by the wet

sheet packing and dripping sheet of 72 degrees one minute. Sitz-baths of 72 degrees aid in this state to secure our object.

After we have secured good circulation, the *second* indication is fulfilled by inducing more vigorous reaction; the plunge instead of the sheet is then to be used, and if there is no contra-indication the douche facilitates the cure.

The abdominal compress, steadily employed to keep up derivation to the surface, is in many cases of this kind highly beneficial.

Miss —, of —, aged 21 came April 14. Medium size, blue eyes, fair complexion. Was spare in flesh and round-shouldered. Had been engaged in teaching for some years. Throat was troublesome,—tonsils swelled at times,—catamenia too frequent and profuse. Was greatly debilitated. This condition is very apt to occur when heavy skirts are worn without being sustained by straps or attached to a waist, if the person is a large share of the time on her feet, and if the air of the room be bad by being overheated, or rendered impure from want of ventilation.

Had for two or three years previous a slight cough, attended with a dull pain in the left side. Had some congestion of the lower part of the right lung.

Three conditions in this case were to be combated. *First*, the tonsils were to be reduced in size and the inflammation subdued. *Second*, the catamenia were to be regulated. *Third*, the congestion of the lung overcome.

First indication was fulfilled by the use of compresses worn around the neck, night and day, and by gurgling the throat with cold water three times a day, fifteen or twenty minutes at a time. *Second*, by short cold sitz-baths of five to ten minutes long. Three to five of these were taken per day. The fountain douche taken three or four times per day, from one to two minutes at a time, is often a valuable aid.

Third indication was fulfilled by hot fomentations over the congested part, *vigorously applied* from two to three times per day, and the wet bandage worn over the part all the time. This treatment, and packing, followed by the dripping sheet for a time, then the plunge, succeeded in restoring the patient to health.

This patient was restored and cured from her difficulties. She gained 15 lbs. in flesh, and could walk from five to seven miles per day.

April 25, came M — of —, aged 27; good size, light complexion, blue eyes. While cutting wood, he struck his knee on the inside, with the handle of his axe. Felt a severe shock of the nervous system from the blow, and was disabled for a time from business. He partially recovered, but remained weak and feeble. From an accident which sprained the joint slightly, it became suddenly worse, and very painful. At this time his foot began to be inflamed. This in time became subdued, but the strength did not return to the injured knee.

Finally, he commenced a "course" (or course) of medicines, under a Botanic. Emetios, pills

*NOTE.—Cases treated at Glen Haven in the year 1850.

and tonics were administered with, doubtless, the best of intentions to cure the knee. The medication was so thorough and energetic that he fell into spasms while under its influence. Had India rubber cloth bound around the knee, and cayenne and vinegar applied. Continued this treatment, together with various medicines (remedies?), till he was *extremely emaciated*, and his leg perished to some extent.

The injured leg was *one-third* less in size than the other when he came to the cure. Had some pains in the foot and calf of his leg, as well as in the knee.

These pains I regarded as symptoms of "reactions," showing that nature had not given up her efforts of a cure, which induced me to make a trial in the case. The patient had to use crutches, and had done so for months. Could not bear but a trifle of weight upon the foot of the injured leg. Limb was cold throughout its entire length. Circulation was languid and feeble not only in the lame leg, but throughout his entire system. He was so reduced that he could bear only the *mildest* treatment. Had the most *obstinate* constipation of any one that I ever had as a patient.

The entire tract of the mucous membrane of the alimentary canal, had in this case been overstimulated by the highly exciting substances which had been taken. The lobelia emetics were prosecuted with such vigor, as to greatly prostrate the nervous energy of the patient. Torpidity followed over-stimulation; hence the obstinate constipation in this case.

Here are two indications, two states of the system, to be overcome. *First*, nervous energy to be accumulated. *Second*, the torpidity of the digestive and assimilative processes to be overcome; as well as the secretive function of the intestines to be regulated.

Treatment for the first indications. Washings in water at 72°, then short sitz of 72°, and eventually the pack and plunge. For greater excitement of the system, the *douche* was ultimately used generally and topically, with leg baths of a low temperature, and *thorough* friction. Second indication fulfilled by the wet girdle, regulation of diet, packing, and long sitz baths. The constipation overcome by several small injections per day to retain. But this did not yield till all of the other symptoms had greatly abated, and he had gained some 10 or 12 lbs. in flesh. Mucous discharges gave relief.

His bowels ultimately became free, and digestion and assimilation correct. Nervous energy was restored, and he could walk without his crutch, and left it with us as a memorial of the past. He was with us about six months. Had this case been presented previous to medication and such exhaustion of the main organs of the body, in all probability *one-fourth* of the time would have done more for him than the six months did. Come to cures in season, and thus save time and expense. Give us as fair a chance as you do the medicine doctors.

Jun. 13, 1851. Forest City Cure.

PHYSIC AND PRETENSION.

[UNDER the above head, a city paper handles the popular medical system rather roughly. The general import of the article is strictly true, though we would incline to take a more charitable view of the motives of most of our misled and miseducated city doctors. However, if anyone feels aggrieved by the statements following, he shall have the privilege of replying through our columns.]

The ignorance, the pretension, the insolent tyranny, and the bald stupidity of the medical men, who have usurped the title of "regulars," and awed people by a name, will be ripped up and exposed by fearless hands, and to a public just beginning to open its eyes to the system of swindling which has so successfully and for so many years been practised.

It is a fact which we stand ready to prove, that of the thousand or fifteen hundred physicians in New York, not one-fifth of them have any more knowledge of chemistry than the higher classes of boys in our public schools. And of those who do understand chemistry, and who are privileged to write M. D. after their name, nine-tenths of them have either abandoned the practice of medicine in disgust, or been driven from it by *cliques*, whose object is to monopolize the practice of the community. What will our over-dosed and over-drugged readers say, when we tell them that the large majority of the successful and popular physicians of New York are ignorant of the original properties of the drugs they deal out; that all that is taught in the schools is a certain combination, or, to use a plainer word, a certain recipe, to be sent to the apothecaries, when certain symptoms are apparent in the patient? Why, we wonder how the ancients could have navigated the seas without the compass! But those mariners were more at home on the trackless ocean than are our physicians in a sick room. A set of stereotyped rules, learned as a parrot learns to talk, and acted out in the same intelligent manner, with a superficial knowledge of surgery, are the sum and substance of a physician's education. The medical schools of the United States are mere swindling shops, and their graduates either knaves or dupes. It has become absolutely necessary for every man who regards the physical well-being of his race, who dreads the entailment and expansion of organic disease, to aid in exposing the titled rascals, who have persisted in pouring poison into our systems—never telling us how to *keep well*, but always at hand to *patch up* constitutions gradually yielding beneath the pressure of bad habits and doctors' prescriptions.

What have the doctors done to keep men well? Have they united in an effort to establish free public baths? Have they in a body warned the community against badly ventilated dwellings and public places of resort? Have they urged upon all, their own patients as well as the community at large, the necessity of active exercise in the open air? Have they even acted fairly and

frankly with their own patients, taking each individual case of disease, studying out its cause, marking its progress, and the evil influences which accelerate it? Have they said to A, you eat too much; to B, you drink too much; to C, your habits are too sedentary for you to enjoy full health? Not a bit of it. They are simply at hand when the man falls sick; they dose him with poison; they patch him up, as you would an old and rickety piece of furniture, and then leave him until he breaks down again.

And what do they *know*, when you put them to the test? Just nothing at all. We have had an evidence of their knowledge in their inquiries into cholera, and their treatment of it. The Academy of Medicine of New York solemnly admitted—not willingly—their ignorance in this important particular.

And then, too, as a body, they are opposed to all progress, either from incapacity to investigate and understand, or laziness, or from a fear (most likely the first and the last) that the world may keep progress with them, if they lead the way, and sickness and mortality decrease in the ratio of their own advance in medical knowledge. They stick, with one or two exceptions, to the rules laid down a thousand years ago. They were ready to crucify Lady Wortley Montagu; they denounced the man who discovered the circulation of the blood a *quack*; and though in the second case they were obliged to yield at last, successive generations of doctors have seemed to act with a vengeful malignity, by letting that blood out of human veins, as fast as possible, with their murder-dealing lancets. They have stigmatized every new discovery *quackery*, until they have been kicked into a recognition of it; and then they have impudently turned round and said, "This is no new thing—we have known it for years."

They owe their success to, and their plan of operation is based upon, popular ignorance and popular indifference; the inability of the people to enter upon an intelligent investigation of the laws of life, and the tenure by which they possess free, full, and joyous health, and live to a good old age; or their unwillingness so to study and investigate. "We are *infallible*," say they, in the world's estimation. When sick, they trust their bodies to us with the same blind confidence that, when we are nearly done with them, they trust their souls to the priest. Let us keep up the humbug." And they have kept it up for these many centuries; but the people are cutting their eye-teeth, and cutting them fast too. We are beginning to inquire, not how we shall *get well*, but how we shall *keep well*. We are beginning to look upon our bodies as a machine made well *originally*, and intended to work well and harmoniously, though villainously and wickedly tampered with; and the great study of intelligent men now is, how to preserve their health, their physical and mental vigor, or, in other words, how to escape the doctors.

The charm of physic and pretension is gone forever. The infallibility of the faculty is openly

scouted, denied, and derided; and when a thick-headed old M. D. endeavors to sustain the exploded swindle, he is looked upon as a fool, not fit to be trusted with a single life, or as a knave, to show to whom a well-filled purse is to expose him to a temptation which he may not be able to overcome.

AMERICAN HYDROPATHIC INSTITUTE.

T. L. NICHOLS, M. D., and MRS. MARY S. GOVE NICHOLS, will open a Medical School in the city of New York, on the 15th of September, 1851, for the instruction of qualified persons of both sexes, in all the branches of a thorough medical education, including the principles and practice of Water-Cure, in acute or chronic diseases, surgery and obstetrics.

The course of instruction will consist of lectures in every department; a careful course of reading; clinical lectures, and thorough weekly examinations. Each term will last three months, during which time there will be given three and four lectures a day, five days a week, Saturdays of each week being devoted to clinics and examinations.

Mrs. Gove Nichols will lecture on special subjects in physiology, midwifery, and the diseases of women and children.

Dr. Nichols will lecture on chemistry, anatomy, physiology, pathology, theory and practice of medicine, and surgery, not in the usual mode of dividing them into separate courses, but combining them all, as they exist in nature, in one harmonious system. By this method the whole study of medicine will be made clear and practical, and of comparatively easy acquisition.

The instruction at this school will yield to that of no other, in thoroughness and practical utility. All the departments of a complete medical education will be so arranged, systematized, illustrated, and relieved of useless lumber, as to prevent all waste of time and needless study; and the theory and practice of Water-Cure will be compared and contrasted with the allopathic and homœopathic methods, so as to give the student a knowledge of each, and enable him to understand their relative merits.

Ample illustrations of anatomy, normal and pathological, will be provided in subjects for dissection, preparations, models in wax and *papier mache*, and the best engravings in the world, with a carefully selected medical library, to which every student will have access. Students will also have access to hospitals, anatomical museums, and the lectures and clinics of other medical colleges.

At the end of the term each pupil, who, after a strict examination, shall be found deserving of such a testimonial, will receive a Diploma.

Every person desiring to be received as a student of this institution, must make written application, presenting certificates of good moral character and habits, a fair English education, and an earnest desire to become a Water-Cure physician.

The fees will be fifty dollars, in advance, covering all expenses in the institution.

Good board can be obtained for three dollars a week, or students, by clubbing and living on Water-Cure principles, may live for much less. We shall cheerfully assist in either arrangement.

One hundred dollars will more than cover all expenses.

FRIENDS OF THE WATER-CURE!—There are now wanting, in the United States, more than a thousand thoroughly qualified Water-Cure physicians, of both sexes. The demand for them is unceasing, urgent, and constantly increasing. And this demand there has been, thus far, no means of supplying, except upon a very limited scale. Providence seems to have devolved upon us this part of the great work of progress, and we shrink not from the labor or the responsibility. There are hundreds of young men and women, anxious to engage in this work, if they only had the requisite knowledge. Some have the necessary pecuniary means—some lack them, but where they are in other respects qualified, the friends of Water-Cure must see that they are not wanting in these. With an Institution to found and establish, we cannot at first receive charity students. It is better that all such should be sustained by those who know them, who have confidence in their abilities, and who expect to have the benefit of the knowledge they may acquire.

In every city, town, or village, where it is desirable to have a Water-Cure physician, let the friends of the cause confer together—let them select from among them some man or woman fitted for this sacred function, and encourage and assist them, if necessary, to prepare for this work. We shall be obliged by receiving all applications as early a date as convenient, that we may form some opinion of the probable number of students, and make the necessary arrangements for their accommodation.

T. L. NICHOLS, M. D.
M. S. GOVE NICHOLS.

New York, April, 1851.

PORTABLE BATHING APPARATUS

BY C. W. D.

DURING a somewhat extensive journey last season, I daily experienced the inconvenience of not possessing any apparatus fully adapted to bathing, either in the sleeping apartments of the hotels, or in the state-rooms of the steamers; and as I have just obtained an idea from an article published in "Tait's Edinburgh Magazine," I propose to lay it before your readers, that they, as well as myself, may enjoy the benefits of the invention.

The *Magazine* says:—"A very good portable article may be made by having a wooden traveling-box, lined with thin sheet zinc. It may be of deal, or elm, and painted on the outside. The lid may be arranged to slip on and off, like the rudder of a boat, on eyes and pentils, or on common sliding hinges; and there may be a movable tray, three or four inches deep, to be lined also with zinc, which serves for holding the immediate dressing apparatus, and all that need be taken out for a single night's use. This tray, together with the lid, laid side by side on the floor, makes a fair enough sponging bath; and if the box is placed between them, and half filled with water, a most luxurious bathing apparatus is at once established."

With us, this box might be made of any wood,

as of pine or mahogany, and painted on the outside, or, as is common for traveling-boxes, covered with leather. The lining, as well as the tray, may be of tin, well soldered together, and painted. A substitute costing but a mere trifle, may be made, by simply fitting a tray of tin to any traveling trunk or valise already in use, and when such a convenience for a sponge bath is at hand, no one but those who have never enjoyed the luxury of cleanliness and *daily* ablutions, would retire at night, or dress in the morning without its use.

Many, who have not the convenience for a sponge bath for the entire surface, get accustomed to a coating of dirt upon nearly the whole body, and apparently care as little for it, as the palate of the inveterate *chewer* does for the nauseating *quid*, but after the habit of cleanliness is once established, and the means for its continuance placed *always* at command, no refined *human* being will delight in a coating of animal exhalations mixed with dirt. A *good, large* sponge, is very necessary, and a bag of India rubber or oiled silk will be found very convenient to carry it in.

Brookfield, Vermont.

COLD WATER v. RATTLE-SNAKE VENOM:

BY J. E. J.

Mrs. R—, of Narrow Prairie, Wisconsin, was bitten in the summer of 1849 by a large rattle-snake. The part bitten soon began to swell and turn yellow, accompanied by much pain. The swelling increased to such an extent, that it seemed the tension of the skin must necessarily give way. All the medical aid the country afforded was procured, and the usual remedies assiduously applied, but to little or no effect. She continued in the most agonizing pain for about four days, a time probably longer than she could have lived without medical aid. But the skill of the physician was apparently of no avail, and the patient was given up as lost. But it chanced that a Samaritan passed that way. He applied cold water, first by enveloping her in a wet sheet, and then, while wrapped in the sheet, poured cold water on her. The first application much relieved her. The swelling rapidly went down, the skin began to assume its natural color, the patient revived; in a few days she was convalescent, and is now alive and well.

An ox belonging to a gentleman residing about 16 miles north of Portage, on the Indiana Reserve lands, was found bitten by a venomous snake. He was much swollen, and appeared in great pain. He was driven into a stream of running water, somewhat above his knees, and water poured on him by the pail-full for four hours. In the meantime the swelling went down; the ox recovered, and in a day or two was put to his usual work.

One other case. A gentleman of Milford, Jefferson Co., Ohio, owned a horse which was cured of a bite by a snake, by the application of water, after whiskey and tobacco had failed.

COLD WATER FOR SCALDS, ETC.

BY CHARLES MUNDE, M. D.

THE question has often been asked, whether cold water could be used for scalds and burns, and still it seems to be undecided whether it is really "the thing" to be employed with success. Dr. Dzondi, Professor at the University of Halle, with whom I have frequently conversed about the subject, has published several articles and a valuable pamphlet, through which he might have settled the question at once, if people did not prefer, in the old country as well as in the new one, to deny admission to things which they do not know, or which do not altogether agree with their habitual practice. I have some hope of saving part of my books, which the police of Dresden has been kind enough to take hold of during our revolution, and among which is Dr. Dzondi's pamphlet. If I succeed, I shall publish the most important of his principles, and a few interesting cases of his, in the Water-Cure Journal. In the mean while, I shall give a few cases of my own, which are much in favor of water treatment.

My little son, four years and three months old, who, from a sickly child, has become, through water treatment and continual exercise in the open air during any weather, an uncommonly hard and active boy; so much so, that he attracts the neighbors' attention by walking about in the snow without boots on his feet, and in the heat of the sun without a hat on his head,—was scalded on the 30th December last, with hot water. The cuticle was raising in very small blisters, from the elbow down to the wrist of his naked arm when I was called. A cold arm-bath, the water of which was renewed every half hour, removed all the pain and inflammation in two hours and a half; a cold bandage, which he kept on during the night, completed the cure. The next morning, the scalded arm was scarcely a little more colored than the other; and the boy forgot the sufferings of the preceding night so completely that he ran again into the kitchen in the evening, and, pushing against a servant, who had just taken a pail with boiling water in his hand, and getting the contents of the pail upon his body, was sadly scalded once more from the pit of his stomach down to his knees. The upper skin, or cuticle, was pulled away with his clothes, which kept the hot water long enough to his body to produce an intense action on the surface of the parts exposed to it.

A sitz-bath of cold water was resorted to, in which he remained two hours, before changing the water, which was of a temperature of 50° F. He remained another hour in the new sitz-bath, when he wanted very badly to be brought to bed. His mother wrapped him in a half wet sheet, and covered the skinless parts with cold bandages of very fine linen, to be changed as often as the pain would increase. After a quarter of an hour, however, he wanted to go back to his sitz-bath, as the increased pain could not be allayed by changing the bandages. He sat an hour again, and was brought to bed, but soon required to be placed in the sitz-bath as before; and so he continued to change bandages and sitz-baths till about three o'clock in the morning, when he fell asleep. He had been altogether about eight hours in the baths.

In the morning, when he awoke, I asked him how he was. He answered, "very well." I asked him whether he had not any pain; he said "no." On a closer examination, I found that part of his belly, the lumbar region, the thighs and genital organs, were badly injured; the skin being either gone or having been raised into blisters of every dimension; there was some inflammation; however, the patient did not complain at all. I made a salve from sweet oil and the yolk of an egg, to which I added a few drops of tincture of benzæ, with which I covered the sores; over the salve and blisters, and, indeed, over all the scalded parts, I placed cold water bandages, after having opened the wound with a pin; and these bandages I changed as often as an increase of heat required it. The third day my boy could not be retained any longer in his bed; he walked about the house, (without any under-garments,) and even tried his fortune out of doors; however, his sores becoming worse, especially on the genital organs, I had to put him to bed again, to continue his quiet treatment. I was compelled to leave Northampton for New York, and my wife managed to keep him in for two days more; then he would not stay any longer, and she yielded to his repeated requests for liberty. He walked about, in and around the house, and in ten days from his being scalded his wounds were healed, inclusive of the genital organs, which had troubled him most, and which were, as was the rest, covered with new skin. He has been a little more cautious since in entering the kitchen.

In 1840, when I was director of the Water-Cure Establishment at Elgersburgh, in Thuringia, (belonging to the Duke of Gotha,) one of the servants of the establishment, who had to take care of the cattle, was carrying a tub of boiling water on her back, (it is not very uncommon to see German peasant girls carry loads of 200 pounds and more in large baskets or tubs on their backs,) slipped on the ice and was badly scalded all over her neck, shoulders and chest. I was called for, and found the poor girl covered with blisters; however, only on one of her shoulders a little bit of the skin had been scratched off in taking off her clothes. As I could not expose these parts to a bath, I sent for cold water, in which I put some snow and ice, wrapped the lower parts of the trunk with dry handkerchiefs and towels, and placed cold bandages on the scalded parts. To increase the cold, I wrapped snow in the cloths which I applied. These bandages were changed as often as they became tepid, in the first two or three hours every five or ten minutes, and this treatment was pursued from two o'clock in the afternoon till about seven or eight o'clock in the evening, when the girl was tired and wanted to go to bed. All the blisters were gone, except in one part, where there was one of the size of a hen's egg remaining. I put a good thick bandage on her, and bid another girl take care of her during the night, as she appeared rather feverish. The nurse, however, being tired herself, fell asleep, and did not change the bandages more than once or twice. However, in the morning the skin of the girl was perfectly smooth and painless, except the blister mentioned before, which had shrunk down to the size of a hazlenut, and the little sore place from which the skin was gone, which ulcerated a day or two, and healed, under a water bandage by night and a tallow plaster by day, in a few days, without leaving the least mark.

In 1836, when I had just returned from Græfenberg, one of my neighbors, Mr. Voigt, a soap-chandler, fell one morning into a large boiler, in which they had been making soap, and which was half full of hot ley and the remainder of the soap. He happily got out on the other side and dragged himself to his room, which was not very distant. There his young wife—he had been married but a month before—with the help of a man, pulled off his clothes, and—about one-third of his skin! I was then Professor of the Mining Academy at Freiberg, and, although I had been led into the secrets of medicine and surgery eighteen years before, had not taken my degrees at the time—this being a rather expensive formality in Saxony, which, having been performed, makes you a good deal prouder, but not a bit wiser than you were before—and thus was not allowed to practise in my own country—not even with water, which was, besides, looked upon as a remedy very dangerous to—physicians of the old school, who were afraid it might wash away some of their artificial colors, and injure their practice, by keeping people in too good health. However, the conviction I had gained of the healing power of water in scalds and burns, by making an experiment in countries beyond the frontier of Saxony, where there were also human beings and doctors, especially in France, Carvizart and his disciples being much in favor of cold water; and the enthusiasm which I brought from Græfenberg, drove me to my neighbor's house, where I found Doctors Etmüller and Beckett, both friends of mine, who had a pail of water before them, into which they were going to dip a sheet, but they were somewhat at a loss about the way of wrapping the patient in it. I offered my assistance, got one of my Græfenberg blankets, and packed the patient in a sheet, which had been very little wrung out. The first day we did nothing but changing the sheet almost every half hour, which was not a very easy piece of work, the poor man being "skinned" [alive] on almost every part of his body, especially in such places from which the clothes could not be removed fast enough; as, the belly, genital organs, thighs, spine, hips, legs, as well as in the face, on the chest, back, neck, ears, etc. The second day, at the instance of Dr. Etmüller, we used compresses, dipped in water mixed with alcohol, on the sorest places, (a proceeding which was intended to stimulate the *dermis*, and favor the reproduction of the *cutis*,) and from the third day, we used, alternately, an ointment, made of fresh linseed oil and the yolk of eggs, for the sores. Patient remained in the pack all the while, day and night, the sheets being changed every hour, or every hour and a half. The case excited so much sympathy in the neighborhood, that the clergyman of the district called, in his "ornat," or long robe, and, seeing the patient in the pack, his face covered with wet linen—a sight which never hit his eyes before—approached him, and began to pray for his soul. The soap-chandler, however, continuing feverless through the whole of his treatment, gayly interrupted him from his pack, assuring the "Herr Pastor" that "he had not yet a mind to take his leave, but wanted to stay with his young wife," to whom he requested the minister to say a few words of consolation. After some days the packs were discontinued, and in three weeks the "dead man" was seen to walk about his house in his "schlafrock"—a gown or "robe de chambre"—and drawers, (s. v. v.,) his scurfs not allowing him as yet to dress properly. In a month's time he was making soap again, and before the year was round, I saw his young wife, through the window of my study, with a fine and healthy babe in her lap.

From these and similar instances, I cannot see why some physicians of high standing should caution people so much against cold water for scalds. Only use it well. About the way to use it, I shall say a few words more at some future time.

Northampton, 8th Feb., 1851.

New-York, April, 1851.

THE WATER-CURE JOURNAL is published monthly, in New-York City, at ONE DOLLAR a year, in advance.

ALL LETTERS, and other communications, relating in any way to this Journal, should, in all cases, be post paid, and directed to the publishers as follows:

FOWLERS AND WELLS,
No. 131 NISSAU ST., NEW-YORK.

TO OUR CONTRIBUTORS.—To prevent delays, all communications designed for this Journal should reach the PUBLISHERS on the first of the month. Our edition is now very large, and in order to issue it promptly, all "copy," including advertisements, should be sent in early. Reports of "CURES AT HOME," as well as at the various establishments, will be interesting to all readers.

The publishers will be happy to give any information relative to locating establishments, the probability of their success, and any other information they may possess on the subject, not contained in this Journal, or the WATER-CURE LIBRARY.

APRIL TOPICS.

BY R. T. TRALL, M. D.

PREFATORY.—So many subjects crowd upon our brief space, that it becomes a perplexing question what to select and what to neglect. All nature is eloquent with "words of wisdom" to those who can interpret her language; and, unfortunately, this world we inhabit is full of fearful admonitions to all who can understand the meaning of the penalties of violated laws. There is no philosophy so difficult to instill into the general mind, as the simple, self-evident doctrine, that, casualties excepted, human beings have life and health very much at their own command; to use or abuse, to enjoy or suffer, according to their own wisdom or folly. We do not wonder at this difficulty, when we view the great mental incubus of a false medical system, resting upon the civilized world, and paralyzing, with its mystical dogmas and incomprehensible speculations, all the attempts of the uneducated to think for themselves upon a plain, common-sense question of disease and remedy. But we have an eye of faith, that seems to see a brighter light shining beyond the present scene of doubt and darkness. More, we know there are hundreds and thousands scattered over the earth, who are even now basking in this light, and enjoying in full fruition what all may become the recipients of—the best condition of physical health and mental strength that the irorganization is susceptible of. And these are mostly teachers of our whole system; and their example must soon tell upon the baseless superstructure of the popular drug practice, with a force that will utterly demolish it, leaving, as we hope and believe, not even a solitary wreck behind. Until then, let us one and all work for this end, watch the current of passing events, note the developments of progressive truth, as well as we may, and point out, as well as we can, the floating fallacies of the times.

CITY MORTALITY.—March is usually a hard month for consumptives; but the mortality of the first week of the month is without precedent in this city. Sixty-six deaths are recorded from consumption; nearly thirty from lung fevers, and several from other complaints of the lungs, making over ONE HUNDRED DEATHS—nearly one-third of the whole bill of mortality—from an inflammatory

disease of the lungs! Surely this is a lesson that means something. We have nearly a thousand doctors, and some hundreds of "pulmonary specifics" which never fail to cure, according to the advertisement, besides a few scores of consumption and liver complaint curers, who guaranty a perfect restoration to health under all possible circumstances. Yet, despite them all, the patients continue to die with a constantly increasing ratio of fatality.

Who can fail to see that there is something wrong in the prevailing customs? The young lady or young gentleman of wealth and fashion, who has all the appliances of health at command, and the supervising guardianship of the most learned medical professors in the world, is as readily cut off with this disease, as the poor tenant of the miserable hovel, reared in indigence, and ignorant and heedless alike of all the laws of hygiene. Nay, the greatest proportion of victims is drawn from the circles of luxury and refinement. Yet, the most astonishing thing of all is the sad, sickening fact that the doctors, wedded to a theory that blinds them to all experience, plod along in the same stupid routine of leeching, blistering, antimonializing, expectorating and cod-liver-oiling, always unsuccessful, their patients invariably dying, and apparently unsuspecting that there is or can be any other respectable way of medication. It is time the people took this matter in hand, and banished consumption from the land.

STEALING OUR THUNDER.—The New-York Journal of Medicine commends a plan for treating the piles, which is not the less valuable to the patient on account of being a plagiarism on hydropathy. The time may be not far distant when all our methods of water-treatment will be claimed as the regular system; to which we have no objection, providing the drug side of the question is abandoned. The matter is explained in the following paragraph:

Dr. Garvin directs about a gill of cold water to be thrown into the rectum immediately before every attempt to evacuate the bowels, and that this enema be retained several minutes, if possible. This usually produces an evacuation of the feces, which have been so far softened on their surface, as to permit their escape without the least straining or irritation. After every evacuation, it will be proper to use ablutions of the parts, more especially in such cases as are attended by some protrusion of the bowels. The treatment is to be continued until some days after all uneasiness is removed. In old or severe cases, to effect such amendment generally requires several weeks. It is highly important to impress upon the patient the absolute necessity of perseverance in the use of cold water, even though he should be so far relieved as to feel almost well, for if it be suspended too soon, a very slight cause will bring on a relapse. So decided is the relief afforded by this treatment, that few persons would be disposed hastily to abandon it, but for the inconvenience of applying it daily. The ordinary apparatus for enema is so unwieldy, that they cannot be carried about conveniently. All difficulty from this source may be obviated by the employment of a small pewter syringe with a ring handle to the piston. One which will hold two ounces is very convenient, and may be carried in the pocket when necessary. When such enemata of cold water fail to procure sufficient alvine evacuations, the quantity of fluid may be increased to half a pint, or it may be necessary to resort to mild laxatives. Active purgation must be carefully avoided.

UNGUENTUM AQUÆ PURÆ.—The most amusing thing we have lately noticed in the allopathic journals, is a preparation called "water ointment." It is almost hydropathic, being wet grease instead of the wet cloth. We have no doubt it is the very best ointment in the regular materia medica. One of the allopathic journals speaks of it in the following terms:

Water Ointment.—The water ointment, as it is called, seems to be coming into popular favor with many of the profession. It is a very mild dressing, and is intended to be a substitute for the *ungt. aqua rosea*, in dressing excoriated surfaces. In some respects, it possesses advantages over that of the rose water ointment, which is, however, yet considered a very nice and bland preparation. The water ointment is best prepared by boiling fresh lard, free from salt, in water. After it has cooled, it is to be separated from the water, and as much cold distilled water as possible is to be rubbed into it. It is better to make it often, and have it kept in a cool place ready for use.

CHLOROFORM AGAIN.—We have repeatedly presented reasons adverse to the use of this agent in child-birth. In corroboration of our views, we find the following testimony in the Journal of Medicine, founded on observations made in numerous cases by Drs. Barnes and Jacks:

"It has been erroneously concluded that Chloroform simply narcotizes the brain, or rather, induces a deep sleep, during which state there is complete unconsciousness of pain, and a consequent avoidance of the shock which pain produces on the system. It is further assumed, that chloroformization, carried to the extent which is necessary to subdue pain, does not affect the spinal marrow or the sympathetic system. A strict analysis of the nervous system, aided by experiment and observation, will show the fallacy of these conclusions.

"In parturition as in surgery, in physiology as in pathology, the physical shock of nervous excitation, or injury, cannot be escaped from. In parturition as in surgery, the emotional shock of nervous excitation, or injury, may be avoided. In surgery, this may be an invaluable boon. Is it so in parturition? It is more than doubtful. The emotional influences, both those excited by the sensation of pain, and those independent of pain, are of immense importance in this complicated function. The voluntary power, too, is often of the highest utility. In woman, at least the brain should be allowed to retain its integrity, to exert its beneficial controlling influence over her own conduct, as well as its salutary aid in attaining a safe delivery."

ALLOPATHIC PROGRESS.—The members of the Academy of Medicine in Paris are prolific in new inventions for suffering humanity, that is, for making humanity suffer. Among its recent developments are, a method of scarifying the neck of the uterus in cases of leucorrhœa, proposed by a Mr. Mayer, who has invented an instrument for the purpose; and an impermeable varnish, which is to be applied over the skin, so as to make an air-tight crust or coating, in cases of inflammation, the invention of a Mr. Latour. The first is worse than useless, besides being barbarous; the other is too silly an affair to be treated with any show of seriousness.

PURERPERAL ANÆMIA.—Not long since, as many of our readers will recollect, we copied from the Boston Medical Journal, a report of several cases of this disease treated with the preparations of iron, all of which terminated fatally. The same journal of February 12th contains the particulars of another case, which terminated fatally also. This

case is communicated by Dr. John Appleton, of West Newbury, Mass., who details all the symptoms, and relates all the appearances on a post-mortem examination, with great minuteness, and concludes with the following remarks on the treatment:

"The most *satisfactory* results which have been observed, have followed the *use of iron* in some of its preparations. Of these the sulphate seems to have been the most generally used. *The phosphate was principally relied on in the case above reported.*"

If death is a satisfactory result of the preparations of iron, then the philosophy of the practice is entitled to our highest admiration. If life be more desirable, it is high time a few preparations of pure soft water should supersede the iron business.

AN ELEVATING DINNER.—Dr. Chandler, in a recent address before the Vermont Medical Society, alluding to the many wants of the profession, and the various ways in which regular doctors can comfort and sustain each other, remarks:

"The proposal to distinguish our annual meeting with a public dinner should be regarded as ominous of good; [good eating!] thus favoring the development of the social and *moral* elements indispensable to the formation of *elevated professional character.*"

Roast pigs, turtle soups, clam chowders, fried ells, poached frogs, blood-puddings, pickled tripe, followed by a refreshing smoke, gentlemen! Call you these dainties moralizing and elevating? Perhaps, though, you will have a banquet untainted with carnage, guiltless of bloodshed, composed of the delicious vegetables and luscious fruits for food, and the purest water for drink. If so, we would not disdain to meet with you.

MEAT BISCUIT.—Some of the newspapers and several medical journals have noticed a recent preparation of food, the invention of one G. Borden jr., of Galveston, Texas, called *meat biscuit*. It is highly recommended by one Dr. Ashbel Smith, of Galveston; but it is not at all what its name imports: it is merely *meat-flavored biscuit*. It is said to be made in the following manner: "The meat is sliced, then boiled till all the jelly or gluten is extracted; two pounds of this jelly, containing the nutriment of eleven pounds of meat, are then mixed with three pounds of flour, and baked till the five pounds are reduced to four." This may be a pretty enough speculation for the inventor, who, the papers state, has erected an extensive manufactory for its preparation, and has already sold large quantities for the use of the army, but that is all. The idea of concentrating eleven pounds of the nutriment of meat into two, or of making an extract of the nutriment of anything on the face of the earth, all persons, who understand chemistry and physiology, know to be ridiculous nonsense.

The simple truth, is that the biscuit above mentioned would sustain life almost as long and as well without the addition of the jelly as with it. There is, to be sure, a slight degree of nutriment in it, but the process destroys or wastes at least nine-tenths of the nutrition contained in the meat. It is not a little singular that the orthodox medical journals, which assume to have the keeping of the public health in their own authorized hand, never tell the people anything about the intrinsic nature

of such things. A presumptuous irregular at our elbow whispers, that it may be because, as a general thing, they don't know themselves!

AN ALLOPATHIC APHORISM.—Dr. Burden, in a late valedictory to the graduating class of the Philadelphia Medical College, among many sage counsels, propounded the following very prudent aphorism. "Avoid discussion at all times, except in medical societies, on medical subjects." It is very true that the philosophy of allopathic drugging will never bear talking about much "out of school;" and the physician who discusses it much before his patients, will most assuredly discuss himself out of practice. Hydropathy, on the contrary, will live, and grow, and spread the more by being discussed.

THE PEPSIN BUSINESS.—The wonders of quackery and the triumphs of humbuggery continue to fill a large space in the newspapers. The latest, and one of the most taking "achievements of the age," is the artificial digestive fluid speculation. Under the head of *pepsin*, a term which has been applied to the solvent property of the gastric juice, a Dr. Houghton, of Philadelphia, is flooding the country with an article to supersede the use of the gastric juice. The scheme is rather skillfully concocted, and "many will be deceived thereby." The pepsin proprietor ingeniously quotes the testimony of those celebrated chemists and physiologists, Liebig, Pereira, Sylvester Graham, and Professor Dunglison, that an artificial digestive fluid can be formed in which various articles of food will dissolve as readily as in the natural fluids of the stomach. But he finds it convenient to forget to tell the people he intends to delude, that those authors do not recommend the use of an artificial instead of the natural fluid. It is according to the order of nature that the stomach shall secrete its own pepsin, as well as that the teeth shall do their own masticating, or the lungs their own breathing. There would be as much sense in proposing to supply the blood ready made, or the food already masticated, or the air already breathed, or the bile already formed, thus dispensing entirely with the services of the nutritive apparatus, the lungs, and liver, as to supply artificially a digestive fluid, thus doing away with the labor of the stomach.

It is a law also of the animal economy, that a part or organ not functionally exercised soon loses its functional power; hence all such expedients can only be mischievous, and that continually. It will be said that in some cases the stomach loses its power to secrete the gastric juice; but then the indication is to restore that power, not supersede the functional office of the stomach, with artificial pepsin, even though it be prepared "from the fourth stomach of an ox."

That the author and proprietor of pepsin by the bottle intended the thing as an imposition upon the public, is sufficiently evident from the evil-cunning of his advertisement. After enumerating all the common infirmities of the day for which his specific possesses "marvellous" virtues, he says it is an antidote to "excess in eating, and the too free use of ardent spirits. It almost reconciles health with intemperance."

This offering to sell indulgences is precisely the way to please the sot and gratify the epicure and

riotous liver. Instead of teaching moderation in eating, abstinence from intoxicating drinks, and temperance in all things, the knavish creature preaches all manner of licentious indulgence and dissipation, the penalties of which can all be paid by a few dollars expended in purchasing his pepsin.

THE SEASON FOR CROUP.—A medical correspondent of the New-York Mirror predicts that five hundred children will die of this disease, during the changeable weather of the spring season. For preventives he recommends a mustard poultice, or a flannel dipped in turpentine, or spirits of hartshorn to the throat, and nauseating doses of Hive syrup, to be continued as long as the cough remains. The croup is a terrible disease; but the above medication is not much better. Those applications to the throat are sure to render the part more susceptible to colds in future; and nauseating with Hive syrup, which is strongly charged with that deadly drug, antimony, is about as effectual a method of destroying the stomach as could be devised. If a cough continues several weeks, as is frequently the case, and the dosing is kept up, the whole system is certain to be pretty thoroughly poisoned. There are at least a thousand better ways of managing colds and coughs in children. Water-Cure folks only need wet cloths to the neck and chest, with general bathing, or the wet sheet pack on the access of fever. On the attack of croup, the cloths to the throat must be very cold and very often renewed, and the full general treatment promptly resorted to, as for a general fever.

TYPHUS FEVER.

BY J. G. JACKSON, M.D.

I send you the following report of a case of severe typhus fever treated hydropathically by me, at my Water-Cure.

The subject is my eldest son, Giles E. Jackson, aged fifteen years: and for the past winter, till his late sickness, a student of Central Medical College, at Rochester, N. Y.

On the 8th of January I went to Rochester, to attend the annual meeting of the Medical Society in connection with that college. On meeting my son I noticed he had greatly changed. When he left home, in November, he was round, ruddy of face, with finely developed muscularity; strong, and a perfect picture of health. He had had no sickness from his childhood, though up to his eleventh year of feeble frame and spare in flesh. He had lived a *vegetarian* from his babyhood, eating no flesh nor butter, making his food of the farinacea, vegetables, and fruits.

So marked was the change that I decided on taking him out of college; I did so. We reached Glen Haven on the eleventh of the month. Such had been his perfect freedom from all the diseases of childhood, and all the epidemics quite common to the region where we had resided prior to our locating in our beautiful glen,—an immunity in his case owing, I have no doubt, to the fact of his having reared himself on simple food,—that I was blind to the indications which, in another case, I should have perceived *instanter* were the harbingers of typhus. But I thought of them only as

the results of hard study—too hard by far for one so young.

I found, on questioning him closely, that some weeks before I took him from college he had been confined to his room for two days, with fever, brought on, as he thinks, by too close attendance in the dissecting room. That subsequent to this, he had been troubled with immoderate flow of urine, gradually increasing, so as to alarm the professor with whom he boarded, and which troubled him very much during the night. I saw that this was rather a vexatious feature in his case, and I was gradually coming to conclude that his restlessness, his indifference to books, to the society of his friends, and to what at home was naturally, after so long an absence, calculated to interest him, were attributable to this difficulty; and that I was to be summoned to a task—hard, painful, and uncertain in its results—the treatment of a case of DIABETES. I sought for aid in books, but, alas! they could afford me none. Watson, Wood, Hooper,—*Allopatha*. Marcy, Herring, Hull, Hempel,—*Homœopaths*. I could gather from not one of them that they had ever cured a case of diabetes. Shew, Nichols, Mrs. Gove Nichols, the Water Cure fraternity, generally, gave me no light, specifically, on the subject. And when I added to this that the patient was my own son—heart of my heart—bright, brave, gifted—full of promise, good; I prayed that that cup might pass from me, ~~and~~ and it did; for on the 13th instant he took to his bed, smitten, unmistakably with TYPHUS FEVER.

There were great heat of head, glassing of the eye, bloodlessness of the tip of the nose, with icy coldness; great soreness of throat, swollen tonsils, great heat of the mouth, with blistered gums, white and dead, as if the skin had been shrivelled with hot tea; yellowish whiteness of the centre and back of the tongue, and high redness of the edges and tip; oppression of the chest, labored respiration; pain in the ileo-cæcal region on pressure; pain in the urethra, running down the inside the thighs to his feet; soreness of the hips, and upper extremities and lower bloodless and cold. No vein could be discovered on hands or feet; head hot, and breath stinking—no other words describe it.

The diagnosis clear; the prognosis not good-looking. Had I had other force than that which lay in my own brain, how gladly would I have avoided the issue, and given my son into other hands. The stake was too great for me to play easily; but what could I do! There was no Water-Cure physician within twenty-five miles of me, and no others could be of use to me except to aid me in diagnosing his case, and I knew too well what the disease was to need counsel from man on that point. I had seen too much of typhus fever not to know it. Yet let me say, I know, in all my mingling with medical men, no instance where, without great struggle, a Father makes a good Doctor. Successful or not, the allotment was mine, and I harnessed myself to my duty. Not a moment was there in which I had doubt what to do; yet, situated as I was, I quivered at the work—but quivering was not working.

The first thing I had done was to remove my son into a large room, with two large windows in

it; a door opening into another room, which also had a window in it, thus securing thorough ventilation. Between his bed and the windows I threw up a screen of blankets, then let the windows down from the top and raising them partly from the bottom, making the air take an upper and under current. At the head of his bed I placed a thermometer, and gave orders that at no time, night or day, to close the windows when he was in bed, or to allow the thermometer to rise above 55 degrees.

I ordered two beds—mattresses—and suits of bedding to be placed at my disposal, two night-gowns, and sets of bandages—these I will soon describe. I brought into the room a lounge for emergencies. Thus equipped, I commenced.

I spread on the floor two thicknesses of carpeting, put my half bath—an oblong tub four feet long and two feet wide at the widest point—into this I put six pails of water at a temperature of 70°. Sat my son down into it, and his mother and myself washed him three minutes.

Took him out, wiped him dry with soft diaper, and hand-rubbed him for four or five minutes—very much along the spine, but with almost mesmeric lightness—I had made for him a linen cap of four thicknesses—the linen was old, which is by far the best—so as to fit his head neatly, sitting down to his ears and eyebrows. This I wet in ice water, and putting it on his head, for fourteen days and nights, I had it newly wet as often as once in five minutes, except when he was in the wet sheet or asleep. I put around his neck three thicknesses of wet linen covered with a dry bandage, these I wet in ice water.

I had made for him a suit of waist bandages—after the fashion of a vest exactly, without buttons—one next his body wet in water at 72° and slightly wrung, so as not to drip, covered with two dry ones. These came down about the navel. I took a single bed sheet—linen—folded it lengthwise four times, making it about ten to twelve inches wide and six feet long, rolled it and dipped it in water of 72°, then took a cotton bed sheet of the same dimensions and rolled it—dry. I put the linen sheet about the abdomen, over the kidneys, and sank it as deep down over the pelvis as I could, so as to cover the bladder. It would go twice and a half round his body, making the abdomen to be wrapped in nine or ten folds of wet linen. This I covered with the dry bandage.

He was now ready for bed—wrapped head, neck, chest, abdomen in wet swathings—I wrapped his hands in hot woollen cloths, and put a jug of hot water to his feet, and putting on myself extra clothing I took my seat in his room. I let him lie three hours in this wrapping, watching his pulse—which was strongly intermittent but going up as high as 135. At times, at the expiration of the time, his limbs were burning hot, his chest and abdomen almost dry—I spread on the lounge a suit of packing cloths, blanket, woollen sheet, &c. I took three packing sheets, wet them in chilled water—spread them on to the sheet without wringing, took off all his bandages, re-wet his head-cap and laid him on to the wet sheets, wrapping him up head and body and limbs all but his feet, to which I put the jug of hot water. Through all this mass of wet linen the

heat of his body came smoking like a furnace. I took him out, gave him a half bath of three minutes at a temperature of 70°, which caused a movement of the bowels—which I followed by an injection of tepid water of about half pint, put on his bandages as before, packing with hot cloths to hands, jug of hot water to his feet, and to bed. Thus ended the first day.

In the morning of the second day, diarrhoea set in powerfully, attended with soreness of the rectum and lower abdomen. I allowed all the natural evacuations to pass, then threw up tepid injections, say 76°, till I washed the bowel clean—so that water came away slightly discolored. These soothed the bowels, and lowered the pulse from 180 to 100. I then unbandaged him, gave him a half bath 70°, three minutes with brisk hand-rubbing, put on his bandages anew, and to bed again. At ten o'clock I gave him a sitz bath of fifteen minutes—rebandaged him and put him to bed. At four in the afternoon his fever would be higher, and from that hour till eleven of the night he would burn like a kiln. I would some days in that space pack him four times with half baths and wet sheets for wipers, with dry ones and hand rubbing—never for an instant letting him go without his linen cap wet in ice water on his head, and his hands and feet in warm cloths or warm baths. This comprised his treatment for six days and nights, during which time he drank all the water he wanted as cold as he wanted it, but took nothing else into his stomach of any sort or kind. The seventh day I thought I saw little improvement; this might have arisen from the idea generally prevalent among medical men, that the critical days of the disease are measured by those divisions which the number seven makes.

At the end of six days I commenced giving him gruel made of corn-meal and water. I gave him a tablespoonful in twenty-four hours, the next day two, adding each day one spoonful. On the sixth day he broke out on his arms, legs, and hips with vesicles, of the dimensions of a small fish scale. On the eighth day his bowel and bladder evacuations took a new phase. His fæces would be thin and watery, and look like Indian porridge. His urine very large in quantity, very dark colored, but clear on making, yet on getting cold would look like thick water gruel. It would hardly do to call it fluid. It was ejected from the bladder with great force, was slightly slimy in look, and had a decided bead on it, like strong beer. No change had come as the result of the treatment in respect of quantity, but he made urine much less frequently than he had done for weeks previous. On the fourteenth day I mastered his diarrhoea, up to which time he had lost forty-five pounds of flesh. On the seventeenth his urine became clear, and much more natural in quantity. On the eighteenth his tongue came to look better, and I indulged him with toast, and on that night undressed and went to bed, the first time I had undressed or slept sweetly in nearly three weeks, or had been absent from his side at one time for more than an hour.

On the nineteenth his feet came to have considerable circulation; on the twenty-second I could perceive veins in his hands—the first time I had seen the appearance of a vein in twenty days.

From the time his *urine* changed its *gruel* look and appeared regular in quantity and quality, he had, up to the twenty-sixth day of his illness, at four o'clock, p. m., and so along till eight p. m., a curious manifestation. His nose would at four o'clock begin to puff up, till it was at its tip almost twice its size, and as red as a carbuncle. This would last for half an hour—I applied ice cloths to it and it would go away. A reflection or two, and I submit this case to the judgment of your readers. 1st. As soon as I learned that my son, who had lived all his days as a vegetarian, had, at the advice of a Medical Professor, gone to the eating of *meat*, I brought him back to his *usual diet*. I have no faith in the superiority of *meat diet*. Even in diabetic difficulty.

2. During the worst part of his sickness, when his pulse was 135-40, the wet sheet packing repeatedly reduced it in ten minutes from the extreme point to 75, and in two cases to 50 beats in a minute.

3. There is no doubt in my mind that after the second day of his confinement he would have been crazy had I not given him powerful water-treatment, and kept his head wet in *ice water* constantly. Whereas at no time *save once* did he exhibit the least derangement, though at two several times was he for an instant totally blind.

4. The great purity of *air*, *lowness* of temperature of the room, and entire abstinence of food, were powerful auxiliaries.

5. My wife, Miss Gilbert, our partner, and myself were the only persons that took care of him, so that everything was done *as it should be*.

6. I feel quite sure, such was the violence of the case, that nothing but the entire purity of the atmosphere of the room saved us, and especially myself, so constantly was I by and over him, from taking the disease. We kept the room so cold that we all wore *our clothing*.

7. It is a triumphant proof of the adaptability of the water treatment to this disease. My son is rapidly gaining his strength, his color, his good looks, and his intellectual power, for which I am thankful.

8. A young lady boarder with him in the same house in Rochester, was taken sick about the same time, of the same disease, and was treated with medicines in the most careful and skilful manner by the Faculty of Central Medical College—but she died. My son took water-treatment, and lives to bless his friends, and I trust his *kind*.

Glen Haven Water-Cure, Feb. 21, 1851.

SPASMODIC ASTHMA.

BY DR. LACHAMEYER.

THE treatment of three cases is particularly interesting, because hydropathy was applied with the best success, after allopathic treatment had been of no avail.

1st case. I was called in the year 1842 to the child of Mr. Hoelchir, who resided at that time in Germany, but is now residing in New York. This child had at uncertain intervals asthmatic fits, with a short, whistling, incomplete, inhalation; spasmodic motions of the limbs; at the same time were cold. The fits continued for a few minutes, and then left the child in good health, and respiration easy. Her parents were very uneasy about

her, because their family physician, an experienced medical practitioner, had been treating her with the general antispasmodic remedies, as assafoetida, valerian, zinci, &c. When I was called, very well knowing that an enlargement of the hemic gland or hymar glandula is regarded as the seat of disease, I reasoned with myself without having read before anything of the kind for its treatment in hydropathy, that I would apply it in the case, which the following result will show. For this purpose, I had the child enveloped in a wet linen cloth, which was well wrung out from the neck to the feet, and over that a woollen one, according to the Priessnitz Water-Cure; at the same time the windows of the room was partly opened. When the perspiration began to break out, the door of the room was opened, that the patient might inspire fresh air in sufficient quantity, and the parents were ordered to give the child fresh water in small doses from time to time. After the perspiration had continued for thirty minutes, I took her out of the blankets and dried the perspiration upon the body, and then had her placed in a bath of 60° F., in which she remained for a few minutes; she was then rubbed all over with a piece of flannel, and then perfectly dried. This treatment was repeated every morning on an empty stomach; at the same time I ordered the child to be carried out in the fresh air once a day, to give her light digestible food, and fresh water as a drink through the day; after having continued this treatment from four to five weeks, the child had a slight eruption of pimples over the body, which healed by the same application, after a few days treatment. I now declared the child well, and to stop the envelopments, except to keep on for a while the diet, and to wash off the child every morning for some weeks longer. From the first applications, the above mentioned fits never returned, and the child has since been one of the healthiest.

2nd case. Some months afterwards, I had a call to a child of another family, suffering from the same asthma; as I did not reside far from their residence, I saw her in one of those fits. This child was some months younger than the former. I was afraid to try this experiment, as in the first case. I therefore tried some allopathic remedies, but without any relief. After reflecting some upon the subject, I resolved to apply the hydropathic treatment in the same manner as before, and with all the care I could. From the first application, it never had any more fits, and for four weeks past I stopped the Water-Cure, as I found the child entirely well.

A few months after the second case, I had another call to a child eighteen months old, who had an attack of the same asthma, but at the same time an inclination to hydrocephalus acutus, or brain fever, which I diagnosed from the size and form of the head, and it then generally breaks out when children are in the period of dentition. In this case there were two reasons which made me afraid of a successful result of the Water-Cure as in the two former; 1st, by its young age and at the period of dentition; 2d, the inclination to hydrocephalus acutus. Also the operation of the envelopments and sweats operating by itself to produce some congestion in the head. Though I saw all these difficulties, I was determined to make a trial with

the Water-Cure. I then applied the same treatment as in the former cases. The first few days these fits stopped, but the child having some heat of the head, I stopped for a few days the treatment until the unfavorable symptoms ceased. I again repeated the envelopments, and had cold water applied to the head, but I had to stop after some days, as the same symptoms made their appearance. The spasms or asthma never returned, but one or two weeks afterward the hydrocephalus broke out, to which I attended strictly to the allopathic treatment, with cold applications, and with the remedies generally indicated in hydrocephalus acutus. About a week afterwards it died.

Reviews.

BULWER AND FORBES ON THE WATER TREATMENT: a compilation of Papers on the subject of Hygiene and Rational Hydropathy; edited, with additional matter, by ROLAND S. HOUGHTON, A. M., M. D. (New and revised edition, stereotyped; with additions and improvements.) New-York: FOWLERS AND WELLS, Clinton Hall, 131 Nassau street.

An admirable collection of standard papers on the Water-Cure, beautifully printed and conveniently bound up for permanent preservation. The object of the work is to interest literary and professional men, persons of sedentary habits or pursuits, and all who have the courage to *think for themselves*, in the subject of hygiene and the water treatment; to attract their attention to the importance of acquiring a correct knowledge of health, with a view to the prevention and cure of disease by hygienic management, when practicable, and to define those leading, general principles which lie at the basis of rational water-cure. The volume is mainly composed of papers on Hydropathy from the ablest and most reliable English sources. The following is the order of the table of contents:

I. SIR EDWARD BULWER LYTTON'S "Confessions of a Water Patient" (originally contributed to the London New Monthly Magazine). The reprint in this volume is perhaps the most accurate and elegant that has ever appeared, either in England or America; and the present is the only opportunity within the reach of the public for obtaining a complete copy of this beautifully written letter, in a neat and durable form. Originally intended for the perusal of literary men, and commencing with a graceful and touching allusion to the melancholy death of Hood (as well as the respective careers of Theodore Hook and the poet Campbell), the "Confessions" are, notwithstanding, so written that no one can read them without profit and delight. This one paper alone, as a merely literary production, is (to use a hackneyed phrase), worth the cost of the whole volume.

II. DR. JOHN FORBES'S great article on Hydropathy (from The British and Foreign Medical Review). This is one of the very best papers extant on the subject, and emanates from a very high and unimpeachable source. Dr. Forbes has long stood in the foremost rank of the "regular" practitioners in England (having some years since received the appointment of Physician to the Queen's household), and his calm and philosophical demonstration of the real merits and true province of the water treatment, cannot fail to carry great weight with it among all intelligent readers.

III. Two chapters on Bathing and the Water Treatment: by ERASMUS WILSON, M. D., F. R. S., etc., author of "Wilson on Healthy Skin," "Wilson's Anatomy" (a favorite text book in medical colleges), etc., etc. A very shrewd and candid exposition of the just dues of Hydropathy: the observations on Bathing alone are of lasting value, and should be carefully

headed by every individual, no matter of what sect, school, or creed—especially in these days, when personal ablutions are so “mightily neglected.”

IV. A careful abridgment of Sir CHARLES SCUDAMORE's elegantly written account of his *Medical Visit to Grafenberg*. As a concise embodiment of the deliberate and well considered views of a “regular practitioner” of established reputation in London, and a writer of unusual caution and candor, we earnestly invite the attention of “the faculty” to Sir Charles Scudamore's just and cordial tribute to Hydropathy.

V. Dr. HERBERT MAYO's views on *The Use and Misuse of the Cold Water-Cure*.—Dr. MAYO is a “regularly graduated physician, a Fellow of the Royal Society, and was formerly Surgeon of Middlesex Hospital, London.” More recently he has acted as Physician to the Hydropathic Institution at Muhlbad, Boppard-on-the-Rhine. We are here presented with a carefully prepared abstract of a work of considerable magnitude, which has never before been reproduced in this country. Dr. MAYO's views will command general attention; this distinguished writer having been himself a water-patient, and indebted to hydropathy for the almost complete restoration of his health.

VI. *Observations on Hygiene and the Water Treatment*, by ROWLAND S. HOUGHTON, A. M., M. D.—The sixth and last paper in the collection is from the pen of the Editor of the work, and is mainly devoted to a concise exposition of the principles of Hygiene, (evidently a favorite subject of the writer,) and to an elaborate defence of the Water-Cure from the gross and offensive charge of “empiricism.” By way of retaliation, Dr. HOUGHTON takes the ground that allopathy has itself become “empirical,” inasmuch as it has “departed more and more from the ways of nature, and the judicious use of a few simple remedies, and substituted in their stead the mere palliation of symptoms, by means of the most subtle and dangerous poisons.” Dr. HOUGHTON fortifies this position by quoting the following admission of Dr. Kneeland, of Boston:—“Instead of leading man back to the forsaken paths of nature, physicians have preferred the easier plan of ministering to this altered condition by the ingenious and stupendous system of modern therapeutics.” (This striking admission from the pen of an American allopathist, occurs in Dr. Kneeland's Boylston Prize Essay on Hydropathy, which was published at full length in the *American Journal of Medical Sciences* for July, 1847.)

We take pleasure in commending to the attention of each one of our readers, Dr. HOUGHTON's observations on the prevailing ignorance of the laws of health among even the most intelligent classes, the value of judicious hygienic management, as a means of preventing and curing disease, and the necessity of carefully considering the *vis vita*, or, rather, the *vis medicatrix natura*, in all cases. Dr. HOUGHTON evidently deprecates the “*nimia diligentia*” of modern routine practice as much as the opposite extreme of careless inattention and slovenly indifference.

To the medical profession this work supplies what has long been a desideratum—a compilation of testimonials to the efficacy of the Water-Cure from unexceptionable sources. FORBES, WILSON, SCUDAMORE, and MAYO! Surely such names as these will command a respectful hearing wherever the science of medicine is recognized, and the English language is spoken.

Miscellany.

OUR THANKS TO CO-WORKERS.—We cannot express the thankfulness which we feel towards those noble souls who have devoted themselves so earnestly to the promulgation of our BLESSED WATER-CURE.

MANY FRIENDS HAVE sent us clubs of ten, twenty, fifty, an hundred, and some have reached the ENOR-

MOUS number of three, four, and even FIVE HUNDRED new subscribers, and that, too, without any thought of personal remuneration, except the THANKS of those into whose hands they chanced to place the Journals. These voluntary apostles of both sexes look upon the Water-Cure as a “GOD-SEND,” to save thousands from premature graves; hence their ZEAL in placing the means of physical restoration and preservation into their hands. It is on account of the *intrinsic merits* of the Water-Cure that people resort to it on all occasions when attacked by disease. It has been tried, *proved*, and forever ESTABLISHED. Let the glad tidings go forth to all the world, “a star in the east” has appeared, and groaning millions may avail themselves of its light, and again enjoy the greatest of all earthly blessings—HEALTH.

THE WATER-CURE IN MISSOURI.—[Mrs. Mary Phelps, wife of the Hon. John S. Phelps, Member of Congress, when sending us a list of forty new subscribers, reports the following interesting case:—]

“I cured my little daughter of a very violent attack of SCARLET FEVER, last summer, in the following manner:—I was returning home from Washington. The weather was extremely warm. The water in the Ohio River was so low that very small boats only could navigate it. The state rooms were very small, and the boat on which I traveled was very much crowded.

“In that condition, my daughter, between two and three years of age, took the scarlet fever. As soon as I saw she was sick, I could not give a bath, so I wrapped her in cloths wet in ice water, changing them every fifteen minutes; gave her all the cold water she could drink. The fourth day the fever abated, the swelling in her throat began to disappear. The fifth day she could sit up, and tried to walk. I gave her no medicine of any kind.

“A physician who was on the boat with me, and saw her twenty-four hours after she took sick, said I would kill the child if I did not discontinue the water and give her medicine. It was several weeks before she entirely recovered; she is now in perfect health.”

[Thus, by reading the WATER-CURE JOURNAL the past year, has this lady become thoroughly imbued with our beautiful system, which may appropriately be termed “THE HEALTH RESTORER and LIFE PRESERVER.” She has evinced her faith by the formation of so large a club of subscribers. May the seed she has sown spring up, and be multiplied an hundred fold.

AN OLD DOCTOR'S TESTIMONY.—A highly respectable practitioner—that was—of a neighboring State, writes to the Journal:—“I have been for some three years an attentive reader of your valuable Journal and other works on the all-important subject of curing diseases with pure water, and throwing physis to the dogs; and I assure you, the more I examine the subject, the deeper are my convictions that there must be a radical reform in the healing art. I have spent some fourteen years of my life in dealing out allopathic poisons, and perhaps with as good success in killing or curing as almost any of my allopathic brethren. Twenty years ago I abandoned my profession, not being satisfied with uncertain effects of drugs upon disease. I have not since taken up the pill bags. I am now sixty, and am strongly tempted to go into the Water-Cure practice, that I may make some amends for the injury I may have done in dealing poisons to my fellow-creatures. The Water-Cure is constantly gaining favor with the people. I am astonished at the multitudes I meet with that are ready to fall in with the idea of promoting health and curing diseases with cold water. I have succeeded in curing myself of obstinate gout and rheumatism. We have used no remedies in our family for some years but water.”

ALL WAS DONE THAT COULD BE DONE.—When the friends are commenting upon a recent death, it is very common for them to make the remark that “every thing in the world was done, but his time had come, no human power could save.” And if the course of the practitioner was full of energy, they will earnestly assure you that “nothing was left undone.” This is well exemplified in an anecdote which one of our ex-presidents was fond of relating.

Traveling from Virginia toward the north, he rested for the night at a tavern on the road; soon after his arrival at which, the hostess came in from a neighboring house with the females of her family, all exhibiting marks of deep distress. He was informed that they had been witnessing the parting scene of a young friend, who had died of some acute affection. “But thank God!” observed the contented matron, “every thing was done for him that was possible, for he was bled seven and twenty times.—*Buffalo Homoeopathist*.”

[So have thousands, old and young, been sent into the grave, and we may find the same high-handed human slaughter practised, wherever the old system prevails. Fathers and mothers! look about you, and count the number of premature deaths which have taken place under the “regular” mode of doctoring, in your neighborhood. Better let alone, than take their drugs, or let them take your blood.]

GENTLEMEN OF THE JOURNAL—I send you the following lines for publication. They are from the pen of an old and valued friend of mine, Prof. Percival, of Franklin College, Tenn.

They describe only truthfully the situation and advantages of “OUR GLEN,” as a retreat for the sick. For our Terms, allow me to refer your readers to our advertisement in another part of the Journal. Very truly yours, JAMES C. JACKSON.

(From the Louisville (Ky.) Journal.)

GLEN HAVEN WATER CURE.

On the rocky side of a green-clad hill,
The parent of many a bounding rill,
Is a cool retreat, as wild and sweet
As ever was trod by fairy feet.

If beauty a pledge of fame could be—
Or the voice of Nature's melody;
The tribute of fame, it well might claim,
Glen Haven, its sweet, melodious name.

There are shadows that lie in the bright green vale,
Where the trees wave cool in the scented gale;
And vistas blue where the sun looks through,
Giving gems to herbage wet with dew.

From rock to rock there is music made
By the sporting voice of the wild cascade,*
And murmuring low are the waves that flow,
Where the blue Skaneateles rolls below.

The flowers are there of the sweetest bloom,
The birds of the richest song and plume—
And as fair to the eye is the soft blue sky,
As the sun bright heaven of Italy.

And the spirit of HEALTH has made her home
Where the spirit of beauty delights to roam,
And pale DISEASE, defeated, flees;
For life is found amid scenes like these.

ENLARGEMENT OF THE TONSILS.—By S. M. HARRIS.—MORE WATER-CURE AT HOME.—“I take this occasion to say, that I have received so much benefit from reading the Journal and practising upon what I read. From constipation, headache, dizziness, bowel complaint, and all the evils resulting from drugging and pillng, I have been completely relieved, and all for TWO DOLLARS, it being two years since I first sub-

* The largest spring makes a descent of a thousand feet from the summit of the mountain to the lake, and during its passage there are several falls of twenty to thirty feet, very beautiful to look at.

† A lake of that name, sixteen miles long, on which a pretty steamboat runs daily in the summer season. The scenery on the banks of the Skaneateles is exceedingly picturesque,—the Cure standing on its Western side.

scribed to the Water-Cure Journal. My family also (of six children), have had a glorious respite from sickness for the same length of time, with the exception of my oldest boy. From past experience, his case would have cost me at least ten dollars in the hands of one of the old school. It was an enlargement of the tonsils, to which he is subject, upon taking cold. I have cured him twice, simply by wet bandages applied to his throat, bathing, and drinking cold water freely, and keeping him upon a diet of Graham bread. In five days he was well. How thankful should we be for such benefits! Yours with gratitude,
* * *

GOSSIP FROM BOSTON.

BY NOGGS.

SINCE my last, I have had more reason than ever before to bless the man that invented cold water; for I have seen some wondrous cures performed by its aid which I am very sure could never have been done without it. I have related them to "Dr. K.," who will, I presume, report them in the Journal.

Speaking of him, he has just finished a course of lectures in South Danvers, a village of tanners and curriers, the citizens of which have hitherto been almost exclusively occupied in the hides of other animals; but Dr. K. says, "he flatters himself he has convinced 'some' of 'em that their own 'hides' are of as much consequence as any other critters, and that God's image is worth 'scouring up,' let it be never so dirty or 'tanned!'" Any how, he has got eighty subscribers for the Water-Cure Journal, which, he says, he promised them should be worth a dollar a year, if he had to write it himself.

Speaking of journals, it seems to me you will have to have at least one paper-mill devoted exclusively to your use, if it goes on increasing everywhere as it does in these parts.

Dr. K. finishes a course of eight or nine lectures to-night at Leominster, in this State, he says, the Water-Cure idea takes "hugely," and where they "come up to the mark," in all respects, better than almost any place he has ever lectured in; and that he should think at least one-half of the inhabitants, consisting of 3,000, would remain hydropathic. In fact, it is hard work getting "physic" down folks' throats who attend a full course of lectures on the Water-Cure.

In this town, Dr. F., the best physician in the town, if not in the county, is already "convicted," and a few more cases of triumphant Water-Cure success, such as he has had lately in scarlet fever, "enteritis," and dysentery, will cause him to throw overboard his *die-stuffs*, &c., and put his trust in the god of hydrophathy and nature.

Speaking of "natur," aren't she a critter? only let her have a chance, and won't she throw out the nonsense from the poor abused system?

The reason why so many die in acute diseases is, that the doctors frustrate the design of the recuperative power within, whose efforts are constantly tending to the removal of morbid matter, &c., which is the cause of diseased action. Drugs stop the fermentation, as it were—the up-heaving to the surface of the impurities, in the same manner as mustard-seed does that of cider.

These Water-Cure lectures and journals wrong the allopaths dreadfully. Old Dr. H—, of B—a, who died a few days ago full of years and—physic, said, "it was too bad to waste so much money on such lectures." God forgive the poor old sinner—a man grown gray in poisoning his fellow-man—his whole life spent in throwing obstacles in the way of nature—who, year after year, has been adding insult to injury, and has taken the last cent, perhaps, of the poor widow, for making her ten times worse than when he first saw her. Such a man to talk about *wasting*

money on lectures, the end and aim of which is to make the people stop dosing, to know the laws of their being, and the way to prevent and cure their diseases without poisoning their blood, is too wickedly ridiculous.

If men should come to serve your beer-barrels as allopathic doctors do their patients, you would be apt to serve them as the brewers did Haynan—that would touch your stomach, ay, your very nerves!—but if he only stops "workings of nature" in your body, why that's all right, 'cause they're doctors! and doctors know—oh, certainly—but they don't always tell what they know.

THE HOMEOPATHIST, a Monthly Journal, published in Buffalo, N. Y., referring to the Water-Cure Journal, remarks—

"There is a fresh common sense pervading its columns, which contrasts favorably with the metaphysical nonsense of most medical writings. That the judicious use of water is a most important adjunct in the treatment of disease, we freely admit."

Now, this is candid, honest, and, to our notions, correct. But the writer goes on to say—

"That our hydropathic friends claim by far too much when they attribute to the water all the benefits accruing from a residence at one of their institutions in the country."

To this we will simply remark, nobody claims that water *alone* does, will, or has, restored to health those who were counted lost, and beyond the reach of other modes of cure. No; we claim that WATER, DIET, AIR, EXERCISE, with judicious course of treatment, effect these cures, and *not* that it is, or *can* be, done by water alone. The Homeopathist adds—

"That a large proportion of our diseases might be prevented by the habitual and discreet use of cold water, and that in the treatment of a great majority of maladies, cold and warm water may be made very important adjuncts, we have no disposition to doubt or deny."

"Indeed there is hardly a day passes, that we do not advise patients who apply for medicine to go home without it, and use the wet sheet, or some other form of cold water applications."

"We took up our pen to say that we had received the WATER-CURE JOURNAL, and were very much pleased with it. But here we find ourself at the end of a long article."

"Looking upon the hydropathic system as one of the most potent means in the great work of medical reform,—hailing, as we do, its brilliant progress with outstretched arms and open hearts, we humbly trust we have spoken of it with true words, and in the right spirit."

AMEN,—just what we like to see.

THE OX IN THE GRAIN—AN ALLEGORY.

BY E. B. BUNTING.

In walking leisurely along
An oft frequented country road,—
While passing by a shammy fence,
I saw a breachy ox intrude.

The tenant was a slothful man,
Nor fenced his wheat-field as he should;
The ox had found the weakest place,
And entered in, to seek for food.

In haste I called the owner out—
See, here's an ox destroying grain;
"Here Bose!" I heard the servant shout,
And saw the dogs go through the grain.

Said I, do not chase the ox about,
But go and bring a lump of salt;
If then you'll open wide the gate,
Old Bucky, I think, will soon come out.

He urged his bulldogs on apace,
And Bucky gave his fury vent:
And leaping o'er the highest place,
Broke down no small amount of fence.

John wished he'd taken my advice;
He said "next time he'd be more wise;"
The dogs, he said, more damage done,
Than Bucky had—full ten to one.

Here, let the old-school Doctors read
The folly of their murderous creed:
They send their poison "bulldogs" in,
To chase disease "through thick and thin."

And if they bring about their end,
They break down fence they ne'er can mend;
But if their "dogs" should fail to "beat,"
Both "dogs" and "ox" stay in the wheat.

Disease and drugs may equal be;
Then both will struggle to get free—
They'll soon destroy the field of grain,"—
The patient's death will end his pain.

Then if you would not share the fate,
Of this poor man, we here portray,
You must keep up so strong a fence,
That drugs and death outside shall stay.

Supposing "Buck" inside the fence,
Do not "let slip the dogs of war!"—
'Tis folly to so soon commence,
The glorious works of God to mar.

But if you let him there remain,
Perchance he'll eat more weeds than grain:
And when he's full, he'll look about,
To find an opening, to crawl out.

Then if the gate you'll open swing,
And fetch some water from the spring,
He will walk out to quench his thirst,
Proving 'twas what he wanted most.

Now Doctors, if you wish to "live,"
Then you must "live and let live" too—
And if you will attention give,
We've one more word to say to you:

You'd better choose an honest trade,
And let your paltry *die-stuffs* go—
For when you peddle poison drugs,
More death than life, you're sure to sow.

If you'd e'en let your patients drink
Of Nature's beverage, pure and clear,
You'd find a less demand for drugs,
Before you've seen another year.

These lines would teach all quacks like you,
Unless your minds are wrapped in blindness,
Acute disease, and chronic too,
Will often yield to "power of kindness."

That pain's a heavenly monitor, sent
To teach us we've sinned in neglecting the fence:
That when treated roughly, more harsh it will be,
But just use it kindly, and so it will thee.

NOTE.—This is driving out disease by "ox power," which we rather like. It doubtless furnished its author some amusement to write it, and we commend its perusal to all who are troubled with the blues.

THE PROGRESS OF HYDROPATHY.—By D. A. HARSHA.*—"After the world has quietly rested for centuries in the arms of Allopathy, it is now starting from its slumbers, to behold the dawn of a brighter day—an entire revolution in the medical world—a new system of medical practice established upon the ruins of the old. That Allopathy will soon be superseded by Hydropathy, no penetrating mind can for a moment doubt. A new light has already burst upon the medical world. A new and important era in her history has commenced. A glorious discovery has been made. Water, pure water, has been found to cure disease, and to answer all the purposes of medicine without that injury to the human constitution which drug medication *always* and *invariably* produces. As life and health are the greatest earthly blessings,

* Let us hear from you often.—PUBLISHERS.

so every discovery which tends to prolong the one and promote the other, must be considered the most important and glorious in the world's history. This system is daily gaining ground. In our country, the Water-Cure is spreading with wonderful rapidity. The oldest Water-Cure establishment in the United States dates back only about seven years; now there are more than one hundred."

[At first, this language seems enthusiastic; but, on a moment's reflection, we find it to be a statement of *Facts*, couched in a plain, familiar, yet ardent style. The world was awakened when the Christian religion was first promulgated. Again; when Republicanism overturned kingdoms; and now, a revolution equally mighty is convulsing the world from the centre to its circumference. The saving of *LIVING BODIES* is the problem of the age—it has been solved—by the discovery of Hydropathy.]

WANTED.—"A Water-Cure Physician, who will locate and practice in our city, town, or village." The number of inhabitants "So and so," and so forth.

[From all parts of our country, from New Orleans to Minnesota, and from "away down East," to "away out West," we are daily receiving applications like this.]

EVERY SETTLED TOWN would, at this present time, give employment to a good Water-Cure physician. "The people" are tired of drugs, and they have heard—most of them—of a "better way." Water-Cure books are very good, so far as they go, but are not sufficient for *all* occasions; and until every family shall become acquainted with the principles of Hydropathy, good W. C. physicians will be in demand.

THE PEOPLE have suffered themselves to be preyed upon by the manufacturers of patent medicines, sarsaparillas, cherry pectorals, Phoenix bitters, expectorants, nervous antidotes, all-healing ointments, plasters, elixirs of life (death), cod liver oil, and the entire catalogue of similar Remedies, every one of which has *damaged* those who have swallowed them. It will, therefore, take *years* to eradicate these impurities from the bodies of those who have thus been polluted. THE WORLD will soon look upon these *medical fallacies* as by far surpassing all other DELUSIONS ever known.

"The morning light is breaking,"

and the community are beginning to take the *true* view of this whole matter. No wonder, then, that they cry "Water, water, more water," and call for Water-Cure physicians. Under present circumstances, the very best we can do is to advise all to inform themselves, so far as it is possible, by reading such books as have been, and may be published, on the Water-Cure—apply the system according to the directions therein laid down. There will be but little danger of an unfavorable result. With the WATER-CURE LIBRARY at hand, *most* cases may be successfully treated, even without the aid of any person. At all events, this is the best that can be done, when far away from a Water-Cure practitioner. But we live in hope when there shall be "no need of doctors of any sort."

BLUE PILLS vs. BARNYARD FOWLS.—Not long since a physician of the calomel and jalap order sent to a patient a box of blue pills, with directions for taking them. The patient being somewhat averse to their use, was soon after sitting, box in hand, deliberating whether or not to take one, when a HEN came near the door. Now for an experiment, thought he, and threw the biddy a pill, which she eagerly seized and swallowed. She soon began to droop, and in a few days was a gone chicken, for she DIED. A post-mortem examination was made, in order to see the effects of the mercury. The liver was found to be swollen to such a degree as to completely fill all space in the body, and thus deprive the lungs of all power of action. The patient, on witnessing this, and not wish-

ing a similar examination in his own case, very wisely declined making any further use of these blue pills.

[THE WATER-CURE IN MISSISSIPPI.—J. F. Dodge writes us from the GREAT VALLEY, as follows:—]

"I have now sent you ONE HUNDRED AND FORTY-THREE SUBSCRIBERS to the Journals, and that while attending to other business. My success is attributable entirely to the meritorious character of the work. There is but one sentiment concerning it, among those who have read it, and that is the most unqualified approbation. Hydropathy is rapidly insinuating itself into the good graces of the people here, and finds none but friends among those who investigate it, and practise it faithfully.

THE WATER-CURE IN UTAH TERRITORY.—It gives us pleasure to announce the fact, that Mr. J. E. Johnson, formerly of Kanessville, Iowa, is about to erect a large Water-Cure establishment at the GREAT SALT LAKE CITY, in UTAH. Mr. Johnson is not only a man of enterprise, but a REFORMER, and will no doubt be liberally patronized. May the people of the Great Salt Lake City be "preserved."

REMOVAL.—Dr. T. L. NICHOLS and Mrs. GOVE NICHOLS, we are happy to learn, will remove on the 1st of May from their present residence, 87 West 22d street, to a spacious and elegant house at No. 91 Clinton Place, near the Fifth Avenue, one of the most central and beautiful locations in New York, it being within one block of the finest public square in the city, accessible by several lines of stages, and in every respect a most desirable situation. May success and prosperity attend them!

HYDROPATHIC ANNIVERSARY.—The Executive Committee of the "American Association of Hydropathic Physicians" will hold their first annual meeting in New York early in May, at the time of the other anniversaries. In our next number we expect to be able to give the full particulars.

["THE GOOD TIME CUMMING."—We clip the following notice from the Pa. People's Journal:]

We hope the time will speedily come when the "Water-Cure Journal" will be a monthly visitor of every family in the county, if for no other reason than because it enforces with unanswerable arguments the importance of cleanliness, temperance, and the total abandonment of the use of *Tea, Coffee, Tobacco, and Snuff*.

CAUTION.—It will be found unsafe "about these days" to lend "anything" to those who use tobacco, as most, if not *all* tobacco users, have very bad memories, and will *forget* to return what they borrow.

FRUIT CULTURE vs. POMOLOGICAL CONVENTIONS.—Within the past few years, political, religious, agricultural, medical, and other CONVENTIONS, have become quite common, none of which have interested us more than those relating to the culture of FRUITS.

POMOLOGICAL CONVENTIONS have been held in New York city, Buffalo, Boston, Cincinnati, St. Albans, Vt.

The object which they have in view, is to compare all the various kinds, and disseminate the more choice varieties of fruit.

We have before us a copy of the proceedings of the one held in October last, at St. Albans, from which it appears that "Mr. J. BATTY, of the Union Nurseries, Keeseville, N. Y., was present with a large and splendid variety of fruits, comprising 145 varieties of PEARS, and 105 varieties of APPLES, with varieties of grapes, peaches, etc."

After an examination and comparison of the various fruits presented, "it was moved that a Horticultural Association be formed for the Valley of Lake Champlain, and Messrs. J. CURTIS, A. M. CLARK, GEO. F. HOUGHTON, H. E. SEYMOUR, and E. B. WHITING,

were appointed a committee to carry the motion into effect."

Here follows a preamble and appropriate resolutions appointing a committee "consisting of nine gentlemen from the different counties bordering on the Lake, who were appointed to make the necessary arrangements, and issue a call for a Convention, to be held at a future time, for the purpose of organizing a Horticultural Society for the Valley of Lake Champlain."

The following named gentlemen were then unanimously appointed to act as a committee:—JONATHAN BATTY, Keeseville; Hon. HENRY ROSS, Essex; Hon. JOHN H. BOYD, Whitehall; Prof. E. S. CARR, Castleton; ALBERT CHAPMAN, Middlebury; CHANCEY GOODRICH, Burlington; JASPER CURTIS, St. Albans; A. J. MOSES, Champlain; STEPHEN MACOMBER, Grand Isle. JEPHTHA BRADLEY, *Chairman*; H. E. SEYMOUR, *Secretary*.

We hope this example will be followed in every State and in every county, until GOOD FRUIT shall become as common as it is healthful and luxurious.

WATER-CURE ESTABLISHMENTS.—The following new and old Water-Cure Establishments are advertised under the proper head in the present number, where all particulars, including terms and so forth, are given;

[IT IS NEW TO US, YET OLD IN FACT.—We had supposed ourselves "posted up" in regard to all Water-Cure establishments in America; but so rapidly have they multiplied, that at least *one* has, until now, escaped our notice.

In 1846, Dr. F. H. OPPELT established an hydropathic institute at the LEHIGH MOUNTAIN SPRINGS, near Bethlehem, Pa., which is described as follows:]

"This establishment is delightfully situated among the mountains on the banks of the Lehigh. There are few more lovely and romantic spots to be found in the country, with a view of the valley, bounded by a circle of blue mountains, tempting the invalid to healthful exercise in the pure air, so necessary to the restoration of health."

[A superior wave bath is near by, and a gymnastic apparatus always in readiness.]

RE-OPENED.—THE NEW WATER-CURE HOUSE at Brownsville, Pa., is in charge of Dr. C. BAELZ, who has just opened it for the season.

"It is situated one mile a half east of Brownsville, a short distance from the National Road, in a healthy, cool, and retired situation. The springs from which the baths are supplied are pure and soft.

"The building, erected solely for hydropathic purposes, is conveniently constructed. Beautiful scenery surrounds the institution in every direction, to repay the seeker of health for climbing the neighboring hills."

THE WORCESTER WATER-CURE.—Seeing the necessity of a Water-Cure establishment in that city, Mr. Edward Earle voluntarily came forward, and, without the hope of pecuniary reward, provided the means for its erection.

Our friend Dr. Rogers, (almost a hydropath,) who has recently accepted an appointment in the Worcester Botanic and Medical Institute, is the presiding physician.

THE GLEN HAVEN WATER-CURE, so beautifully poetized in our pages, is fully described, including terms, &c., under the head of "WATER-CURE ESTABLISHMENTS," in another column.

WATER-CURE AT NORTHAMPTON.—Dr. Munde announces the re-opening of his establishment at that celebrated place. This cure is fully described in the Doctor's advertisement.

THE FOREST CITY WATER-CURE is now open for the reception of patients. Our Tompkins County friends will appreciate this new retreat.

THE ATHOL WATER-CURE has been re-opened with additional facilities for hydropathic treatment.

NOT HYDROPATHIC.—We had supposed, until informed to the contrary, that Miss Mowry, of Providence, had adopted the *Water-Cure* practice, but it appears we were *mis-informed*.

HOW TO MAKE MONEY.—Stop drinking tea, coffee or whiskey, quit smoking, chewing or snuffing tobacco, and subscribe for the *WATER-CURE JOURNAL*.

WATER-CURE LECTURES.—Since our last issue, Dr. T. L. NICHOLS has given lectures in this city on Suicide in its Moral and Physical Aspects, on Medical Quackery, and on Allopathy, Homeopathy, and Hydropathy. He has also accepted invitations to lecture at Wappinger's Falls, Kinderhook, Westboro', Mass., Newport, R. I., and other places.

Though occupied with a large and increasing practice, and engaged also in study and preparation for his fall course of lectures, besides the habitual relaxation of literary pursuits, Dr. NICHOLS will continue to lecture, as the friends of *Water-Cure* may wish, at such places as will not require too long an absence from the city, whenever they will pay his expenses, as he leaves one more than qualified to fill his post in his absence.

Mrs. GOVE NICHOLS is giving full courses of lectures on Physiology and *Water-Cure* to private and select classes of ladies.

Varieties.

THE NEW POSTAGE LAW.—On the principle that "a half a loaf is better than no bread," the new law is better than the old; yet it is by no means what we call "CHEAP POSTAGE." We are thankful for what we've got, but hope and expect to get more. Two CENTS for letters *all over the Union and ocean penny postage*, is the mark we aim at, and have not a doubt but what these rates would suit "THE PEOPLE."

The new law, which takes effect on the first of July next, provides as follows:

The postage on all *pre-paid* letters within 3,000 miles, 3 CENTS; when not *pre-paid*, 5 CENTS; over 3,000 miles, double these rates.

[When a person writes a letter, on his own account, requiring an answer, he may enclose postage stamps, with which to *pre-pay* the answer.]

The rates of postage on the *WATER-CURE JOURNAL*, and similar monthly publications, will be, under the new law, within 50 miles, five cents a year; within 300 miles, ten cents; within a 1,000 miles, fifteen cents; 2,000 miles, twenty cents; 4,000 miles, twenty-five cents; and over 4,000 miles, thirty cents a year.

WEEKLY NEWSPAPERS, four times the above named rates—Dailies, twenty times those rates.

BOOKS—bound or unbound—are chargeable at the rate of one cent an ounce, within 500 miles; two cents, within 1,500 miles; three cents, within 2,500 miles; four cents, within 3,500 miles; and five cents for 3,500 miles.

These rates are specially objectionable, as applied to every thing in the bill, except letters. We shall show wherein, at a future time, when it becomes possible to *amend the law*, and establish *cheap postage*.

MOCK AUCTIONS.—These most nefarious, swindling concerns are well understood by all city folks, but are unknown to our country people—we therefore note the fact, that they may be guarded, while visiting New-York.

The signs of these villains usually consists of a small red flag, hung out over the door, with these words in large letters, written or printed thereon—"Fine Gold Watches for Sale"—while about the door may always be seen a gang of *designing robbers*, dressed in various styles, which would indicate that they too were strangers, the auctioneer, meantime, yelling most lustily—"Going, Going, Gone!" The moment a stranger enters one of these "dens," he is at once surrounded by a

dozen or more, and absolutely prevented from escaping, until he has been robbed. If he bid ten or twenty dollars for a "Fine Gold Watch"—(brass galvanized)—said to be worth a hundred and fifty, he is sure to "get stuck," not only for the watch, but for a parcel of trash, such as German silver pencil cases, wooden pocket combs, cotton handkerchiefs, playing cards, cast iron razors, pewter buttons warranted *pure silver*," and a catalogue of similar goods, amounting to seventy-five or a hundred dollars "for the lot." The moment a bid has been made, (by a stranger,) he is ushered into a back room, where, by threats of prosecution or personal violence, he is compelled to give up his money to these swindlers; and the most mortifying feature of all, there is no law to suppress this intolerable swindling nuisance, and the Common Council have not the power to make one. All we can do, therefore, is simply to *warn* all who visit our city, to "*Beware of Mock Auctions.*"

Special Notices.

OUR JOURNALS IN THE HUDSON RIVER.—Some time in Feb., one of our largest northern mails, containing Journals, was capsized into the North River, at Albany, which gave them something more than a mere *plunge bath*. So completely soaked did they get, that many of them never reached their destination. Our subscribers regarded this a little too much "water-cure," and we have been requested to remail to those who either failed to receive their numbers, or who received them in a damaged state, which, of course, we were *glad* to do. If any yet remain unsupplied, they will please inform us at once.

THE HYDROPATHIC ENCYCLOPEDIA.—The first number of this work will go to press during the present month, (April.) It has been delayed in order to complete the numerous engravings with which it is to be illustrated. It will be forwarded to subscribers as soon as printed. Terms \$2 for the entire work, or 25 cents a number. Published by Fowles and Wells, at the office of the *W. C. Journal*, New York.

T. W., of L., N. H., says, "One reason your works are not circulated more extensively in our State, is because our Booksellers do not keep them."

[Of course we are desirous of placing our works within the reach of "everybody," and we are sure Booksellers would do well to keep them; but if they *will not*, "the people must be supplied by AGENTS, who are now scattering them pretty extensively, most of whom find it a "pleasant and profitable business."]

[S. W. when sending a club of subscribers from BALLSTON, SPA, N. Y., makes the following suggestion:]

"How easy for your readers to double or treble the circulation of the *W. C. Journal*, annually. Let each one procure one or two others, (which they may do with little trouble,) and then what a flood of light will be diffused through the length and breadth of our land. Suppose you ask in the April No. each subscriber to procure another one, and see what the result will be."

"WHERE DID YOU COME FROM?"—It is a very common thing for subscribers to change their places of residence. When they direct us to change the direction of the *Journal*, from one P. O. to another. In such cases, they should always be particular to state *from what place or P. O. they removed*, as well as to what place. This will enable us to transfer the name without a moments trouble.

IS IT POSSIBLE?—It has been suggested that "some folks" have been awfully tempted by the exceeding beauty of the *Water Cure Journal*, so much so, as to be *unable* to resist. It is believed, that in "some cases" our *Journal* has been "stopped on the way," before reaching its owner, the subscriber, and for the above named reason—namely, its irresistible attractiveness.

In justice to ourselves, we assure our subscribers, that their numbers are regularly mailed from our office, usually before the first of the month, and it cannot be supposed, that the *Journals* get *lost* in the mails; but it is possible that they *sometimes* get "taken." However this may be, we most respectfully suggest

to those who *want* the *Journal*, whether it would not be more honorable and HONEST to enclose the amount (*only one dollar*), and direct the same to the publishers, for which they may receive the *Journal* a year.

THE INTERNATIONAL MAGAZINE.—By reference to the last page of the present number, our readers will find the prospectus of this magazine. Edited by Rev. RUFUS W. GRISWOLD. Published by STRINGER & TOWNSEND, of New York.

MESSRS. WATERMAN and WOODARD, have sent us eighty-two subscribers from Coldwater, Mich. This, of course, fortifies them against the ravages of either patent medicine quacks, or the fatal consequences of a "regular mode of practice."

"ASK AND YE SHALL RECEIVE."—We have a few extra copies of the *WATER-CURE JOURNAL* for 1850, (last year,) which we propose to *give away* as follows: ANY PERSON who may send us \$5 for any of our BOOKS, shall receive a copy of the *W. C. Journal*, for 1850.

GOLD DOLLARS, half or quarter Eagles may be remitted for *Journals* or *Books*, at single letter postage. These small coins should be enveloped in thin paper, in order to prevent them slipping out of the letter, before reaching its destination.

IN FUTURE we shall place our TABLE OF CONTENTS on the first page of each number, which will enable readers the more readily to turn at once to such articles as particularly interest them.

To Correspondents.

OUR CONTRIBUTORS will confer a favor by forwarding their communications early. They should reach the publishers on or about the first of the month *previous* to which they are expected to appear. *

DEFERRED ARTICLES.—Physical Education, by Dr. T. A.; An Eye Sore, by T. J., a new contributor; The Hygienic Management of Children, by G. E. J.; An Autobiography, of exceeding interest, *continued*; Small Pox, by T. T. S.; Cholera, its Treatment, by V. P., politely forwarded by F. S., M. D., from Philadelphia, for gratuitous distribution; Cases of Inflammatory Rheumatism, &c., by J. M. C.; John Howard, by J. H. H.; Notes of Travel in Europe, by J. S. W. D.; Twelve Cases in Midwifery, by do.; Insanity, by J. A. S.; Home Treatment, by S. C. P.; Cases, by S. F.; C. must "*wait a little longer*"; Neuralgia, by E. L. P.; "Study and Experience of Water," by Rev. E. R. W. POETRY on "Mount Prospect," by Mary. (*We hope to hear from you again.*)

Besides the above-named articles, we have a number of other valuable cases and facts on file, which will appear in due time. They may improve with age. It will be seen that our *JOURNAL* continues to be crowded, notwithstanding our ENLARGEMENT.

BREAD AND MOLASSES.—Mr. E. G., Newark: "Is bread with molasses better for children of a scrofulous habit, than bread with butter?" It is; scrofulous children should not use sugar or molasses excessively; an inordinate quantity of molasses might be worse than a moderate use of butter; but, with equal temperance, molasses is much the best.

An extract from the letter of the above correspondent is worthy of record, showing what a sensible woman can do, when she takes it upon herself to do her own thinking. She writes: "My little boy was troubled much with scrofulous symptoms, mostly swelling of the glands of the throat and neck. I had tried Allopathy and Thomsonian-pathy, and should have tried homeopathy, could I have had any faith in infinitesimals, but, as I had not, I resorted to water. I began to bathe him, and applied wet bandages to his neck, with an occasional packing, as well as I could do it, with the little knowledge I could get. My neighbors all prophesied his immediate death, and called me an imprudent and unfeeling mother; but I had tried water-treatment for myself and *know* the result, and persevered. After about eighteen months practice, from a feeble child wrapped up in flannels, who could not bear the winter's wind upon him, he can now endure as much fatigue and play as long in the cold air as any child I know of, and he has not had the least symptoms of a cold this winter. He wears no flannel, nothing around his throat, and has not even had on an over-coat but few times this winter. I want to keep greasy food from him, and for this reason would like to know if molasses is a good substitute for butter in such cases."

DROPSY IN THE ABDOMEN.—W. M. M., Myerstown, Va.: This disease has been cured by water-treatment. The prospect of cure depends entirely on the remaining stamina of constitution. The case you mention seems like a serious affection of the kidneys, probably more or less ulceration. He ought to be at an establishment, or under the eye of some hydropathic practitioner.

MERCURY AND COLD WATER.—If a person has taken mercury, or a course of any other mineral poisons, will it strike into his limbs, or will there be other evil consequences in the application of cold water? would it not be dangerous to apply cold water immediately afterwards? Not at all; provided the drugs are discontinued, and the water treatment is judiciously managed. When the system is pretty thoroughly poisoned, and the strength very much exhausted by druggery, the first applications should be tepid or moderately cool, never cold enough to produce a strong shock on the nervous system. As the effects of the poisoning decline, the power of the water appliances may be increased.

RUPTURE, OR HERNIA.—One correspondent asks a question, which is well answered by another in the statement of a case: "Yesterday an old gentleman who had a rupture on each side had one of them protrude so as to alarm him very much. It had been done one hour and a half before I was aware of the fact. I immediately proposed (knowing the rupture to consist of a small portion of intestine, filled with air, and understanding that cold would contract this air while heat would expand it) applying cold water, but he thought the case too critical for trying such an experiment, and resorted to hot water. This only increased the swelling, and was discontinued; and after an hour's unsuccessful attempts to get it back, he concluded he would have to call in the surgeon and submit to the knife. I again proposed cold water, and obtaining his consent, applied ice cold cloths, which in five minutes relieved the pain, and in fifteen minutes it was entirely replaced."

MUMPS.—J. R. M. The water-treatment is just the thing, even the cold water treatment, if there is high fever and severe inflammation. The above correspondent writes: "May I not say, with a certain man who lives in Boston, 'that water is rising?' and although freshets in general are not at all desirable, yet, in this particular, they may be considered anything but a calamity, should they be in some good degree instrumental in burying the allopathic medicine chests beyond even the *Aops* of resurrection." To this we would, borrowing from our worthy contemporary, the Boston Medical Journal, respond—"Amen and Amen!"

SNUFFLES, TERTHING, &c.—J. De. L. U. "The doctors used to say that the 'blue veins' and 'head sweats' indicated rickets. Is this so?" They do generally attend ricketty children, and also some other forms of cachexia, or a bad physical condition. The bowels should be kept free by tepid injections, the body daily washed in water about 40°, and the mother should be particularly careful of her diet. If she eats constipating food, the child will certainly suffer as long as it nurses.

R. B. B., of Pawtucket, R. I., says: "We need a few lectures on hydropathy. Never heard but one. Can't you send us a good lecturer?"

BE PATIENT.—When we get our Hydropathic College established, it will be less difficult to supply the demand for lecturers and practitioners. At present our Water-Cure publications must serve in the HOME PRACTICE.

QUINSEY SORE THROAT.—E. J. D., of Newark, sends us the particulars of a case, treated with calomel, senna, salts, pills, powders, infusions, teas, lotions, sops, and other drug mixtures, and dye-stuffs, and asks: "What would you have done in such a case?" Why, man, we should have treated it with the very best of pure water, so that, when the patient recovered, she would not have complained of the great debility, restless nights, pallid cheek and lifeless eyes, as sequences, which you say now attend her.

LEPROSY.—O. H. describes a remarkable case which the doctors call leprosy, "as near as this climate will admit," characterized by dark raised spots on the skin, exhibiting small translucent scales, which may be brushed off, &c. The wet sheet pack, followed by the moderately cool dripping sheet, with as much rubbing as the patient could comfortably bear, would undoubtedly restore the natural cutaneous secretion, and

unload their pores of viscid decomposing accumulations of effete matter. A very coarse, plain, highly frugiferous diet is important.

C. F. R. S. writes us: "You say quit *tea* and *coffee*. What ought I to use as a substitute?" It is rather strange that in this enlightened age any one should ask such a question—What should you use? Ask nature, and in everything around she will reply, Use the only beverage I prepared for your first parents—one that gave them health, muscular strength, physical endurance and mental activity. Drink it from the mountain spring—from the dancing rivulet—from the noble river—from the placid lake—from the bubbling fountain. In summer's heat and winter's cold, in sickness or in health, in poverty or affluence, in all conditions, at all times, and under all circumstances, drink, and drink only, bright, sparkling, pure WATER.

CATARH WITH BRONCHITIS.—Mrs. J. S., West Newark. Severe cases require general treatment, frequent sniffing cool or cold water of the nostrils, the chest wrapper, and a rigidly abstemious diet. Very bad cases require a persevering application of the "hunger cure;" that is to say, the quantity of food should be just sufficient to avoid starvation. You would do better at a good establishment.

CANCERS.—How can they be cured hydropathically? A thorough plan for general purification, and the purest diet, with strict attention to the general regimen, are necessary to remove what medical books call the "cancerous diathesis." Then, if the ulceration has not progressed too far, the healing process may take place. When disorganization has proceeded far, a mechanical means—the caustic or knife—may be requisite.

CHRONIC GLANDULAR SWELLINGS.—B. W., Geneva. Enlargement of the glands of the neck sometimes become so indurated and the structure so consolidated that they cannot be removed without surgery. A regular hydropathic method of living, particularly as relates to diet and bathing, would tend to remove the condition upon which such tumors depend, and possibly remove the tumors themselves. Much is sure to be gained by the trial, if all is not accomplished.

CROUP, FEVER AND AGUE, WINTER FEVER, &c.—P. K., Monticello, Mo. All fevers, no matter by what name called, are treated on the general plan of equalizing the temperature. This may be done by warm, tepid, cool, or cold water, as the whole or any part is too cold or too hot. The croup requires the prompt application of cold wet cloths to the throat, often changed. The inquirer would do well to get a supply of hydropathic books.

HEMORRHAGIC CONSUMPTION.—V. S. L., Elgin. Foot baths in your case would doubtless be a good addition to the plan you are pursuing. Be careful that the feet are in a warm glow at the time, and walk also afterwards.

SPERMATIC ENLARGEMENT.—Much may be expected from correct dieting, general bathing, employment of hip-baths, and gentle but very cold douches to the part.

J. W. B., MECHANICVILLE.—You have split the Rock. The good work will surely go on. By a little attention, you have indeed "dug them out." There is no danger of their ever returning to their evil ways. We hope to hear from you often.

OLD-FASHIONED ITCH.—S. L. W. If it resists an energetic application of soft water and hard towels, it is because the liver is distracted, or there is something irritating in the diet. Use coarse unbolted farinaceous food, with fruits and vegetables; eat no grease and but little salt; drink no hard water.

CATARH WITH PURULENT DISCHARGE.—G. K. The strict Graham diet, or rather Graham system of living, is peculiarly applicable to your case. The baths best adapted to your treatment are, the pack, followed by the half pack, head baths occasionally, foot and sitz baths frequently.

F. S., M. D., Philadelphia. Your "Report" is received. We shall preserve it by giving it a place in the Journal. We shall be glad to receive copies, to circulate as you propose.

"ONE OF THE SUBSCRIBERS."—We cannot give you the information you desire through the Water-Cure Journal. If you will give us your name and address, we will try to inform you. The \$1 is received. You omitted to give us either your name or P. O. address.

SCROFULOUS TUMORS.—J. L. B., Jamestown. This subject you will find explained in the last January number. The complication of "dyspeptic symptoms" and "weak lungs" only demand a more rigid attention to hygienic agencies.

G. H. H.—By sending thirty more subscribers, during the year, you will be entitled to the W. C. Library. See Prospectus of STUDENT, for terms.

L. P. P.—You not only have the "Law on your side," but JUSTICE also.

J. B. H. Limaville, O.—The Hydropathic Encyclopædia, will be issued in numbers, as rapidly as it can be got ready. The Philosophy of Electrical Psychology can be sent by mail.

KIDNEY AFFECTION.—Miss H., N. H. The case of your father is evidently very serious, and difficult to diagnose without a critical personal examination. It may be gravel or ulcerated kidneys. The wet sheet pack, and frequent tepid hip baths are safe; when there is much pain, warm hip baths might be better still. He must keep very quiet, or all treatment will inevitably fail.

CATARH WITH ENLARGED TONSILS.—"A Subscriber" would do well to employ, in the case mentioned, in addition to the means mentioned for catarrhal affections above, frequent gargles of cold water, or holding bits of ice in the mouth occasionally. The general treatment, however, is most important.

O. O. G., Pittsburgh. Your letter, with the beautifully engraved view of Dr. Wilson's Water-Cure establishment, together with extracts from the Saturday Visitor, is thankfully received. We had already marked these letters for insertion in the Water-Cure Journal. Notice will be made of Dr. W.'s establishment, and your request complied with.

G. H., Rockford, Ill.—"What a flood" you have caused. If your people get sick now, it will not be for the want of hydropathic information. Hope the journals you order will reach you promptly.

H. H. H.—Yours with enclosure came duly to hand. Glad you are so well pleased with the little work entitled "Innovation." You are entitled to the Student for two years.

W. R. W., ROCKTON.—The American Statesman was discontinued, which accounts for your not receiving it. Our confidence in the quality of the publication induced us to recommend it.

NURSING CANKER IN THE MOUTH.—N. T. P., Carrollton, Ind. Nursing mothers can avoid or cure this complaint by avoiding hot drinks, greasy food and condiments, with one or two tepid or moderately cool baths daily.

WATER-CURE PROCESSERS.—J. K. W. They are explained in either of several small cheap works. "Water-Cure Manual," "Hydropathy for the People," &c., to be had at the office of this Journal. It would take up too much room to keep a standing explanation of them in this periodical.

GLANDULAR ENLARGEMENTS.—J. S. B. A persevering employment of the wet-sheet pack, followed by the dripping-sheet and the use of the wet girdle around the abdomen, are the best processes.

S. D., JUN.—You will have seen, by previous numbers, that the postage on this Journal is the same as on all other newspapers, and no postmaster will, intentionally, over-charge our subscribers.

ITALY MAY.—Your article will receive attention as soon as we can find room for it. Be patient. It may improve with age.

A. P. B.—A little more effort will secure to you that valuable prize, the W. C. LIBRARY.

D. M., Magnolia.—Your son should go to a Water-Cure establishment, and receive full treatment.

A. A. M.—Your plan is a good one, and, if carried out, will make many hearts glad. Go on.

J. F. D.—The commission on the H. E. will be the same as on our other publications.

R. H. S.—Begu to be informed as to "who writes that *Autobiography*." It would give us pleasure to "disclose the secret," had not the distinguished author requested us not to do so. Were his name given to the public, a SENSATION would follow greater than the author or ourselves would care to withstand. No sir,—Mr. R. H. S., we must not tell you.

C. C. O.—"Can I obtain single subscribers, at club prices, after sending one club of twenty?"

ANSWER.—Certainly, and we will send to as many different post offices as you please.

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J. K. M. C.—A personal interview will be necessary to give you a satisfactory answer.

G. W. H.—Yes, send additional subscribers at the same rates.

O. C. P.—Your request is complied with.

Book Notices.

ANNOUNCEMENT.—The publishers of the *Water-Cure Journal* have in press, and will publish on the first of May next, a school edition of the *CONSTITUTION OF MAN*. By GEORGE COMBE.

The school edition will be divided into paragraphs, and so arranged as to be adapted to the comprehension of youth. It will contain questions and answers, and serve as a class book.

The price of this school edition will be 25 cents single copy, or five copies for \$1, twelve copies for \$2, and a still greater reduction where a larger number are ordered.

It is hoped that every teacher will examine this work, and introduce it to the notice of parents, who would have their children understand the physical and moral laws of their being.

THE ANNUAL OF SCIENTIFIC DISCOVERY; or Year-Book of Facts in Science and Art. Exhibiting the most important Discoveries and Improvements in Mechanics, Useful Arts, Natural Philosophy, Chemistry, Astronomy, Meteorology, Zoology, Botany, Mineralogy, Geology, Geography, Antiquities; together with a list of recent Scientific Publications, a classified list of Patents, Obituaries of Eminent Scientific Men, an Index of Important Papers in Scientific Journals, Reports, &c. Edited by DAVID A. WELLS, A. M., and GEORGE BLISS, Jr. Boston: GOULD & LINCOLN. New-York: For sale by FOWLERS & WELLS, 131 Nassau Street. Price \$1.25.

What an index of the progress of Science and Art is the publication of a volume of four hundred pages, containing merely the discoveries and facts of a single year in these departments! The value of such a book depends entirely upon the thoroughness and accuracy with which it is compiled. This work is by competent hands, and bears every mark of comprehensive observation and diligent research. To the man of science and the practical mechanic, it will be of great value as a book of reference; and both the professional man and the general reader will find it a volume rich in materials of knowledge and thought. The indices are complete and valuable.

Prefixed to the volume is a finely-executed portrait of Prof. SILLIMAN, senior, who, as the father of Science in this country, worthily adorns a work intended as a memorial of its progress. We hope the Editors will be compensated by an appreciative public for their diligent and useful labor.—*The Independent*.

[Let those who believe the world to be retrograding, or even "standing still," read this *Annual*.]

JOURNAL OF EDUCATION for Upper Canada. TERMS: For a single copy, 5s. per annum; 9 copies, 4s. 4 1/2d. each, or \$7 for the 8; 12 copies, 4s. 2d. each, or \$10 for the 12; 20 copies and upwards, 3s. 9d. each. Address, J. GEORGE HODGINS, Education Office, Toronto, C. W.

A handsome Quarto of sixteen pages, ably conducted. It would be well if a copy of this excellent *Journal* were placed into the hands of every family in the Canadas. It is doing a great work.

In commenting on an article which appeared in the *New-York Tribune*, the Editor remarks—

"In Upper Canada there were \$333,912 available for the payment of Teachers' salaries in 1850—the number of children attending the Common School was 138,463; still there were 114,899 children of legal school age who did not attend school at all! If, therefore, New-York requires the agency of Free Schools to induce her 100,000 additional children to attend school, how much more does Upper Canada require the same potent agency to induce the parents of her 114,899 schoolless children to place within their reach the blessings of education. With a population not one-third that of the State of New-York, we have the sad tale to tell, that 14,899 more children were destitute of education in Upper Canada than in the State of New-York, during 1850. What stronger argument do we require to incite all true lovers of their country to united and vigorous efforts in favor of free and universal education?"

The great work of "EDUCATION FOR ALL," has fairly commenced, and it needs no prophetic eye to see in the future its completion.

THE LILY—A Ladies Journal, devoted to Temperance and Literature. Edited by AMELIA BLOOMER, Seneca Falls, N. Y. Published monthly. Terms—50 cents a year, in advance.

A neat QUARTO of eight pages, with three columns, handsomely printed, and edited by a WOMAN. Here is an opportunity for young men to show their gallantry, in a becoming manner. Enclose a dollar in a letter and direct it to AMELIA BLOOMER, Seneca Falls, N. Y., for which you will receive a couple of copies for a year, one of which you may save for present and future use—the other you may give away. The Lily believes in Hydropathy and Woman's Rights, and is a zealous advocate of all that is right and proper. We find, in a recent number of the Lily, Mrs. GLEASON'S article on WOMAN'S DRESSES, out of the *Water-Cure Journal*. The Lily calls it "able," with which we quite agree.

THE PHILOSOPHY OF SPIRITUAL INTERCOURSE: Being an Explanation of MODERN MYSTERIES. By ANDREW JACKSON DAVIS. For sale by FOWLERS & WELLS, 131 Nassau street, N. Y. Mailable—Price 50 cents.

The object of the author in writing this volume was to give a true philosophical explanation of the MODERN MYSTERIES, commonly called Rochester Knockings. It contains the author's "Interior Impressions" concerning the philosophy of spiritual intercourse, in its limited and broadest sense. His impressions are particularly addressed to the reader's understanding.

BREATHWAITE'S RETROSPECT OF PRACTICAL MEDICINE AND SURGERY. Part the 22d, 1851. Price 75 cents. New-York: DANIEL ADEE, Publisher.

This work has been before the public many years. It contains all of importance which transpires from year to year in the "regular" practice. It is designed for the medical profession. Of course, it has nothing to say in favor of Hydropathy, (the people's medicine,) but believes in cod-liver oil, and other similar remedies. (?)

PHYSICIAN'S ACCOUNT BOOK.—We had occasion to notice this newly-contrived and labor-saving account book, in our last *Journal*. Since then, we have been informed that a copy of it was on exhibition at the late fair of the Massachusetts Charitable Mechanic Association, in this city, and that a diploma was awarded its publisher, Mr. Jonathan Allen, of Lowell, who by the way is a medical student. It is only necessary to be seen, in order to be appreciated; and our word for it, any physician who has used the book once, would never be without it for twice its nominal value.—*Boston Medical and Surgical Journal*.

[This book is for sale at the office of the *WATER-CURE JOURNAL*. Price \$5.]

CHRONIC DISEASES, especially the Nervous Diseases of Women. By Dr. ROSCH. New-York: FOWLERS & WELLS; Price 25 cents.

This work is especially adapted to the MARRIED of both sexes. It contains matter of great importance of a private nature.

ORIGINAL VIEWS ON DIET, with remarks addressed to consumptive patients. By one of Nature's School. Price 25 cents. London: W. HORSELL. New-York: FOWLERS & WELLS.

The well-known Dr. DICK is the author of this Hydropathic treatise. Those who read it will doubtless become convinced that CONSUMPTION is a CURABLE disease. Of course, the author is a vegetarian.

THE SIGNS OF THE TIMES, comprising a history of the SPIRIT RAPPINGS in Cincinnati and other places, with notes of CLAIRVOYANT REVEALMENTS. By W. T. CUGGERHALL.

Copies of this work (of 144 pages) have been sent to us on sale. Price 25 cents; mailable.

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The elaborate and stately essays of the *Edinburgh Quarterly*, and other Reviews; and *Blackwood's* noble criticisms on Poetry, his keen political Commentaries, highly wrought Tales, and vivid descriptions of rural and mountain Scenery; and the contributions to Literature, History and Common Life, by the sagacious *Spectator*, the sparkling *Examiner*, the judicious *Athenæum*, the busy and industrious *Literary Gazette*, the sensible and comprehensive *Britannia*, the sober and respectable *Christian Observer*; these are intermixed with the Military and Naval reminiscences of the *United Service*, and with the best articles of the *Dublin University*, *New Monthly*, *Fraser's*, *Tait's*, *Ainsworth's*, *Hood's*, and *Sporting Magazines*, and of *Chambers's* admirable *Journal*. We do not consider it beneath our dignity to borrow wit and wisdom from *Punch*; and, when we think it good enough, make use of the thunder of *The Times*. We shall increase our variety by importations from the continent of Europe, and from the new growth of the British colonies.

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While we aspire to make the *Living Age* desirable to all who wish to keep themselves informed of the rapid progress of the movement—to Statesmen, Divines, Lawyers, and Physicians—to men of business and men of leisure—it is still a stronger object to make it attractive and useful to their Wives and Children. We believe that we can thus do some good in our day and generation; and hope to make the work indispensable in every well informed family. We say *indispensable*, because in this day of cheap literature it is not possible to guard against the influx of what is bad in taste and vicious in morals, in any other way than by furnishing a sufficient supply of a healthy character. The mental and moral appetite must be gratified.

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commodation of the increasing numbers of visitors. Terms are \$6 per week, payable weekly. Two woollen blankets, two cotton sheets, three comforts, and six towels, have to be provided by patients. Letters post paid will receive due attention. 1y.

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